

EXAM STRESS

Creating a balanced study timetable is crucial for effective exam preparation and stress management. Begin by assessing your syllabus, breaking it down into manageable chunks. Allocate time slots, prioritizing subjects based on your strengths and weaknesses. Include short breaks between study sessions to prevent burnout and maintain focus. Set realistic goals for each session and mix subjects to keep your study sessions engaging. Regularly review and revise previously covered topics to aid retention. Stay flexible and adjust your timetable as needed. Incorporate leisure time to maintain overall well-being. Commit to following your timetable diligently for consistent progress. With a well-planned timetable and dedication, you can effectively manage exam stress and prepare with confidence.

Sandeshkhali Ka Sandesh Badlega 24 Ka Janadesh

■ OMKAR DATTATRAY

This time Sandeshkhali has become a centre of political activity and this place is in the news not for any good thing but for the atrocities and rape on women by the TMC leader Shahjahan Shiekh who is called the Bahubali and Betaj Badsha of Sandeshkhali but thank God the political don has been arrested after the intervention of Bengal High Court and the supreme Court and with much reluctance the TMC government has finally arrested Sheikh and with much indifference he has been handed over to the CBLA big political storm has come to Sandeshkhali and it may spread to other states as well and it may turn the tide in favor of the BJP .In fact the political message of Sandeshkhali will affect the election results and BJP will be a gainer this time and thus the poll outcome will be changed because of the political storm of Sandeshkhali and the BJP is trying its best to take political and electoral dividends from the happenings of the Sandeshkhali .It is rightly hoped that the poll arithmetic at the national level will be affected and changed because of the unfortunate and shameful happenings of Sandeshkhali and there are no two opinions about it.PM Modi said that storm of Sandeshkhali will rage across Bengal and will have political ramifications beyond west Bengal and will find echo in the upcoming general elections. .Modi says women voters will come out in large numbers to 'destroy the mafia rule' by the Trinamool congress government that is bent on protecting extortionists and those committing crimes. Accusing the TMC government of using all its might to shield those accused of the Sandeshkhali violence ,prime minister Naredra Modi said that the "storm of Sandeshkhali 'will rage across West Bengal and bring an end to the Trinamool regime ."The anger of women will not be limited to Sandeshkhali alone .The anger of women will not be limited to Sandeshkhali alone. The storm of Sandeshkhali will rage across Bengal .I can see that the women of Bengal have come out to destroy the mafia rule of West Bengal ,"the prime minister said addressing the BJP's Nari Shakti Vandana rally at Barasat in North 24 Praganada district .Modi said that the TMC had committed a sin at Sandeshkhali and all the people were hanging their heads in shame over the development. Addressing his third political rally in West Bengal in a span of a week .Modi highlighted the efforts of the Trinamool congress government to shield the accused in Sandeshkhali violence but added that it had to suffer setbacks at the High Court and supreme Court .The PM said that the TMC government had reposed their faith in their leaders who committed atrocities on women .He accused the TMC government of being anti women and said that only BJP can give voice to the women of the state .Modi added ,"The TMC government which works under the influence of extortionists and those believing in appeasement politics cannot provide security to women .On the other hand BJP government at the centre had brought provision of death penalty for crimes like rape .The public meeting at Basatar was organized by the BJP to highlight the Sandeshkhali issue and many women had come to meet the PM Modi .Sources in the BJP said that the victims of the violence at Sandeshkhali shared their ordeal with Mr Modi .Sandeshkhali ,where allegations of land grab and sexual assault have triggered an outrage has emerged as a poll plank for the BJP ahead of the Lok Sabha elections. "We have created a helpline so that our sisters can easily complain in times of crisis .However the TMC government is not allowing this system to be implemented here .Such an anti women government can never do any good to women. "Sandeshkhali remained the focal point of PM Narendra Modi's Bengal campaign at his third rally in the state in five days .Modi said atrocities on women in the restive North 24 Parganas pocket that arrested Trinamool strongman Sheikh Shahjahan used to lord over reflected the governing party's alleged apathy towards them .As in his previous campaign stops ,Sandeshkhali resonated almost throughout Modi's 38-minute speech in Barasat ,around 82 km from the states latest political flashpoint .It follows that the message coming out from Sandeshkhali will definitely impact and change the political narrative in the country and it will impact the 2024 Lok Sabha mandate .Thus the fallout of the Sandeshkhali will really impact the poll outcome in 2024 general elections as the winds of change will brew in the country and affect the political landscape of the country in 2024 and this is the foregone conclusion .The people of the country will not tolerate the atrocities and sexual assaults on the women and they will definitely rise against the TMC government and its misrule and gross injustice with the womenfolk and thus will raise against the TMC misrule and it will find the expression on the voting turf of the general elections as the people will vote against TMC and its misrule .In fact the anti TMC wave will emerge and the BJP will get its benefit and it will come victorious at the end of the day when people will vote in favor of the BJP in large numbers .Since half of the population comprises of the womenfolk and therefore they will definitely raise its voice against TMC and it will be reflected in changing the voting pattern in favor of the BJP and this is writing on the wall as the women by and large will vote in favor of the BJP and will oust the Mamata government from the power to end the misrule and the nexus of the TMC and mafia .Thus TMC government will be defeated in the upcoming Lok Sabha elections .The powerful protest against years of harassment ,land grab and oppression at the hands of local TMC leaders has stirred a national political debate .On February 22,,a palpable tension filled the air in Sandeshkhali .For the past two weeks the picturesque little Island at the mouth of the sunderbans in West Bengal's North 24 Parganas district has been in the midst of a sociopolitical upheaval unseen in the state in the last 50 years .Alleging years of oppression ,sexual offences and harassment ,the women of Sandeshkhali turned against local representatives of the ruling TMC ,Sheikh Shahjahan and his henchmen .Most reluctantly on February 29,,Shahjahan was arrested and Sandeshkhali broke into celebration .In brief the women of the country will raise against the TMC government and oust TMC government from power and it will also find an echo in the upcoming Lok Sabha elections as the women of the country will teach TMC a lesson in both West Bengal and in fact in the whole country.

(The author is a columnist, social and KP activist).

Nurturing Health, Inspiring Hope: AIIMS Jammu's Transformative Impact on Regional Healthcare

India undergoes a healthcare revolution with the inauguration of five AIIMS by Prime Minister Modi, a Rs 48,000 crore investment across 23 states, promising equitable healthcare. Modi guarantees progress and emphasizes the recent establishment of seven AIIMS in 10 days, addressing historical disparities. Reflecting on India's COVID-19 triumph, Modi underscores extensive healthcare augmentation, Ayushman Arogya Mandirs, and holistic initiatives. Health Minister Mansukh Mandaviya virtually inaugurates a Super Specialty Block and lays the foundation for an AIISH Satellite Canter, showcasing commitment to healthcare transformation. AIIMS Jammu, a beacon of excellence, symbolizes a paradigm shift in healthcare under Modi's leadership, offering top-tier services, research, and education.

In the picturesque landscape of Vijaypur, Jammu, the All India Institute of Medical Sciences (AIIMS) Jammu stands tall as an Institute of National Importance, spearheading a healthcare revolution. Initiated under the Pradhan Mantri Swasthya Suraksha Yojana (PMSSY), this institution serves as a symbol of hope, aiming to address healthcare disparities, promote cutting-edge research, and elevate medical education standards. This in-depth exploration delves into the ground breaking impact of AIIMS Jammu on regional healthcare, emphasizing patient-centric innovations, academic excellence, and its ambitious vision to evolve into a global healthcare village.

AIIMS Jammu envisions itself as a reliable and high-quality referral centre for tertiary healthcare. The institution's motto, "Healing meets Hope," encapsulates its commitment to reshape the healthcare landscape of the region. The intricately designed logo, weaving socio-cultural and spiritual elements of the Jammu region, mirrors the institute's profound ethos.

Spread across a sprawling 226.84 acres along National Highway 44, AIIMS Jammu boasts one of India's largest and most aesthetically pleasing campuses. The institute is poised to offer comprehensive medical services, projecting an expected daily footfall of 2000-3000 patients in the outpatient department. In its inaugural phase, the establishment of 750 beds, including 193 ICU beds, and advanced facilities such as Nuclear Medicine, 20 Modular OTs, MRI, and CT scan, signifies a commitment to round-the-clock, continuous, and compassionate care.

The "Aayush Block," a dedicated space merging traditional and modern medicine, signifies AIIMS Jammu's holistic healthcare approach. Equipped with a helipad for swift trauma patient transport during emergencies, AIIMS Jammu positions itself as a critical healthcare hub for the region.

AIIMS Jammu introduces pioneering initiatives to craft a 'Patient-Centric Hospital.' Ground breaking amenities like Patient Assistant Services, Indoor Navigation System, Patient Care Managers, and Smart Payment Cards are designed to elevate the overall patient experience. The Patient Navigation System, particularly beneficial for differently-abled individuals, facilitates seamless navigation within the facility.

With an annual intake of 100 students for



its MBBS program and 60 students for Nursing, AIIMS Jammu is dedicated to expanding its educational offerings, including post-graduate programs, super-specialization programs, doctorate degrees, and more in the future. The institute emphasizes the digitalization of healthcare, with the swift replacement of traditional paper records with Electronic Health Records (EHRs) within a year of commissioning.

Collaborations with prestigious institutes like IIT, IIM, IIIM, and others play a pivotal role in creating a globally connected healthcare ecosystem. The innovative MBA program in Hospital Administration and Healthcare Management, jointly initiated by AIIMS, IIM, and IIT Jammu, signifies a significant stride in interdisciplinary education. Future initiatives include joint PhD programs, integrated MBBS+PhD programs, a Biomedical Technology Course, and the establishment of a School of Public Health hosting an MPH program.

Prioritizing eco-friendliness, AIIMS Jammu's campus is developed with a 4-star Green Rating for Integrated Habitat Assessment (GRIHA). Features such as a solar panel system, sewage treatment plant, and extensive green cover underscore the institute's commitment to sustainability. Notable "Value Additions" enhance the quality of life on campus, incorporating an Amphitheatre, Cycling Track, and Soft Music along Walking paths.

AIIMS Jammu stands as a crucial support pillar for trauma care and disaster management in the challenging terrains of Jammu & Kashmir, Ladakh, and neighboring regions. Prof (Dr) Shakti Kumar Gupta, the Executive Director & CEO, emphasizes the institution's unwavering dedication to serving the public and security forces.

Recognizing the critical role of time in healthcare outcomes, AIIMS Jammu ensures timely transportation through a helipad installation. Prof Gupta extends heartfelt gratitude to security forces personnel, acknowledging their dedication and assuring them of AIIMS Jammu's readiness to deliver the highest quality care in any medical emergency. The institute is committed to addressing both the physical and psychological aspects of trauma, providing comprehensive support services, including counselling and rehabilitation programs.

AIIMS Jammu remains vigilant in disaster management, emphasizing meticulous planning, coordination, and regular training exercises. The institution actively engages in community outreach and public education, collaborating with national and international organizations to enhance collective response capabilities. In its pursuit of excellence, AIIMS Jammu plans to establish a dedicated Centre of Excellence in Trauma Sciences and the Institute of Traumatology in the second phase of development. These initiatives aim to elevate trauma care through a multidisciplinary approach, advanced diagnostics, surgical expertise, and intensive care facilities. AIIMS Jammu envisions providing comprehensive trauma care, from stabilization to rehabilitation, reaffirming its commitment to excellence in healthcare.

AIIMS Jammu takes the lead in women empowerment, boasting 54% female faculty and 78%-80% female Nursing Officers. The institution is committed to equal opportunities, fostering supportive work environments, and implementing gender-sensitive policies. Tailored training programs underscore its commitment to nurturing women's leadership.

In alignment with Prime Minister Shri Narendra Modi Ji's initiatives, including 'Beti Bachao, Beti Padhao' and 'Mission Shakti,' AIIMS Jammu emphasizes women's health under the National Health Mission. Prof (Dr) Shakti Kumar Gupta, AIIMS Jammu's Executive Director & CEO, highlights the institute's recognition of women's pivotal societal role. With nearly 55% of doctors and 80% of nursing staff being women, AIIMS Jammu actively promotes their employment and representation. Going beyond representation, the institution actively supports women's leadership, with women holding key administrative positions and contributing significantly to research, advancing academic and scientific achievements.

AIIMS Jammu's visionary initiatives demonstrate an unwavering dedication to creating an inclusive and equal healthcare environment for women. These efforts position AIIMS Jammu as a trailblazer in fostering a progressive and equitable healthcare landscape.

AIIMS Jammu aspires to be a "Global Village" for healthcare, research, skill development, and medical education, showcasing

its dedication to global standards through international collaborations, a modern digital library, and specialized centres of excellence in Telemedicine, Trauma Sciences, Nursing, Cancer Care, and more.

Strategically leveraging digital platforms such as social media, blogs, and YouTube talks, AIIMS Jammu actively disseminates information and heightens awareness, particularly focusing on women's well-being. The institution's forward-looking initiatives include plans for a creche facility to support female staff in managing work and caregiving responsibilities, contributing to a supportive environment for working mothers. Integration of Government of India initiatives under the National Health Mission aligns with AIIMS Jammu's vision for a healthier, more joyful, and economically prosperous India.

Under the milestones in digital healthcare transformation, AIIMS Jammu's digital roadmap includes cutting-edge features like predictive analytics, remote monitoring, mental health support, and seamless data flow through interoperability. Initiatives such as community health, disease surveillance, clinical data repositories, and precision medicine via wearable devices underscore AIIMS Jammu's commitment to leading in the realm of digital healthcare. Future initiatives emphasize preventive wellness programs, chronic care management using digital devices, and enriched patient experiences with wearable devices, emphasizing a holistic approach to healthcare.

In summary, AIIMS Jammu emerges as a transformative force, addressing regional healthcare imbalances and contributing significantly to education, research, and global collaborations. The institution sets a new standard in healthcare through patient-centric innovations, academic excellence, eco-friendly infrastructure, and a commitment to diversity and empowerment. As it navigates a transformative shift in digitalization and global connectivity, AIIMS Jammu aspires to be a catalyst for positive health outcomes not only regionally but on a global scale.

Furthermore, AIIMS Jammu stands as a trailblazer in both women empowerment and digital healthcare transformation. With a steadfast commitment to equality, inclusivity, and the integration of technological advancements, the institute envisions a future where healthcare is not only efficient but also personalized and preventive. AIIMS Jammu's journey establishes a paradigm for an empowering and technologically advanced healthcare landscape.

In conclusion, Prof Gupta expresses unmatched pride, gratitude, and respect for the security forces personnel, reaffirming AIIMS Jammu's mission to safeguard public and security forces' health and well-being. The institution, with unwavering commitment, innovation, collaboration, and dedication, sets a benchmark for healthcare globally, aspiring to be a beacon of excellence in trauma care and disaster management in North India. As AIIMS Jammu continues its ground breaking initiatives, it stands poised to shape the future of healthcare, setting a shining example for institutions worldwide.

Pollution poisons our environment

■ SURJIT SINGH FLORA

Plastics are often considered significant hazards to the environment, leading to increased pollution and negative impacts on the surroundings. Changes have occurred in habitats, leading to harmful effects primarily caused by pollution. Plastics are responsible for the pollution that has a detrimental effect on the oceans. Plastic pollution is a significant issue that has a widespread impact on the environment and biodiversity. Approximately 8 million metric tons of plastic enter the ocean annually.

Plastics have a significant impact on the environment due to their slow decomposition rate, causing lasting harm. Moreover, plastic waste frequently finds its way into oceans and waterways, causing harm to marine life and disturbing ecosystems. Small plastic particles known as microplastics can enter the food chain and pose health risks to both humans and animals. Moreover, the manufacturing of plastics adds to greenhouse gas emissions and depends on finite resources. In general, the extensive use and incorrect disposal of plastic present major obstacles to environmental sustainability.

Plastic pollutants may harm human health. Plastics may cause cancer, cognitive damage, and other environmental problems. It exposes humans to lead, cadmium, and mercury. Toxic chemicals influence cancer, birth defects, immunity, and child development. Plastic bottles and food containers contain bisphenol-A, a hazardous chemical. This hazardous chemical harms our health. It also impacts the thyroid hormone receptor. This might cause hazardous conditions like hypothyroidism.

The poison of pollution is gripping our environment tightly. It's common for there to be one or two patients in every household. Various health issues, such as cancer, asthma, tuberculosis, and others, have become prevalent among the population. We do not consider the reasons behind all these events unfolding right before our eyes. In this modern era, the primary cause is humanity's pursuit of wealth and materialism. In this competition, environmental concerns are completely ignored as everyone is focused on contaminating the surroundings. Rural and

urban areas are equally important in this.

Everywhere we go and, in every direction, we turn, we see large mounds of dirt, plastic, garbage bags, water bottles, and plastic wrapping papers. It's unfortunate to witness the living conditions in these areas. This is turning into a significant issue. Despite the bans and penalties proposed by many countries on polythene and plastic items, these regulations are not effectively enforced. It appeared to not have been put into action.

Pollution, especially plastic trash, threatens ecosystems and human health worldwide. Due to its longevity and extensive usage, plastic pollution is common. Due to their abundance and slow breakdown, plastic bags make a significant contribution.

Shopping and packaging in plastic bags affect the environment. Poor disposal pollutes streams, towns, sewers, and wildlife. Plastic bags create greenhouse gases and demand more resources, mainly fossil fuels.

Plastic pollution demands multifaceted solutions. Reducing plastic use, recycling, and investing in sustainable materials and processes requires government, industry, community, and individual action.

The ongoing use of plastic bags, particularly for hot food packing, raises health concerns. The plan to restrict hot edibles in plastic bags and hazardous containers, especially in cities, reduces these hazards.

Also, Crude oil, natural gas, and coal are essential components in the production of plastics. These materials are harvested from the earth and then taken to processing facilities. The amount of greenhouse gases released during the process is significant; plastic-making activities alone contribute billions of tons of annual greenhouse gas emissions worldwide. When these plastics are produced and used, mostly as single-use items (making up about 40 per cent), they enter another harmful phase. Plastics are often used and then disposed of in landfills, incinerated, or rarely recycled.

Incinerating plastics leads to air pollution. Individuals residing close to the burning sites breathe in numerous harmful pollutants that come from the incineration process. These individuals experience health problems such as respiratory issues. It's important to note that incineration sites are typically located

close to slum areas. Individuals who are already struggling financially and marginalized from major economic opportunities face a range of health issues and fall further into a cycle of complex poverty.

Furthermore, consider the release of carbon dioxide and other greenhouse gases into the atmosphere. Greenhouse gases are a major factor in the phenomenon of global warming. Global warming is a significant concern that requires attention. Research suggests that crop failure in many developing countries is a result of global warming. This is a matter of great concern.

Landfilling is also not a favourable option. It's rather unattractive, to begin with. Underground seepage from landfills can have negative impacts on biodiversity, soil conditions, and groundwater. This results in a variety of additional issues. Everything is interconnected; one action initiates a chain reaction.

After being disposed of, plastics break down into tiny pieces known as microplastic. These substances are transported by air and water worldwide, posing significant threats to human and animal health.

Packed in polythene-born diseases

Almost half of the amount of plastic used in packaging is used to store compost materials in the form of polythene films, bottles, cups, boxes, trays, tea, chips, vegetables, food, etc. It is packed in polythene, which can lead to many diseases. In fact, polythene comes in many different forms and colours, which is why many harmful chemicals are used to mould it into these forms. Scientists around the world are continuing to search for environmentally friendly alternatives to plastic for packaging with a view to a safe environment.

If we fail to address the plastic pollution on land, our future generations will be exposed to plastic in their food, water, and air. Plastic pollution is a significant issue that needs attention. It has a far-reaching impact on life. We need to take action.

Scientists have made an innovative discovery regarding certain bacteria capable of biodegrading plastics. Moreover, organic plastics show great potential as an alternative. There have been suggestions to utilize plastic wastes in the construction of roads

and houses. Consideration has been given to producing crude oil from plastic, as plastic is derived from petroleum products, resembling a form of reverse engineering. Plastics have already been utilized for generating electricity. More research and innovation are needed to clean up the millennium-old mess.

It is important to introduce sensitization about plastic pollution in the school syllabus. Plastic materials should have pictorial warning labels similar to those found on cigarettes. It is important to have advertisements showcasing the detrimental impacts of plastic pollution on various media platforms. Additionally, it's important for individuals to have a reusable bag on hand to reduce plastic consumption.

How can we address the issue of plastic pollution?

If no action is taken, the delicate balance of nature will be destroyed, leading to a complete disruption of ecosystems crucial for all life on earth. Producers need to shift away from excessive plastic packaging and opt for biodegradable containers. Encouraging legislators to prohibit single-use plastic bags can make a significant impact and bring about positive change.

Remember to bring canvas and paper bags when shopping at the supermarket and other places.

We have the option to purchase items in bulk and use our own containers. We can show our support for organizations such as The Ocean Cleanup, Shepherds of The Sea, and other similar groups dedicated to cleaning up beaches and waterways. We can help by volunteering to clean up plastic from beaches, parks, and other natural areas, as well as highways, streets, and beyond.

We should make an effort to collect plastic whenever we come across it on the street, in front of our homes, businesses, or while shopping. We can recycle cans and bottles and choose to purchase beverages such as sodas in glass bottles. Here is an incomplete list.

The choice is yours: do you want your future generation to be happy and healthy or suffer from plastic poison?

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