

SOCIAL ISSUES

Social issues are detrimental conditions that oppose the well-being of society or a certain portion of it. They manifest as unwanted situations that persistently inflict harm and create problems within society. These issues often spiral out of control, surpassing the influence of individual efforts. Understanding why social issues are harmful and the types of challenges they present is crucial for devising effective solutions.

At their core, social issues carry numerous drawbacks that negatively impact society. They represent situations with adverse consequences that disrupt the ideal functioning of communities. These issues arise when societal norms or conditions deviate from an optimal state.

The detrimental effects of social issues extend widely across society, affecting individuals and communities alike. Addressing these issues requires a collective effort and a shared commitment to fostering positive change. Virtually no society is exempt from social issues; nearly all communities contend with one problem or another.

pressing social issues include starvation, child sex abuse, religious conflicts, child trafficking, terrorism, overpopulation, untouchability, and communalism, among others. Confronting these challenges requires concerted efforts aimed at systemic change and societal transformation.

General election 2024 a fight between NDA vs INDI Alliance

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On the whole and by and large the Lok Sabha election of 2024 is turning out to be the direct fight between NDA Vs INDI alliance. This election fight between the mighty NDA and the faction ridden newly formed alliance called INDIA is becoming an interesting poll fight and it seems that at the end of the day NDA will be in a position to win the crucial general elections third time in succession. However both the alliances are leaving no stone unturned to defeat the other and win the elections. But this great Tamasha of the world's largest democracy is becoming very interesting and the eyes of the national as well as global community are set on these elections. This is an election fight between the two alliances and it has to be seen that which alliance will win the elections. However both the NDA and INDI alliance are toiling a lot to defeat the other and come victorious in the elections. One thing is to be accepted that the NDA alliance is well united and is fighting the polls as a one unit but the INDI alliance seems to be disjointed and the alliance partners are fighting for the supremacy and this may turn nightmarish for INDI alliance and this infighting, groupism and lack of discipline is going to cost the INDI alliance very dearly in the elections. As the elections is completing phase to phase it becomes clear that the fight is becoming tough, keen and interesting and after the political churning there will be gainers and losers and it is going to give power to the alliance which gets a majority vote. Across 13 states, 88 constituencies went to polls on April 26 in the second phase of the world's largest election. The juggernaut of INDIA's mammoth parliamentary elections rolled into the second phase on April 26 with eyes on the southern states of Kerala and Karnataka. India's general elections for 543 seats in the lower house of parliament, or Lok Sabha, kicked off on April 19. The results of the world's largest ever democratic exercise are set to be announced on June 4. With 969 million registered voters or more than the combined population of the United States, the European Union and Russia, India has largest electorate in the world. Apart from numerous regional and national hopefuls, the two main alliances are the National Democratic Alliance (NDA) led by Prime Minister Narendra Modi's Bharatiya Janata Party (BJP) and a newly formed coalition of 28 parties called the Indian National Developmental Inclusive Alliance (INDIA), led by the main opposition Indian National Congress, welded by the aim of unseating the BJP. As many as 26 opposition parties have united to take on the BJP led NDA in the 2024 Lok Sabha elections. The united opposition has named itself INDIA and is fighting the polls to end the 10-year reign of the Narendra Modi government. On the other hand, NDA has 38 political parties to counter the opposition's agenda. The BJP, which enjoys a clear majority in the Lok Sabha at present, won 303 seats in 2019 in the 543 member seats in parliament. The saffron party is aiming to get 50 percent of the total votes polled and is eyeing over 350 seats in the upcoming general elections. The INDIA alliance is important for all the constituent parties for their own survival. The parties know they cannot alone take on the mighty BJP and their coming together is the only way. If we take a look at 2019 Lok Sabha polls, there are 190 seats where there was a direct contest between congress and BJP and regional parties or INDIA allies have limited or no influence. And in these 190 seats, the second runner-up got more than the winning margin. These seats are majority spread out in Rajasthan, MP, Uttarakhand, HP, Gujarat, Chhattisgarh, Karnataka and Haryana. Then there are seats where INDIA allies were in contest with each other and the number stands at 276. With these parties contesting together, there will be no division of votes giving them an advantage. With congress at the fulcrum, this alliance will stay. Also, people have seen UPA-1 and 11 giving them confidence there is also an alternative in the upcoming polls. In 71 seats, the contest is between congress and regional parties and a fight will be seen in at least 36 of these seats. Parties like Telugu Desam Party, BSP, YSR Congress, Bharat Rashtra Samiti, Janata Dal and few others have not joined either of camps. There was also a contest between regional parties on as many as 97 seats. The JDU has left the alliance and joined NDA. The impact of INDIA can be seen on 17 seats where it will be in a direct contest with BJP. Also, the Modi government is facing double anti-incumbency. In the last elections, people did not see an alternative, but this time there is one. We can see fight in many seats and the opposition is likely to raise its tally in Lower House. The fight is between the NDA and INDIA alliance and it is premature to say something certain about the poll outcome at this juncture and only time will tell the results of the polls. But psephologists are of the view that in the crucial general elections the balance of power may tilt in favor of NDA given the present poll atmosphere. At the end of the day the NDA will steal the show and will give Modi the job for the third time in succession. The Modi magic and Ram Lahar will definitely impact the elections and give success to the NDA. In brief it can be opined that NDA will outsmart the INDIA alliance and get a comfortable win in the general elections. All indications suggest the win of the NDA in the upcoming polls. But whatever it is the poll fight between the NDA and INDIA alliance is very interesting as both the alliances are toiling a lot to win the polls and it will be seen which way the wind will blow but it seems that ultimately the NDA will win the crucial general elections and the directionless INDIA alliance may be defeated.

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

2024 General Elections

PROF HARI OM

UK-founded Congress says the 2024 General Elections are a fight between regressive and progressive forces. By regressive forces it obviously means ardent believers in the concept of Hindutva and by progressive forces it means those who hate majority community and anti-Bharat and anti-Sanatana secularism, which was inserted in the preamble of the constitution by 42nd Amendment in 1976, when the whole opposition was in jail and judiciary and media under war-time restrictions. Courtesy: Indira Gandhi. The ball is in the court of Sanatanis. Will they see through the ulterior game plan of the Congress or behave apolitically and walk into the Congress's hate-Sanatana-trap.

DR SUPREET SINGH



Summer season can bring its own set of challenges when it comes to dermatology.

Here are some common issues people face during the summer months and tips to address them.

SUNBURNS

With increased sun exposure, the risk of sunburn rises. Sunburn not only damages the skin but also increases the risk of skin cancer.

HEAT RASH: Heat rash occurs when sweat ducts become blocked, leading to small red bumps or blisters. It's common in hot, humid weather.

ACNE FLARE-UPS: Heat and humidity can exacerbate acne by increasing oil production and clogging pores. Acne prevention in summers can be particularly challenging due to increased heat and humidity, which can lead to excess oil production and clogged pores.

Here are some tips to help prevent acne during the summer months:

Cleanse regularly: Wash your face twice daily with a gentle cleanser to remove sweat, oil, and impurities that can clog pores. Avoid harsh cleansers that can strip away natural oils and irritate the skin.

Use a lightweight moisturizer: Opt for oil-free or non-comedogenic moisturizers to hydrate your skin without clogging pores. Look for products labeled "oil-free" or "water-based."

Stay hydrated: Drink plenty of water to keep your skin hydrated from the inside out. Proper hydration can help regulate oil production and prevent acne breakouts.

Protect your skin from the sun: Use a broad-spectrum sunscreen with SPF 30 or higher to protect your skin from harmful UV rays. Sunscreen not only prevents sunburn but also reduces the risk of acne scarring and hyperpigmentation.

Choose non-comedogenic products: Look for skincare and makeup products labeled "non-comedogenic" to avoid products that can clog pores and exacerbate acne.

Avoid heavy makeup: During hot and humid weather, minimize the use of heavy makeup products that can trap sweat and oil on your skin. Opt for lightweight, oil-free, and non-comedogenic makeup formulas.

Shower after sweating: Sweat can mix with bacteria and oils on your skin, leading to acne

breakouts. Shower as soon as possible after sweating to remove sweat and prevent pore-clogging.

Use oil-absorbing products: Keep oil-absorbing sheets or blotting papers handy to remove excess oil and shine from your skin throughout the day.

Limit dairy and sugary foods: Some studies suggest that dairy and high-sugar foods may exacerbate acne for some people. Consider reducing your intake of these foods and observe if it has any impact on your skin.

Don't touch your face: Avoid touching your face throughout the day, as your hands can transfer bacteria and oils to your skin, leading to breakouts.

EXCESSIVE SWEATING: Sweating increases during the summer months, which can lead to body odor and skin irritation. Showering regularly, using antiperspirants, and wearing moisture-wicking clothing can help manage excessive sweating.

FUNGAL INFECTIONS: Warm, moist environments provide the perfect conditions for fungal infections like athlete's foot and jock itch to thrive. Keeping the skin clean and dry, wearing breathable footwear, and using antifungal powders can help prevent these infections.

DEHYDRATION: Dehydration can affect the skin's appearance and health, leading to dryness, flakiness, and increased sensitivity. Drinking plenty of water and using hydrating skincare products can help maintain skin moisture levels.

INSECT BITES AND STINGS: Mosquitoes, ticks, and other insects are more active during the summer months, increasing the risk of bites and stings. Using insect repellent, wearing protective clothing, and avoiding areas with high insect activity can help prevent bites and stings.

HYPERPIGMENTATION: Increased sun exposure can exacerbate existing hyperpigmentation and cause new dark spots to form. Using sunscreen consistently and incorporating products with ingredients like vitamin C and niacinamide can help lighten and prevent hyperpigmentation.

EXACERBATION OF SKIN CONDITIONS: Conditions like eczema, psoriasis, and rosacea can worsen in the summer due to factors like heat, humidity, and sun exposure. Following a skincare routine tailored to your specific condition and avoiding triggers can help manage symptoms.

SKIN CANCER RISK: Prolonged sun exposure increases the risk of skin cancer, including melanoma. Regularly examining your skin for any changes or suspicious moles

and scheduling annual skin checks with a dermatologist are crucial for early detection and treatment of skin cancer.

Overall, protecting your skin from the sun, staying hydrated, and practicing good skincare habits are essential for maintaining healthy skin during the summer season. If you have specific concerns or conditions, consulting a dermatologist can provide personalized advice and treatment options.

TAKING CARE of your skin is crucial due to increased sun exposure and higher temperatures. Here are some tips to keep your skin healthy and protected during the summer months:

SUNSCREEN: Apply sunscreen with a high SPF (Sun Protection Factor) before stepping out in the sun. Reapply every two hours, especially if you're sweating or swimming.

CHOOSING THE RIGHT SUNSCREEN (my opinion) is essential for effective sun protection during the summer months. Here's what to consider when selecting a sunscreen:

SPF (Sun Protection Factor): Look for a broad-spectrum sunscreen with an SPF of 30 or higher. SPF measures protection against UVB rays, which cause sunburn, so higher SPF means more protection. However, it's important to note that no sunscreen can block 100% of the sun's UV rays.

BROAD-SPECTRUM PROTECTION: Ensure the sunscreen provides broad-spectrum protection, which means it shields your skin from both UVA and UVB rays. UVA rays can prematurely age your skin and contribute to skin cancer, while UVB rays cause sunburn.

WATER RESISTANCE: If you'll be sweating or swimming, choose a water-resistant sunscreen that will stay effective for at least 40 to 80 minutes of water exposure. Remember to reapply after towel drying or swimming.

SKIN TYPE: Consider your skin type when selecting a sunscreen. If you have oily or acne-prone skin, choose a lightweight, oil-free formula labeled as "non-comedogenic" to avoid clogging pores. For dry skin, opt for a moisturizing sunscreen with hydrating ingredients like hyaluronic acid or glycerin.

TEXTURE AND FORMULATION: Sunscreens come in various forms, including lotions, creams, gels, sprays, and sticks. Choose a formulation that suits your preferences and lifestyle. For example, sprays are convenient for reapplication on the go, while sticks are handy for targeting specific areas like the face.

SENSITIVE SKIN: If you have sensitive

skin or allergies, opt for a sunscreen labeled as hypoallergenic and fragrance-free to minimize the risk of irritation. Mineral sunscreens containing zinc oxide or titanium dioxide are less likely to cause skin reactions compared to chemical sunscreens.

EXPIRATION DATE: Check the expiration date on the sunscreen before purchasing and discard any expired products. Expired sunscreen may lose its effectiveness and provide inadequate protection.

APPLICATION: Ensure you apply an adequate amount of sunscreen to cover all exposed areas of skin, including the face, neck, ears, and any other areas not covered by clothing. Don't forget commonly overlooked areas like the tops of your feet and the back of your neck.

HYDRATION: Drink plenty of water to keep your skin hydrated from within. Dehydration can make your skin look dull and increase the risk of sun damage.

COVER UP: Wear protective clothing like hats, sunglasses, and lightweight, long-sleeved shirts to shield your skin from the sun's harmful UV rays.

AVOID PEAK SUN HOURS: Try to stay indoors or seek shade during the hottest part of the day, usually between 10 a.m. and 4 p.m., when the sun's rays are strongest.

MOISTURIZE: Use a lightweight, oil-free moisturizer to prevent your skin from drying out in the heat. Look for products with hydrating ingredients like hyaluronic acid or glycerin.

EXFOLIATE: Regular exfoliation helps remove dead skin cells, keeping your skin fresh and preventing clogged pores. However, be gentle, as overexfoliating can irritate the skin, especially in the summer when it's more sensitive.

COOL SHOWERS: Take lukewarm showers instead of hot ones to avoid stripping your skin of its natural oils, which can lead to dryness and irritation.

ANTIOXIDANTS: Incorporate antioxidant-rich foods into your diet, such as fruits and vegetables, to help protect your skin from free radical damage caused by sun exposure.

AVOID HARSH PRODUCTS: Skip products containing harsh chemicals or alcohol, as they can further dry out or irritate your skin, making it more sensitive to the sun.

Wish everyone a great summer ahead and flaunt the best version of your skin.

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Self Defence - Education For Safety

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Self Defence is the act of defending oneself, one's property or someone else from physical harm. Self Defence has an important role in the life of women. Self Defence is a skill which every woman should acquire to make their own and others live safer on a daily basis or whenever the situation requires. Women often become victims because of their physical ability. Self Defence techniques enable them to take control of situations in which they may end up being a victim of verbal abuse, physical attack etc. Such techniques also increase confidence in realising that if someone does not respect your boundaries, you should stop them.

Crime is on the rise, especially among women. And it doesn't matter where you live or work, you are at risk of becoming a victim of a violent or intrusive crime. There is only one perfect way to deal with it, is to defend your self with certain psychological, physical and Self Defence tools. Most likely, When a personal attack occurs it is very likely that the police won't be standing nearby and also likely is the fact that the police can only get involved after the damage has been done. Everyone is entitled to feel safe and Self-Defence provides the tools. While so much attention is given to Academic Education, one should not consider Self Defence as useless or redundant because just like academics is important for our future, self-defence is important for our safety.

Self Defence Education

Most people think of Self Defence as a kick to the groin or fist in the eyes of an attacker. But the actual meaning of Self Defence is doing everything possible to avoid fighting someone who threatens or attacks you. Self-defence is all about using your head and not just your fists. This education requires no or very minimal requirements. It does not matter whether you have any previous experience or not. There are no uniforms, foreign terminology, traditional rituals or formalities to it. It is just Practical and Simple life-saving skill techniques which require minimal commitment.

Self Defence Education is not just for tough women it is for all women and of all ages. It does not need to be formal. Anyone can have it from anywhere, be it from friends, relatives, family, literature etc. But it is better to have the proper knowledge and Hands-On Experience rather than counting on just silly tips.

Means of Self Defence Education

Workshops: Workshops on self-defence for women are held from time to time in order to prepare women against attacks on streets, trains or even in the confines of their

homes. Such Workshops generally are held by NGO's and they teach you how to deal with a nuisance, protecting yourself from and coping with an attacker.

Special Programs: Special programs options are available for high schools, colleges, community centres, woman's shelters, businesses and other organizations. Self-defence programs are specially designed to serve to needs of women in a variety of different situations. Most of these are offered in schools or colleges as an after-school activity, or during class-time as a special curriculum component to physical education or sex education classes. These programs can also impart education to hospitals, businesses, community organizations and woman's centres. The Course comprises of lectures and practical Self Defence Techniques

Personal Trainers: Certain Instructors give personal attention by coming to you and will adopt a program to meet your needs. They show you and teach you how to avoid an attack, or in the situation where you are attacked, how to fight back etc.

Martial Arts Schools: Various Martial Arts classes incorporate a combination of Kickboxing, Tae-Kwon-do, Kung Fu, Karate, Krav Maga stretching, conditioning and effective techniques that will increase confidence, reduce stress, boost energy, fitness, health and teach you a very practical system of Self Protection. Such Arts not only improve both body and mind but it will also empower you with a life-saving skill.

Internet: Internet is a treasure of information on Self Defence. Various online courses and self-help guides provide the essentials for Self Defence. Some also provide shopping for Self Defence equipment and also raise awareness and prevention of crime on women. One of them is <http://www.selfdefence.in/>

Books, Magazines and other Literature: Various Types of publications provide detailed information on the Know-How of Self Protection.

Media Forms: Various T.V. channels and Radio Programmes act as agents of education on this aspect. Certain DVD's, CD's, CD-ROM's etc also help in this objective.

Methods of Self Defence

Self Defence Tools: Various types of equipment are available in shops and Online which are very helpful. Women can carry defensive weapons like pungent sprays, keys, umbrellas etc. Such tools are primarily to defend and escape, and not to indulge in long fights. The positive step of buying a self-defence product such as a pepper spray or stun gun improves your awareness and adds to your image of confi-

dence.

Weapons: In some countries, it is legal to carry weapons for purposes of self-defence. While in other countries one may require a license or some items may be legal to carry without a license. But there is a lot of controversies as these may be utilised for committing the violent crime

Presence of Mind: One needs to have the presence of mind and not get caught up in panic. Some of the easiest strategies for this are - saying something, yelling, fighting and the important thing is you should appear confident even if you have no action plan and the right tools with which to carry it out. Being alert is the first step towards self-protection

Learning Martial Arts: Many styles of martial arts are practised for self-defence. Some of these are Kickboxing, Tae-Kwon-do, Kung Fu, Karate, Krav Maga etc. Judo has many self-defence techniques. Some styles train almost exclusively for self-defence, while others can be effectively applied for Self-defence. More complete self-defence training not only teaches how to physically defend against attack but also includes personal safety tips and techniques that increase awareness and improves the ability to avoid confrontation and potential dangers.

Basics to Deal with the Miscreants

De-escalation: It is the use of voice, tone, and body language to calm a potentially violent situation before its advent. Attackers are not always strangers who jump out of dark alleys. Any acquaintance can attack you. That's where another important self-defence skill comes into play. This skill is called de-escalation by experts. Saying and doing things that don't threaten your attacker can give you some control.

Get Away: The safest method of self-defence is running away when possible. Running is often the recommended alternative to fighting because of safety and because it saves the victim of any legal repercussion that would likely result should the victim win the fight.

Improvised: Everyday objects, such as baseball bats or body spray, can also be used as improvised weapons for self-defence, however, they may not be as effective as a purpose-built weapon. Some non-lethal weapons as the Kubotan have also been build to resemble everyday objects, such as keychains.

Travel in Group: While going out at night travel in a group as it attracts little or no attention from miscreants.

Inform Others: When going on a date or with friends, let someone know where you're going and when you expect to return.

(The writer is Retired Principal Educational columnist).

YOUR COLUMN
LOAN AND LIABILITY

Your Editor,

The Banks are eager to lend money more to the not needy. "A Bank is a place that will lend you money if you can prove that you don't need it", says Bab Hope, American comedian, centenarian, actor, entertainer and producer. Banks want to thrive on the interest payments made by the borrowers. Therefore they are keen to lend the money to the people who are not poor. It is natural for the Banks to expect certainty of the return of the money lent. People should go for loan as a last resort. And those who take loan must be serious to return the money at the earliest possible time in their own interest to avoid high and more interest payments. Sometimes the borrowers end up in payment of more interest than the principal amount obtained as loan. It is always better to cut one's own coat according to cloth. If laxity is shown in repayment of the loan

amount, the interest component shoots up. Ultimately, the person who raises loan for purchase of property may have to sell the same property for redemption of loan. There is a proverb "Better to go to bed hungry than to wake up in debt". Credit purchases and purchases on instalments must be avoided to avoid big hole in the pocket due to increased price of the goods purchased and services obtained compared to the price of goods purchased by payment of cash. Sometimes some people raise loans to show that they have loan even though they do not need it. If the loan is to be taken, then the loan so taken must be invested to gain more return than the payment to be made towards the interest on loan. Lucius Annaeus Seneca, a stoic philosopher of Ancient Rome, a statesman, dramatist rightly says "The most grievous kind of destitution is to want money in the midst of wealth". "A man in debt is so far a slave", says Ralph Waldo Emerson, American Essayist, Lecturer, Philosopher, Abolitionist and Poet. What Emerson says is literally true. A borrower has to respond to the beck and call of money lender at least until the loan repayment is made. A wilful defaulter will be a prisoner of his

own bad character and conduct. He will be under compulsion always to avoid the money lender. He would be snatching away his own liberty to be outside his house in times of need. Night time is the 'best time' for him to leave the house to attend to his needs. A borrower unwilling to return the money lives constantly under the fear of facing the lender.

A rich man is one who is content with what he has. What is liability? Oxford Dictionary defines it as "a thing for which someone is liable, especially a financial obligation". A creditor is a liability. For a right person, a promise made to someone to do something is also a liability until the promise is fulfilled.

Either it may be a promise to give money or to do some service. Breach of promise is no less cruel than a defaulter not returning the money to the lender. No promise should be made when there is no capacity to discharge it and when there is unwillingness to honour it. A person going back on promise is untrustworthy. Trustworthiness is asset. Untrustworthiness is the liability.

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