

SWAVLAMBAN 3.0 Celebrate a Safe Diwali: Expert Tips from AIIMS Jammu on Prevention and First Aid of Burns

Swavlamban 3.0 is an initiative designed to foster entrepreneurship and innovation among students and young professionals, aiming to transform innovative ideas into viable business ventures. Launched in response to the growing need for sustainable development and economic empowerment, Swavlamban 3.0 provides a platform for aspiring entrepreneurs to explore their potential and develop skills crucial for navigating the modern business landscape.

At the heart of Swavlamban 3.0 is the belief that young minds possess the creativity and energy necessary to drive change. The program offers a structured approach to entrepreneurship, combining workshops, mentorship, and networking opportunities. Participants engage in interactive sessions led by industry experts, who share insights into market trends, business planning, and effective strategies for startup success.

One of the key components of Swavlamban 3.0 is its focus on incubation. Selected projects receive support in the form of mentorship and resources, allowing participants to refine their ideas and develop prototypes. This incubation phase is crucial, as it provides young entrepreneurs with the tools they need to turn their visions into reality. Access to funding opportunities, business networks, and mentorship helps to bridge the gap between idea generation and market launch.

The initiative also emphasizes the importance of collaboration. Participants are encouraged to work together, share ideas, and provide feedback to one another. This collaborative spirit fosters a community of innovation, where diverse perspectives can lead to groundbreaking solutions.

Moreover, Swavlamban 3.0 highlights the significance of social entrepreneurship. It encourages participants to think beyond profit, focusing on how their ventures can address societal challenges. This approach not only cultivates a sense of responsibility among young entrepreneurs but also aligns with the broader goal of sustainable development.

Through various competitions and showcases, Swavlamban 3.0 provides a platform for participants to present their ideas to potential investors and industry leaders. This exposure can be pivotal in gaining recognition and securing funding.

Swavlamban 3.0 represents a significant step towards nurturing a new generation of entrepreneurs. By providing education, resources, and networking opportunities, it empowers young innovators to contribute meaningfully to the economy and society at large. With a focus on sustainability and social impact, Swavlamban 3.0 is poised to create lasting change in the entrepreneurial landscape.

DR ABHINAV MANI, DR AYUSH SHRIVASTAVA & DR PARVEZ M DAR

As the Festival of Lights, Diwali is celebrated, people across the globe are excited to celebrate it with vibrant colours, sweets, and, of course, the sound of firecrackers. While firecrackers bring joy and mark the joy of Diwali, they also carry the risk of burns and other injuries. Every year, the Emergency Departments of all hospitals report a large number of cases of burn injuries during this festival, especially children and young adults. By taking a few safety precautions and knowing essential first aid steps, we can all enjoy a safer Diwali and prevent these unfortunate accidents.

The following are some steps to prevent burn injuries from firecrackers and crucial first-aid steps to manage burn injuries until professional medical help is available. Whether you're celebrating with sparklers or watching a firecracker show, following these safety guidelines can make all the difference in keeping you and your loved ones safe.

The Risks of Firecrackers and Common Types of Burns

Firecrackers contain flammable substances that can ignite with a small spark, and when mishandled, they can cause severe burn injuries. Different types of burns result from firecracker accidents, with varying levels of severity:

- 1. First-degree burns** affect only the outer layer of skin (epidermis). Patients have redness, pain, and swelling. It usually heals within a week.
- 2. Second-degree burns** reach the deeper skin layer (dermis) and cause blisters, severe pain, and possible scarring.
- 3. Third-degree burns** affect all layers of the skin and even underlying tissues. These burns often require medical attention and can lead to long-term complications.

During Diwali, the most common types of firecrackers used include sparklers, rockets, flowerpots, and ground spinners. Each type poses specific risks. Sparklers can reach temperatures up to 1000 degrees Celsius, capable of causing severe burns with even a brief touch. Flowerpots and ground spinners can misfire, causing burns on the hands, feet, or legs. Rockets are unpredictable and may go in unintended directions, posing a risk of facial and upper-body burns.

Preventing Burn Injuries: Safety Tips for Handling Firecrackers

To reduce the risk of burn injuries, taking basic precautions is essential. Here are some safety tips to follow this Diwali:

- 1. Supervise Children Closely:** Children are more vulnerable to burn injuries during the Diwali festival. Always supervise children near firecrackers and discourage them from lighting firecrackers independently.
- 2. Clothing:** Avoid wearing loose, synthetic clothes when around firecrackers, as synthetic fabrics catch fire easily. Use cotton clothes that are not too loose and less likely to catch fire if exposed to sparks.
- 3. Light Firecrackers in Open Areas:** Choose open spaces to light firecrackers, away from flammable materials like dry leaves, trees, or gasoline. Ensure that firecrackers are kept away from homes, electrical wiring, and vehicles.
- 4. Maintain a Safe Distance:** After lighting a firecracker, step back immediately to maintain a safe distance. Encourage others, especially children, to stay a few feet away from firecrackers.
- 5. Keep First Aid Kit Handy:** Make sure to have a first-aid kit nearby containing at least burn ointments, gauze and clean cloth pieces. It will help in providing immediate care in case of any burn incident.
- 6. Use a Long-Lighter or Incense Stick:** Avoid lighting firecrackers directly with matches or a lighter. Using a long sparkler or incense stick allows maintaining a safer distance while igniting the firecracker.

Diwali: Illuminating Style and Tradition with a Spark of Fashion

DR. ANKUSH MAHAJAN & NISHA MAHAJAN

Diwali, the cherished Festival of Lights, is a time to celebrate far beyond the warm glow of diyas. It is a season brimming with heritage, prosperity, unity, and style, where families come together to honor customs, share in joy, and dress in attire that harmonizes tradition with the pulse of contemporary fashion. Diwali outfits echo the festive warmth, combining cultural richness with a fresh, individual twist. This year, why not let your attire light up the season as brilliantly as the lamps, with a conscious nod to sustainability and a heart full of heritage?

To celebrate the festival with meaning, we explore style choices that blend cultural pride with modern flair; sustainable fabrics, and the artistry of Indian crafts. Here are some inspired ways to make a statement this Diwali, honoring both tradition and the elegance of your unique personality.

"There are two ways of spreading light: to be the candle or the mirror that reflects it." - Edith Wharton

Draped in Tradition: Honoring Heritage with Festive Attire

Embracing traditional attire for Diwali is like stepping into a piece of history, carrying forward the values and customs passed down through generations. For women, choices like sarees, lehengas, and anarkalis stand as timeless symbols of elegance, while for men, kurtas, sherwanis, and dhotis evoke dignity and ancestral pride. A saree woven in luxurious silk with hues of red and gold can reflect Lakshmi's blessings, while a finely embroidered sherwani weaves the threads of Diwali's cultural depth into every fold.

Many families choose to wear coordinated colors for a sense of unity, blending shades like maroon, gold, or beige. Imagine the visual harmony of a family dressed in rich jewel tones, standing together as one festive canvas. This coordinated effort adds a layer of beauty to the celebrations and creates memories etched not only in photographs but also in the heart.

Indo-western fusion has become a modern favorite, letting everyone add a personal touch without compromising on tradition. Pairing a traditional saree with a chic belt or matching a classic kurta with slim-fit jeans allows individuals to celebrate Diwali in ways that feel uniquely their own. Such combinations reflect a fusion of past and present, a tribute to our evolving identities, and an expression of how we each bring something new to Diwali every year.

"Fashion is the armor to survive the reality of everyday life." - Bill Cunningham

Sparkling Fabrics and Timeless Colors: Choices that Reflect Style and Substance

The fabrics and colors we select for Diwali do more than enhance our appearance—they align us with the values of the season. Luxurious silks, airy chiffons, and handwoven cottons not only offer comfort and elegance but also capture the festival's essence. Silk sarees and chiffon dupattas flow beautifully, adding grace as you join in the rituals, while handloom cottons and khadi bring the beauty of simplicity, championing sustainability.

Choosing traditional hues—deep reds, vibrant golds, and sunny yellows—conjures the symbols of wealth, vitality, and auspiciousness. Adding details like metallic threads or mirror embellishments enhances the celebratory vibe, catching the light with every movement. For a modern yet understated elegance, pastels and earthy greens provide a sophisticated touch, making them ideal for intimate gatherings.

Embracing natural, organic fabrics is another

way to honor the eco-friendly spirit of Diwali. With the theme of renewal in mind, these choices signify a step away from fast fashion. Investing in sustainable, long-lasting materials brings elegance to your look and meaning to your celebration. Consider a handloom cotton saree with intricate zari work or a khadi kurta, which supports local artisans and aligns with the festival's values of giving and community.

Sustainable Style: Reviving Tradition with Eco-Conscious Choices

Diwali, a time for new beginnings, is the perfect occasion to embrace sustainable fashion. Opting for organic materials, handwoven pieces, or vintage garments allows you to celebrate in harmony with the Earth. A beautiful way to blend old and new is by incorporating family heirlooms. Imagine the timeless elegance of wearing your grandmother's silk saree, perhaps paired with a contemporary belt or statement jewelry. These pieces hold a history that resonates through every thread, adding depth to your celebration and minimizing waste.

Upcycling garments has also become a favorite in sustainable fashion. An old saree can be transformed into a stylish gown, a festive jacket, or even a children's outfit, blending cherished memories with modern trends. This practice not only breathes new life into treasured pieces but also brings a sentimental value to your wardrobe that resonates deeply during Diwali.

For children, hand-me-downs become an exciting part of their own Diwali journey. An old saree repurposed as a dress or a vest introduces them to the spirit of sustainability while also creating a sense of belonging in the family's celebrations. Upcycling and tailoring support local craftsmen, which is particularly meaningful during this festive season.

Adding the Sparkle: Accessorizing with Cultural Significance

No Diwali look is complete without accessories that gleam as brightly as the festival itself. Thoughtfully selected accessories add that final layer of elegance and individuality to an outfit. Whether it's a vintage necklace, a sleek pair of bangles, or an eye-catching brooch, these pieces elevate the ensemble, embodying both tradition and style.

For women, jhumkas, necklaces with cultural motifs, or intricate anklets create a striking finish, while men can enhance their look with pocket squares, antique rings, or regal cufflinks. Even simple touches, like a silk dupatta or a richly embroidered turban, can bring a refined touch of heritage to any outfit. Motifs such as the lotus or the elephant add a spiritual dimension, making these accessories not just decorative but imbued with meaning.

By choosing accessories that reflect personal significance, like a bracelet adorned with auspicious symbols, your look carries forward the beauty and depth of Diwali's traditions, creating a presence that is both stylish and profound.

Artisans at the Heart of Diwali Fashion: Celebrating India's Craft Heritage

Diwali is an ideal time to honor the skilled artisans whose handiwork creates the beautiful garments that define Indian fashion. Embroidered sarees, lehengas, and kurtas go beyond the aesthetic, representing India's rich tapestry of culture. From the delicate phulkari of Punjab to the regal zardozi of Lucknow, each region contributes its unique artistry, passed down through generations, with motifs inspired by nature, spirituality, and everyday life.

Wearing a garment adorned with these intricate details is a tribute to the artisans who keep these traditions alive. Consider a bandhani

saree from Gujarat or a chikankari kurta from Lucknow to incorporate a piece of India's diverse craftsmanship into your festive attire. By choosing handmade, embroidered pieces, you contribute to the livelihoods of artisans who pour their expertise into every stitch, making your Diwali celebration a bridge between past and present.

Supporting these artisans not only sustains their livelihoods but also allows you to wear a garment that tells a story. Each piece is unique, carrying within it a legacy of creativity and devotion, making it an ideal choice for celebrating Diwali with both beauty and purpose.

Fusion Fashion: A Modern Twist on Festive Attire

Fusion fashion has become a beloved choice for those who want a contemporary Diwali look that remains rooted in tradition. Mixing Indian styles with modern silhouettes offers endless possibilities, making it a popular trend among all generations. Imagine pairing a crop top with a lehenga skirt or blending a traditional dhoti with a tailored blazer—these looks embody the vibrant diversity of Diwali, allowing personal expression within the festive framework.

For a modern twist on classic Indian patterns, consider an outfit that weaves in traditional motifs, like floral embroidery on a fitted gown. A saree gown, for example, combines the grace of a saree with the ease of a gown, giving you a festive look with a relaxed fit. Fusion fashion also offers versatility, making it easy to re-wear pieces for other events, aligning with the spirit of sustainable style.

For men, a fusion look can be achieved by layering a Nehru jacket over a crisp shirt and trousers, merging the classic with the contemporary. This combination captures the dynamic essence of Diwali, making it an ideal choice for the season's festivities.

Staying Safe in Style: Fashion Choices with Care

As Diwali is celebrated with lights and firecrackers, safety becomes an essential consideration. Choosing fire-safe fabrics, like cotton or silk, over synthetics is a smart decision for flowing or layered outfits. For example, opting for a knee-length skirt or fitted pants can offer both elegance and safety when lighting diyas or participating in rituals near open flames.

Comfortable footwear, such as embellished flats or low-heeled shoes, ensures you can move around freely while keeping your look stylish. This choice allows you to fully enjoy the festivities without the discomfort of high heels, especially if you plan on visiting family and friends throughout the celebration.

Conclusion: Reflecting the Light Within Through Diwali Fashion

Diwali is more than a festival of lights; it's a celebration of the values we hold dear—family, community, and respect for tradition. As we gather to celebrate, our attire becomes an extension of this spirit. By embracing sustainable fabrics, honoring the artistry of Indian craftsmen, and adding a touch of personal flair, we bring out the essence of Diwali in our fashion choices.

This season, let your style radiate with meaning, blending tradition with a conscious approach to fashion. Diwali is an opportunity to celebrate our cultural roots and step forward with grace, both in what we wear and in how we carry the festival's spirit with us throughout the year.

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A State-of-the-Art Digital Push to India's Immunization Program

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The role vaccines play in preventing diseases has been proven since 1796, when the first inoculation against the dreaded smallpox disease took place. In the last 50 years alone, vaccines have saved over 15 crore lives globally, equivalent to 6 lives every minute of every year.

Protecting lives is the key mission of India's Universal Immunization Programme (UIP). Every year, over 2.6 crore new-borns are administered vaccines under UIP against 12 preventable diseases like measles, diphtheria, polio, etc. which can be life-threatening or can severely affect a child's health and well-being.

Although the programme began in 1985, it has expanded rapidly in the last 10 years. Intensive campaigns like "Mission Indradhanush" have increased vaccine coverage substantially to more than 90 percent. We still have challenges, in achieving 100% vaccine coverage, which range from vaccine hesitancy in certain regions and communities, to dropouts due to migration and several factors contributing to some children remaining partially vaccinated or unvaccinated.

Under the visionary leadership of the Prime Minister, Narendra Modi, Government of India has made health and nutrition of women and children a top priority and is firmly committed to the mission of leaving no child and pregnant woman unvaccinated. To achieve this, the Ministry of Health and Family Welfare has come up with a technical solution to maximize vaccine coverage in the form of U-WIN (Universal Immunization Programme-WIN). U-WIN is a digital platform that electronically registers and monitors the vaccination status of all pregnant women and children across India.

U-WIN, essentially, is a name-based registry that facilitates "anywhere access, anytime vaccination." Designed with a people-centric approach, the platform offers multiple features to simplify the vaccination process. Pregnant women can self-register through the U-WIN App or portal, or simply walk into the nearest vaccination centre to register.

Once registered, healthcare workers can track important vaccinations for pregnant women, record delivery outcomes, register the new-born and initiate their vaccination schedule. This schedule can be tracked by programme managers until the child turns 16.

U-WIN offers significant benefits to parents and guardians, enabling them to access vaccination services anywhere in the country and protect their children with just a click of a button. The platform also provides an appointment booking feature, which is particularly useful for migrant workers.

U-WIN is available in 11 languages,

enhancing the platform's accessibility. Another key feature is the digitization of records. Each time a verified beneficiary receives a vaccine, a real-time digital vaccination record is created. Beneficiaries also receive a digital acknowledgment and a QR-based certificate, which can be downloaded and stored on mobile devices for on-the-go verification—especially useful for school admissions and travel.

Additionally, the platform sends SMS notifications and reminders for upcoming vaccination doses, ensuring that parents and healthcare workers adhere to the prescribed minimum interval between doses.

U-WIN serves as an integrator, bringing together parents/guardians, doctors, healthcare workers, and the broader healthcare system on a single platform. This allows the effective monitoring of immunization progress across the country, including the extent of coverage. It also enables beneficiaries to create Ayushman Bharat Health Account (ABHA) and Child ABHA IDs that help share health records with medical professionals and other service providers, with the individual's consent. This improves patient outcomes by allowing medical professionals to access a person's medical history at a glance.

U-WIN also aids ANMs and ASHA workers in generating vaccination due lists and supports mobilization efforts to ensure beneficiaries are vaccinated on time.

Over the past 10 years, India has relied on indigenously developed health systems to revolutionize healthcare. The electronic vaccine intelligence network (eVIN), introduced in 2014, has transformed how vaccines are received, stored, and distributed to the last mile. During the COVID-19 pandemic, the world witnessed the success of Co-WIN, the technology backbone of India's COVID-19 vaccination program, which helped administer 220 crore COVID-19 vaccination doses in less than 18 months. Now U-WIN is set to change the landscape of immunization services in the country by significantly improving vaccination coverage.

As India strides toward its centennial as an independent nation, its commitment to robust vaccination programs is not just a health initiative—it is a foundational investment for the future. By prioritizing the immunization of its youngest citizens through advanced digital infrastructure and comprehensive public health strategies, India is not only combating preventable diseases but also fostering a healthier and economically resilient population.

These efforts reflect a firm resolve to build a future where no child is left without life-saving vaccines, whether they live in the snowy landscapes of Jammu & Kashmir, the deserts of Kutch, the borders of Arunachal Pradesh, or villages surrounded by the blue waters of the Andaman & Nicobar Islands.

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