### **RISING GLOBAL TEMPERATURE**

uring last few decades, a significant increase has been observed in the overall temperature, which is really not a good thing for the society, as the same is resulting in several hardships to people, in way or another. A report by the Intergovernmental Panel for Climate Change (IPCC) indicated that the population of insects is expected to increase around the world due global warming/rise in temperature. Temperature regulates insects' physiology and metabolism. An increase in temperature increases physiological activity and, therefore, metabolic rates. Insects must eat more to survive and it's expected that insect herbivores will consume more and grow faster. This will lead to increases in the population growth rate of certain insects. Because they grow fast they'll reproduce more. Their numbers will multiply and this will ultimately lead to more crop damage. The Minister for State (Independent Charge) for Ministry of Science and Technology and Earth Sciences, Dr Jitendra Singh has informed that Ministry of Earth Sciences (MoES) doesn't have any centralized data on the details of diseases expected to be spread as a result of increase in population of insects. However, India Meteorological Department (IMD) issues agro meteorological advisories through Gramin Krishi Mausam Sewa (GKMS) scheme for the benefit of farming community in the country. Presently agromet advisories are being prepared on every Tuesday and Friday for all the agriculturally important districts ( $\sim$ 700) and around 3100 blocks by 130 Agromet Field Units (AMFUs) and 199 District Agromet Units (DAMUs). These advisories also include the information regarding pests and diseases which affect agriculture. Also Pest-Weather calendars are prepared for every crop which could be used as reference tools. There has been a continuous global effort to control/arrest the global warming trends through various means. IMD under this ministry, issues forecast and warnings related to severe weather events including heat waves, in different spatial and temporal scales and share the same with public as well as disaster management authorities so as to initiate required mitigation measures.

As an initiative IMD is issuing Seasonal Outlook for temperatures for the months of April, May & June in the last week of March for planning purpose. This outlook brings out the expected scenario of heat waves also during the period. The seasonal outlook is followed by Extended Range Outlook issued on every Thursday for next two weeks. In addition to this, the forecast and the colour coded warnings for severe weather including heat wave warning are issued on daily basis for next five days with outlook for another two days. As an adaptive measure, India Meteorological Department (IMD) in collaboration with local health departments have started heat action plan in many parts of the country since 2013 to forewarn people about the heat waves and also advising action to be taken during such occasions. Heat Action Plan, implemented in 23 States in collaboration with National Disaster Management Authority (NDMA), is a comprehensive early warning system and preparedness plan for extreme heat events. The Plan presents immediate as well as longer-term actions to increase preparedness, information-sharing, and response coordination to reduce the health impacts of extreme heat on vulnerable populations.

#### **Need to check inflation**

The rising inflation rate in the country has become major cause of concern for everi citizen these days. A L few weeks ago a bizarre incident occurred. A burglar broke into one of my neighbours' house. There were a plenty of valuable things but the thief stole only food and grocery items which shows that the public is fettered in the chain of poverty where the thief prefers food to all other valuable items. India combats alarming challenges at home and abroad. Above all the fragile economy is a great challenges that makes people's live miserable due to increasing inflation and poverty. Inflation in India is escalating day by day. The prices of goods and services went up from the previous month. Over the past few months the prices of most goods and services consumed by the vast majority reached their highest level. Almost every people eat, wear and use have become significantly more expensive in past few months in comparison to earlier time. Price of rudimentary commodities witnessed continuous rise in the prices of eatable things and edibles. All this happening at a time when people confront formidable problems at home, like trying to recover from losses of COVID-19 and unemployment. It seems that the promises of providing good time will take some more time to realize by the Government as current economic policies are no longer effective in breaking the shackles of poverty. These days not only lower income households but also middle income households suffer from unfavourable economic circumstances. The world is struggling to recover from the effects of COVID -19 which decreased economic growth across the globe. In the post COVID world countries across the globe are paving the way for creating prosperity for their citizens whereas people in India face the bomb of inflation due to failure of policies of the government. The mere promises of change and pledge to establish an economic and social development may not satisfy the new generation of India which are well educated and have greater awareness about their condition as well as the economic situation of the country. The fraught economic situation can spawn public discontent even unrest over time. Last but not least the time is right for the Government of India to bring efficient policies to ameliorate the economic crisis and bring sustainable inflation for the people.

# **Anxiety disorders- reasons, symptoms & management**

nxiety is a psychological problem that usually all individual experiences. It is basically normal and often regarded as a healthy emotion but when the individual feel disproportionate levels of anxiety, and then it turns into a mental disorder. It's a total response of human being to threat or

The experience of threat or danger is individualized-unique for that person at a given moment. The situation may look entirely safe and secure to others, but for the anxious individual, each sensory modality goes 'on alert' and focuses on the signs of possible harm.

Anxiety Disorders are referred to the most common forms of emotional disorders now days and can have an effect upon anybody of different age group. It is a type of mental illness that can cause significant distress and impairment in daily functioning.

The lifetime prevalence of anxiety disorders is 26 per cent for men and 40 per cent for women. That means about 1 in 4 men and 4 in 10 women will develop an anxiety disorder at some point during their lifetime. This is clearly an issue that needs to be addressed. Anxiety, like depression and other mental health concerns, must be treated with the same attention that we give to physical health

According to the National Institute of Mental Health, anxiety disorders are the most common mental illness in India, affecting 40 million adults in age of 18 and older, and also affecting an estimated 20 per cent of the popula-

Anxiety disorders impact the quality of life and productivity at an individual level and results in substantial loss of national income. National Mental Health Survey of India aimed to strengthen mental health services across India assessed the prevalence and pattern of public health priority mental disorders for mental health-care policy and

The different types of anxiety disor-

1. Generalized anxiety disorder:-This disorder is characterized by excessive. uncontrollable and unrealistic worry in terms of aspects such as health, family, relationships, education, finances, employment and career. This disorder is the leading disorder and most common disorder that every individual is facing.

2. Panic disorder with or without agoraphobia: - The individuals with this form of disorder experience panic attacks to a major extent. These are experienced in situation, in which most of the individuals will not experience any kind of vulnerability and apprehensiveness. For this, immediate attention

3. Agoraphobia: - This kind of disorder is not regarded as a specific disorder, but it is a component of the anxiety, which is characterized by the fear of being in places or situations from which it may be embarrassing and difficult to get away with and the fear that one will not be able to attain any help or assistance, when they will need it.

4. Specific phobia: - Everyone has some irritational fears, but phobias are regarded as intense fears in terms of particular situations or objects. When the individuals feel that certain objects or things are interfering with their lives, they will develop specific phobia. It might include the fear of height, water, darkness, insects and so forth.

5. Social phobia: - This type of phobia is considered as the strongest and persistent fear of social as well as performance situations. In this kind the individuals fear that they will be negatively judged by others.

6. Obsessive compulsive disorder: This disorder involves constant and unwanted thoughts and fears [obsession] that leads you to do repetitive behaviours [compulsion] and these obsessions and compulsions interfere with daily activities and cause significant distress and anxiety. For example fear of contamination or dirt, needing things orderly and symmetrical and so

7. Post traumatic stress disorder:- In this kind of disorder, the individuals experience any calamitous situation like war, accidents, death, loss of property and financial resources and so forth. These incidents have unfavorable effects upon mind-sets as well as the overall lives of the individuals.

The causes of anxiety disorders aren't fully understood. Cause of particular disordermay differ and is not all the time possible for the individuals to determine the cause of anxiety disorder in every case. When the individuals are performing a task or an activity for the first time, it is possible that they may experience anxiety but if they are not able to overcome with this, they may develop anxiety disorder. Also some medical conditions can a lead to anxiety disorder like heart disease, diabetes, thyroid problem such as hypertension, drug misuse or withdrawal etc.

Symptoms: - Feeling anxious or tense most of the time, trouble sleeping, difficulty concentrating, irritability, muscle tension, breathing rapidly, feeling weak or tired, experiencing gastrointestinal problems [main symptom], having difficulty controlling worry and so on are some of the symptoms of anxiety disor-

Management: - Yes, it can be managed, there are a number of things you can do to reduce your risk of developing an anxiety disorder. Here are some beneficial steps to overcome this disorder: -

Step Back: One of the best ways to stop anxious thoughts is to take a step back from the situation. Use this time to focus on your body and not your mind, this will also refuel you to handle the sit-Writing: Sometimes writing down your

thoughts makes you realise that fears are bigger in your mind and in reality, may be improbable or may have manageable solutions. Alert for Cause: Identify & learn to

manage your triggers. Some are obvious like drinking alcohol, caffeine, or using tobacco. Some may be more occult like unexplored emotions, financial problems

Time management: Get yourself in a routine, make a plan for the day, and don't procrastinate, your anxiety is prone to worsen near a deadline, and avoid leaving things to the last minute.

Socialization: Spending time with friends and family on a regular basis may help you manage your anxiety. Socialization can help relieve stress, encourage feelings of laughter and togetherness, and decrease loneliness. Research has shown that social connectedness can help you become more resilient to stress in the long run.

Join Remedial Groups: These groups are available in-person and online. They encourage people with anxiety disorders to share their experiences and coping strategies.

Develop hobbies: Develop some kind of hobbies to keep yourself engaged and derive happiness.

Breathing Exercises: Try breathing in for 4 counts and breathing out for 4 counts for 5 minutes. By evening out your breath, you'll slow your heart rate which should help calm you down. Apart from these steps if anxiety does-

n't overcome then we need to think of Consultation. There are various types of therapies available for clients to opt for. Few evidence based psychotherapies

- 1. Cognitive Behavior Therapy (CBT) 2. Mindfulness based cognitive therapy
- 3. Acceptance and Commitment Therapy (ACT)
- 4. Dialectical Behavior Therapy
- 5. Metacognitive Therapy
- 6. Psychodynamic Therapy
- 7. Eye-Movement Desensitization and

Reprocessing (EMDR) Therapy In conclusion, the burden of anxiety

disorder is similar to depressive disorders. When the individuals experience anxiety disorders, they need to put into various methods and approaches to overcome this disorder and prevent them from assuming a major form which can be fatal and life threatening.

(The author is a student of Nursing).

## Jagjivan Ram: A crusader of social justice

-orld has seen a number of personalities, who born in a downtrodden family, struggled for even basic amenities in early life, faced social discrimination at every step, but finally rose in power politics. Prominent one of such personalities was renowned Dalit leader, Parliamentarians for record eight times, and former Deputy Prime Minister Babu Jagjivan Ram. Born in a downtrodden family by caste on April 5, 1908 in Chandwa village of Rohtas District in Bihar, young Jagjivan has to struggle against prevailing social system of untouchability. In 1922, he joined Town School Ara (Bihar), where he has to face cruel caste discrimination of Indian society. The school has tradition of two water pots, one for Hindu and other for Muslim students. Once, Jagjivan drank water from Hindu pot, upon which objections from a section of casteist people were raised and a third pot for untouchables was placed. Jagjivan broke the third pot, whenever placed and ultimately the school management have to withdraw the third pot. In 1925. Madan Mohan Malaviya occasionally visited in his school and being impressed by Jagjivan's welcome address, he invited him to study in Kashi Hindu Vishwavidyalaya. In 1927, after passing matriculation, he got admission in Kashi Hindu Vishwavidvalava, where too caste hierarchy was at its pick. The Dalits were denied even basic amenities like food in hostels, hair dressing by barbers etc. Jagiyan Ram left Kashi Hindu Vishwayidyalaya after passing I.Sc. and took admission at Calcutta University for graduate course. Jagjivan Ram was a long time crusader for social justice and a visionary leader. In 1935, he was instrumental in the establishment of 'All India Depressed Classes League' to fight for equality and prosperity of untouchable sections of the society. Later, as a member of Constitution Assembly, he advocated for reservation of Dalits in the elected bodies and government services. The political career of Jagjivan Ram was very hectic.

He was nominated to Bihar Vidhan Parishad in 1935. On persuasion of Sardar Patel, he joined Congress and elected to Bihar Vidhan Sabha in 1937 and appointed as Parliamentary Secretary in Ministry of Education and Development. In 1946 he was induced as labour minister in first Interim Government. Later he held several ministerial posts in Central Government, name-- Communication (1952-56), Transport & Railway (1956-62), Transport & Communication (1962-63), Labour, Employment & Rehabilitation (1966-67), Food & Agriculture (1967-70), Defence (1970-74 and 1977-79), Agriculture & Irrigation (1974-77).

In 1969, when spilt in Congress took place, he joined Indira Gandhi led faction and became its national president. In 1979, he along with Choudhary Charan Singh was given position of Deputy PM.

Initially Jagjivan Ram supported Prime Minister Indira Gandhi during Emergency (1974-77), but on 2nd February 1977, he along with H N Bahuguna. Nandini Satpathy & others parted away with Indian

He formed 'Congress for Democracy' (CFD) and contested Lok Sabha election on Janata Party's symbol 'Haldhar'. Indira Gandhi always termed CFD as 'Congress for Defectors'. In 1977 general election Janata Party bagged 298 seats and together with its allies total to 345 seats. Jagjivan's CFD faction had 28 seats, and it is said that after internal assurance of support from 102 MPs of Jansangh faction and 35 MPs of Socialist faction, he emphasized on open election for leadership. JP and his Sarvodayan associates was not in favour of election but wanted conscious choice and ultimately Morarji Desai's name was preferred for PM post. After resignation of Morarji Desai in 1979, he was elected as leader of Janata Parliamentary Party,

but could not succeed to become Prime Minister. In 1980, Janata Party, contested Parliament general

election with Jagjivan Ram as its Prime Ministerial candidate, but got just 31 seats. Lateron, he formed Congress (J) after separating away from Janata Party. Jagjivan Ram's greatest achievement of his political

career was India-Pakistan war in 1971, during which bifurcation of Pakistan took place and a new nation 'Bangladesh' appeared on world map. He was instrumental in the creation of 'Joint Command' of Bharatiya and Bangladesh forces for the final assault, which led to victory. Pakistani troops conceded defeat to the Indo-Bangala joint forces after nine months of war. He had coordinated the war strategy with great efforts by providing training, arms and supplies to Bangladesh freedom fighters.

His historic parliamentary statement on 16th December 1971 announcing the emergence of independent Bangladesh was as 'I have an announcement to make that the west Pakistani forces have unconditionally surrendered in Bangladesh. Dhaka is now the free capital of a free country'. His contribution to green revolution in India and modernizing Indian agriculture is also appreciated. Jagjivan Ram faced same racial discrimination, as B R Ambedkar and others; but he did not part away from the root of Hinduism as Ambedkar did. He chose to fight evils of the religion by remaining within the Hindu fold. He proposed a resolution in the 1935 session of Hindu Mahasabha demanding temples as well as drinking water wells be opened for Dalits. He organized Dalits, raised voice against inequality, become instrumental in enacting proper laws and slowly & steadily succeeded in diminishing this stigma in the society. Jagjivan Ram took his last breath on July 6, 1986 ending the record longest tenure of a Parliamentarian.

(The Author is a Technocrat and Educationist).

### TV debates- Healthy discussions or intolerable nonsense

■ MAHADEEP SINGH JAMWAL

here is nothing wrong with intellectual differences flowing from freedom of thought as long as such differences remain confined to intellectual debates Debates on major TV channels have become a regular feature where they want to show off their debating expertise even if the topics don't merit a healthy debate. Night after night the same participants and hosts pit their wit against each other.

How much better it would be to have more hard hitting discussions between an environmentalist and an urban planner, or a pro- growth economist and socialist, or a whistleblower and the institution. Instead we have regular shouting matches between 4-5 politically linked persons.

'The smart way to keep people passive and obedient is to strictly limit the spectrum of acceptable opinion, but allow very little debate within that spectrum' -Noam Chomsky, an American linguist, philosopher, cognitive scientist, historian, social critic, and political activist. Democracy must be built through open societies that share information. When there is information, there is enlightenment. When there is debate, there are solutions. In today's status, classic media is working to adapt to a world in which digital content is increasingly a primary authority of advice for com-

The debates on TV channels needed to be

conducted with the very objective to enlighten the audience about mindset of certain subjects of public importance in an intelligible/clear way to calm down the tickling from the public domain. Debate has been for long revered as one of the greatest forms of institutions.

In real context the debates if positive and meaningful, enrich the viewers to structure and organize thoughts, as to improve viewer's ability to form balanced, informed arguments and to use reasoning and evidence, confidence, and gaining broad, multi-faceted knowledge cutting across several disciplines. Debates empower citizens with greater knowledge that prepare the citizens to more effectively participate in the democratic process.

They provide a platform to find out intensive analysis of significant contemporary problems. But the trend of managing 'political debates' on a daily basis by some TV channels is nothing more than rowdies

The panelists invited to the debates as spokes persons of political parties just project the flashy picture of their parties and accuse others. But, what we yield from the much hyped debate shows now-a-days, is the filthy use of language, unwarranted remarks, calling names to one another, mud-slinging, hardliners projecting their ideology, vilification, spitting venom on the social culture of democracy and hot words to downgrade one another and sometimes slapping also and nothing positive that make us proud in viewing these frivolous nonsense.

The defining of word 'Debate' and the spoken words by the participants on TV channels require redefining in perspective of the quality of debates being carried on by some national private channels that are wrangling in ruckus, altercation, dissension, quarrelling, controversy, and mud-slinging; that is thrown in the public domain now-adays in number of debates that we are regularly witnessing on variety of channels.

The other aspect of the present trend of debates is the way they are conducted by the anchors. The basic and only role of this linkage in debate is regulatory in nature, to act as a neutral participant in a debate or discussion, to hold participants to time slots and to keep them from rerating away from the topic of the debate and questions being raised in the debate and to ensure the debate moves at pace.

Barring some extra fine anchors, they adventure themselves as the only wised up, perspicacious, qualified and only available intelligentsia fully loaded with all knowledge of the world. The view projection of the participants is dubbed and his right to air his opinion on the subject matter is snatched by the anchors in a very ticklish manner by switching over to another panelist, and thus favoring the participant of a particular political party, whose face is rep-

resented by the channel.

The maximum of the time is consumed by anchoring himself to advocate his superiority on the subject in discussion. Sometimes the debates appear to be a scripted drama and the anchor plays a hero in it. A cofounder and Executive Co-Chairperson of a famous channel has expressed a deep concern and asked why 'every news anchor wants to be Bill O' Reilly (the host of a show that focuses on political commentary called The O'Reilly Factor on Fox News). The intensity of the Television Rating Point (TRP) driven war is mostly responsible for lowering standards of debate shows. Perhaps the most prominent role of anchors in political debates, that has become a common feature of TV channels, is to have complete control over which questions to be debated as the agenda of political spokesperson on such occasions always carries two aspects; one to project his party as only savior of humanity, only available option to public to adhere to the ideology and policies of his party and other aspect is to expose the other party in a way as its own party is as pure as water of Ganga. The viewer's fraternity has viewed the ugly fight between the two panelists on live TV. Some ethics supposed to be followed by the participants of the debate such as; be respectful to the viewers, be moderate in speech and behavior, refrain from creating disturbance to other on the panel, take responsibility for personal behavior, speech and actions, and practice active listening when other panelist is speaking and try to understand his view point for rebuttal with your views, make ideas and feelings known without disrespecting others, but we find all these ethics missing from the participants in the present standards of debate. Concluding it becomes more distressing when we find anti-nationals, pro-separatists, Pakistanis both from army and political fraternity on the debate as panelists having only agenda to call names to India and its country men and Indian panelist's being badly rebuked by them, just giggle before them and they even do not lack behind to rebuke the anchors, who become helpless and unable to do anything except shouting and warning shots, a futile exercise.

The standard of our political representation as panelists on debates is so low that they go to the extent of condemning our freedom fighters, brave soldiers' role in defense of the country, and even those occupying constitutional posts, and indulge in stripping only one another.

Under the existing scenario it is not out of context to say that the debates on TV nowa-days are useless, meaningless and below the dignity of the discussion in context of its present form both by panelists as well as by the anchor.