

Anxiety disorders- reasons, symptoms & management

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.

■ MOOL RAJ

The rising inflation rate in the country has become a major cause of concern for every citizen these days. A 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 challenge that makes people's life 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.

The different types of anxiety disorder

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 forth.

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

(The author is a student of Nursing).

■ **ER PRABHAT KISHORE**

World 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 Baburao Jagdev Ram. Born in a downtrodden family by caste on April 5, 1908 in Chandwa village of Rohtas District in Bihar, young Jagdev Ram 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, Jagdev drank water from Hindu pot, upon which objections from a section of casteist people were raised and a third pot for untouchables was placed. Jagdev 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 Jagdev's welcome address, he invited him to study in Kashi Hindu Vishwavidyalaya. In 1927, after passing matriculation, he got admission in Kashi Hindu Vishwavidyalaya, where top caste hierarchy was at its pick. The Dalits were denied even basic amenities like food in hostels, hair dressing by barbers etc. Jagdev Ram left Kashi Hindu Vishwavidyalaya after passing I.Sc. and took admission at Calcutta University for graduate course. Jagdev 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

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.

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).

■ **MAHADEEP SINGH JAMWAL**

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

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

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 co-founder 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

Under the existing scenario it is not out of context to say that the debates on TV nowadays 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.