

## INCREASING SCREEN TIME WORRISOME

The coronavirus pandemic is remaking the way children learn, and it could have an impact on their eyes. With schools shifting to online lessons at home, children are spending more time in front of computer screens, and many parents are relaxing screen-time rules for TV and video games to keep kids occupied while social distancing. In the midst of the crisis, many children are spending less time playing outdoors. This combination - more screen time and less outdoor time - may actually harm children's vision and put them at higher risk of developing myopia, or nearsightedness. That can lead to serious eye problems in the future, including some potentially blinding diseases.

As a health behavioral and policy professor and an ophthalmology resident interested in health promotion and eye care for children, we're concerned about the impacts of decreased outdoor time and excess screen time on children's eyes during the COVID-19 pandemic. What causes myopia? Scientists are still trying to understand how myopia, or nearsightedness, develops and progresses. It occurs when the eyeball is too long or the eye's focusing power is too strong, causing light rays to focus in front of the retina instead of on it, which creates a blurry image. While glasses or contact lenses can correct a child's vision, research shows that having severe myopia puts children at risk for a number of eye problems down the road, including retinal detachment, glaucoma and macular degeneration. Some factors in whether a child develops myopia, such as genetics, are beyond a parent's control, but research shows that other risks can be reduced. In people with myopia, light focuses in front of the retina rather than on it, so distant objects appear blurred. A review of 25 years of research found that working up close - like reading or using a tablet - increased the odds of myopia. For example, a nationwide study in Taiwan found that after-school study programs with a lot of close-up work were associated with an increased likelihood of nearsightedness among children ages 7 to 12. A study of Chinese schoolchildren found that increased time spent working with the eyes focused on something less than 20 centimeters away was associated with myopia. Researchers in Ireland found that greater than three hours of screen time per day increased the odds of myopia in schoolchildren, and investigators in Denmark found that the risk of myopia approximately doubled in Danish teenagers who used screen devices for more than six hours per day.

It is not clear why outdoors time protects against myopia, or why closeup work could make it worse. One theory is that light intensity and time spent outdoors regulates the release of dopamine in the retina, which controls the growth of the eye. Other theories center on how viewing distances impact where the light is focused on the retina; shorter viewing distances indoors may promote abnormal growth of the eye. Although there is no consensus on how much time children need to spend outside or the importance of the light intensity they are exposed to, it is possible that more outdoor time can help to balance out more close-up work, as a study of children in Australia found. Childhood is an important time to think about myopia because myopic children tend to become more nearsighted over time. The age of myopia onset is the most significant predictor of severe myopia later in life. Globally, rates of myopia have been rising. The prevalence of myopia among children ages 6-19 years is estimated at around 40 per cent in Europe and North America, and higher in Asia. By mid-century, researchers studying the trends have estimated that about half the world's population could be myopic. Such high rates of myopia also come with an economic burden. The potential lost productivity resulting from myopia was nearly US\$250 billion in 2015. Building an eye-healthy lifestyle at home. Parents can help by carefully managing their children's screen time to support educational use while limiting cartoons and video games. They can also encourage more outdoor activities while maintaining social distancing.

Having clear rules, setting limits on screen time and parents' communication style have been associated with less screen time among children. Parental modeling also influences how much time children spend watching TV. The World Health Organization recommends that children under 5 spend one hour or less per day on digital devices, and children under 1 spend no time on digital devices. The Children's Eye Foundation recommends daily outdoor play, no screen time for those under age 2, a maximum of 1-2 hours per day for kids ages 2 to 5 and guided screen time with frequent breaks for kids over 5. Parents and teachers can also check out helpful tips for eye health from the American Academy of Ophthalmology. Educators can find resources to prepare learning materials.

**Here are some recommendations:** Take a 20-second break from closeup work every 20 minutes, set a timer to remind kids to take those breaks, keep digital media 18 to 24 inches away from the face, as we plan the future of education in the age of COVID-19, schools and policymakers must consider children's vision needs while designing new initiatives. Schools, teachers and parents can work together to incorporate eye health strategies and protect children as they learn online.



## Be Generous Aid, inspire and protect

Just like happiness, kindness and love, generosity breeds more generosity. It's difficult to say that there can ever be a selfless act of generosity because giving happiness to others is the best way to give happiness to yourself. But the key with practicing generosity is to do so without expectation of anything in return, and this is the hard part. So even if you start small and give just a little, it is good if you can do so from the heart and with no selfish conditions attached. Of course, if somebody thanks you it is very nice, but if you don't get any thanks it doesn't matter, you just give anyway.

Generosity isn't just about giving in a material way. If you can teach or inspire another person, that is an excellent practice of generosity. Patience, tolerance, respect, laughter, appreciation, kindness and compassion are all wonderful gifts that we have to offer every day when we

think about it.

A good way to start is by dividing what you can give into two; giving half to others and the other half keep for yourself, you share.

In this way, we gradually get back to a sense of pure motivation, with no strings attached or any need to tell the world what we have done. The act is enough in itself.

When you make such actions from the heart it gives you a cooling, peaceful, happy feeling. You are not proud, but appreciative. The practice is sincere and genuine — and being sincere, rather than acting out of a feeling of burden or guilt, gives a tremendous feeling of joy and satisfaction. Give willingly and with joy in your heart. Even if you have nothing material to give, it does not matter. You just have to open your heart and let go of your burning attachments to things or people. Give others freedom and you will be free yourself.

Gyalwang Drukpa



DR VIKAS SHARMA

Ber is a commonly available, seasonal nutritious, tasteful fruit. It is a low-calorie fruit, rich in micronutrients like vitamins and minerals, but it is a poor source of macronutrients like protein, fat and carbohydrate. It is an excellent source of several antioxidants. This fruit is called in different names in different countries. It is widely used in traditional medicine for treating various kinds of diseases. Ber or Jujube is widely distributed in many regions of Asia, Australia and the Mediterranean basin. Ber is traditionally consumed as fresh fruit. It is also dried for future consumption. It is also used in Traditional Chinese Medicine (TCM) for treating many diseases. In recent time scientific studies also confirm the medicinal benefits of Ber or jujube. Ber is good for cardiac patients: Ber is a low-energy, low fat, fibre rich fruits, rich in several vitamins and minerals. It is an excellent source of several antioxidants. It can be safely taken by cardiac patients or those suffering from high blood pressure (hypertension). Ber help to lowers blood pressure, correct abnormal lipid profile and act as a blood purifier. Ber is a medicine for constipation patients: Adequate Ber intake help in bowel movement as Ber raises the water content of the faces, increases short chain fatty acid content of the cecum. It shortened the gastrointestinal transit time and increases the frequency of bowel elimination.

Triterpenic acids present in Ber reduces the risk of cancer: So, it is good for those persons who are at risk of cancer. The people with a family history of cancer or those himself/ herself is a cancer survivor should take fresh Ber throughout the season.

Ber has a strong antibacterial property: It is effective to prevent many types of diseases caused by a wide variety of gram-positive and gram-negative bacteria. So, Ber is a gut friendly food, regular consumption of

Ber helps to maintain gut health and prevent common digestive disorders.

Ber is capable to reduce heavy metal content in breast milk: Regular consumption of jujube fruits helps to reduce the concentration of heavy metals like lead, cadmium, and arsenic in the human milk. So, Ber should be choice of fruit for the lactating mothers.

Ber improves general health: Since Ber is a rich source of several minerals and vitamins it is useful to improve our overall general health as well as prevent various types of deficiency disorders and imbalances. As a source of diverse group of antioxidants, regular intake of Ber help to prevent oxidative stress and thus prevent many lifestyle diseases like obesity, diabetes, cardio-vascular diseases and cancer.

Ber helps to maintain electrolyte balance: Electrolyte imbalance is a very common health problem among the elderly. Since fresh Ber fruit is an excellent source of several minerals like calcium (25.6mg/100g), phosphorus (26.8 mg /100g) and iron (0.76mg- 1.8 mg /100g), regular consumption of this fruit help to maintain proper electrolyte balance.

Ber increases appetite: Those persons who have poor appetite should take Ber which help to increase appetite.

Ber improves digestion: Ber is good for those persons having poor digestive capacity.

Ber reduces anxiety: Some people are anxious always. Ber help to reduce anxiety for these people.

Ber ensures good sleep: Ber contains ?-aminobutyric acid (GABA). Consumption of this fruit supplies sufficient amount of GABA which help to improve the sleep.

Jujube possesses neuroprotective activities: Ber contains bioactive compounds like flavonoids, cAMP, and jujuboside which protect our nerves.

Ber can improve the learning ability of the pupils: Scientific studies revealed that Ber is capable to improve the memory of pupil and promotes learning.

Ber can reduce your stress: It is evident that Ber has the ability to reduce mental stress. So, Ber is the choice of fruit for those who lead a stressful life.

Ber has anti-inflammatory activity: Triterpenic acids present in Ber act as an active ingredient having anti-inflammatory activity. So, the consumption of Ber prevents inflammation.

Ber is good for heart patients: Ber contains active components like betulinic acid and jujuboside B which have beneficial effects on the cardiovascular system.

Ber has an anti-diabetic property: Regular consumption of Ber fruits help to reduce blood glucose level. So, this is healthy fruit can be safely taken by diabetic individuals without any fear.

Ber helps to lower the blood pressure: ?-aminobutyric acid (GABA) present in Ber help to reduce blood pressure.

Ber is a hepato-protective fruit: We have a common myth that excess intake of Ber may cause liver damage. But this is not true, in reality, Ber intake protect us from liver damage.

Ber can be used as an anti-spastic agent: Due to the antimicrobial and antiseptic properties, it can be used as ensures rapid wound healing.

Ber has anti-allergic property: Scientific study confirms that Ber has a strong anti-allergic activity. So, it is beneficial for those who have a tendency of allergy.

Ber is capable to change your dull skin into glowing skin: Ber is a good source of several vitamins like beta carotene, vitamin-C as well as B-complex vitamins which play important roles in improving skin texture.

Ber is useful to boost immunity and prevent diseases: Regular intake of Ber increases our immunity and prevents many diseases caused by gram-positive and gram-negative diseases.

Ber or jujube is not only a tasty seasonal fruit, it is actually a healthy super food. The importance of Ber is not confined with its nutritive value, rather it is health-promoting food. Utilise the nutritional and nutra-ceutical potentials of this fruit as much as possible to boost your health and immunity. Take fresh Ber fruits (jujube) as mid-morning snacks, relax and improve your quality of life. Be happily healthy.

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# Importance of guidance & counseling in adolescents' life

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Guidance and counseling in the modern age have become escalated needs because of a multiplicity of problems that the individual faces in important domains of life. The terms guidance and counseling are used interchangeably. Guidance is a broader term which includes counseling as one of its services. It means help or advice to deal with the complex problems linked with your work, education, personal relationship and making into easier ones. Guidance is regarded as a conceptualized programme of activities that offers a gateway out to the existing problems in the present era of complex scientific and technological developments. The aim of guidance and counseling is to assist behaviour change, enhance coping skills, promote decision making, improve the relationship and to facilitate users' potential.

Guidance and counseling help to recognize and understand about one's talents and abilities, help to develop an optimistic outlook for removal of undesirable traits, it aids to develop resourcefulness and self-direction in adapting to changes in society. Guidance and counseling earn recognition through their services rendered in enhancing human happiness by being healthier, more productive, attain valuable lesson and also eliminate later stage problems. The major aim of guidance and counseling services is to encourage students' academic, social, emotional and personal development. These are thus, an integral component of education as well. Guidance and counseling have become very imperative for young children and schools have a massive role in fetching out the best in children, as at today's time young minds need guidance to polish their personality and also help to

attend to the physical, social, psychological, educational and vocational needs of the school students who go a long way to remove impediments of learning.

Adolescence is generally considered as a turbulent period and is often portrayed as a negative phase of life-a phase of storm and stress to be survived or endured. This stage is best defined as a critical period in relation to puberty and also considered as a revolution of a person's life which starts with biological transformation and finished in adjusting with those challenges in the society. Adolescence means 'to emerge' to attain 'identity' and this way of attaining identity has to go long facing up with challenges as well as changes. During this period a variety of physiological, cognitive, emotional and social changes take place. Adolescence emerges from later childhood and merges into adulthood with sexual maturity, increased hormone levels, desire for more independence, the capacity to think abstractly, escalating interest in peers, distancing from parents due to relationship with peers or outside and the inauguration of a romantic relationship are characteristics of adolescence. These characteristics are like shifting from a child like to be adult-like. The tendency to make innovative discoveries is more frequent in adolescence as compare to childhood because in childhood scope of activity is restricted as a child has fear of guardians or afraid of going far whereas in adolescence they discover superior freedom. Additionally, there is a diverse number of conflicts that adolescents are faced with, such as making decisions about future adult role, identity formation and separating themselves from caregivers.

Adolescents require explicit attention. Today, millions of children are addicted

to drugs, engaged in various crimes, school dropout, delinquency, attempt suicide, suffer from anxieties and depressions. In spite of rising in literacy rates, the trend of opting the wrong decision or confusing is continuously increasing in children because of the lack of guidance services. At this stage of life, adolescents are packed with multifarious challenges and if these challenges are not resolved, they may go on to become a social misfit in later life. An adolescent on his own may also make use of trial-and-error approach and master the developmental tasks vital for the switch to ideal adulthood but in the practice, they used to waste their precious time that they might spend in learning and knowing further constructive activities and also it would deteriorate their self-confidence and motivation to acquire up tasks that have proved to be hard in doing it.

They are not mature enough to critically evaluate baffling situation arising due to these changes around them. Many of these problems not only require remedial treatment but also prominently help from guidance and counseling profession to take preventive efforts.

Thus, adolescence becomes challenging as well as a puzzling chapter of lifespan development for those who are facing and also for the parents and adults who are raising and nurturing their children. So to survive this period and get the direction of fulfilling their potential, adolescents require guidance and honest support.

Adolescents confront problems which they cannot readily cope with the absence of assistance from their parents, teachers or professionals such as school counselors. The academic achievement may be one of the determinants of adolescent mental health and as

a result, can be associated with the adolescents' need for guidance and counseling. A school counselor's role also becomes sensitive when the ultimate aim is students academic achievement.

Teenagers have an important role in society. Today's young people are the hope, future citizens and leaders of tomorrow; therefore it is necessary to develop aptitude, behaviour and action according to democratic ideals. In India adolescence has a good hold on the population.

They will be controlling and running the world someday. Clearly, we need to better understand these challenges and find appropriate solutions. The principle of guidance and counseling in schools is to make progress in academic achievement, increase acquisitions and application of conflict resolution, promote affirmative study attitudes and behaviour and reduce school dropouts of the children.

Even at institutions, adolescents have the stress of academic performance, selecting fields of specialization and career as well. Teachers as well as parents choose academic achievement as sole criteria to judge students' performance.

However, it can be a very hard period during which a great deal of understanding, patience and support is required. Modernization has given many positive effects as it is providing so many opportunities, but at the same time, it has remitted into multiple stressors in adolescents' life.

This stress leads to massive mental health problems. It is, therefore, very pertinent that students' guidance and counseling needs must be known, so that, steps can be taken to make available required support services in this regard to them at an adequate level.

## YOUR COLUMN Career as Translator

Dear Editor,

Working in the translation field can be a highly fulfilling path, especially for those who possess excellent linguistic capabilities. If you're considering a career as a translator or interpreter, you have many options to consider when choosing the role you'd like to pursue.

Depending on your work environment preferences and whether you'd like to translate written documents or verbal conversations, there are plenty of different opportunities available in translation. In this article, we outline what translators do and identify eight exciting career paths for professionals looking to join the field.

Translators and interpreters convert information from one language to another. Translators typically specialize in converting written documents and text, while interpreters usually work with verbal language in real-time settings.

They act as communication mediators by translating spoken language or text so that people who speak different languages can all understand the same messages. Translators and interpreters are responsible for decoding language in movies, books, journals, legal documents, schools, healthcare settings, work conferences and more.

Translators and interpreters alike possess excellent communication, analysis and linguistic skills. They regularly have to compile information, like technical terminology, and create glossaries and databases to use in their daily translation practices.

Also, they are responsible for accurately rendering the style, tone, meaning and intention of an original language when translating, which can be challenging to accomplish. Each of these duties requires a high level of cultural knowledge, awareness and attention to detail. There are a few different types of translation and interpretation modes, including:

Simultaneous interpretation: Simultaneous interpreters convert a spoken or signed message into another language

at the same time the original speaker is conveying their message.

Consecutive interpretation: Consecutive interpreters take notes during a conversation and convert a given speaker or signer's message into another language immediately after they have stopped speaking.

Sight translation and interpretation: Sight translators and interpreters convert language from a written document into a verbal translation in another language for instantaneous comprehension.

Translators and interpreters may travel regularly to perform their linguistic conversion duties in other countries or locales. To work in the translation field, you must be fluent in at least two languages, though some translation professionals are fluent in more than two. Many translation professionals hold four-year degrees and certifications from programs that teach candidates the requisite skills to succeed in their careers.

Translators and interpreters work in a variety of settings and convert different messages depending on their role. Here are eight distinct translation careers to consider when starting your journey:

Health and medical interpreters and translators work in healthcare settings. They help patients communicate effectively with healthcare providers like doctors, nurses, medical technicians and other staff.

Due to their specialized work setting, translation professionals who work in the healthcare field must have an advanced understanding of medical terminology and common medical treatments in both of the languages they speak. They may help both patients and medical staff by translating research texts, pharmaceutical information, brochures about medical conditions, patient consent documents and any records as needed.

Health and medical translation professionals must possess a heightened sensitivity to the needs of their clients, as they handle accurately translating information that can affect a clients' quality of care. Even further, similar to most healthcare employees, health translators and interpreters must maintain confidentiality and hold certain ethical standards in their work.

Literary translators convert literature from one lan-

guage to another. They study books, journal articles, poetry and short stories by analyzing the text's intended meaning and linguistic complexities. It is important for literary translators to accurately capture an author's original tone, style and sentiment in their translations. Since most literature is highly culturally specific, literary translators must pay special attention to a text's thematic details and historical context.

Legal and judicial translators and interpreters work in legal settings, such as courts, law offices and more. They attend legal proceedings like depositions, hearings, arraignments and trials to convert documents and conversations from one language to another.

Like medical translation professionals, legal translators must have specific advanced knowledge of legal terminology and client rights. Legal translation professionals often perform crucial justice-oriented work and serve as advocates for people who possess limited English language proficiency.

Community interpreters serve within communities to support language conversion in a variety of settings. They can work in schools, government agencies and local organizations to interpret real-time verbal conversations. Community interpreters provide vital support in settings like parent-teacher conferences, community events, public meetings, real estate purchases and other community environments. They often also work toward providing language justice initiatives for community members who speak a language other than the local norm.

Conference interpreters translate lectures and conference presentations, often for non-English-speaking attendees. They are popularly employed in the fields of international affairs, business and diplomacy, though conference interpreters may specialize their work for any organization with foreign language interpretation needs. Conference interpreters are commonly fluent in over two languages so that they can interpret messages across three or four languages. Also, many conference interpreters typically perform simultaneous interpretation duties. This is a good career option and youth needs to focus on this too.

Vijay.