

NECESSITY IN DIGITAL AGE

In today's increasingly digital world, data has become one of the most valuable commodities. From social media platforms to e-commerce websites, financial institutions, and healthcare providers, almost every aspect of our lives is governed by data.

Every day, millions of people unknowingly share their personal information with various companies, apps, and platforms. Data such as browsing history, purchasing patterns, location tracking, social media interactions, and even sensitive health information is routinely collected and stored.

Data breaches have become commonplace, with high-profile incidents exposing millions of individuals' sensitive information to cybercriminals. In 2023 alone, there were several major data breaches, affecting healthcare organizations, financial institutions, and technology companies.

Despite the increasing importance of data privacy, many countries, including India, still lack comprehensive, enforceable data protection laws. In countries like the United States, there is no single national law regulating data privacy; instead, there are state-level laws, leaving significant gaps in protection.

Even in countries with existing regulations, enforcement is often weak. Companies that fail to comply with privacy laws may not face substantial penalties, and the legal processes for consumers to seek redress are complex and time-consuming.

Maha Kumbh-the largest Congregation of Faith & Indianness

O.N.KOUL

Maha Kumbh is really a rare religious, cultural and patriotic congregation occurring every twelve years and the Maha Kumbh which is going on in Prayagraj in 2025 January-February has occurred after a very long gap of 144 years as it is a spiritually and religiously more significant and a holy dip during this mela purifies, cleans ones soul and is believed to give salvation to devotees which in religious terminology is called Moksha.

Itual rewards and in fact enlightenment and salvation which is the aim and highest objective of every Sanatan Dharmi. B-The festival is centered around the idea of the "pot of amrita" [nectar of immortality ],which came out when gods and demons churned the cosmic ocean of creation .C-The Kumbh Mela /Maha Kumbh Mela is a time for spiritual seekers to meet with sadhus ,saints ,seers and religious gurus and learn from their wisdom.

/faith gathering in the world .At the heart of the Maha Kumbh lies the ritual of snan -holy bathing at the Triveni Sangam. It is believed that during this sacred period, taking a dip in the confluence purifies the soul ,absolves sins ,and helps devotees attain moksha -liberation from cycle of birth and death .Maha Kumbh Mela, world's largest religious gathering is underway in India .The Maha Kumbh Mela has officially started in India on 13TH January,2025 with Pausht Purnima Snan and will last till February 26, 2025 aligning with maha Shivratri .These sacred bathing rituals ,or Shahi Snans, are believed to purify the soul and wash away sins ,making them the spiritual highlights of the event.

largest peaceful congregation of pilgrims on earth ,during which participants bathe or take a dip at a river /confluence of rivers Ganga ,Yamuna and mystical sarswati and it is widely believed that a dip at the sangam cleanses the soul and absolves the devotees of all sins and finally ensures salvation and thus this festival is of special religious and spiritual significance .The Maha Kumbh 2025's importance is magnified by the confluence of rare planetary alignments .According to professor Jambhale ,Diana Eck ,in her exploration of Kumbh Mela ,connects its significance to the myth of amrita and the cosmic battle between gods and demons .She emphasizes how the celestial alignments during Maha Kumbh are seen as a divine moment for spiritual renewal and liberation.

Acute Appendicitis: Origin, Precautions and Treatment

DR. RAJKUMAR SINGH

Appendicitis is the inflammation of the appendix, a small, finger-shaped pouch attached to the large intestine in the lower right side of the abdomen. It is a medical emergency that often requires surgical removal of the appendix (appendectomy). It occurs when the appendix becomes blocked or inflamed, leading to infection and swelling.

Symptoms of appendicitis The disease appendicitis has several symptoms which include: Pain starting near the navel, which shifts to the lower right abdomen, Nausea and vomiting, Loss of appetite, Fever or chills, Constipation or diarrhea and abdominal bloating or discomfort. In fact, it arises

from the cecum, which is the first part of the large intestine, located in the lower right quadrant of the abdomen. It can lead to inflammation, infection, and eventually swelling, resulting in acute appendicitis and if untreated, the inflamed appendix can rupture, spreading infection and posing a life-threatening situation. It contains some additional symptoms which are less common and include: Increased urination or pain during urination (if the appendix is close to the bladder).Atypical pain location in children, pregnant individuals, or the elderly (e.g., back or pelvic pain).General malaise or fatigue. But in rare cases, if symptoms worsen, it could indicate a ruptured appendix or peritonitis which may result in: Severe, widespread abdominal pain, high fever, rapid heartbeat and difficulty in breathing. In such cases, timely diagnosis and treatment (typically appendectomy) are crucial to avoid complications.

Diet, precautions treatment While diet plays a limited role in managing acute appendicitis once it occurs, maintaining a healthy diet can reduce the risk of complications and aid recovery after treatment. a. Before Surgery: Avoid eating or drinking: If appendicitis is suspected, fasting is required to prepare for possible surgery. b. After Surgery (Post-appendectomy):Start with liquids: Clear broths, herbal teas, and water are recommended initially.Gradual transition to soft foods: Include mashed potatoes, oatmeal, yogurt, and soups. High-fiber foods: To prevent constipation caused by pain medications, include fruits, vegetables, and whole grains gradually. Avoid heavy, spicy, or greasy foods: These can irritate the digestive system during recovery. Stay hydrated: Drink plenty of water. c. Precautions: Before Diagnosis: Avoid self-medication: Painkillers or laxatives may worsen symptoms or mask a serious condition. Seek medical attention promptly: Delays can lead to complications like a ruptured appendix. d. After Surgery: Avoid strenuous activities: Rest and allow the incision site to heal. Follow wound care

instructions: Keep the surgical site clean and dry to prevent infection. Watch for signs of infection: Redness, swelling, or discharge from the incision site, along with fever, should be reported to a doctor. Adhere to dietary guidance: Avoid foods that cause gas or bloating initially. Treatment: The primary treatment for acute appendicitis is surgery, but the approach depends on the severity of the condition. a. Surgical Treatment: Appendectomy: The surgical removal of the appendix. Laparoscopic Surgery: Minimally invasive, with quicker recovery and smaller incisions. Open Surgery: Used if the appendix has ruptured or infection has spread. Hospital stay varies from a day to a week, depending on the condition. b. Non-Surgical Management (in select cases): Antibiotics: Sometimes used to treat mild appendicitis or as a temporary measure for patients not fit for surgery. Close monitoring is essential, as recurrence is possible. c. Post-Surgical Recovery: Pain management: Prescribed medications. Avoid heavy lifting or intense activities for several weeks. Follow up with your doctor to ensure proper healing. Thus, the advancements in the treatment of appendicitis focus on improving diagnosis, reducing recovery time, and minimizing complications.

Advancements and future treatment Since the beginning of the approach and treatment methods have change rapidly and it is advancing in each and every area day by day. a. Laparoscopic Appendectomy: Minimally invasive surgery using small incisions, a camera, and specialized tools. Benefits: Shorter recovery time. Reduced pain and scarring. Lower risk of wound infections. Now considered the standard approach for uncomplicated appendicitis. b. Robotic Surgery: Precision-guided robotic systems (e.g., da Vinci Surgical System).Offers greater dexterity and precision in complex cases. Particularly useful for obese patients or those with anatomical challenges. c. Non-Surgical Management: Antibiotic Therapy: For cases of uncomplicated appendicitis (no

rupture or abscess).High-dose intravenous or oral antibiotics can resolve inflammation. Advantages: Avoids surgery in select cases. Reduced healthcare costs and recovery time. Limitations: Recurrence rates are higher compared to appendectomy. d. Advanced Diagnostic Tools: Imaging Techniques: High-resolution ultrasound and CT scans now enable faster, more accurate diagnosis. MRI: Used in pregnant women or individuals needing radiation-free imaging. These tools help distinguish between complicated and uncomplicated appendicitis, optimizing treatment decisions. Biomarkers: Research on blood tests (e.g., measuring C-reactive protein and white blood cell count) to aid in early diagnosis and predict severity. d. Treatment of Complicated Appendicitis: Percutaneous Drainage: For abscesses, interventional radiology techniques drain pus using a catheter. Allows delayed appendectomy (interval appendectomy) after infection resolves. Targeted antibiotics for multidrug-resistant organisms, reducing infection-related complications. e. Artificial Intelligence (AI) and Predictive Models: AI algorithms analyze imaging data to improve diagnostic accuracy. Predictive models help identify patients suitable for non-surgical management. f. Research on Appendiceal Preservation: Some studies explore whether the appendix could be preserved after resolving inflammation, especially in younger patients, due to its potential immune function. g. Future Directions: Development of more effective non-surgical treatments (e.g., targeted drug delivery systems).Genetic research to understand appendicitis susceptibility.AI-powered real-time diagnostic tools for emergency settings. These advancements are transforming appendicitis treatment, offering safer, more efficient, and patient-friendly options.

(The writer is a youth motivator and former Head of the University Department of Political Science, B.N. Mandal University, Madhepura)

Subhas Chandra Bose: A Legacy that Inspires Generations

SHRI CAJENDRA SINGH SHEKHAWAT

On the occasion of Parakram Divas, marking the 128th birth anniversary of Netaji Subhas Chandra Bose, we honour his immense contributions to India's freedom struggle and his indomitable spirit that continues to inspire the youth of today. Instituted to celebrate the life and ideals of this visionary leader, Parakram Divas serves as a moment to reflect on how we can integrate his principles into our personal and national aspirations. This day serves not only as a reminder of his sacrifices but as a call to action, urging us to channel his principles of courage, integrity, and leadership to build a prosperous, self-reliant nation.

Further, the declassification of 304 Netaji files was a historic move, ending decades of speculation and giving the public access to vital records on his life and work. Additionally, the revival of the INA Memorial in Moirang, Manipur, where the Indian National Army first hoisted the tricolor, reflects the government's commitment to preserving Netaji's legacy. Hon'ble PM Modi also highlighted Bose's global impact, stating, "Netaji's life was dedicated to the cause of freedom, and he envisioned an India that would be self-reliant and confident."

Born into a respected family in Cuttack, Subhas Bose was a brilliant student. He excelled in his academics across stints at Ravenshaw Collegiate School in Cuttack, Presidency College in Calcutta and the Indian Civil Services (ICS) exam. Yet, driven by a deep sense of patriotism and a desire to serve his country, he chose to resign from the ICS, turning down the comforts of a promising career. Later, he launched a newspaper titled 'Swaraj' in 1921 to evoke patriotism and spread the word on freedom among Bhartiya population.

Netaji's vision for a free India was not merely a dream but a call to action. When he escaped from house arrest in 1941 and sought international support, it wasn't just a strategic move-it was a bold assertion of determination, resilience, and the will to take unconventional paths when required.

He famously declared, "Give me blood and I promise you freedom," embodying his belief that true freedom required not just words but deeds. Whether it was through the creation of the Indian National Army (INA) or his speeches on Azad Hind Radio, Bose demonstrated that achieving independence demanded collective effort, sacrifice and the willingness to contribute to the larger vision of progress. Former British PM Clement Attlee in a statement cited several reasons for the British leaving India, "the principal among them being the erosion of loyalty to the British crown among the Indian Army and Navy personnel as a result of Netaji's military activities."

Though his ideological differences with Mahatma Gandhi were well known, Bose's respect for Gandhi's principles remained steadfast, and their contrasting paths highlighted his own distinct approach. Netaji resigned from Congress in 1939 but his commitment to the cause of India's independence never wavered. For today's youth, this teaches us the importance of staying true to our ideals, even when the road ahead seems fraught with challenges.

Netaji recognised the importance of "Nari Shakti" by forming "Rani of Jhansi Regiment" within the INA, an all-women regiment that reinforced his belief in women's empowerment. These ideals are well reflected in Hon'ble PM's vision of a Bharat, where women play an integral role in shaping the country's future.

Celebrating Parakram Divas has become an annual reminder of Netaji's undying legacy. Previous editions of the celebrations, marked by cultural events and exhibitions, have honoured his contributions, with Kolkata and Delhi as key venues, where his spirit of unity and patriotism reverberated through the streets. This year, in Cuttack, the event has special significance as it honours his roots.

In a world that demands resilience and innovation, his life story serves as a powerful inspiration for the youth to act and contribute to the realization of a Viksit Bharat-a self-sufficient, developed India. As Atal Bihari Vajpayee once said, "Subhas Chandra Bose's name evokes patriotism and inspires the nation to act with courage and selflessness."

Let us carry forward his legacy by working together for a brighter, stronger future.

(The writer is Union Minister of Culture)

Society's Role in Fighting Drug Addiction

AYAAN SAROORI

Drug addiction is an inevitable issue which needs precautionary measures for those which are far away from it and rehabilitation for addicts. Consequently, when we stand up for making our society drug free or want to make society, some of the citizens contribute as third wheel. In this situation where people are unable to break the chain of addiction, we need to fight against it with unity. Is our contribution generous towards the drug addicts who want to recover? In a situation where the percentage of drug addiction is increasing and in the ease of protecting our family, we behave rudely with the addicts who clearly want to repent of the sins of addiction or opt for rehabilitation. In this tough time, we should contribute to the addicts and formulate a plan which can cure our youngsters (including boys and girls) from the curse of addiction. However, societal contribution is vital and plays a crazy role in the de-addiction process of an individual. It can be a support extended by family, relatives and friends which overall confronts a society.

Meanwhile, a recent documentary on drug addiction highlights a troubling

mindset. Local community opposes the set up of rehabilitation centres at a locality where people live. In excuse to the whole, locals clears that the setup of a rehabilitation centre can also be proven harmful to our youngsters environment.

In this tough time of addiction where the majority of individuals are in the lap of drugs over the valley and regions. So, we should contribute generously to our society, including the drug addicts. Without understanding the whole addiction process, consequences and preventive measures including rehabilitation methods we can never contribute reasonably to the cause. On a primary level, we have to achieve quality of knowledge and then to turn the social stigmas against the drug addicts. However, there are various ways for the contribution to an addict :

Firstly, we should cooperate with the government and non-government organizations in identifying the addicts. Many parents who know about the addiction level of their children do not inform any agency in regard to providing them rehabilitation care and proper medication. This further leads to sudden death of the individual due to overdose but if the

proper medication can be provided at the right time it could be a preventive measure for them.

Secondly, people should not act like tough warriors against addicts as it leads to societal taboos and makes an addict very much inferior in the society. In contrast, society should behave friendly with that person and motivate them for the rehabilitation process.

Thirdly, in our society we target the parents of addicts in personal arguments which can be proven dangerous for parents as well as an addict. It can lead to manhandling by parents to an addict. Therefore, verbal arguments or making parents involved behind an individual's addiction is not worthy, however, it damages the support of parents towards an addict. It furthermore, leads to increase in the tendency by addicts.

These three contribution measures are primary steps which we should opt for contributing to our society in terms of segregating the drug addiction. In our society various people behave rudely with addiction, however, he has quit the addiction. It is not a fair contribution towards society. And various relatives target personally the parents of the addicts which creates more difference

between an addiction and parents. As a drug addict is earlier much far from the discussion and spent less time with parents.

Parental Awareness and Support.

Parents have to educate themselves regarding drug addiction and to understand the nature of drug addiction. Open communication with children (especially adolescents as they have a vivid imagination and crazy experimental mind) plays a crucial role. Therefore, parents have to create a non-judgmental and wide environment for communication. Parents should be supportive and have to provide emotional support also. By allowing children this can be a source where you come to know about the behavioral changes and thinking of your children. In contrast, you find any need for counselling and such addiction related symptoms can cope and heal together with proper medical guidance. As dealing with addiction is complicated and professional advice is crucial in this regard, parents have to be very much as nature as to keep their relationship close.

(The writer is the author of the booklet "Drug: A Risk for Teens", a freelance writer and a columnist)