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From the Editor



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हम एक बार फिर हेल्थ एण्ड इन्वायरमेंट टाइम्स के नए अंक के साथ आपके सामने हाजिर हैं। पिछले अंक की आवरण कथा, 'प्राण शक्ति योग' एवं उसमें छपे अन्य लेखों तथा सामग्रियों पर आपकी महत्वपूर्ण प्रतिक्रियाओं एवं सलाहों के लिए आपको हृदय से धन्यवाद देता हूँ।

मुझे इस बात की खुशी है कि एग्जिबिशन इंडिया ग्रुप द्वारा 29-31 अगस्त तक दिल्ली के प्रगति मैदान में आयोजित 'वेलनेस इंडिया एक्सपो-2017' में हेल्थ एण्ड इन्वायरमेंट टाइम्स ने भी मीडिया पार्टनर के रूप में अपनी सहभागिता सुनिश्चित की। हमने अपने इस अंक के आवरण कथा को भी इसी विषय पर केंद्रित किया है।

दोस्तों, हमने इस अंक में दिल्ली और उत्तर-प्रदेश की सीमा पर स्थित गाजीपुर लैंडफिल में कूड़े की पहाड़ के ढह जाने से हुए हादसे पर भी प्रमुखता से चर्चा की है। गाजीपुर डंपिंग ग्राउंड में 10 वर्ष की निर्धारित अवधि पूरा होने के बाद भी लगातार कूड़ा डाला जाना सरकार की नीति एवं प्रबंधन पर बड़ा सवाल खड़ा करता है।

इसके साथ-साथ हमने इस अंक में सस्टेनेबल एनर्जी, कैंसर, आँख, डेंगू तथा रक्तचाप जैसी बीमारियों पर भी विस्तार पूर्वक चर्चा करने का प्रयास किया है।

हेल्थ एण्ड इन्वायरमेंट टाइम्स के बहुत से पाठकों एवं शुभचिंतकों की लगातार यह सलाह एवं मांग रही है कि इस पत्रिका में जिन स्वास्थ्य विशेषज्ञों एवं पर्यावरणविदों के लेख आते हैं उनके साक्षात्कार के वीडियो को भी डिजिटल प्लेटफॉर्म के माध्यम से उपलब्ध कराया जाए।

हमें इस बात की खुशी है कि बहुत जल्द अब हम प्रिंट फॉरमेट के साथ-साथ डिजिटल फॉरमेट में भी अपनी उपस्थिति दर्ज कराने वाले हैं। इससे हम स्वास्थ्य एवं पर्यावरण संबंधी प्रमुख जानकारियों को काफी सुगमता से आप तक पहुंचाने में सफल होंगे। बहुत जल्द ही हम कुछ प्रख्यात चिकित्सकों, पर्यावरणविदों, शिक्षाविदों, एवं प्रमुख समाज सेवियों के विचारों एवं उनके जीवन से जुड़े कई महत्वपूर्ण जानकारियों को पत्रिका के साथ-साथ डिजिटल मीडिया के माध्यम से भी आप तक पहुंचाने का प्रयास करेंगे।

दोस्तों, दिल्ली से पत्रिका के प्रकाशन का यह दूसरा अंक है। हमारा सात वर्षों का यह अनवरत सफर कई सुखद अनुभवों एवं घटनाओं से भरा हुआ है। इसमें समय-समय पर आपके महत्वपूर्ण सलाह एवं मार्गदर्शन का भी काफी योगदान है।

हमारा यह विशेष अंक आपको कैसा लगा हमें जरूर बतायेंगे। हमें आपकी प्रतिक्रियाओं एवं महत्वपूर्ण सुझावों का इंतजार है। धन्यवाद

Rajesh Sinha

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Mail to the Editor



YOGA: PRAN SHAKTI

I enjoyed the cover story on Yoga by Editor Mr. Rajesh Sinha, published in the July, 2017 issue. I do agree that the art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. Yoga increases body awareness, relieves stress, reduces muscle tension, strain, and inflammation, sharpens attention and concentration, and calms and centers the nervous system. Other story like Aromatherapy and article on GST was also good. I appreciate the cover story and wish the next issue of HE Times.

Vinod Kumar, Delhi

HEALING EFFECTS OF ESSENTIAL OILS

Article on Aromatherapy, Healing effects of essential oils by Dinesh Mahajan is really good and very informative. This my suggestion to the editorial team that please also give details about the most common essential oils like lavender, frankincense, lemon, peppermint and tea tree oil to your natural medicine. The best part of the essential oil is it can have a healing effect mentally, physically, and emotionally. After reading this issue all that I can say is-

excellent team work. Thanks a lot for this wonderful issue.
Sanjay Gupta, Ranchi

GOODS AND SERVICES TAX (GST)

I am a student of B.Com. and regular reader of HE Times. HE Times understand the need of its readers. The article on GST (Goods and Services Tax) was very informative. Through this article we come to know that GST aims to replace all indirect levied on goods and services by the Indian Central and State governments. GST would subsume with a single comprehensive tax, bringing it all under a single umbrella, eliminating the cascading effect of taxes on the production and distribution prices of goods and services. I think the main hurdle in the implementation will be the coordination among different states. All the best for the next issue.

Kunal, Ahmedabad

FIND TO BE INTERESTING

Last month when I was looking for a Yoga related magazine, suddenly "Health & Environment Times" caught my attention. I have got enrolled my subscribers through my friend. I found the magazine to be very interesting and informative. It stand out from other contemporary magazines. It will be better, if you publish more interesting incident, film gossips and quiz. I am sure soon it will become a best magazine of India.

Pankaj Kumar, Mumbai

Dear Readers,

Thank you for your overwhelming response. Drop a line with your comments about the articles, suggestions or send in your tips.
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National Nutrition Week (1st to 7th Sept.)

Nutrition is the focal point of health and well-being of a nation. It is directly linked to human resource development, productivity and ultimately to the national growth. India is an annual observation which addresses the problem of malnutrition or under nutrition, especially amongst the children and women. Malnutrition is defined as a 'A state of poor nutrition caused by insufficient or unbalanced diet. National Nutrition Week, abbreviated as NNW is observed in India from 1st of 7th September specially to highlight the causes, effects and countermeasures of malnutrition. India ranks 5th amongst countries with the weakest commitment to ending child malnutrition (World Vision and Save the Children).

The National Nutrition Week is a central government initiative started in 1982 to promote awareness and good health through nutrition education. The Department of Women and Child Development was set up in the year 1985 as a part of the Ministry of Human Resource Development to give the much needed impetus to the holistic development of women and children. Food and Nutrition Board (FNB) along with the technical wing, regional offices and quality control laboratories, Community Food and Nutrition Extension units (CFNEUs) NGO's and other concerned institutions provide health and nutrition education, health services, supplementary food and preschool education to mark the day.

International Literacy Day (8th September)

International Literacy Day was designated by UNESCO on November 17, 1965. This day was first celebrated on September 8, 1966. Literacy day is observed every year on September 8th to raise people's awareness and concern for literacy issues in the world. It aims to highlight the important of literacy to individuals, communities, societies and reminds the international community of the status of literacy and adult learning globally. Literacy is also a cause for celebration on this day because there are nearly four billion literate people in the world.

Celebrations of International Literacy Day have included specific

themes, in line with Education For All goals and other United Nations programs such as the United Nations Literacy Decade. This year, International Literacy Day (8 September) will be celebrated across the world under the theme of 'Literacy in a digital world'. On 7 and 8 September, 2017 a special two-day event will be organized at UNESCO's Headquarters in Paris, with the overall aim to look at what kind of literacy skills people need to navigate increasingly digitally-mediated societies, and to explore effective literacy policies and programmes that can leverage the opportunities that the digital world provides.



World Ozone Day (16th September)

This special day is held on September 16th to mark the day back in 1987 when the Montreal Protocol was signed. As a result, a number of special events such as talks and seminars are held in the Canadian city of Montreal on this day. World Ozone Day has been celebrated since 1994 and was established by the United Nations

General Assembly. The day is mainly intended to spread awareness of the depletion of the Ozone Layer and search for solutions to preserve it. People from all over the world are expected to gather in Montreal on September 16th to join the talks and seminars.

World Ozone Day is also celebrated all around the world. Educators usually set aside this day to teach

their students about the Ozone layer and many schools organize special events and activities to raise awareness. This is one event that everyone can experience and enjoy together. The ozone layer, a fragile shield of gas, protects the Earth from the harmful portion of the rays of the sun, thus helping preserve life on the planet.

The phase-out of controlled uses of

ozone depleting substances and the related reductions have not only helped protect the ozone layer for this and future generations, but have also contributed significantly to global efforts to address climate change; furthermore, it has protected human health and ecosystems by limiting the harmful ultraviolet radiation from reaching the earth.



World Heart Day (28 September)

World Heart Day is a global awareness day, created to inform people around the globe that heart disease and stroke are the world's leading cause of death, claiming 17.3 million lives each year. Together with its members, the World Heart Federation spreads the news that at least 82 per cent of premature deaths from heart disease and stroke could be avoided if the main risk factors; tobacco, unhealthy diet and physical inactivity, are controlled. Heart Day is part of an international campaign to spread awareness about heart disease and stroke prevention.

This is the perfect day to quit smoking, get exercising and start eating healthy – all in the name of keeping your ticker in good working order, and improving the health and well-being of people the world over. Events take place to promote healthy hearts. Charities and other organizations coordinate walks and runs, health checks, public talks, shows and exhibitions to name a few of the interesting and informative events which mark the day. So on Heart Day, get involved, eat your fruit and veg and get outside; both you and your heart will feel the benefits.



Champions of Change Initiative organized by NITI Aayog

The Prime Minister today interacted with Young CEOs at the "Champions of Change - Transforming India through G2B partnership" initiative organized by NITI Aayog at PravasiBharatiya Kendra. It was the Prime Minister's second address in this series. Six groups of young CEOs made presentations before the PM on themes such as Make in India; Doubling Farmers' Income; World Class Infrastructure; Cities of Tomorrow; Reforming the Financial Sector; and New India by 2022. Appreciating the new ideas and innovations envisaged in the presentations made by the CEOs, the Prime Minister thanked them for the valuable

inputs and time devoted to ideation for the benefit of the country. He said the key decision making team of the Government has listened carefully to the presentations, and will surely benefit in their policy-making, from the 360 degree view of issues that have been presented. The Prime Minister said people's participation is an important element of governance. Similarly, he said, this attempt at CEOs partnership with Government is aimed at enhancing their participation towards welfare of the people, and the nation. Recalling India's freedom struggle, he said Mahatma Gandhi made all Indians, soldiers for freedom, even as they continued to do their own work. Hence, he helped the freedom struggle become a mass movement.

The Prime Minister gave the example of Government e-Marketplace (GeM) to show how small traders are competing successfully in provision of supplies to the Government. He said 1000 crore rupees have been transacted through GeM so far and 28,000 suppliers have contributed to this platform. Several Union Ministers and senior Government officials were also present on the occasion.

Prevention and control of vector borne diseases in Delhi

Importance of community participation

Union Minister for Health and Family Welfare, J P Nadda, held a high level meeting to review the activities for prevention and control of vector borne diseases (dengue, malaria, chikungunya and swine flu) in Delhi on 18th August, 2017. Satyendra Jain, Health Minister, Government of Delhi, Mayors of Delhi, C K Mishra, Union Health Secretary, DrSoumyaSwaminathan, Secretary (DHR), DrJagdish Prasad, DGHS, Medical Supdts. of the Central Government hospitals in Delhi, senior officials from Union Health Ministry, Government of Delhi, ICMR, NCDC and NVBDCP were also present during the meeting.

Nadda stressed on the critical importance of prevention of vector-borne diseases and stated that all stakeholders including the Government of Delhi, Municipal Corporations, RWAs, NGOs and the people have an important role to play in prevention of breeding of the vectors that cause these diseases. He stated that a strong awareness campaign is very effective for educating people to keep their home and surrounding areas free of water clogging. He urged the Health Minister of Delhi to launch a house-to-house IEC campaign for creating widespread awareness. The Mayors of Delhi informed that such a campaign has already started and various forms of media are being used to reach out to people. Nadda stated that when people are equipped with proper information, they are capable of preventing such diseases and also seeking timely medical intervention.

The Union Health Minister suggested for a workshop to be organized by the Delhi Government for all concerned agencies and stakeholders to sensitize them on the protocols for prevention and management of vector-borne diseases that normally see a spike during the monsoon season. He assured the support of the Union Health Ministry in all efforts of the State government to build their capacity. He added that master trainers that had received training last year and this year should be engaged to build the capacity of other health workers too, he stated. Union Minister, highlighted the importance of maintaining adequate quantity of testing kits, drugs etc., at the government hospitals and chemists. He requested the Delhi Government to issue an advisory to all chemists to ensure adequate stock of necessary drugs. He also suggested for hospitals to ensure that adequate number of isolation wards are available and to ensure that protocols for ventilator management are followed.



8th World Renewable Energy Technology Congress Energy Independence and Power for all by 2022

Union Minister of State (IC) for Power, Coal, Renewable Energy and Mines, Piyush Goyal, addressed a distinguished gathering of delegates attending the 3-day 8th World Renewable Energy Technology Congress 21st August, 2017 at New Delhi. The Minister also gave away Energy and Environment Foundation Global Excellence awards 2017 during the inaugural session of the conference. The annual conference is visualized and planned in the backdrop of India's vision on achieving "Energy Independence and Power for all by 2022". It focusses on new Green Technologies to ensure clean, reliable and affordable Renewable Energy supplies. It provides an opportunity and open forum to exchange information, share experiences and best practices by bringing together experts, investors and other multi stake holders of i.e. Public and Private Sector, Advisory Groups, Governments, NGOs, Non-Profit organizations Environmentalists and Academia. Addressing the gathering, Goyal noted that the last 10 to 15 years have seen a rapid decline in the quality of the atmosphere due to increasing greenhouse gas emissions globally and it has become probably the largest challenge before

humanity today. Fortunately, post the Paris agreement, the world as a whole has recognized that climate change is a serious issue and it needs to be addressed globally in a mission mode, the Minister added. Minister informed that India is spearheading a number of engagements on the global platform to address the challenge, which include the International Solar Alliance (ISA), the Mission Innovation, global engagements on rapid de-carbonization of the energy space, the African Renewable Energy Initiative, the G20 Energy Ministers getting together to see what can be done to look at a better future for the world, inter alia. Talking about technological advancements in renewable energy sector, Shri Goyal said, "I am sure this advent of Technology will make renewable energy more attractive particularly for emerging and growing economies like India, especially when renewable energy costs are down as compared to other forms of conventional energy sources". Other dignitaries present on the occasion were K.S. Popli, CMD, Indian Renewable Energy Development Agency Ltd. (IREDA), UpendraTripathy, DG, ISA, along with other National and International stalwarts of the Renewable Energy sector.

SMALL DOSES

(MoU) between India and Nepal:

The Union Cabinet chaired by the Prime Minister Shri Narendra Modi today has given its approval for signing of a Memorandum of Understanding (MoU) between India and Nepal on Drug Demand Reduction and Prevention of Illicit Trafficking in Narcotic Drugs and Psychotropic Substances and precursor chemicals and related matters.

It indicates the mechanism of information exchange and the competent authorities in the two countries who are responsible for the implementation of the MoU and exchange of any information.

Encroachment of Catchment Areas of Ganga River:

Government of India has notified constitution of Authorities at National, State and District levels vide notification at 7th October, 2016 to take measures for prevention, control and abatement of environmental pollution in River Ganga and to ensure continuous adequate flow of water so as to rejuvenate the River Ganga. As per the above Authority Order, no person shall construct any structure for residential or commercial or industrial or any other purposes in the River Ganga, banks of River Ganga or its tributaries or active flood plain area of River Ganga or its tributaries.



जलवायु परिवर्तन, एक सामूहिक जिम्मेदारी: डा. हर्षवर्धन

रू वच्छ हवा, जल और जीने योग्य जलवायु अपरिहार्य मानव अधिकार हैं। इस संकट का समाधान केवल राजनीतिक सवाल नहीं है बल्कि यह हमारी नैतिक जिम्मेदारी भी है। हमारे पास केवल एक ही ग्रह है और हमें इसे बचाने के लिए व्यापक स्तर पर अधिक जवाबदेह बनना होगा। जलवायु परिवर्तन की वैश्विक प्रकृति एक सामूहिक जिम्मेदारी का आह्वान करती है। भारत यूएनएफसीसीसी के तहत बहुपक्षीय वार्ताओं में सकारात्मक, रचनात्मक और प्रगतिशील तरीके से सक्रियता के साथ भाग ले रहा है, जो शिखर सम्मेलन और पेरिस समझौते में शामिल सामान्य, लेकिन विभेदित उत्तरदायित्वों और संबंधित क्षमताओं (सीबीडीआर-आरसी) के सिद्धांतों पर आधारित है। उक्त बातें केन्द्रीय पर्यावरण वन और जलवायु परिवर्तन मंत्री डा. हर्षवर्धन ने व्यापार और जलवायु परिवर्तन शिखर सम्मेलन (बीसीएस) 2017 में अपने संबोधन में कहा। पूरी दुनिया ने 2015 में आपस में मिलकर जलवायु परिवर्तन पर संयुक्त राष्ट्र फ्रेमवर्क सम्मेलन के तहत पेरिस समझौते पर सहमति व्यक्त की थी। यह समझौता नवंबर 2016 में लागू हुआ और आज की तारीख तक 160 पक्षों ने इसकी पुष्टि की है। भारत इस समझौते के सफल कार्यान्वयन के लिए प्रतिबद्ध है। पेरिस समझौते की मुख्य विशेषताओं में से एक विशेषता राष्ट्रीय स्तर पर निर्धारित योगदान है। भारत ने अपनी एनडीसी 2015 में प्रस्तुत कर दी थी। इसमें 8 लक्ष्य शामिल हैं, जिनमें से 3 मात्र संबंधी हैं। हम अब अपनी एनडीसी के क्रियान्वयन के लिए एक रोडमैप विकसित करने

पर काम कर रहे हैं और हमने प्रमुख मंत्रालयों और विभागों को शामिल करके एक कार्यान्वयन समिति और छह विषयगत उप-समितियों का गठन किया है। ऊर्जा कुशल उपकरणों के वितरण सहित कई अन्य पहल भी की गई हैं, जिनमें हमने 23.39 करोड़ एलईडी लाइट्स का वितरण किया है। प्रधान मंत्री उज्ज्वला योजना के तहत गरीबी रेखा से नीचे महिलाओं को मुफ्त स्वच्छ खाना पकाने के गैस कनेक्शन उपलब्ध कराए गए हैं और अभी तक 2.8 करोड़ एलपीजी कनेक्शन जारी किए जा चुके हैं। अमृत और स्मार्ट सिटी

जैसे मिशनों के माध्यम से, हम अपने शहरों को कुशल और जलवायु के रूप में लचीला बनाने के लिए बदलाव कर रहे हैं। भारत सरकार 350 करोड़ रुपये की राशि से अपना राष्ट्रीय अनुकूलन कोष भी स्थापित कर रही है। अंतर्राष्ट्रीय स्तर पर, प्रधानमंत्री के नेतृत्व में, भारत ने फ्रांस की सरकार के साथ संयुक्त रूप से अंतर्राष्ट्रीय सौर गठबंधन (आईएसए) की शुरुआत की है। यह एक साझा मंच उपलब्ध कराता है, जिसमें द्विपक्षीय और बहुपक्षीय संगठनों, कॉरपोरेट, उद्योग और हितधारकों सहित विश्व समुदाय, सुरक्षित, सुविधाजनक, किफायती और टिकाऊ रूप से आईएसए सदस्यों देशों की ऊर्जा आवश्यकताओं को पूरा करने में सौर ऊर्जा के उपयोग को बढ़ाने के साझा लक्ष्यों के लिए सकारात्मक योगदान कर सकता है। अभी तक 36 देशों ने आईएसए पर हस्ताक्षर किए हैं और 7 देशों ने इसकी पुष्टि की है। भारत विश्व बैंक की सहायता से एक स्वैच्छिक कार्बन बाजार स्थापित करने की योजना बना रहा है जिसमें बकाया क्षेत्रों पर ध्यान केंद्रित किया जाएगा। राजनीतिक नेताओं और जनता के प्रतिनिधियों के रूप में आगे बढ़कर देश के नागरिकों और विश्व के प्रति हमारी प्रमुख भूमिका और जिम्मेदारियां हैं। हमें विज्ञान की आवाज को गंभीरता से सुनना चाहिए और जलवायु परिवर्तन द्वारा पेश किए जा रहे जोखिमों के खिलाफ अपने लोगों की रक्षा के लिए कार्य करना चाहिए।



बायोमेडिकल वेस्ट स्वास्थ्य एवं पर्यावरण के लिए बड़ा खतरा

बायोमेडिकल वेस्ट यानि जैव-चिकित्सीय कचरे आम कचरे से बिल्कुल भिन्न होते हैं एवं इनके निस्तारण की तकनीक भी आम कचरे की निस्तारण से बिल्कुल अलग होती है। भारत की राजधानी दिल्ली के साथ-साथ देश के कई महानगरों में यह स्वास्थ्य एवं पर्यावरण के लिए एक बड़ी चुनौती बन गयी है। इस पर नियंत्रण का कार्य वहाँ के संबंधित प्रदूषण नियंत्रण समिति का होता है परन्तु आम तौर पर ये समितियाँ इस कार्य में अक्षम साबित हो रही हैं। इन समितियों के सारे दावे कागजों तक ही सीमित हो कर रह जाती हैं और यही कारण है कि समय-समय पर राष्ट्रीय हरित अधिकरण को कड़ा रुख अपनाना पड़ता है। देश की राजधानी दिल्ली में नित नए अस्पतालों एवं स्वास्थ्य संबंधी सुविधाओं के कारण बायोमेडिकल वेस्ट में अप्रत्यासित वृद्धि हो रही है। सन् 2010 तक जहाँ राजधानी के अस्पतालों से रोजाना 10 टन बायोमेडिकल वेस्ट निकलता था वहीं आज 20 से 25 टन बायोमेडिकल वेस्ट निकलता है। यह सामान्य कचरे से बिल्कुल भिन्न होता है एवं इसके निस्तारण की प्रक्रिया भी भिन्न है। इसके बावजूद ये कचरे सामान्य कूड़ा गाड़ियों

में भर कर लैंडफिल में मिला दिये जाते हैं जिससे पर्यावरण को काफी नुकसान पहुँचता है। सामान्य गार्बेज लैंडफिल पर कार्य कर रहे कर्मचारियों को आए दिन इसका जोखिम उठाना पड़ता है। सामान्य गार्बेज लैंडफिल पर कार्यरत कर्मचारियों को आए दिन ब्लेड, सीरिज जैसे खतरनाक हॉस्पिटल वेस्ट से जख्मी होना पड़ता है। इस तरह से लगातार बढ़ता मेडिकल वेस्ट और उसके निस्तारण की लापरवाही के कारण लोगों के स्वास्थ्य एवं पर्यावरण पर इसका काफी खराब प्रभाव पड़ रहा है।



निजी एवं सरकारी अस्पतालों पर लगा जुर्माना

देश की राजधानी दिल्ली में जैव-चिकित्सीय कचरे के नियमानुसार निस्तारण एवं प्रबंधन में खामियों को देखते हुए राष्ट्रीय हरित अधिकरण (एनजीटी) के अध्यक्ष न्यायमूर्ति स्वतंत्र कुमार ने दिल्ली के शालीमार बाग स्थित फोर्टिस अस्पताल पर दो लाख रुपये जबकि मैक्स सुपर स्पेशलिटी अस्पताल और धर्मशिला अस्पताल एंड रिसर्च सेंटर पर 1.5-1.5 लाख रुपये का जुर्माना लगाया है। इसके अतिरिक्त हेडगेवार आरोग्य संस्थान, जगप्रवेश चंद्र अस्पताल, चाचा नेहरू बाल चिकित्सालय, लाल बहादुर शास्त्री अस्पताल, स्वामी दयानंद अस्पताल एवं सफदरजंग अस्पताल पर 75-75 हजार रुपये का जुर्माना लगाया है। इसके पूर्व सुनवाई के दौरान राष्ट्रीय हरित अधिकरण ने कुछ होटलों पर भी दो से तीन

लाख रुपये तक का जुर्माना लगाया था। इसके साथ-साथ राष्ट्रीय हरित अधिकरण ने इस बाबत जिन अस्पतालों को चेतावनी दी है, उनमें इंदिरा गांधी ईएसआई अस्पताल, राममनोहर लोहिया अस्पताल, लोकनायक जयप्रकाश नारायण अस्पताल और लेडी हार्डिंग अस्पताल प्रमुख रूप से शामिल हैं। जिन अस्पतालों पर जुर्माना लगाया गया है उन्हें यह चेतावनी भी दी गई है कि अगर उनके सीवरेज ट्रीटमेंट प्लांट (एसटीपी) ने छह महीने के भीतर ठीक से काम करना शुरू नहीं किया तो संबंधित संस्थानों पर भारी जुर्माना किया जाएगा। एनजीटी ने सरकारी अस्पतालों के चिकित्सा अधीक्षकों को पर्यावरण नियमों का उल्लंघन करने के लिए जिम्मेदार अधिकारियों के खिलाफ कड़ी कार्रवाई करने का आदेश भी दिया है।

स्मॉल डोजेज

एमसीडी के मलेरिया विभाग में स्टाफ की कमी के कारण भी दिल्ली में डेंगू का खतरा

हर वर्ष देश की राजधानी दिल्ली में बरसात के मौसम में यहाँ के लोगों को डेंगू, मलेरिया एवं चिकनगुनिया का प्रकोप झेलना पड़ता है। हालाँकि इसके कई कारण हैं परन्तु एक महत्वपूर्ण कारण एमसीडी के मलेरिया विभाग में इससे लड़ने के लिए पर्याप्त कर्मचारियों की कमी भी है। मलेरिया विभाग में पर्याप्त कर्मचारियों के अभाव में विभाग इसके ब्रीडिंग को रोकने एवं मच्छरों को समाप्त करने की दिशा में ठीक से काम नहीं कर पा रहा है। एमसीडी से प्राप्त आंकड़े के अनुसार अभी तक मलेरिया के 128, डेंगू के 98 और चिकनगुनिया के 127 मामले सामने आए हैं। ऐसे में दिल्ली सरकार पर मलेरिया एवं डेंगू की ब्रीडिंग की चेकिंग एवं इसके रोक-थाम की प्रक्रिया पर सवाल उठने लगे हैं।

उत्तरी नगर निगम में इस कार्य के लिए कुल 300 कर्मचारियों की आवश्यकता है परन्तु कर्मचारी के आभाव में वर्तमान में सिर्फ 120 कर्मचारी कार्य पर लगे हैं जो कि आवे से भी कम हैं। वहीं दूसरी ओर पूर्वी दिल्ली नगर निगम में एक ओर जहाँ निगम में इस कार्य के लिए पर्याप्त राशि की कमी है वहीं दूसरी ओर कर्मचारी की भी भारी किल्लत है। ऐसे में दिल्ली सरकार डेंगू, मलेरिया एवं चिकनगुनिया से कितना लड़ पायेगी यह कहना मुश्किल है। स्वास्थ्य विभाग के अधिकारियों का कहना है कि इस विभाग में नियमित कर्मचारियों के आभाव है और निविदा पर भी कर्मचारियों की नियुक्ति नहीं हो पाती है फलस्वरूप अच्छी तरह ब्रीडिंग की पड़ताल और न ही चेकर्स की मॉनिटरिंग हो पाती है।





कचरे की प्रबंधन ने डुबोई जिन्दगी

देश में कूड़ा विस्फोट का पहला मामला

दिल्ली के 3 सेनेटरी लैंडफिल में कूड़े डालने की अवधि खत्म होने के बावजूद वहाँ पर कूड़ा डाला जा रहा है। हालांकि कूड़ा निस्तारण के लिए 4 नए स्थान तय किए गए थे परन्तु गाजीपुर डंपिंग ग्राउंड में समय अवधि खत्म होने के पश्चात् कूड़ा डाला जाना एक बड़ा सवाल खड़ा कर रहा है।

दिल्ली और उत्तर-प्रदेश की सीमा पर स्थित गाजीपुर लैंडफिल साइट में गत माह को कूड़े के पहाड़ का एक हिस्सा धंसने के कारण बड़ा हादसा हो गया। दिल्ली में लगातार हो रही बारिश के कारण शुक्रवार, 1 सितंबर को कूड़े का पहाड़ तेज धमाके के साथ ढह गया। इससे दो लोगों की मौत हो गई और कई अन्य घायल हो गये। देर शाम दिल्ली के मुख्यमंत्री अरविंद केजरीवाल एवं उप-मुख्यमंत्री मनीष सिसोदिया ने मौके पर पहुँचकर राहत कार्य एवं घटना की जानकारी लिया। इस घटना में एक कार, दो ऑटो रिक्सा एवं एक स्कूटर सवार कचरे के पहाड़ के समीप केनाल में जा गिरे। मरने वालों में एक स्कूटर सवार बालिका भी शामिल है। मौके पर एनडीआरएफ की टीम ने भी पहुँच कर केनाल में गिरे लोगों को निकालने में मदद किया।

उल्लेखनीय है कि दिल्ली के 3 सेनेटरी लैंडफिल में कूड़े डालने की अवधि खत्म होने के बावजूद वहाँ पर कूड़ा डाला जा रहा है। हालांकि कूड़ा निस्तारण के लिए 4 नए स्थान तय किए गए थे परन्तु गाजीपुर डंपिंग ग्राउंड में समय अवधि खत्म होने के पश्चात् कूड़ा डाला जाना एक बड़ा सवाल खड़ा कर रहा है। हादसे में दो लोगों की मौत के बाद दिल्ली के उपराज्यपाल अनिल बैजल ने एक आपात बैठक बुलाई एवं यह फैसला लिया कि गाजीपुर लैंडफिल साइट पर अब कूड़ा नहीं डाला जाएगा। इसकी जगह अब स्थानीय एजेंसी भलस्वा लैंडफिल पर कूड़ा डाला करेंगे। साथ ही साथ उन्होंने विशेषाधिकृत यातायात को आदेश दिया कि वे लोगों की सुरक्षा के लिए यातायात के वैकल्पिक मार्ग की व्यवस्था करें। दिल्ली के मुख्यमंत्री अरविंद केजरीवाल ने नए लैंडफिल के निर्माण के संबंध में उपराज्यपाल अनिल

बैजल से मुलाकात की और बताया कि जल्द ही दिल्ली में दो और नए लैंडफिल तैयार किये जाएंगे। उन्होंने इसकी कोई समय सीमा तो नहीं बतायी परन्तु उन्होंने इतना जरूर बताया कि यह जगह उत्तरी दिल्ली एवं पूर्वी दिल्ली में होगी।

इस बीच भारतीय राष्ट्रीय राजमार्ग प्राधिकरण ने कूड़े को अलग करने वाली योजना पर काम शुरू कर दिया है और संभवतः यहाँ 21 सितंबर से कूड़े को हटाने की प्रक्रिया शुरू हो जाएगी।

राजधानी दिल्ली में कूड़े के प्रबंधन और उसके निस्तारण की कोई समुचित व्यवस्था न होने के कारण गाजीपुर डंपिंग ग्राउंड में 10 वर्ष की निर्धारित अवधि पूरा होने के बाद भी लगातार वहाँ कूड़ा डाला जा रहा है। लिहाजा आज इन सेनेटरी लैंडफिल में कूड़े के ढेर पहाड़ों से भी उँचे लग चुके हैं और उनमें ज्वलनशील गैस के निर्माण के कारण आग लगने की घटना आम हो चुकी हैं। उल्लेखनीय है कि एकीकृत नगर निगम के समय से ही कूड़ा डालने के लिए गाजीपुर, भलस्वा तथा ओखला सेनेटरी लैंडफिल बनाए गए थे। उस समय ऐसा अनुमान था कि यह लैंडफिल 2008 तक कूड़े से पट जाएंगे। मगर यह तीनों सेनेटरी लैंडफिल तय अवधि से करीब पाँच वर्ष पहले ही कूड़े के ढेर से भर गया। अब इनकी हालत ऐसी हो चुकी है कि लोग इसे दूर-दूर से इस कूड़े के पहाड़ को देखने आते हैं।

फिलहाल ऐसा अनुमान है कि गाजीपुर लैंडफिल साइट का मलवा अगर भलस्वा लैंडफिल साइट पर गिराया जाएगा तो पहले से समस्या झेल रहे इस लैंडफिल साइट पर अतिरिक्त भार पड़ेगा जिससे भविष्य में वहाँ के नागरिकों को परेशानी झेलनी पड़ेगी। अनुमानतः गाजीपुर लैंडफिल साइट पर पूर्वी दिल्ली नगर निगम का लगभग दो हजार मेट्रिक टन कचरा प्रतिदिन डाला जाता है। अगर यह कचरा अब अगर भलस्वा लैंडफिल साइट पर डाला गया तो यहाँ प्रतिदिन पाँच हजार मेट्रिक टन से भी ज्यादा कचरा जमा होने लगेगा। इससे इस साइट की ऊँचाई काफी तेजी से बढ़ेगी एवं इससे स्थानीय लोगों के उपर हर समय खतरा मंडराते रहेगा। वैसे भी भलस्वा में कचरे का पहाड़ हर समय सुलगते हुए देखा जा सकता है। गत माह अगस्त में ही यहाँ आग लगने की 10 से भी ज्यादा घटनाएँ हो चुकी हैं। इसकी ऊँचाई 48 मीटर से भी ज्यादा हो चुकी है। दिल्ली की सबसे पुरानी लैंडफिल साइट में शामिल भलस्वा किसी भी दिन बड़े हादसे का कारण बन सकती है।

कूड़े के अंवार के कारण इसमें स्वतः मिथेन गैस का निर्माण होता रहता है एवं आए दिन इसमें आग लगने की घटना होते रहती है। लैंडफिल साइट पर 11 अगस्त को लगी आग इतनी भयंकर थी कि उसे बुझाने के लिए दमकल की 18 गाड़ियों को काफी

गाजीपुर लैंडफिल साइट पर पूर्वी दिल्ली नगर निगम का लगभग दो हजार मेट्रिक टन कचरा प्रतिदिन डाला जाता है। अगर यह कचरा अब अगर भलस्वा लैंडफिल साइट पर डाला गया तो यहाँ प्रतिदिन पाँच हजार मेट्रिक टन से भी ज्यादा कचरा जमा होने लगेगा। इससे इस साइट की ऊँचाई काफी तेजी से बढ़ेगी एवं इससे स्थानीय लोगों के उपर हर समय खतरा मंडराते रहेगा।



मशक्कत करनी पड़ी थी। स्थानीय नागरिकों के किया जाता रहा है परन्तु सरकार पर इसका कोई द्वारा इस मुद्दे को लेकर कई बार आंदोलन भी असर नहीं दिखाई पड़ता है।●



Future of Sustainable energy

A clean energy future is on top of every country's sustainability agenda today, which is evidenced by the large-scale expansion of sustainable power projects worldwide.



By Jayant Parimal
CEO, Renewable Energy
Adani Enterprises Limited

As we now that Sustainable energy is energy that is consumed at insignificant rates compared to its supply and with manageable collateral effects, especially environmental effects. This is a critically important task because people cannot continue to rely on energy that is not renewable, as this may be causing harm to the earth. The renewable industry is taking bold steps to ensure that people have plenty of alternatives

that should help protect the earth. This should stop people from relying on questionable energy sources.

The sun is big power player when it comes to renewable energy. Harnessing the power of the sun is becoming popular in many states, as many companies and homes have adopted solar panels. Still, solar panel energy only accounts for about 3 percent of the entire amount of renewable energy sourced.

India's generation capacity will have to increase up to seven times the present figure to meet our growth needs. The major part of our energy mix consists of fossil fuels. They are finite sources and have serious environmental consequences. In times of depleting resources and climate threats, the best way forward for India is to take the dual path of energy efficiency and renewable power generation like wind power generation and solar electricity generation. It is imperative to tap into

these huge renewable power sources and judiciously utilize the non-renewable resources, keeping energy conservation in mind.

India is facing an acute energy scarcity which is hampering its industrial growth and economic progress. Setting up of new power plants is inevitably dependent on import of highly volatile fossil fuels. Thus, it is essential to tackle the energy crisis through judicious utilization of abundant the renewable energy resources, such as biomass energy, solar energy, wind energy and geothermal energy. Apart from augmenting the energy supply, renewable resources will help India in mitigating climate change. India is heavily dependent on fossil fuels for its energy needs. Most of the power generation is carried out by coal and mineral oil-based power plants which contribute heavily to greenhouse gases emission.

The average per capita consumption of energy in India is



India is facing an acute energy scarcity which is hampering its industrial growth and economic progress. Setting up of new power plants is inevitably dependent on import of highly volatile fossil fuels.

around 500 W, which is much lower than that of developed countries like USA, Europe, Australia, Japan etc. However, this figure is expected to rise sharply due to high economic growth and rapid industrialization. The consumption of electricity is growing on the worldwide basis. Energy is a necessity and sustainable renewable energy is a vital link in industrialization and development of India. A transition from conventional energy systems to those based on renewable resources is necessary to meet the ever-increasing demand for energy and to address environmental concerns.

Traditional "megapower" production of electricity is insufficient today because of exponential industrial growth and high living standard.

Microgeneration can act as a catalyst for cultural changes in consumer attitude, and provides evidence of the important impact that microgeneration has on consumers' attitude and behavior regarding energy production and use. Microgeneration is both a serious form of clean energy production and also a cultural movement that is gathering momentum worldwide. Microgeneration technologies include small wind turbines, biomass gasifiers, solar power, micro-hydro, or a combination of these technologies. Prima-facie renewable energy may appear a bit costlier than the conventional source of energy, but looking at the benefit of continuous power availability and great contribution against global warming, it is worth. ●



Breast Cancer

A revival of hope

Breast cancer is the most common malignancy among women worldwide. In India, it has trumped cervical cancer as the most prevalent cancer among women, especially among urban populace. As per World Health Organisation, about 1.5 lac cases of breast cancer are being diagnosed per year in India with 70,000 women succumbing to illness every year. The overall



By Dr. Avinash Kumar Pandey
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mortality figure due to breast cancer is double in India compared to Western countries. The incidence is further projected to increase from 0.15 million currently to 0.23 million per year by 2026, ballooning into a major health care problem. The oncogenic trigger targets the epithelial cells lining the 'milk ducts', which behaves errantly due to mutation. Either there is loss of checkpoint to combat uninterrupted proliferation or up-regulation of genes which regulate cell turnover.

Breast cancer happens to be a compilation of multifaceted illness assorted under one canopy with varied clinical presentation, behavior and outcomes. Lots of key factors affect the prognosis including age, menopausal status, stage, hormonal status and treatment. Lesser median age and higher stage at presentation partially due to lack of awareness, meagre resource and aggressive biology mars the ultimate outcome of



women with breast cancer in India. Due to novel discovery in molecular genetics, every patient can now be assigned to a special discrete group which makes her assessable to receive maximum benefit to a selected combination of therapy. Such approach of individualized tailored therapy improves the probability of cure while minimizing adverse effects and futile costs.

Screening general population helps in prompt detection of early pre symptomatic stage breast cancer and reduces mortality. For women with average risk, monthly breast self-examination (BSE) along with 3 yearly clinical breast examination (CBE) after 25 years and annual CBE with mammography yearly after the age of 40 years is recommended. Women with increased risk determined with risk prediction model require early and more vigilant screening with six monthly CBE beginning at 30 years of age. Select group of women with familial pedigree suggestive of higher risk or genetic predisposition can undergo risk reduction bilateral mastectomy with bilateral oophorectomy or follow up closely with tamoxifen use. These screening protocols should be

aided with mass breast cancer awareness programme to augment the impact of benefit achieved.

Any diagnosed breast cancer merit systematic examination and pertinent investigations to determine the stage, grade and hormonal status of the tumor. This is to be followed by meticulous individualized planning by multidisciplinary team of doctors comprising surgical, medical and radiation oncologists. Majority of early breast cancer patients can preserve the affected breast after undergoing breast conservation surgery provided they agree to receive subsequent radiotherapy. The sequencing of therapy proceeds from surgery to chemotherapy followed by radiotherapy. Patients also receive adjuvant hormonal therapy if deemed necessary for a period ranging from 5 to 10 years. For locally advanced tumors, doctor could suggest chemotherapy before surgery to make tumor optimally resectable. Patients presenting with metastasis unfortunately could not be cured, however meaningful symptomatic palliation and prolonged survival could be achieved with hormonal and chemotherapy in considerable number of patients.

Remarkable improvement in survival in localized and locally advanced breast cancer over past two decades has been achieved. Credit for this feat is shared equitably between effective population based screening strategies and individualized therapeutic options including modern chemotherapeutic agents with customized radiotherapy. Even in patients with metastatic disease, novel drugs such as trastuzumab, everolimus, fulvestrant and lapatinib in selected cohorts of patients have prolonged survival effectively.

Breast cancer continues to be a major health care problem with deepening crisis due to projected rise in incidence. Modifiable risk factors can be overcome by adopting well balanced diet, adequate exercise to achieve optimum Body Mass Index (BMI) with encouragement to breast feeding practices. Mass breast cancer awareness programme with early detection and prompt referral can save many lives. Effective early individualized therapy guided by trained multidisciplinary specialists can go a long way in reducing the burden of this 'Emperor of all Maladies'. ●



Wellness wisdom finds stage

Aiming at developing a culture of holistic health, the maiden expo of its kind underlines every aspect of organics, health and biotechnology for ensuring complete well-being, including physical, mental, emotional & spiritual

By Rajesh Sinha

The three-day wellness exhibition got a flying start on August 29 when the Union Minister of State for Health and Family Welfare, Faggan Singh Kulaste, inaugurated the expo.

Speaking on the occasion, the minister said that many of the Government of India schemes to provide affordable and quality healthcare in the country had been successful. He added, "We



have increased our health budget to about 1.4 per cent of the Gross Domestic Product (GDP). We would like to increase it to 2.5 per cent by 2025. In FY 2017-18, we allocated Rs 47,352 crore, which is 27 per cent more than what we allocated in 2016-17."

"We are committed to strengthen the healthcare system, and ensure availability of quality healthcare facilities in far flung areas. The Government has opened six AIIMS, and we have plans to open 12 more. Government hospitals will also provide the latest technological services," the minister added.

Expressing his satisfaction over mainstreaming of the AYUSH

system, Kulaste said, "I am very happy that wellness as a topic is being addressed officially in this coveted expo. In my opinion, health is of prime importance and one should take positive steps towards maintaining good health."

Speaking during the inaugural session of the expo, Minister of State for Development of North Eastern Region, Dr. Jitendra Singh, said, "The booming wellness industry will soon be the fastest growing job creator. And the Government is willing to support all entrepreneurs, who invest in this industry in the North Eastern region." Citing the example of Sikkim which has become India's first fully organic state, the minister talked



about the ways that will lead towards wellness.

Minister of State for Housing and Urban Development, Health, Medical Education and Social Welfare, Asiea Naqash, expressed concerned over people's dependency on high doses of antibiotics to treat diseases, while ignoring traditional medicine. "In Jammu and Kashmir, we have been creating awareness at the grassroots level about the advantages of Ayurvedic and Unani medicines, which was earlier a private enterprise, adding, "It's great that the Government is now taking an interest in these ancient forms of healing."

The comprehensive industry gathering focus on thought leadership, idea sharing, and industry vision has received further endorsement from Minister of Health and Family Welfare, Jagat Prakash Nadda, she said, adding, "Prevention and awareness about non-communicable diseases, which are largely linked with present lifestyle habits, will go a long way in ensuring that people become aware of healthy lifestyle choices."

Urging the masses to focus more on business and entrepreneurship, Minister for Micro, Small and Medium Enterprises (MSME), Kalraj Mishra, stated, "The MSME segment is playing key role in domestic manufacturing, and is leading the Make in India campaign." He added, "The expo's focus on health, alternative medicines, natural lifestyles, yoga, biotech and organic is significant as it concerns all sections of society."

Special Secretary, Ministry of Ayush, and ayurveda expert, Vaidya Rajesh Kotecha, said, "Wellness is not limited to elite people who go to spas. The concept of wellness is a more inclusive construct." He further specified that the National Health Policy 2017 is inclusive of everything, and that makes it unique. "The Ministry of Ayush decided not to publish a separate policy on AYUSH because AYUSH is part of the

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Faggan Singh Kulaste

We have increased our health budget to about 1.4 per cent of the Gross Domestic Product. We would like to increase it to 2.5 per cent by 2025. Government has plans to open 12 more AIIMS.

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Dr. Jitendra Singh

Government is willing to support all entrepreneurs who invest in the wellness industry in the North Eastern region.

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Asiea Naqash

People's dependency on high doses of antibiotics to treat diseases, while ignoring traditional medicine, is matter of concern.

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Kalraj Mishra

The expo's focus on health, alternative medicines, natural lifestyles, yoga, biotech and organic is significant as it concerns all sections of society.

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Prem Behl

Expo takes forward the Government's mission to promote traditional medicine that includes incorporating all aspects of alternative, herbal and natural medicines into the national healthcare system. It's gratifying that the Government has commended our efforts to organise this expo.



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Vaidya Rajesh Kotecha

The Ministry of Ayush decided not to publish a separate policy on AYUSH because AYUSH is part of the National Health Policy 2017.

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Cherian Thomas

Our agri-related programmes are working to address the underlying causes of malnutrition and one of which is food security.

National Health Policy 2017.”

Cherian Thomas, National Director and CEO of World Vision India, a child focused organization that works across 191 districts in 25 states and impacting 26 lakh children, stated, “Malnutrition is a complex issue and requires a multi-sect-oral response. Our agri-related programmes are working to address the underlying causes of malnutrition and one of which is food security. We have factored organic farming with an aim to provide sustained and safe food to our children.”

Speaking on the occasion, Chairman, Exhibitions India Group,

Prem Behl said, “The exposition takes forward the Government's mission to promote traditional medicine that includes incorporating all aspects of alternative, herbal and natural medicines into the national healthcare system.”

“Prime Minister Narendra Modi's efforts to get June 21 declared as the International Yoga Day by the United Nations in 2014 shows that India can emerge as a global soft power in propagating wellness through Indian culture and exporting our heritage,” Behl said, adding “It's gratifying that the Government has commended our efforts to organise this expo.”



The Wellness Expo gathered desired momentum on the second day of the exhibition which integrated organics, health and biotechnology. The expo was attended by multitudes and a wide range of exhibitors besides flurry of activities were witnessed at booths, seminars and dynamic workshops.

The expo opened up vast opportunities for participants to enjoy wellness wisdom in groups and individually. At the creative entertaining workshops, participants

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Dr J.P. Mishra

Government has also shifted focus to infrastructure building for local market development, and we are already working on a national action plan for integrated development of organic farming.

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Yoga Guru Suneel Singh

Fitness is measured on four parameters, i.e. endurance, strength, balance and flexibility



learnt about the potential applications of dance movement therapy, and practiced ancient Sufi movements to awaken their inner selves, besides attending workshops on yoga, mindfulness and naturopathy, amongst others.

The unique workshops aimed at making sustainable changes to lifestyles that include relaxation and self-care. "Yoga is the ideal antidote to stress. It brings a calm clarity to my thoughts," said a participant at the workshop on yoga.

Visitors also tasted, sampled and experienced organic and natural products from exhibitors nationwide including rice, vegetables, fruits, processed food, skincare and cosmetics, cotton, as well as health and beauty services from leading fitness centres and spas.

Participants also had the opportunities to interact with industry leaders on what it takes to break into and succeed in the wellness industry,

while having a massive impact by transforming the health of their communities.

During the session on - Mainstreaming AYUSH: Staying Healthy, Prof Rais Ur Rahman, Adviser (Unani), Ministry of AYUSH, explained Unani as a comprehensive medical system providing preventive, curative and rehabilitative healthcare. "The use of cupping therapy has increased over the last decade. Olympic athletes like Michael Phelps have also used this technique."

The session on - Yoga: Science of Infinite Possibilities - had Yoga Guru Suneel Singh. Speaking during the session, he said, "Fitness is measured on four parameters, i.e. endurance, strength, balance and flexibility. Yoga is the only science in the world that incorporates all the aforementioned aspects. Besides physical health benefits, yoga is known to provide unparalleled benefits on the emotional, mental and spiritual front.

One tends to become a lot calmer and deal with stress without anxiety, anger and frustration."

Discussions also centred around strategies on how to build your brand, become a leader in your field, and leverage industry relationships to launch and sustain a successful business in the organic, health and biotech sectors.

Speaking during the session on - Medical Biotech: The Future of Healthcare, Dr Indira Nath, Former, Head and Senior Professor, Department of Biotechnology, AIIMS, said, "India is leading in supportive policies to lead scientific and technological innovation. The eco-system now embraces support from both government and venture capitalists for budding and upcoming entrepreneurs. I would like to thank Exhibitions India Group for creating such a thoughtful platform to conduct a holistic discussion on wellness."

Speaking on the occasion, Prem Behl, Chairman, Exhibitions India Group, said, "The pace of change in the world we live in is very fast. In such a situation, it is critical to have high levels of energy, be mentally strong, and have the ability to handle stress. This all comes from how fit and healthy we are, and that is what Wellness India 2017 expo strives to achieve for everybody."

The wellness industry which is bigger than ever before was more than evident during the inaugural edition of Wellness India 2017 expo. The three-day expo reflected thriving wellness industry, and the potential it holds.

The expo was not only a major meeting forum for the organic, health and biotech industries, but was also on the way to become a major brand with its influence and significance in the wellness sector. The expo had a cheerful and dynamic atmosphere for exhibitors and

visitors alike.

The expo informed participants about natural remedies, alternative medicine, Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy (AYUSH), nutrition, herbal and natural personal care products, biotech and so much more through exhibitor booths, conference sessions and exciting workshops by holistic experts.

During the session on - Organic Farming: Scripting a success story for India, Dr J.P. Mishra, Advisor

“



Dr Indira Nath

India is leading in supportive policies to lead scientific and technological innovation. I would like to thank Exhibitions India Group for creating such a thoughtful platform to conduct a holistic discussion on wellness

“



Prof Rais Ur Rahman

Unani as a comprehensive medical system provides preventive, curative and rehabilitative healthcare

(Agriculture), NITI Aayog, said, "Small and marginal farmers practice organic farming by default in India because they cannot afford modern farming that encompasses using fertilizers and pesticides. However, one needs to look into the marketing and packaging aspects of such farm products so that these are perceived as organic. This will essentially increase farmers' income levels. The Government has also shifted focus to infrastructure building for local market development, and we are already working on a national action plan for integrated development of organic farming. I express my gratitude towards the Exhibitions India Group for hosting such a session."

Admiring how all streams of wellness are combined in this expo,

i.e. yoga, nutrition and sustainability, Joanna Kane-Potaka, Director, External Relations & Strategic Marketing, ICRISAT, stated, "The conference brings to light the fact that by just eating right, one cannot achieve wellness. Being fit requires a holistic approach; one needs to pay attention to all aspects including physical, mental, emotional and spiritual well-being."

Visitors attended workshops that ranged from how to meditate your way to success, to getting fit where you sit using key techniques from Yoga and ergonomics, to sound healing bath with Tibetan bowls and vocal chants, to breathing exercises to release suppressed and negative energies from our body, to dance & movement therapy and others.

Besides, the participants had a



“



G. Grana Pu Selvi

We are happy to be part of the expo through which we are able to bring farmers on this platform to share their products. We will take steps to make cultivation a low-cost affair.

“



Joanna Kane-Potaka

Being fit requires a holistic approach; one needs to pay attention to all aspects, including physical, mental, emotional and spiritual well-being."

Exhibitors' Feedback

Arun Rohal, Hamdard

Wellness India 2017 expo was a very well managed expo, and we did not face any logistical issues or any hurdles. We were very satisfied with the footfalls. Additionally, the expo also provided us with the platform to showcase the Unani stream of medicine and make people aware of this line of treatment.

Gautam Sharma, Nuage Heath Devices

Wellness India 2017 expo was the first exhibition where we were showcasing our products, and we were very happy with the response and the way customers had shown their enthusiasm.

chance to ensure a treat for their taste buds at live cooking studios from Choose Life, which dished out mouth-watering gluten-free ladoos, and Millets for Health India, which allowed attendees to taste their tamarind millet rice, which is high on fibre and low on fats. There were many others who simply visited the various stalls like Konkani Kitchen LLP that stocked 100% natural pickles and spreads, and The Way We Are that provided A2 protein milk and many other breakfast cereals, besides naturally grown fruits, vegetables, etc.

"The organic and natural food products stalls at the expo ensured that you give your cheesy chips a miss,

in favors of all the healthy food you could possibly eat," said a visitor.

Stalls offering a luxurious collection of organic and natural personal care products were a favorite, too, among visitors, especially women who were eager to enhance their beauty without compromising their well-being.

"I would like to thank all who contributed to the creation and success of Wellness India 2017 expo. The feedback we received was incredibly positive, with many commenting that the first edition of Wellness India 2017 expo set a new benchmark for the wellness industry in India," said Prem Behl, Chairman, Exhibitors India Group.

...where new & next get platform

The three-day Wellness India 2017 Expo was organised by the India Trade Promotion Organisation (ITPO) and Exhibitions India Group (EIG), and supported by the ministries of Agriculture; AYUSH; Science & Technology (Department of Biotechnology); Rural Development; Skill Development and Tourism between August 29 and 31 at Pragati Maidan in New Delhi.

Wellness India 2017 Expo, incorporating Health India Expo, Biotech India Expo and Organic India Expo, proved to be an excellent stage for creating awareness about what's new and next in natural remedies, alternative medicines, Ayurveda, nutrition, organic, herbal and natural personal care products,



biotech and so much more.

The event provided a unique opportunity for gaining invaluable industry knowledge, building new contacts and liaisons & networking with thousands of attendees, including government representatives, industry pioneers, large corporates, leading technical universities and research institutes, health practitioners, SMEs and a new generation of innovators shaping the future of healthy and sustainable products.

Participants were also found attending conference, seminars and other related programmes, and learnt about new trends, market updates and challenges within the sectors, during the three-day show.



Country's trade catalyst



The premier trade promotion agency of the Ministry of Commerce & Industry, Government of India, India Trade Promotion Organisation (ITPO), is committed to showcase excellence achieved by the country in diverse fields, especially trade and commerce.

ITPO provides a wide spectrum of services to trade and industry, and acts as a catalyst for growth of India's trade.

Force that promotes trade

A trade promotion force, Exhibitions India Group has been creating opportunities for investments, joint ventures and technology transfers.

It acts as an interface between businesses, government, academia, society, media and others.

Since its inception, the group has been committed towards ensuring satisfaction to its customers by organising quality and focused international trade shows through exceptional services, employee involvement, market intelligence and continual improvement.

Exhibitions India Group is committed to promoting a healthier society by building partnerships with decision makers, health care providers, and businesses in order to motivate consumers to take actions and make healthier living choices.





Q & A

QUESTION

OUR PANEL OF EXPERTS AND OTHER LEADING SPECIALISTS IN THE FIELD OF MEDICINE ANSWER YOUR QUERIES ON HEALTH

ANSWER



Dr. Avinash Pandey

MD, DM, DNB, Asst. Prof. & Head, Deptt. of Medical Oncology
State Cancer Institute, IGIMS, Patna

Question: How often will I receive chemotherapy?

Generally, treatments are given daily, weekly, or monthly. How often you receive chemotherapy depends on the type of cancer and which drug or combination of drugs you receive. Your doctor will help you determine the most effective treatment schedule for you. Chemotherapy is usually given in cycles with rest periods between each administration.



Chemotherapy is typically given in cycles, which is a treatment followed by a period of rest. A cycle can last one or more days, but is usually one, two, three or four weeks long. A course of chemotherapy is comprised of multiple cycles. Each course is different, but generally consists of four to six cycles. The actual administration of the chemotherapy drugs may take minutes to several hours, depending on the drug or drugs given.



Dr. Vikash Kumar

Eye & Contact Lens Specialist

I have itchy eyes and eyelids. I already use Refresh Tears eye drops. But I wonder if you could help out with some other suggestions?

Artificial tears, such as Refresh Tears (Allergan), are somewhat helpful for eye allergy because they dilute the concentration of irritant on the eye surface. However, artificial tears do not prevent the release of chemical substances that start the allergic reaction.

Avoiding the offending agents, commonly dust, pollen and pet dander is the ideal preventative step. However, it is not always possible to identify and avoid the causative agents called allergens.



Dr. Richa Priyanka

Consultant Gynaecologist and Laparoscopic Surgeon
Paras HMRI Hospital, Patna

What tests or screenings should I get yearly?

Depending on your age, sexual history, and other risk factors your doctor will recommend different tests, but you shouldn't assume that your doctor is automatically testing you for everything you need. Asking your doctor "What tests should I have at my age?" can be a good start to your annual exam. The doctor will ask you details about your cycle, symptoms related to your period,



and your sexual history. Some tests, like a mammogram to check for breast cancer, aren't recommended until 40 years of age, unless you have a family history; others, like Pap smears to test for cervical cancer, should be done every 3 years. Being direct with your doctor and asking for specifics on your treatment is important not only to make sure you're getting the care you need, but also to ensure that you are aware of your own health risks.



Dr. Manish Anand

Anesthesiologist, Apollo Hospital, Hyderabad

Are older patients at risk for confusion after anesthesia?

Older patients who already have signs of confusion or dementia are at risk for increasing confusion (also known as postoperative delirium) after anesthesia and surgery. Patients who have had a stroke or a mini-stroke (TIA) are also at higher risk. If this is a concern, Get a neurologist clearance before surgery. Explain them the risk of intra operative stroke. Get a high risk consent. Confused patient may require post-operative inj. Lorazepam, or inj. Serenase. Psychiatric consultant opinion if available should be taken.



Dr. Rishu Kumari

Microbiologist
Gwalior Hospital

Do I need to do anything to prepare for a blood test?

Preparation for blood tests varies according to the requirements of each specific test. In most cases minimal preparation is necessary. You may need to reduce or stop certain medications at some point prior to the test. Sometimes, food intake and exercise may need to be temporarily restricted or suspended. Your doctor will advise you in advance of any specific preparations you need to make prior to your blood test. Alcohol and caffeine should be avoided prior to a blood test.



If you have any medical problem of any kind, and you hesitate to discuss it with your family or friends, share it with us. We will try to help you. Send your letter, written legibly or typed on white paper, to :



49, Sainik Enclave
Vipin Garden, Uttam Nagar
Delhi : 110059
e-mail : editor.hetimes@gmail.com



Eye Allergies

SYMPTOMS—CAUSES—TREATMENT



By Dr. Vikash Kumar
Eye & Contact Lens Specialist

Eye allergies, also known as allergic conjunctivitis, occur when the eyes react to substances that irritate them. These substances are called allergens, and when the body responds to them, it causes an allergic reaction. This type of allergic reaction causes red, itchy, and watery eyes. These symptoms can also occur along with asthma and skin allergies (eczema).

Allergic conjunctivitis is different from conjunctivitis, which is caused by bacteria and viruses.

An eye allergy, also known as allergic conjunctivitis, is an adverse immune response that occurs when the eye comes into contact with an

irritating substance. This substance is known as an allergen. Allergens may include pollen, dust, or smoke.

The immune system normally defends the body against harmful invaders, such as viruses and bacteria, to ward off illnesses. In people with eye allergies, however, the immune system mistakes an allergen for a dangerous substance. This causes the immune system to create chemicals that fight against the allergen, even though it is harmless. The reaction leads to numerous irritating symptoms, such as itchy, red, and watery eyes. In some people, eye allergies may also be related to eczema and asthma.

SYMPTOMS

Eye Discharge: Eye discharge occurs whenever there is excess fluid in the eye. Eye discharge may be clear and watery, like tears, or in the case of infections, it may be thick and opaque. There are many causes of eye discharge, ranging from infections to allergic reactions. Allergic reactions can cause itchy, watery eyes. Both allergies and infections cause pinkeye, or conjunctivitis. Eye discharge associated with infections is usually accompanied by other symptoms including:

Redness (bloodshot appearance),

Burning,

Blurred vision, or Eye pain.

Photophobia (sensitivity to light) can be associated with eye infections. Most causes of eye discharge are not serious and can be easily treated.

CAUSE

An allergy is when the body's immune system reacts to an allergen that is normally harmless. When an allergen comes in contact with your eye, certain cells within your eye (called mast cells) release histamine and other substances to fight off the allergen. This reaction causes your eyes to become red, itchy and watery.

Allergens in the air — both indoors and out — cause many eye allergies. These allergens include: pollen from grass, trees and ragweed dust, pet dander, mold and smoke.

Allergic reactions to perfume, cosmetics or drugs can also cause the eyes to have an allergic response. Some people may be allergic to the preservative chemicals in lubricating eye drops or prescribed eye drops. They should use preservative-free drops instead if possible.

Sometimes, the eyes can react to other allergens that don't necessarily come in direct contact with the eye. These can include specific foods or insect bites or stings. Some people inherit eye allergies from their parents. You're more likely to have allergies if both of your parents have them than if only one does.

TREATMENT

The key to treating eye allergies is to avoid or limit contact with the substance causing the problem. But you have to know what to avoid. If necessary, an allergist can perform a skin or blood test to help identify the specific allergen(s).

If you are allergic to pollen, avoid going outdoors as much as possible when pollen counts are highest. Pollen counts are usually highest in the mid-morning and early evening. Also, avoid being outdoors when wind blows pollens around. When you are outdoors, sunglasses or eyeglasses can help to prevent pollen from getting into your eyes.

Eye discharge occurs whenever there is excess fluid in the eye. Eye discharge may be clear and watery, like tears, or in the case of infections, it may be thick and opaque.

Keep your windows closed and use air conditioning, both in your car and home. This will help lower your exposure to pollen and other irritants while you are inside. Don't use window fans, as they draw the pollen and other allergens inside. Keep your air conditioning units clean so they won't cycle allergens inside.

If mold is an allergy trigger for you, recognize that high humidity can cause molds to grow. Aim to keep the humidity level in your home around 30 to 50 percent. Clean high-humidity areas like basements, bathrooms and kitchens often. Consider using a dehumidifier in particularly humid or moist places such as a basement.

If dust at home brings on your allergic conjunctivitis, try to keep dust mites away from your skin. Pay special attention to your bedroom. Use allergen-reducing covers for your bedding and especially for your pillows. Wash your bedding frequently with hot water that is at least 130 degrees Fahrenheit.

When cleaning floors, use a damp mop or rag instead of a dry dust mop or broom to trap the allergens.

If pets are a source of allergies for you, try to keep animals outside of the house as much as possible. It is particularly important not to allow a pet into your bedroom so that you can sleep in an allergen-free room. ●





Tobacco Use : Killing you, prematurely!

By Dr. Avinash Pandey, MD, DM, DNB

Asst. Prof. & Head, Deptt. of Medical Oncology, State Cancer Institute, IGIMS, Patna

Sixty lac people die every year worldwide due to tobacco use alone, as per World Health Organisation. Tobacco kills ten lac people in India yearly. As per Global Adult Tobacco Survey (GATS) 48% of males and 20% of females in India consume tobacco products. More alarming is the fact that average age of initiation of tobacco use is just 17 years in India. 60,000 people succumb

to tobacco related illness worldwide due to exposure to second hand smoke. In India, more than 50% people are exposed to second hand smoking everyday as per household survey. Tobacco consumption is known to reduce normal lifespan by 10 years due to plethora of illness and disability linked to its use.

Smokers are twice likely to have heart attack compared to non

smokers. One in three people admitted with heart failure have strong tobacco consumption history. Smoking increases two to four fold risk of stroke. Smoking increases the risk of asthma and bronchitis, which can lead to gradually progressive breathlessness impairing ambulation and leading to premature death. Pregnant women exposed to smoke have higher risk of premature, low birth weight babies and still births. Young men often complain of erectile dysfunction and premature

ejaculation. Tobacco use has also been linked to poor appetite, weight loss, loss of taste, cataracts, premature ageing and blindness.

Smoking is the most common preventable risk factor for lung cancer. More than 80% of lung cancers are identified in current or past smokers. Unfortunately, more than 85% are diagnosed in advanced metastatic stage where only one in ten patients manage to survive more than five years. Moreover, smoking induced lung cancer respond

dismally to standard chemotherapy and radiotherapy compared to cancer in non- smokers. Smoking also increases the risk by four-fold of throat, food-pipe, stomach, bladder, pancreas and blood cancers. In India, prevalence of smokeless form of tobacco is 1.5 times higher compared to smoking. Consumption of tobacco, gutkha, pan masala, masheri, gul, snuff, areca nut, naswar etc has led to epidemic of oral cancer in Indian Subcontinent. Majority of them present in advanced stages where curative therapy is impossible and average survival is measured in months.

Government on its part have introduced several prohibitive measures under the provisions of Cigarette Act, Prevention of Food Adulteration Act and more recently Cigarette and Other Tobacco Products Act (COTPA). Provisions under these acts include prohibition of smoking in public places, prohibition of advertisements of tobacco products, prohibition on sale

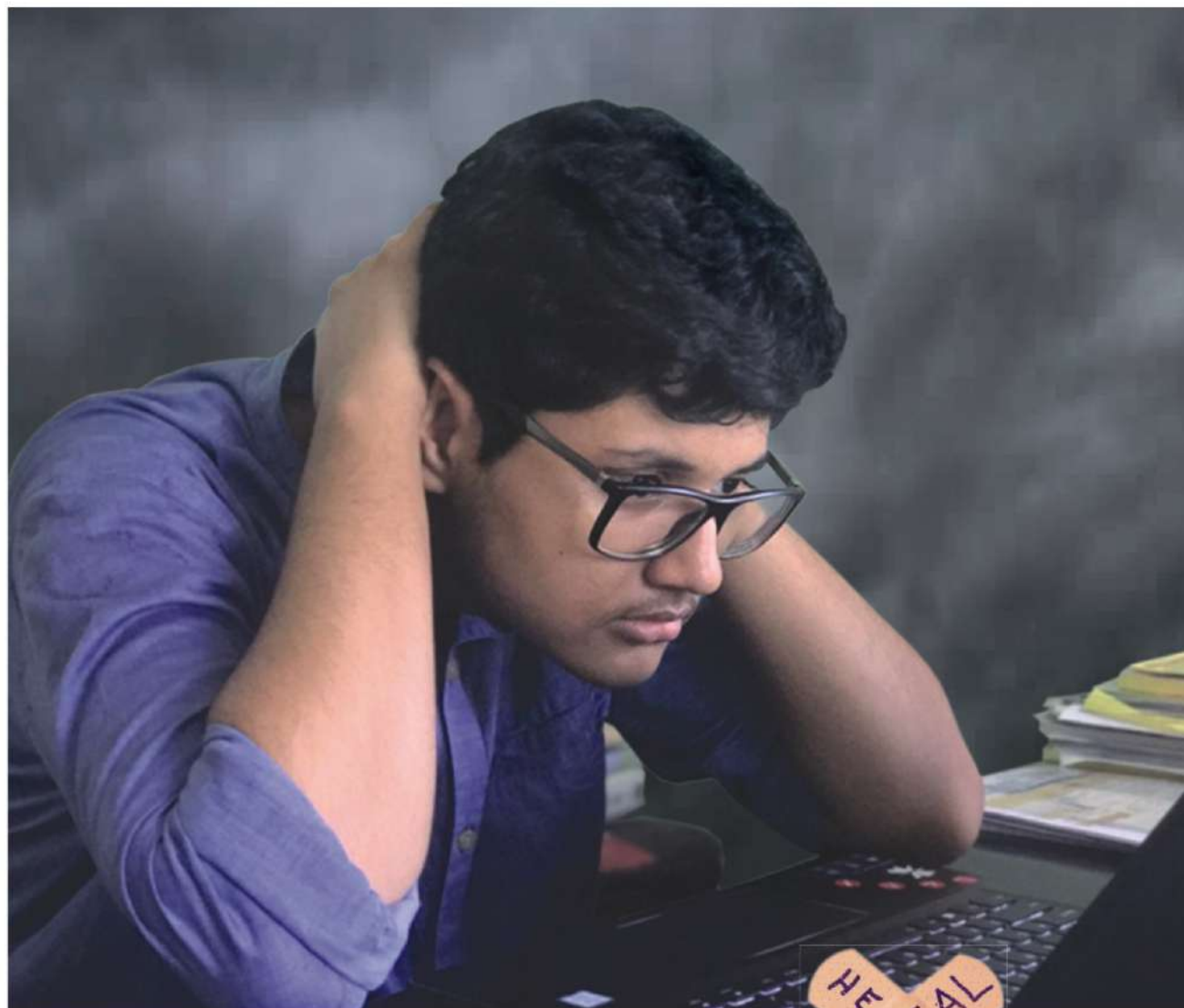
endorsement in mass media and sponsoring public events targeting vulnerable youths.

Though two-third of active smokers are desirous to quit, but less than 3% manage to do so by themselves without medical assistance, largely due to strong addictive ingredient called nicotine in tobacco smoke. With integrated behavioural therapy and pharmacological measures under specialised physician care tobacco quit rates can increase dramatically. India shares 20% of oral cancer burden of the World, making it capital of oral cancers. Similarly, 1% of total population of India have underlying oral premalignant lesion which can be easily detected by oral cancer screening programme and prompt complete cessation of tobacco products. Though Low dose CT scan of chest can help detect early pre-symptomatic lung cancers in high risk smokers, but implementing on community level remains a major technical and economic challenge in India. Primordial and primary



of tobacco products to and by minors (person age less than 18 years) and mandatory display of pictorial warnings on tobacco products. However, due to lack of legal teeth and half- hearted attempt, implementation and monitoring of such provisions remain a practical challenge and violators are rarely penalised. Moreover, active tobacco lobby with deep pockets counteract such prohibitive measures with vengeance in court and civil society by surrogate advertising, celebrity

prevention by increasing awareness in community at schools, colleges and workplace level respectively will boost the goal of achieving 'no-tobacco' milestones early in near future. Implementing strict ban on advertisement, promotion and sale of tobacco products with increase in taxation and embargo on tobacco mandates unwavering will and determination by local authorities, government and civil society to curb this rampant menace of tobacco with kills people like 'puff of smoke'. ●



Mental Health

Risk factors affect us in different ways



By Dr. Vivek Vishal
MD, Hitaishi Happiness Homes

When it comes to mental health difficulties in young people, it can help to think about things in terms of risk and protective factors. Every child and family will experience difficulties and challenges (risk factors) and each will

have some resources and strengths to help through difficult times (protective factors). Life is full of challenges for everyone, but some of us face more challenges than others. Generally speaking, the more risk factors there are in someone's life, the higher their chances of developing a mental health condition.

This doesn't mean that every young person who faces challenges will

experience mental health difficulties. Different combinations of risk factors affect us in different ways, and support from family and friends can help young people build resilience – the ability to cope with life's difficulties.

The effect on mental health

Being able to identify risk factors means you can address or counter them by building protective factors to support your teenager's resilience and development. Promoting the positive aspects of young people's lives can mean challenges are less likely to get in the way of leading a happy, healthy and successful life.

Risk and protective factors can be identified in three main areas of a young person's life:

- Within a young person (eg their temperament, natural abilities, family history of mental health conditions)
- Within a young person's family circumstances and living environment (eg relationships with parents or carers, experiencing discrimination, family poverty)
- Specific life events (eg important transitions, family breakup)

Children need lots of reassurance from caring adults to help them cope with major loss or change. If parents or carers are closed off or only give vague answers, children are likely to make up stories to try and make sense of what has happened.

Some examples of specific risk factors are

1. Death of or illness in a family member, friend or pet
2. Separation of parents or carers
3. Change of preschool or moving house
4. Loss of a friendship
5. Moving to a new country
6. Being affected by natural disasters
7. Being diagnosed with a disability or medical illness
8. Experiences of abuse or neglect

Creating a supportive environment

Close, stable relationships at home, school and in the community help to protect kids' mental health and wellbeing and are key to developing resilience. Support from adults helps young people develop a sense of trust and optimism – that they are cared for and that regardless of what else is going on, things will be all right. If your family is going through a tough time, it's important to try and protect your young people from the stresses

distressing events, these are sometimes an unavoidable part of life. It's important to realise that just because children experience a challenging time, this doesn't mean they will automatically develop mental health difficulties. Caring, supportive adults play a really important role in helping kids cope with tough times.

Children need lots of reassurance from caring adults to help them cope with major loss or change. If parents or carers are closed off or only give



of the situation. Other family members can also step in and provide some stability and reassurance if there's a lack of support at home.

Specific events

While we all hope our kids don't have to go through traumatic or

vague answers, children are likely to make up stories to try and make sense of what has happened. Sometimes those stories can cause more confusion, worry and anxiety – that's why clear, consistent communication and reassurance is so important. ●



Ways to protect your teeth

Having a healthy mouth is important for overall health and wellbeing. Healthy teeth and gums play an important part in your ability to smile, eat, speak and socialize. Some say the eyes are the window to the soul, but if you really want to know what someone's about, check their smile. A welcoming show of pearly whites makes a great first impression, while a tight-lipped smile or whiff of bad breath does the opposite. Here is five simple, easy and affordable steps to protect your teeth.

1. Don't turbo charge

Brush your teeth like you're polishing an eggshell. If your toothbrush looks like someone sat on it, you're applying too much pressure. Enamel is strong enough to protect teeth from everything that goes on inside your mouth, from eating and drinking to beginning the digestive process. Children and teens have softer enamel than adults, leaving their teeth more prone to cavities and erosion from food and drink.



2. Floss daily

Your brushing is not complete without flossing. Floss can reach the crevices too small for your brush bristles, so it's a necessary step for a clean mouth. Plaque builds up in these small spots between teeth and around your gum line, often resulting in tooth decay and gum disease.

3. Brush two times a day

Brush your teeth for two minutes, twice a day. This will keep your teeth in top form. Brushing your teeth and tongue with a soft-bristled toothbrush and fluoride toothpaste cleans food and bacteria from your mouth. Brushing also washes out particles that eat away at your teeth, causing cavities.



4. Avoid the sugar

Sugary and starchy foods cause a reaction in your mouth that leads to tooth decay. Sugar reacts with the bacteria in your saliva to form an acid that erodes your tooth enamel, the outer protective layer of your teeth.



5. Visit the dentist every six months

It's vital for the health of your teeth and gums that you visit your dentist for a dental cleaning and check-up twice a year. Don't assume that you can skip an appointment because your teeth look healthy and you haven't experienced any pain. A dentist has the expertise to see symptoms or signs of trouble that you can't. Also, a dental cleaning removes tartar build-up that cannot be removed at home. ●



By Dr. Sanjay Kumar Sinha
BDS (Govt. Dental College, Patna)
Gold Medalist

An Initiative to fight against Dengue and Chikungunya

ICMR-National Institute of Malaria Research and Health and Environment Safety Workforce launch Capacity building initiative "First Seven Days-Skilled Workforce to Combat Aedes".



With the aim to raise awareness for the growing incidence of Dengue and Chikungunya, the ICMR-National Institute of Malaria Research [ICMR-NIMR] along with

Health and Environment Safety Workforce, an NGO launched the ambitious programme in a Public-Private-Partnership mode where ICMR-NIMR is supporting the programme by sharing its expertise as

knowledge partner and HESW own the responsibility of implementation partner. Objective of the initiative is to create a certified workforce professionally trained mainly on source control measures to control

breeding of Aedes mosquito vector, spread Dengue and Chikungunya. Programme has started by creating change makers within organizations who are then expected to sensitize and train their colleagues to create a bigger team of skilled workers to be able to take control measures in their campuses. Programme is visualized to be an effort to strengthen government efforts by triggering community actions through change makers.

The initiative was inaugurated by Dr Ahmed Jamsheed Mohamed, Regional Advisor, Neglected Tropical Disease Control, WHO Regional Office for South-East Asia Delhi. On this occasion Dr Jamsheed said that countries those who have been declared malaria free are facing dengue and other mosquito borne diseases outbreaks and should be taken as best example of complexity of problem that require simple but proactive control measures where active role of community is the key to success. He also emphasized on the habit of checking Aedes breeding as part of daily activities and slowly it will take no time to control Aedes breeding. He appreciated programme team for working on an innovative approach for capacity building that might become a long term solution for control of dengue.

First batch of the training registered a unique set of participants from government organizations like IGIB-Delhi, CRRRI-Delhi, CEERI-Pilani, Jindal Consulting Services Limited, residential society and academic institution like IIT Delhi. Skill set selected for training are civil engineers, horticulture managers, sanitation inspectors, estate managers, facility manager and those who are involved into day-to-day management of their infrastructure and building.

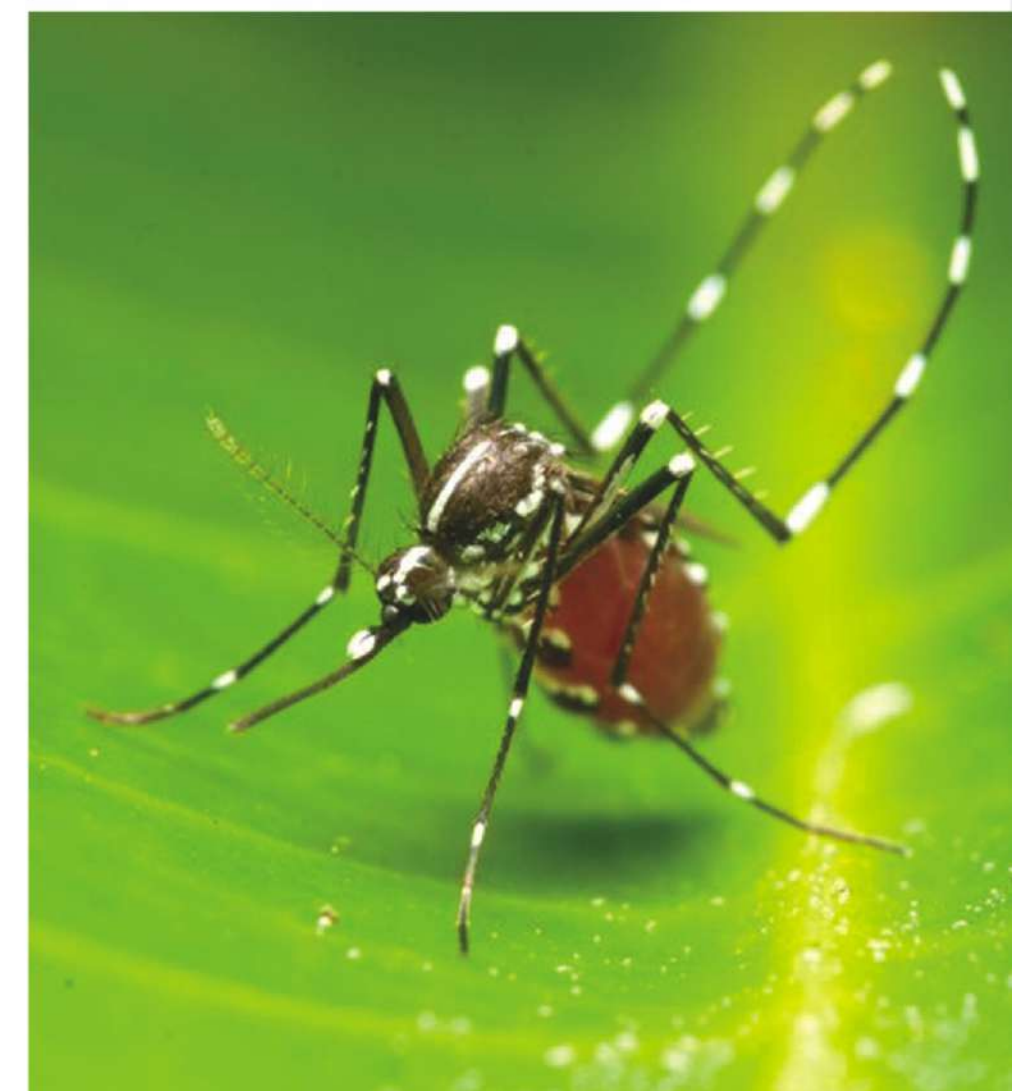
Three days long training included class room lectures, specimen demonstrations, field trainings, comprehensive assessments, evaluations along with groups

discussions and brain storming workshops.

Dr Neena Valecha, Director NIMR briefed participants about organization's commitments towards vector borne diseases, capacity building initiatives and role of partnerships to scale up ambitious and innovative training program like "First Seven Days" and similar activities. She also pressed on the need of strong policy framework and stronger enforcement

problem. She said that Dengue and chikungunya are a man-made problems and community need to play an active role rather blaming government.

Dr B N Nagpal, Technical Officer Entomologist, WHO Regional Office for South-East Asia, Delhi emphasized again on simple methods of vector breeding control. Dr D Sengupta, Advisor CSIR & HESW and Dr D C Jain, Former DDG MOHFW & advisor



to trigger community actions.

Dr Chitra Gupta, Trustee and Chairperson of Health and Environment Safety Workforce pressed upon the fact that no government alone can solve this

HESW also congratulated programme team on kick start of the programme and encouraged participants for interactive learnings and active participation in next 3 days sessions. ●

The facts about blood pressure

A normal blood pressure allows blood to flow and deliver oxygen and food to different parts of the body.



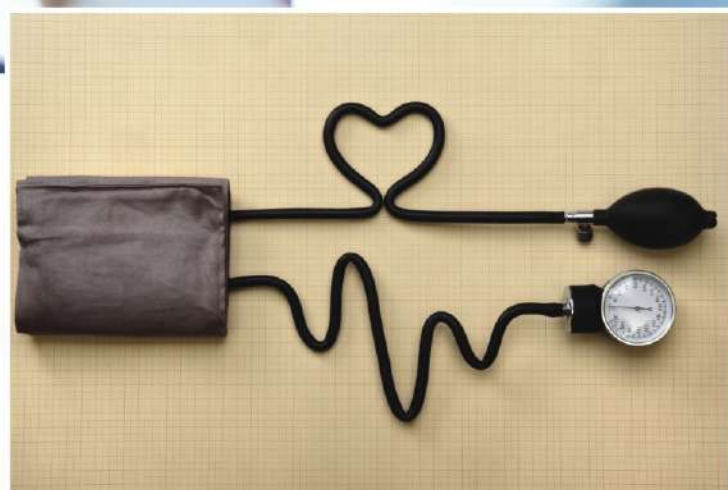
By Dr. Rishu Kumari
Gwalior Hospital, Madhya Pradesh

If we had no blood pressure at all, we would not be able to live. A healthy blood pressure is vital for keeping all parts of our bodies supplied with the energy and oxygen we need.

As your heart beats, it pumps your blood round your body so that your

muscles can get all the energy and oxygen they need. To do this, your heart pushes your blood through a network of blood vessels called

arteries. As the blood travels through the arteries it pushes against the sides of these blood vessels and the strength of this pushing is called your blood



pressure.

As your heart squeezes and pushes your blood through your arteries, your blood pressure goes up. As your heart relaxes, your blood pressure goes down. So, with each heartbeat, your blood pressure will rise to a maximum level and then fall to a minimum level.

When you have your blood pressure taken, the result is given as two numbers - the maximum and minimum levels. This is shown as one number over another, for example: 110/80mmHg. You would hear this reading said as "110 over 80". The first or top number is the highest level your blood pressure reaches when your heart is squeezing. This is called your systolic blood pressure level. The second or bottom number is the lowest level of your blood pressure when your heart is relaxing. This is called your diastolic pressure.

High blood pressure is one of the leading causes of death in Canada. High blood pressure can cause strokes, heart attacks, and heart and kidney failure; it is also related to dementia and sexual dysfunction. These problems can be prevented if they are well treated and controlled.

A normal blood pressure allows blood to flow and deliver oxygen and food to different parts of the body. We measure blood pressure with two numbers (ie, 124/84 mmHg). The first number is called the systolic blood pressure and the second is called the diastolic blood pressure. These two numbers are written as 'systolic/diastolic' followed by the unit of measurement. Systolic blood pressure is your highest blood pressure measurement and is recorded when your heart contracts. Diastolic blood pressure is your lowest blood pressure measurement and is recorded when your heart relaxes and fills with blood. The higher your systolic or diastolic pressure is, and the longer it stays high, the more damage is made to your blood vessels. Strokes and heart attacks are caused by damaged blood vessels.

Symptom of High Blood Pressure

High blood pressure is a largely symptomless "silent killer." If you ignore your blood pressure because you think a certain symptom or sign will alert you to the problem, you are taking a dangerous chance with your life. This is a myth that People with high blood pressure will experience symptoms, like nervousness, sweating, difficulty sleeping or facial flushing.

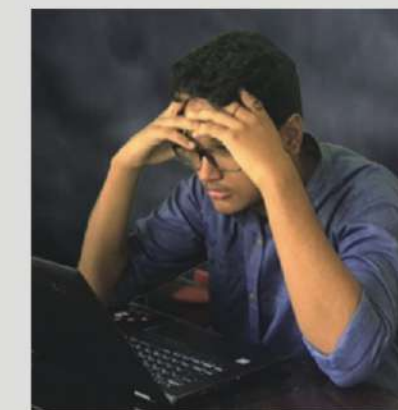
Do not attempt to diagnose yourself. Clinical diagnosis should only be made by a healthcare professional. Know your blood pressure numbers and make changes that matter to protect your health. In most cases, high blood pressure does not cause headaches or nosebleeds. A variety of symptoms may be indirectly related to, but are not always caused by, high blood pressure, such as:



Blood spots in the eyes

Blood spots in the eyes (subconjunctival hemorrhage) are more common in people with diabetes or high blood pressure, but neither condition causes the blood spots. Floaters in the eyes are also not related to high blood pressure. However, an eye doctor (ophthalmologist) may be able to detect damage to the optic nerve caused by untreated high blood pressure.

exposure, cold weather, spicy foods, wind, hot drinks and skin-care products. Facial flushing can also occur with emotional stress, exposure to heat or hot water, alcohol consumption and exercise — all of which can raise blood pressure temporarily. While facial flushing may occur while your blood pressure is higher than usual, high blood pressure is not the cause of facial flush in.



Dizziness

While dizziness can be a side effect of some blood pressure medications, it is not caused by high blood pressure. However, dizziness should not be ignored, especially if the onset is sudden. Sudden dizziness, loss of balance or coordination and trouble walking are all warning signs of a stroke. High blood pressure is a leading risk factor for stroke. ●



Facial flushing

Facial flushing occurs when blood vessels in the face dilate. It can occur unpredictably or in response to certain triggers such as sun

Smart solutions to improve infrastructure

Citizens are the most important part of the Smart City Ecosystem



By Sumant Parimal

As the population of the country increases, the need of the hour is to move towards smarter use of available resources. Indian government's \$7.3 billion Smart City mission is aimed at applying smart solutions to improve infrastructure and service delivery in our cities. Developing world class Smart Cities that meet the objectives of sustainability and improvement in the quality of life is a challenging task.

Acknowledging the great importance of the 'Smart Cities' initiative by the Indian Government, Bharat Exhibitions organized the third edition of their industry flagship event 'National Summit on 100 Smart Cities India 2017,' which was held on 18th August 2017 at Delhi. The discussions at the summit revolved around the roadmap for Innovations, sustainability, surveillance and development for

Smart Cities.

According to the industry estimates, by 2050, about 70 per cent of the Indian population will be living in cities. The Smart City programs that are currently under various stages of development and implementation have to keep this shift into account and to ensure that they are able to provide optimal living conditions and at the same time be beneficial to everyone in the society. In effect, the components of a Smart City would include enabling a better life, with services, mobility, environment, e-governance, economy and sustainability.

Extending a warm welcome to all the delegates and attendees, Mr. Shashi Dharan Managing Director, Bharat Exhibitions (organizer of National Summit on 100 Smart Cities India 2017) said, "The Indian government's vision to create 100 new smart cities to support the rapid urbanization is an important step, as it seeks to provide residents with an efficient and reliable infrastructure,

enhanced quality of life and economic opportunities. It is an established fact that without information and communication technologies (ICT) one cannot have a good smart city but there are various other elements too that we need to pay a close attention."

Mr. Amit Singh, Director – Smart Cities, PwC said, "The 100 Smart Cities is no magic wand to address all the problems that we have, but a small attempt to address the rapid urbanization that we are witnessing. The success or failure of this lies in our own hands as the citizens are the most important part of the smart city ecosystem".

Shri Arun Kumar Mishra, Director, National Smart Grid Mission also touched on the same subject as he went on to share that besides processes and technology, people too will be an important part of the Smart City Grid. He said, "Historically, people were not required to contribute to the Smart City Grid. However, the times are now changing and we cannot go ahead and serve to

the demands of people as and when it comes. We need them to have an active participation in the smart city process".

Everyone on the panel agreed that technology will be a key factor in implementing the smart cities plan but there was also suggestions made on having standardizations in place. Mr. Dinesh Chand Sharma, Director – Standard & Public Policy, EU Project, Seconded European Standardization Expert in India (SESEI) stressed about having common architecture in place. He said, "We need to implement technologies that are future proof. There is a set standard that defines 'Smart City' but there is a need to have a standard ICT architecture and for surveillance that can be used to plug and play applications."

Commenting about the challenges and key learning about Smart Cities, Ms. Alka Asthana, CTO Bharti Infratel Limited said, "The big challenge right now is that the expectation set has not been standardized". She talked about the stumbling blocks that they keep encountering at the ground level that lead to increase in the capital expenditures. Giving example of Bhopal, she shared, "The nerve center is not ready in the city and hence the overall implementation and fruits of the implementation are not visible at the ground level".

"The Smart City mission is the most dynamic and challenging one that we have," said Mr. Swayan Chaudhary, Managing Director and CEO, Panaji Smart City Development Limited. He added, "It is a new process for all involved and the biggest challenge that this mission faces is implementation. Since it is a new process for all involved, the need of the hour is effective consultation. Experts in the domain and industry leaders need to step up and come out with consultations that can help in effective planning and execution of plans."

Throwing more light on the current situation and what should be the te of

approach, Mr. Reji Kumar Pillai, President and CEO, India Smart Grid Forum (ISGF) said, "Planning a city may take decades and not just years. What we are trying to do is look for quick fix solutions for the existing problems, which should not be the case today. The rate of change of technology and its impact also needs to be taken into account while planning for a smart city."

The 100 Smart Cities India 2017 featured the designated heads of municipalities, urban/city planning, research/academic institutes, engineers/consultants, energy and utility experts, mobility and transportation experts, technology providers, and many more. The end objective behind bringing all these experts under one roof was to facilitate brainstorming on the oping

opportunities, challenges and scope for developing a truly smart city infrastructure, encompassing the current situations pertaining to policy guidelines, regulatory norms, implementation challenges, etc., highlighting the importance of integrating ICT to support the Smart Cities mission in India.

Making it truly global platform to conduct business, global players such as; Mahindra World City, CSG International, Netmagic, Amdocs Optima, Qognify, Cambium Networks, Sensorise, Infineon, Spirent, Vertiv, SUSE, Shaildhar& Smart Cities Council India, are participating at the event. The event was endorsed and supported by COAI, ETSI, ISGF, TSDI, CENELEC and CEN.

The event provided the stakeholders a timely opportunity to discuss the key trends, issues & challenges in smart city development, its market drivers and the outlook for India. Issues such as managing energy crisis, climate changes and disaster risks, challenges in deployment of intelligent transport solutions, role of ICT in E-Governance/M-Governance, the key

elements of smart social infrastructure - ture (education, health, etc) and the role of cloud computing in a smarter city were also discussed 100 Smart Cities India 2017 Summit. ●



1. Amit Singh, Director – Smart Cities, PwC
2. Arun Kumar Mishra, Director, National Smart Grid Mission
3. Dinesh Chand Sharma, Director – Standard & Public Policy
4. Swayan Chaudhary, Managing Director and CEO, Panaji Smart City Development Limited
5. Reji Kumar Pillai, President and CEO, India Smart Grid Forum (ISGF)

Herbs That Heal



Some herbs and other natural supplements can really help

keep you healthy



Thousands of years ago people used herbs but did not understand how or why they worked. They just knew it worked. When Aloe was used to

soothe burns they did not know the plant contained allantoin allowing burns to heal faster. When Licorice was used for arthritis they did not know it contained Sappiness that are

similar to steroid hormones. When Garlic was used as a preventative they were not aware it contained volatile oils that fight infection.

Since times gone by, a lot of research

has been conducted, but even still we rely heavily on folklore. Believe me when I tell you that herbal remedies are very much alive and often in disguise in over the counter drugs.

Visit your local drugstore and check out some of the product labels. Hundreds of non-prescription drugs, from cough remedies to laxatives, contain plant substances. As well, about one quarter of all prescription drugs still contain active ingredients derived from herbs.

Herbal Medicine can help all of us whether it is for a specific ailment or a tonic that promotes overall health and well being. We live in a world where we are bombarded with pollutants of all sorts. Our bodies can only do so much before they become run down

and cannot function properly. Think of your body like your car. If you do not keep it tuned up it does not perform optimally. Your body needs your help in staying tuned and running properly. Wouldn't it be wonderful if you never had to worry about another cold or how about constantly feeling tired.

Herbs That Heal a full herb resource site, herbal medicine healing, including how to make home remedies, purchasing herbal remedies and which herbs help which ailments.

There are real benefits to some natural remedies. Here are several that are promising:

Aloe vera

What it is: A plant whose thick fleshy leaves conceal an emollient extract used in preparing cosmetics and skin creams. This ancient plant has been used for medicinal purposes in several cultures: Greece, Egypt, India, Japan and China.

What it does: Aloe Vera extract contains 75 potentially active ingredients that include vitamins, minerals, enzymes, sugars, fatty acids and hormones. It has antiseptic and healing properties, say a study reported in the Indian Journal of Dermatology.

The study, published by researchers at Mumbai's Grant Medical College and Sir JJ Group of Hospitals, also revealed that aloe vera gel has a protective effect against radiation damage to the skin. People who apply the gel over a period of time also find their skin more elastic and less wrinkled. This versatile herb is also very effective as an antiseptic and helps in the healing of wounds. In addition aloe vera gel, when consumed, acts as a laxative. It increases intestinal water content, mucus secretion and intestinal peristalsis (wave-like movement).

"Aloe vera has a concentration of amino acids which are the building

blocks of protein. Of the 20 amino acids, 18 are present in this magic potion," says Aditi Mehrotra, a Chandigarh diet consultant and health educator. "It is a great detoxifier and helps eliminate waste and toxins from the body. It also has cosmetic appeal because of its anti-fungal properties. Due to its ability to regenerate cells, aloe vera helps in wrinkle prevention, combats pimples and acne and removes scars and stretch marks."

Who should take it? "Aloe vera can be consumed internally or applied topically, depending on the purpose. While it is safe for most people, when applied on the face, a patch test is usually recommended especially for those who have extremely sensitive skin," warns Mehrotra. "Consult a doctor or herbalist to get accurate dosage before consuming internally."



Tulsi

What it is: This sacred plant with the fragrant leaves needs no introduction. No plant is more auspicious as tulsi, or holy basil, at your doorstep.

What it does: According to a study published in Indian Journal of Pharmacology, the consumption of 100mg per kilo body weight of tulsi extract helped reduce acid secretion and protect the mucous membrane of the stomach. It can heal ulcers.

Tulsi contains beneficial compounds called phytochemicals that possess antioxidant, antiviral, antibacterial and immunity-enhancing properties that support the body's defence against disease and promote wellness.

Who should take it? According to Dr Issac Mathai of Soukya, a holistic healing centre in Bangalore, "Tulsi is a good herb for people suffering from colds and coughs. Many Ayurvedic cough syrups contain tulsi, because the herb helps mobilize mucus in bronchitis and relieves symptoms of asthma.

"Boil tulsi leaves in water and drink the decoction to ease a sore throat. This water is also good for gargling," adds Mathai.

Tulsi capsules are available in the market. Dr Mahai, who practises ayurveda, says that capsules manufactured by reputed companies may be taken as a substitute for the fresh herb.



Garlic

What it is: From the onion family, it's been a medicinal herb for millennia, even as far back as ancient Egypt.

What it does: Studies show that in cultures where people eat lots of garlic, there are fewer cases of gastric, cancer, high blood pressure and high cholesterol.

Researchers from the Central Food Technological Research Institute (CFTRI), Mysore, report that garlic and onion increased the activity of two key enzymes involved in cholesterol metabolism.

Another study conducted by Tagore Medical College, Udaipur, revealed that regular garlic consumption helped heart patients. In their three year study of 432 heart patients, only half of them were given garlic. Those not eating garlic saw no real cardio-vascular changes. But the garlic eaters experienced a significant drop in blood pressure, blood cholesterol and mortality rates. They also experienced less angina, the chest pain heart patients often feel.

Deodorized garlic tablets seem to work as well as the raw herb in reducing cholesterol.

Who should take it? Unless you're allergic to it (very rare), you almost can't go wrong by adding garlic to your diet. If you dislike the taste, garlic capsules will provide most of the health benefits without the flavour or odour.



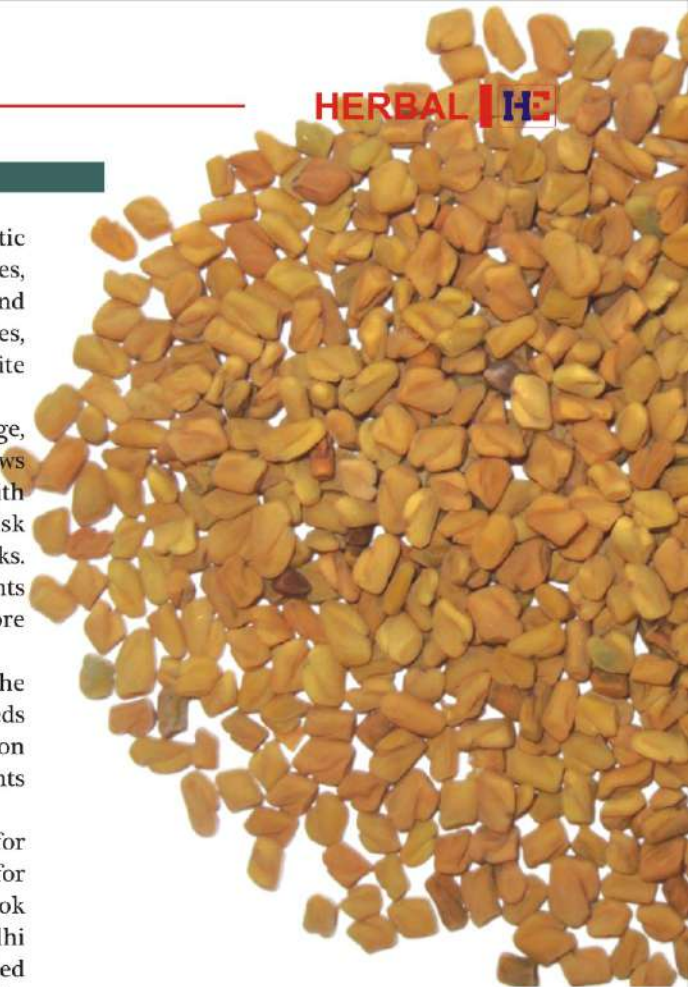
Fenugreek Seeds

What they are: Fenugreek is a leguminous Asian herb with aromatic seeds. Most of its medicinal properties are in the seeds. For centuries, the crushed or powdered seeds have been used externally and internally for several cures. It can be applied as a poultice for hives, boils and ulcers or consumed to increase appetite, counter appetite loss and reduce blood sugar.

What they do: A clinical study by Gandhi Medical College, Hyderabad, published in the Indian Journal of Pharmacology shows that fenugreek seeds have a lipid-lowering effect on people with high blood cholesterol. Those with high lipid levels risk cardiovascular disease including deadly strokes and heart attacks. The study found that cholesterol levels were lowered in patients given 25 grams of powdered fenugreek seeds twice daily before meals.

The findings of another study by a team led by Dr A. Gupta at the Jaipur Diabetes and Research Centre confirm that fenugreek seeds can also improve glycaemic control (effect of carbohydrates on blood glucose levels) and decreases insulin resistance in patients with mild type-2 diabetes.

Who should take them? "While fenugreek is recommended for people with diabetes, hypertension and cholesterol, it is also good for people who don't suffer from these conditions," adviser Dr Ashok Jhingan, senior consultant diabetologist and chairman, Delhi Diabetes Research Centre. He prescribes 10gms of the seeds, soaked overnight, to be taken on an empty stomach first thing in the morning. "Many people also eat the seeds mixed with curd," he adds.



Turmeric

What it is: The spice is made by grinding the roots of the perennial herb *Curcuma longa*. The boiled, dried and powdered underground stem of the plant is used as a flavouring and colouring agent and as a stimulant.

What it does: The herb has a mild protective effect against cold and flu; in those who get sick, it appears to limit the duration and severity of symptoms. A study by Jamia Hamdard University, New Delhi, reveals that curcumin, found in turmeric, has anti-inflammatory and antispasmodic properties and is useful in the treatment of arthritis.

Who should take it? This staple herb works for almost everyone and is effective if taken even as you feel a cold or flu coming on. According to the study, the most interesting feature of curcumin is the lack of gastrointestinal side effects despite it being an anti-inflammatory agent.

Try this time-tested recipe from Dr Vivek Nangia, head of Respiratory Diseases, Fortis Hospital, New Delhi: Add a teaspoon of turmeric powder (haldi) in a cup of milk and boil for a few minutes. Drink the hot brew twice a day. "The herb's antioxidant and anti-infective properties help build your immunity against cold," says Nangia.

Herbal and other natural products are playing a greater part in our quest for wellness. But experts warn that just because a product is natural does not mean it's always safe. Check with your doctor before trying out a herbal remedy or beginning a herbal supplement regimen ●



Ayurveda

People realizing their full human potential

Thousands of years before modern medicine provided scientific evidence for the mind-body connection, the sages of India developed Ayurveda, which continues to be one of the world's most sophisticated and powerful mind-body health systems. More than a mere system of treating illness, Ayurveda is a science of life. It offers a body of wisdom designed to help people stay vibrant and healthy while realizing their full human potential.

Freedom from illness depends upon expanding our own awareness, bringing it into balance, and then extending that balance to the body. This process isn't as complicated as it may sound. For example, when you meditate you effortlessly enter a state of expanded awareness and inner quiet that refreshes the mind and restores balance. Since the mind and body are inseparable, the body is naturally balanced through the practice of meditation.

Widely regarded as the oldest form of healthcare in the world, Ayurveda is an intricate medical system that originated in India thousands of years ago. The fundamentals of Ayurveda can be found in Hindu scriptures called the Vedas—the ancient Indian books of wisdom. The Rig Veda, which was written over 6,000 years ago, contains a series of prescriptions that can help humans overcome various ailments. This forms the basis of Ayurveda practice, passed down to the present day.



Vata-Pitta-Kapha

In Ayurveda, there are three basic types of energy, universal principles known as the doshas. In many ways, the doshas—vata, pitta, and kapha—are the building blocks of the material world. All three of them can be found in everyone and everything, but in different proportions. They combine to create different climates, different foods, different species, and even different individuals within the

same species.

Vata, pitta, and kapha are each essential to our physiology in some way, so no one dosha is better than, or superior to, any other. Each of them has a very specific set of functional roles to play in the body. That said, when the doshas are out of balance, they can wreak havoc on our health. Imbalances can be caused by stress, emotional trauma, as well as poor diet

and lifestyle choices. In most cases, these disturbances cause an increase in one or more of the doshas, upsetting the natural state of internal equilibrium represented by one's constitution.

When the doshas become aggravated, each of them disrupts the body in its own way. Therefore, vata, pitta, and kapha are each associated with a particular set of health challenges, and tendencies toward disease. While we are all susceptible to an excess in any of the three doshas, we also tend to be somewhat predisposed to imbalances in our predominant doshas. In other words, vata-pitta predominant individuals will usually tend toward vata and pitta imbalances before kapha imbalances. If you are just becoming familiar with how the doshas affect your day to day life, this awareness can be very helpful.



Wind Energy (VataDosha)

Vata is predominantly composed of the space and air elements. From a qualitative perspective, vata is dry, light, cold, rough, mobile, subtle, and clear. It is the subtle energy of movement and is therefore often associated with wind. Vata is linked to creativity and flexibility; it governs all movement the flow of breath, the pulsation of the heart, all muscle contractions, tissue movements, cellular mobility and communication throughout the mind and nervous system.



Fire Energy (Pitta Dosha)

Pitta is principally made up of the fire and water elements and is an amalgamation of the hot, sharp, light, liquid, oily, and subtle qualities. Pitta is neither mobile nor stable, but spreads much as the warmth of a fire permeates its surroundings, or as water flows in the direction dictated by the terrain. Pitta is closely related to intelligence, understanding, digestion, and transformation; it governs nutrition and metabolism, body temperature, and the light of understanding.



Water Energy (KaphaDosha)

Kapha is composed primarily of the earth and water elements. It is heavy, slow, cool, oily, smooth, soft, dense, stable, gross, and cloudy. Kapha lends structure and solidity to all things; it provides the cohesiveness needed to maintain a particular form. Kapha also hydrates all cells and systems, lubricates the joints, moisturizes the skin, maintains immunity and protects the tissues. Kapha is often associated with water energy, and with love and compassion. ●



Career in Animation

By Satya Prakash

Mogli, Micky Mouse, Donald Duck, Spider Man, Tom & Jerry who can forget these characters who have entertained our childhood through their charm, bravery and superpowers. These and many other animated characters have an important place in our life as childhood memories. These are the examples of realization of an imaginary character, imaginary world, imaginary stories and it is because of a great skill called Animation. Animation industry is responsible for creating these characters, making their story and makes us laugh through their silly acts. Animation industry is a very broad and boundless scope for those

who aspire to create the magic.

The field of animation is sometimes gets related to the cartooning. Actually there is a big difference. Cartooning is simply drawing a caricature of characters under specific point to create a sense of comedy. Whereas animation is the art with which inanimate objects are brought to life with the help of various modern computers based sequencing techniques and software.

Animation industry can be opted as a career. In spite of recent global economic crisis, animation industry is growing day by day. This industry has jumped from minor aged viewer to all aged viewers. In recent times many animated movies have become a block buster with millions of business. Avatar, Ice Age, MIB,

Chronicle of Narnia, The Smurffs are the best example for this. The animation industry is expanding and is ready to experience a prolonged period of boom. What is more exciting is the fact that this industry would give employment to thousands of prospective 2-D and 3-D animators every year. There is different kind of roles in an animation industry such as modeller, Background artist, Lay out artist, Clean up artist, Story Board Artist, Special effect artist, Key frame animator, 2-D animator, 3-D animator etc.

To begin career in animation industry is to get a graduate degree or diploma in animation. Graduate degree in India is not so popular and is not very prevalent in our country yet. Only few institutes offer this course at present however diploma course is offered by many institutes in India. Bachelor in Fine Arts (BFA) is also very important to begin with career in animation. A bachelor's degree in animation and the BFA are three-year courses whereas the diploma course in

animation varies in the range of six-months to one- and-a-half-years. The eligibility criteria include a 10+2 from a recognised board with at least 45% passing marks.

Apart from this, skill of imagination, drawing, sketching and sound knowledge of computer is the basic requirement to enter the animation industry. It is convenient to pursue a BFA degree before entering the animation industry but for any reason if one has not pursue this degree, there are still the chances to figure out career in animation considering that the aspirant must have an attitude and passion to excel in this industry. A candidate must note that he or she should be good at drawing and sketching. Candidate should have knowledge of human and animal behaviour and their physical activities. This skill is required to give the animation exact replica of the original human or animal making animated character close to the perfectness. Knowledge of colour, contrast, skill of imagination, visualization, hard work and dedication towards the work is the key to success in this industry. Animation is a multi-tasking job so for that you need to work as a team; therefore, candidate needs to have good communication skills. So if you have the above skills and a keen interest to explore this creative art, this is the career for you.

Job opportunities in this field are rapidly increasing because of boom in the animation and gaming industry. Easy reach of computer, mobile and tablets have played a vital role in

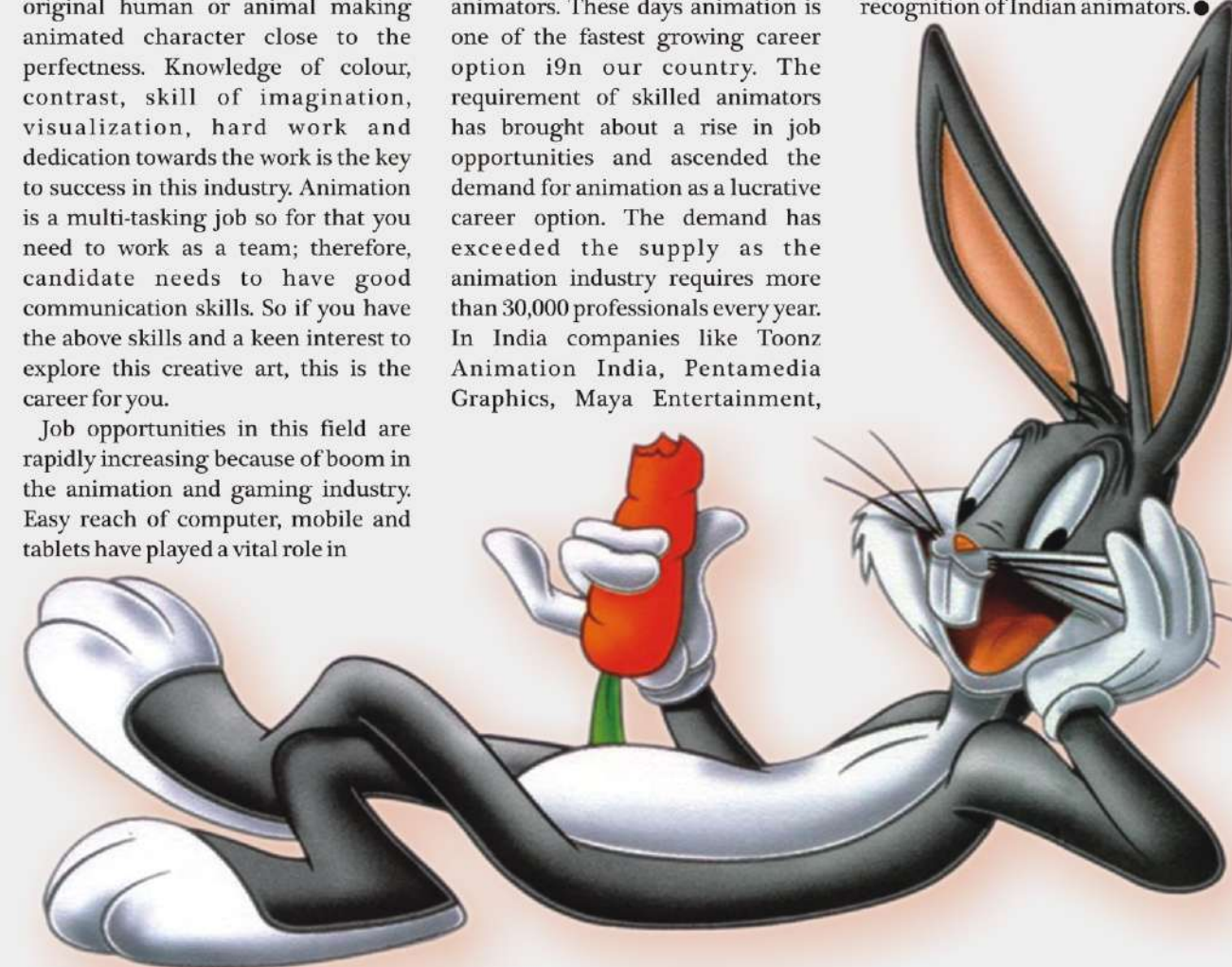
demand of animated games. Block buster animated movies, highly rated animated advertisements, TRP catching animated series and increase in specific animated channels have raised a big requirement of animators in this industry and a good competition is causing good salary package to the candidates. Experts say that in a single animation film around 500 animators are required which means huge employment opportunities.

Animation is a promising and satisfying profession. It is attracting youngsters in droves towards it. Professionals new to this industry generally work in the capacity of junior animators in animation studios and production houses. Within a span of three to five years candidate can become a senior animator and command a team of animators. These days animation is one of the fastest growing career option in our country. The requirement of skilled animators has brought about a rise in job opportunities and ascended the demand for animation as a lucrative career option. The demand has exceeded the supply as the animation industry requires more than 30,000 professionals every year. In India companies like Toonz Animation India, Pentamedia Graphics, Maya Entertainment,

UTV Toonz, Heart Entertainment, Padmalaya Telefilms etc are the leaders of animation industry.

The Indian animation industry is on the wings. Western animation companies support India for outsourcing animation because of India's good foundation of communicating in the English language, cost benefits and great infrastructure of state-of-the-art studios.

Big names in animation like Fun Bag Animation, Warner Brothers, Industrial Light and Magic and Disney are now exploring India to produce their animation movies on a co-production basis. However, this boom would not only be confined to the animation industry but also spill over to the mobile and computer gaming industries. All this means more and more jobs for 2-D and 3-D animators and an increasing international recognition of Indian animators. ●





For travellers worldwide, treading unknown lanes is now not a matter of concern. They have armed themselves with the modern gadgets to enjoy their journey to its fullest.

Following is the suggested list of gadgets that have been making tour of every traveller a pleasant, memorable and safe experience.

Smart Phone

Perhaps it is the most important must-have for travellers. This easy-to-carry tool virtually serves as a friend and guide making travelling convenient and safe.

It helps travellers to remain in touch with their family, friends and office. A smart phone, having advanced programmes, enables the user to browse the web, send and receive email, organise schedules, keep details of itinerary, maps, contacts, list of important things to

Technology is making everything easy and enjoyable. And travelling is no exception. Gadgets have been invented for travellers' delight. Some easy-to-carry, user-friendly tech-tools are making travelling convenient, pleasurable and safe. Meet a few famous tech-friends & guides that have found place in travellers' must-have list.

do, and many others.

Carry a mobile phone with a built-in GPS (Global Positioning System) to easily navigate your way through unfamiliar places. This would be most useful when you have to hire a cab as you will have the access of the information about the route, distances and prevailing tariff besides being in a position to thwart any cheating bid by taxi operators.

In addition to this, a GPS on your mobile phone would also search eateries, shopping places, fuel stations for you in a jiffy.

Digital Camera

Relying too much on mobile camera is not recommended to travellers. Carry a good digital camera with resolution of 8 mega pixels or more, having a large memory capacity so you can click more pictures and after the journey you can pick up the good ones.

Have a digital camera with video recording facility as it would not only fulfil your wish of making videos of activities of loved ones but also curtail the need of carrying a handy cam making your luggage a bit light.

Memory sticks

You should carry at least one standby memory stick for your digital camera and an extra battery (charged) for emergency purposes and also for having enough space for the people and places and related priceless moments.

Storing Photos on Internet

Backing up your photos is very important. It is better to back up your photos and videos on internet as it gives you immense space. Also you as well as people, whom you have given access, can see those photos anytime from anywhere in the world. Though they are many website paid and free including Picasa, in my opinion the best place to store your photos online is <http://www.skydrive.live.com/>.

Using Google Latitude, Check In

If you want your family and friends to know your whereabouts, every minute, you should consider using Google latitude. If you have Google map on your smart phone, this application is already installed. Just allow this application to track your position. Any other person using this same application and who is in your latitude group can see your position on map in real time.

This is especially handy when you are moving in a group of vehicles as position of each vehicle is known at any given time.

Inflatable Neck Pillow

During travelling much time is wasted at airports and railway stations. The waiting time can be used for your purposes by having a nap besides at times during travelling you may also want to go for a nap. For this you need a support for rest your head.

A neck pillow could help you in those situations.

With this around your neck, you will never rest your head on your fellow passenger and it can also be used as a cushion for hard seats.

Travellers' tech-friends



You must use these gadgets optimally for your comfort and should not turn them into a space-taking goods in your bags.

Portable Media Player

A portable media player is very much essential, which you can use to listen to music, store pictures, audio books, games, and even movies. You can have all the entertainment you need

in one smart phone, but it is advisable to buy a dedicated media player. Also buy a pair of good small speakers which can be connected to it. For travelling in car, you can buy a multi output head phone connector for other passengers. Media player with movies can keep kids engaged during travelling and will let you enjoy the route.

Swiss Army Knife

Although a very old equipment, it is very much relevant in today's time. I never travel anywhere without my trusty Swiss Army Knife. Normally it contains both large and small blades, scissors, nail file, screwdriver, bottle opener, and cork screw.

But remember: You have to pack it in checked luggage for all flights.

Earplugs

While travelling there are some sounds you don't want to hear, like the snores of a fellow passenger on a long haul flight, the couple in the train or bus constantly chit-chatting or music blaring from the hotel's all-night disco. In all these situations, earplugs may be handy and could also ensure that you have a sound sleep in the nights.

Flashlight

Seemingly an obvious choice, this is the last thing you will find with travellers. They are very useful while camping especially when you have to find your way to an outdoor toilet in the middle of the night. They are also handy for power outages and walking around darkened rooms and stairwells late at night.

This list is by no means an exhaustive one.

You can add your own favourite gadgets but the point is that you must use them optimally for your comfort. Remember these tools have been built to ensure you comfort and pleasure and you should not turn them into just a space-taking goods in your bags. ●

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Astro Profile

Aries (March 21 to April 20)

You will look for new ways to save money and enhance revenues. You will seek avenues of investment that can give you good returns. The stars will guide here. At the beginning, Mars shifts into Virgo in the 6th House. Saturn posited in the 9th House may disclose some promising opportunities that will bring job satisfaction as well lucrative income.

Taurus (April 21 to May 21)

This month you'll look for some simple, yet effective ways to earn extra. You will be keen to make some clever moves to push ahead your growth prospects. Businessmen and professionals will try to seek high worth customers out of station to enhance opportunities and earnings. With Mercury direct in motion, you may just find luck around the corner.

Gemini (May 23 to June 20)

You will be preoccupied with work. But, things will happen as expected. Around the 2nd week, the smooth run could be interrupted by the influence of Mars and Saturn. This could lead to some disturbances and hiccups in day to day activities. But at this juncture you are willing to battle all. You be willing to cross all hurdles to reach your goals.

Cancer (June 21 to July 20)

Working to boost your career and your financial prospects will keep you engaged this month. You will want to take a few simple steps that will make you happier professionally and personally. You will be keen to draw up an action plan to improve your performance going forward. Good news here is about Mercury becoming direct in motion.

Leo (July 21 to Aug. 22)

Money matters and your fluctuating fortunes will be your key concern in September. At the beginning, it is the movement of Mercury that influences your world. Mercury is linked to finances for your Sign. As it becomes direct in motion, it paves the way for increase in inflow of money.

Virgo (Aug. 23 to Sept. 22)

You will enthusiastically seek the path to wealth and prosperity. The beginning may be fraught with personal and incidental expenses as four planets are posited in the 12th House, but with Mercury becoming direct in motion you will be more in control of your money.

Libra (Sept. 23 to Oct. 22)

Long term growth prospects will be your target. At the beginning, stars will be benevolent and help you assemble and organize your thoughts and actions effectively. With three important planets along with Rahu in the 11th House from your Sign, you will get opportunities to gain monetarily. However, be prepared for some hiccups along the way.

Scorpio (Oct. 23 to Nov. 21)

You will spend a good part of your time this month, pushing for excellence in your field of activity. You may even deploy funds to achieve desired results. However, looking at the position of Saturn and Jupiter, it is not advisable to undertake any major financial ventures for the moment. A series of planetary movements will augur well for you in the coming days.

Sagittarius (Nov. 22 to Dec. 20)

This month you will focus on what you do best and keep developing. You will be determined to keep moving ahead and better your chances at your business, job, relationship or family matters. The stars look supportive at the beginning. Mercury becomes direct in motion. There is influence of Mars to deal with.

Capricorn (Dec. 21 to Jan. 20)

You will be keen to innovate and experiment with new ideas to scale-up your prospects. Moon in Aquarius will prompt you to think of new schemes and proposals that help you see sunshine days. Here, you also have Mercury to help you. Mercury becoming direct in motion paves the way for lady luck to lend you a hand. However, be prepared for some boulders along the way.

Aquarius (Jan. 21 to Feb. 18)

You will eager to put your foot on the accelerator and race ahead. Mercury becoming direct in motion heralds good news. The coming together of Mars and Virgo may goad you to experiment with new ideas to overcome your shortcomings and hasten up matters.

Pisces (Feb. 18 to March 20)

You will be determined to increase productivity to move towards your goal. You will work on an effective road map, some winning strategies and relentless commitment to fulfill your accomplishments. Well, just these are not enough. You need benevolent stars also on your side for full realization of your dreams. ●



Pusarla Venkata Sindhu

P.V. Sindhu or Pusarla Venkata Sindhu is an ace shuttler and silver medalist at 2016 Rio Summer Olympics. This young badminton player from Andhra Pradesh was born to volleyball players P.V. Ramana and P. Vijaya in the year 1995. Her father was honored with Arjuna Award for having displayed excellence in his sport. One of the youngest and talented badminton players of the contemporary times, Sindhu has featured in top 10 in the world badminton rankings for the most part of 2014.

Another player who burst onto the scene very early, Pusarla Venkata Sindhu's name first rang into the public's ears when she pulled off a massive upset as a 17-year-old, defeating the reigning Olympic champion Li Xuerui in three games at the Chinese International. A year later, she made her presence felt at the World Championships, becoming only the third Indian to win a medal at the World Championships, by winning the bronze and then repeated that feat the following year, finishing third at the coveted event, once again. 2015 proved to be a on-and-off year for her as she won the Macau Open, but faltered in several major events. With Rio 2016, which will also be her

maiden Olympics, coming up, the lanky 20-year-old will hope to shine and make it a memorable experience for her as well as India.

She started playing badminton from the age of eight after she drew inspiration from Pullela Gopichand's victory in All England Open Badminton Championship in 2001. That's the reason why she chose badminton over volleyball although her parents were professional volleyball players. Her initial apprenticeship started with Mehboob Ali at the badminton courts of Indian Railway Institute of Signal Engineering and Telecommunications in Secunderabad. Later, she joined Pullela Gopichand's badminton academy to further enhance her sporting skills.

Not many of her fans are aware of the diligence that Sindhu puts in her training process. The 19-year old has been reportedly working out with her coach from as early as 4.15 am every day for the last three years. P. V. Sindhu was named 2014 NDTV Indian of the year. In the same year, she brought glories to the country by winning a bronze in 2014 Uber Cup held at New Delhi. In the preceding year, she had won a bronze medal in women's singles event in 2013 BWF World Championships hosted

by China.

She scripted history by becoming the first Indian to have won two back-to-back medals in the World Badminton Championships. The best endorsement of Sindhu has been Gopichand's words about her dedication and commitment to the sport: "The most striking feature in Sindhu's game is her attitude and the never-say-die spirit."

P. V. Sindhu has been an employee of Bharat Petroleum since July 2013. She joined their Hyderabad office as an assistant sports manager and was promoted to deputy sports manager after her silver-medal win at the Rio Olympics.

Cricket legend Sachin Tendulkar presented her and two other Rio Olympic stars, Dipa Karmakar and Sakshi Malik, with BMW cars in 2016 following her silver medal win. The gifts were sponsored by former Andhra batsman V Chamundeswar-nath, who currently serves as the Hyderabad District Badminton Association president.

She missed regular college life as she had to complete her education via correspondence due to her training and sport events. However, she mentioned that travelling through-out the world more than made up for it. ●

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