

TRUE SUCCESS

In today's world, the pursuit of success is universal, yet its definition remains fluid, varying from person to person. Success, often measured by societal standards, is a concept shaped by individual perspectives and evolving over time. While past generations held distinct views on success, future generations will undoubtedly redefine it further. Despite prevalent comparisons among individuals to gauge success, it's crucial to recognize that success cannot be replicated. Each person must carve their unique path towards achieving it. Contemporary society's fascination with success stems from the allure of fame and fortune associated with successful individuals, typically celebrities, artists, politicians, and businessmen. However, true success transcends external trappings; it is rooted in diligence, dedication, and the pursuit of one's passions. Successful individuals not only pursue their interests but also make decisions aligned with their principles and vision for their endeavors. Success demands sacrifices, requiring individuals to prioritize their goals over other aspects of life. While professional accomplishments are commendable, neglecting mental, social, and physical well-being can lead to imbalance and dissatisfaction. Central to achieving success is hard work, not merely in terms of physical labor but also in maintaining a healthy body, resilient mind, and positive attitude.

Erosion of Moral values in Modern Society

■ TARA CHAND BHAGAT

What in fact the moral values are! Moral values are such values as these carry very foundations upon which the existence of flourishing society gets strong on its feet and thereby the roots of its existence never gets shaken.The 'term' of society is a wider one in its sense itself in the world and can't be compared with that of any ordinary thing.Whereas "Moral values" are being observed to be eroding day by day in this modern era of society. Its erosion is being usually observed in almost all sections be it so-called upper sections, be it lower strata and also the middle one none is left behind in this race of erosion of moral values.If you don't know, I let you know about the erosion of moral values.You will soon get believed with my views When I quote an example of some elderly people both males and females who have been abandoned them by their children to whom their parents have nourished them(children) with caress and fondle,with the hope that they would become their supportive stick during their oldage.But barring a few exceptional cases,these are proving to be otherwise.Four days ago I was just witnessing a news bulletin on T.V. The announcer of the T.V. broadcast a news of Mathura Temple to be called one of the 'Dhams' full of both males and females abandoned elderly people by their children.When one of the correspondents made a interview of these abandoned people.He asked them why they have been abandoned.They replied to him weepingly that their children cannot afford to feed besides fulfilling their needs and they have become wholly and exclusively dependent upon them at this old age.With this sole reason they have come here-in at Mathura temple for spending the later part of their life.

In the past,a son who used to be very obedient to his parents and used to serve parents in their oldage and a son had never preferred to be separated from his dear parents.Even there used to be a joint family at that time.Reciprocally the parents had more love with their grandchildren than own son.Mean to say that a son used to be a supportive stick in their parents' oldage.Such was the better inseparable relationship between the son and his parents.Such was the gravity of respect and reverence towards parents.The African proverb sits well here to be quoted.If your parents take care of upto the time you cut your teeth,you take care of them when they lose theirs.Nowadays highly educated Children rather than loving deeply their parents;they feel them to be burden on them;they prefer to be living separately,independently along with their better-halves either at big Indian cities or leave for foreign countries such as UK,USA ,Canada,and other European or Gulf Countries where they might get more financial avenues of earning and more so could live like a princely life. Is it a decent life of living without be living with dear parents?Are you not afraid of the providence of the Almighty?Blessed are those who have their parents alive. Just think about those whose have left for heaven and their children are remembering their parents as 'pitru'. The relationship between parents and children is inseparable and sacred one in his mundane world.Several Non Governmental organisations or Oldage Homes have not all over the country come forward to serve such unfortunate people who have been got abandoned by their children during this helpless times but also a few oldage homes at different places of which 'Oldage Home' at Ambiphalha and Oldage Home Asharey near BEE NEE Hospital Talab Tillo,Jammu are known Homes where both males and females abandoned people are taken care of them nicely with every facilities of enjoyment of life with entertainments such as witnessing of T.V.,group sitting,sports of physical exercises like morning' as well as evening walks arrangements are there for spending an experienced lives.They have got no worries at all to be of this abandonment.They are as satisfied as they have no such children.Parents are really the jewellery of the children and they don't want to wear that.

I would like to give my suggestive ways to the died out or by-gone moral values from the modern society. - First and foremost healthy suggestion is that all the religious books are to be included in the syllabus from the primary Level so that little ones could realize the importance of the moral values to be taught to these small children from this primary stage.They must know that how Rama obeyed the orders of his father Dashratha to go on 14th years' exile.So our children should be motivated and encouraged to read our scriptures and also exposed to our rich culture by organising cultural functions in schools and motivating them (small children) to participate in traditional fairs,festivals,and other events at home and outside. In this way we can inculcate moral and ethical values in small children so that they can grow up into obedient sons and daughters,helpful companions and responsible law abiding,patriotic citizens and more respectful towards their parents.

In India we have long been known for attaching due importance to moral and spiritual values in our ancient society. Our great saints,Gurus,sages,Rishies and faqirs since the ancient times always preached high moral values such as love, Compassion, humility Sympathy helping the poor and the needy, great respect for parents and elders.On the other hand, in the present times these moral values are losing ground in our digital Society and the modern era of society is much more different from what it used to be,say 40-50 years ago.Girls and women who used to be treated as incarnation of 'SHAKTI' and accorded high respected place in our society are ill-treated and raped.The strong bond of human relations of children ,youngsters are weakening and there are several instances of parents being ill-treated by none other than their own highly educated children whom the formers brought them up with much love and care.Children are sending their parents to oldage homes at a time when they need their children badly.

Many people have jettisoned off their moral scruples and are indulging themselves in foul mean to earn money.People are losing tolerance over slight provocation and resorting to violence on the small pretext. Our youths are becoming more and more narcissistic and self-centred. Juvenile Crimes' rate is also surging. There is an urgent need to inculcate high moral and ethical values which have died out and our so-called modern flourishing society could be saved from the ill-effects being prevailed over the highly educated generations who too have to come across such kind of helpless Oldage ; at that time much water would have been flown in all the rivers into the seas which can't be brought back.I conclude my article with the amrit baani of param saint Kabir Dass who had beautifully said in his couplet: Chalay Ge so Na Millian;Kis ko puchh-nam Baat.

Mat Pita Sut Bandha; Jukha Hai Sab Sanghat.
Those who died never come back;to whom should I ask for:
Mother, father, Son and friend; all are false relations.

Global immunization efforts saved around 154 million lives since 50 years

■ MOHAMMAD HANIEF



A major landmark study to be published by The Lancet reveals that global immunization efforts have saved an estimated 154 million lives - or the equivalent of 6 lives every minute of every year - over the past 50 years. The vast majority of lives saved - 101 million - were those of infants.

The study, led by the World Health Organization (WHO), shows that immunization is the single greatest contribution of any health intervention to ensuring babies not only see their first birthdays but continue leading healthy lives into adulthood.

Of the vaccines included in the study, the measles vaccination had the most significant impact on reducing infant mortality, accounting for 60% of the lives saved due to immunization. This vaccine will likely remain the top contributor to preventing deaths in the future.

Over the past 50 years, vaccination against 14 diseases (diphtheria, Haemophilus influenzae type B, hepatitis B, Japanese encephalitis, measles, meningitis A, pertussis, invasive pneumococcal disease, polio, rotavirus, rubella, tetanus, tuberculosis, and yellow fever) has directly contributed to reducing infant deaths by 40% globally, and by more than 50% in the African Region.

The study found that for each life saved through immunization, an average of 66 years of full health were gained - with a total of 10.2 billion full health years gained over the five decades. As the result of vaccination against polio, more than 20 million people are able to walk today who would otherwise have been paralysed, and the world is on the verge of eradicating polio, once and for all.

These gains in childhood survival highlight the importance of protecting immunization progress in every country of the world and accelerating efforts to reach the 67 million children who missed out on one or more vaccines during the pandemic years.

Monumental efforts to increase access to vaccination over five decades

Released ahead of the 50th anniversary of the Expanded Programme on Immunization (EPI) to take place in May 2024, the study is the most comprehensive analysis of the programme's global and regional health impact over the past five decades.

Founded in 1974 by the World Health Assembly, EPI's original goal was to vaccinate all children against diphtheria, measles, pertussis, polio, tetanus, tuberculosis, as well as smallpox, the only human disease ever eradicated. Today, the programme, now referred to as the Essential Programme on Immunization, includes universal recommendations to vaccinate against 13 diseases, and context-specific recommendations for another 17 diseases, extending the reach of immunization beyond children, to adolescents and adults.

The study highlights that fewer than 5% of infants globally had access to routine immunization when EPI



was launched. Today, 84% of infants are protected with three doses of the vaccine against diphtheria, tetanus and pertussis (DTP) - the global marker for immunization coverage.

Nearly 94 million of the estimated 154 million lives saved since 1974, were a result of protection by measles vaccines. Yet, there were still 33 million children who missed a measles vaccine dose in 2022; nearly 22 million missed their first dose and an additional 11 million missed their second dose.

Coverage of 95% or greater with 2 doses of measles-containing vaccine is needed to protect communities from outbreaks. Currently, the global coverage rate of the first dose of measles vaccine is 83% and the second dose is 74%, contributing to a very high number of outbreaks across the world.

To increase immunization coverage, UNICEF, as one of the largest buyers of vaccines in the world, procures more than 2 billion doses every year on behalf of countries and partners for reaching almost half of the world's children. It also works to distribute vaccines to the last mile, ensuring that even remote and underserved communities have access to immunization services.

In 2000, Gavi, the Vaccine Alliance, which includes WHO, UNICEF and the Bill & Melinda Gates Foundation (BMGF) as core founding members, was created to expand the impact of EPI and help the poorest countries in the world increase coverage, benefit from new, life-saving vaccines and expand the breadth of protection against an increasing number of vaccine-preventable diseases.

This intensified effort in the most vulnerable parts of the world has helped to save more lives and further promote vaccine equity. Today, Gavi has helped protect a whole generation of children and now provides vaccines against 20 infectious diseases, including the HPV vaccine and vaccines for outbreaks of measles, cholera, yellow fever, Ebola and meningitis.

Immunization programmes have become the bedrock of primary health services in communities and countries

■ SURJIT SINGH FLORA

There are several factors that can contribute to a sore throat, such as viral or bacterial infections, environmental irritants like smoke or pollution, dry air, allergies, and excessive shouting or talking. Common colds or the flu are frequently responsible for causing sore throats. Strep throat, along with other bacterial infections, can also result in a sore throat. It is crucial to prioritize hydration and maintain proper hygiene to minimize the risk of developing sore throats. If the sore throat becomes severe or persists, it is advisable to seek medical assistance.

Many sore throats can resolve completely with proper rest and hydration over a few days. However, certain severe injuries may necessitate medical attention.

While it may not be a severe health issue, it can be quite uncomfortable. One may experience discomfort while swallowing or speaking. Luckily, there are a few natural remedies that can help alleviate a sore throat and speed up recovery from the infection.

Common Causes of Sore Throats: Most sore throats are caused by viral infections, including the common cold, flu, or mononucleosis. These viruses can cause irritation in the throat, resulting in inflammation and discomfort.

Bacterial Infections: Streptococcus bacteria, specifically Group A Streptococcus, can lead to the development of strep throat, a common bacterial infection. This condition is marked by a severe sore throat, difficulty swallowing, and may come with a fever and swollen lymph nodes.

Environmental Factors: Throat irritation can be caused by exposure to dry air, pollutants, smoke, and other environmental irritants, which may result in a sore throat. This is often observed in regions with subpar air quality or in individuals who regularly inhale irritants such as cigarette smoke.

Allergies can result in throat inflammation, which can lead to a sore throat.

These allergic reactions can be triggered by substances like pollen, dust mites, pet dander, or certain foods.

Salt and water:

Mix a quarter teaspoon salt in one cup warm water. (Use the hottest water you can comfortably tolerate. Cold gargles are ineffective.) If you have Listerine, add one tablespoon for germ killing power. The briny solution helps rinse away and neutralise acids in the throat, relieving the burning sensation and promoting fast healing of irritated mucous membranes. Note: Mix a fresh batch of gargle for every use. Better to waste a bit pouring it out than to leave it in your glass, where it might become contaminated with bacteria. Also, do not swallow the gargle; spit it out.

Lemon and water:

Mix one teaspoon of lemon juice in one cup of water for this sore throat remedy; the astringent juice will help shrink swollen throat tissue and create a hostile (acidic) environment for viruses and bacteria. In addition to being an effective home gargle, lemon water has some great benefits when you have it first thing in the morning. Lemon juice is rich in vitamin C, which helps in boosting the immune system.

Ginger, honey, and lemon in water:

This sore throat home remedy mixes one teaspoon each of powdered ginger and honey, a half cup of hot water, and the juice of half squeezed lemon. Pour the water over the ginger, then add the lemon juice and honey, and gargle. Honey coats the throat and also has mild antibacterial properties. Ginger reduces inflammation and is helpful for a sore throat. As a natural antihistamine and decongestant, ginger is effective in reducing congestion.

Cinnamon:

Cinnamon is a fragrant and delicious spice with a high antioxidant content. It can also provide antibacterial benefits. In Chinese medicine, cinnamon is a traditional remedy for colds, flu, and sore throats. One option is to make cinnamon almond milk, which may be, especially soothing for

a sore throat. For this you need one cup of almond milk, half teaspoon of ground cinnamon, eighth teaspoon of baking soda and one tablespoon of honey or a sweetener of choice. Place the cinnamon and baking soda in a saucerpan and mix together. Add the almond milk and mix again until it is well combined. Heat the mixture until it just begins to simmer, then remove it from the heat. Stir in the honey or sweetener.

Tomato juice:

For temporary relief of sore throat symptoms, gargle with a mixture of half cup of tomato juice and half cup of hot water; plus about 10 drops of hot pepper sauce. The antioxidant properties of lycopene may help remedy a sore throat faster.

Sage and water:

Sage can soothe a sore throat and ease painful or swollen nasal passages. One traditional home remedy calls for one teaspoon sage, half teaspoon alum, quarter cup brown sugar, 3/8 cup vinegar, and eighth cup water.

Apple cider vinegar:

Apple cider vinegar is a natural health tonic. It has been a staple in folk medicine remedies for centuries. Its main active ingredient, acetic acid, helps fight bacteria. The ancient Greek physician Hippocrates, known as the father of medicine, prescribed a combination of apple cider vinegar and honey, called oxymel, to treat flu symptoms, such as coughs and sore throats. Gargle with one tablespoon of apple cider vinegar and one teaspoon of salt dissolved in a glass of warm water; use several times a day if needed. For a gentler treatment, combine a quarter cup of apple cider vinegar and a quarter cup of honey and take one tablespoon every four hours.

Green tea:

There is nothing further to discuss regarding this matter. Green tea is a highly effective and natural remedy for soothing a sore throat and promoting overall health. Prepare a cup of liquid, brew an additional amount, and utilize it for gargling purposes to effectively eliminate bac-

teria. There may be something going on in your throat.

Coconut oil:

Coconut oil is a versatile food with several health benefits. Some studies suggest that it may help fight infection and reduce inflammation in exposed areas. Coconut oil is also soothing because it helps lubricate the mucous membranes in the throat. You can add a spoonful to soup or put a spoonful in the mouth, letting it melt and coat the throat. Limit coconut oil consumption to about two tablespoon (30 milliliters [ml]) daily, as it can have a laxative effect at higher dosages. When using coconut oil for the first time, start with one teaspoon (five milliliters) at a time to minimise potential side effects.

Baking soda:

A gargle solution made with baking soda is an alternative to the traditional saltwater solution. Baking soda has been shown to increase the pH of saliva, helping to fight off infection and relieve throat pain. Add a quarter teaspoon of baking soda to one cup of warm water and use this solution to cleanse the mouth and throat through gargling. To further health benefits, add eighth teaspoon of salt to the mixture. To soothe a sore throat and reduce mucus, swish and gargle throughout the day.

Raspberry tea:

Raspberry tea is an old home remedy believed to treat everything from the flu to open wounds. One recipe calls for pouring one cup of boiling water over two teaspoons of dried tea leaves. Steep for ten minutes, then strain and let cool a bit. Gargle while warm.

It's important to keep in mind that a sore throat can be a symptom of different underlying conditions. If the sore throat persists, is severe, or is accompanied by other concerning symptoms, it's advisable to consult a healthcare professional for an accurate diagnosis and appropriate treatment.

(The writer is a veteran journalist and freelance writer based in Brampton).

YOUR COLUMN SC ORDER ON EVM

Your Editor,

The significant Supreme Court judgment on Electronic Voting Machines (EVMs) must be hailed. The petitioners NGO-Association for Democratic Reforms Abhay Bhakchand Chhajed and Arun Kumar Aggarwal and the opposition parties are probably shocked over the judgment. The judgment is a slap for anti-EVM lobby. Finding no fault in the machine, the top court rejected the pleas seeking 100 per cent verification of EVM-VVPAT. The opposition parties, Congress and RJD in particular, are very much disappointed for missing the opportunities for booth capturing. Much to the chagrin of the opposition parties, the top court has ruled out the return of the ballot

papers. Prime Minister Narendra Modi has asked the opposition to apologize to the nation. That is not necessary. If still the opposition is doubtful on the EVM and if it wants election through ballot papers, the centre has to agree to conduct the re-election in the opposition party ruled states. It cannot be to the satisfaction of the opposition parties to come to power on the basis of the results obtained from the EVMs. This can be done whenever the opposition parties win the elections by the use of EVMs. The Supreme Court has mocked the blind distrust over EVMs. The opposition parties are not directed more against the EVMs. They are giving vent to their anger against the Modi government on one pretext or the other. The malicious propaganda against the EVMs was intended to mislead the people. Noted jurist Mahesh Jethamalani has slammed anti-EVM lobby. More shocking to the opposition is that the Supreme Court insisted that the election should be conducted by using the EVMs only. The judgment on EVMS adds to the fleet of the loss of

legal battle fought by the opposition parties against the NDA government. The opposition parties took to court the cases of Adhaar (upheld the Adhaar Act), Triple Talaq (held unconstitutional), Rafale (concluded that there was no corruption), Demonetisation (upheld by 4:1 majority), GST (held writ not maintainable), CAA (in court), Ram Mandir (title was transferred to the Hindu outfit), Gujarat riots (Modi was exonerated), Central Vista (case dismissed), PMLA (upheld the Constitutional validity), UAPA (held membership with the banned organization is crime), Article 370 (upheld the abolition), New Parliament Building (PIL seeking the President to inaugurate the building dismissed), Reservation for economically backward sections (upheld). The opposition parties bid to create obstacles to run the government by Modi has not met with success. With the Supreme Court judgment on EVMs, the controversy over the machines has been set at rest.

K.V. Seetharamaiah