

HEATWAVE PREPRATION

Preparing for a heatwave is essential to ensure safety and minimize the risks associated with extreme temperatures. Heatwaves can lead to severe health problems, such as heat exhaustion, heatstroke, and dehydration. Vulnerable populations, including the elderly, children, and those with chronic illnesses, are particularly at risk. Additionally, heatwaves can cause power outages, wildfires, and water shortages. Regularly check weather forecasts from reliable sources. Use apps and alerts to stay informed about heatwave warnings. Understand the heat index, which combines air temperature and humidity to give a more accurate measure of how hot it feels. Ensure your air conditioning units are serviced and working efficiently. If you don't have air conditioning, identify the coolest room in your house or consider investing in portable fans or air conditioners. Improve home insulation to keep the heat out. Use shades, blinds, or curtains to block out the sun. At night, if it's cooler outside, use fans to draw in the cool air. Use heat-reflective paint on your roof and install reflective window films to reduce indoor temperatures. Drink plenty of water regularly, even if you don't feel thirsty. Avoid alcohol, caffeine, and sugary drinks, as they can dehydrate you. Wear light-colored, loose-fitting clothes made of breathable materials like cotton. Use hats and sunglasses when outdoors. Apply broad-spectrum sunscreen with an SPF of at least 30. Reapply every two hours and after swimming or sweating. Avoid strenuous activities during the hottest part of the day (usually 10 a.m. to 4 p.m.). If you must exercise, do it early in the morning or late in the evening. Take frequent breaks in the shade or a cool place. Don't overexert yourself, as this increases the risk of heat-related illnesses. Identify local cooling centers where you can stay during extreme heat. Libraries, malls, and community centers often serve this purpose. Check on elderly neighbors and those with health conditions to ensure they are safe and have access to cool environments and hydration. Utilize community swimming pools to cool off, ensuring they are open and safe to use during the heatwave. Have an emergency kit with essentials like water, non-perishable food, medications, and first aid supplies. Be prepared for power outages. Have battery-operated fans, extra batteries, and a backup power source if possible. Keep your phone charged and have a backup battery. Develop a family emergency plan that includes what to do if you get separated and how to communicate during a power outage. Ensure pets have access to plenty of fresh water and shade. Avoid walking dogs during peak heat times. Make sure outdoor animals have adequate shelter from the sun and access to cool water. Know the signs of heat-related illnesses such as heat exhaustion (heavy sweating, weakness, dizziness, nausea) and heatstroke (high body temperature, confusion, unconsciousness). Seek medical attention immediately if symptoms occur. Use cool showers or baths to reduce body temperature. Use wet cloths or ice packs on the neck, wrists, and ankles to cool down quickly. Preparation is key to staying safe during a heatwave. By taking proactive measures such as staying informed, preparing your home, maintaining hydration, and recognizing the signs of heat-related illnesses, you can protect yourself and your loved ones from the dangers of extreme heat. Community support and planning further enhance resilience against the impact of heatwaves. Union Health Minister J P Nadra also reviewed the heatwave situation across the country and preparedness of hospitals to deal with heatwave with senior officials of the Health Ministry, here today. The Health Minister has directed officials to ensure all that hospitals are prepared to provide the best healthcare to those affected by the heatwave. Nadra also directed for special heatwave units to be started in the central government hospitals.

Yoga day: A day for our health contemplation

International Yoga Day is celebrated across the world on 21st June every year. Yoga is not only an art or physical activity but a science in itself which plays a very pivotal role in refining and exploring our inner engineering. We can say that in today's modern world it plays the role of a panacea for all suffering. The last year theme of the yoga day was based on the basic mantra of Indian culture i.e Vasudev Katumbkam. No doubt we believe in the concept of Vasudev Katumbkam and this dictum is embedded in the souls of inhabitants of this holy land. Whole world is one family and the future of whole mankind is safe and secure only when we follow this basic approach in our life. This year the theme is yoga for self and society. Definitely we can say that yoga can play a very crucial role in making an alignment with self and society at large. But in current scenario we can see that different nations are giving priorities to their own short term interests and targets ignoring the concerns of others. This thing put hurdles in the way of our society and its structure. In short term we can get benefits from such kind of packed thinking and behavior but in totality we feel problems. Because we know in this modern and materialistic world everybody is connected with others for its need and demand. We cannot get the success in a isolated way ignoring the concerns of others. Such International moments like yoga and other things which are beneficial for mankind helps us in eradicating our suffering from the world. However earlier during the inception of this day ,many people linked it with religious beliefs. Basically it is not an activity of some special religion but a unique and valuable contribution for all .yoga not only improves our physical health but a tool for bringing universal peace and brotherhood. Because by practicing yoga we can get an instant relief from our frustration and other mental abnormalities. And we know the reason for all the suffering and disturbances in our society comes due to turmoil of our minds and behaviour. One who is mentally stable and have no frustration in his mind can't create problems for others intentionally. Yoga is a very low cost remedy of all our suffering i.e physical, emotional and mental. We can practice this art and activity anywhere and without any investment. People of all ages can practice this art and get the benefit from it .No doubt yoga is an indispensable gift from India to the whole mankind. In our Vedic texts and other religious texts there is mention of yoga and it's benefits. Now a days various yog gurus and other health experts are giving teaching of this art .in this modern and hectic life people are suffering from lot of health ailments because of their unhygienic eating habits and other adulterated foods. Moreover ,due to heavy work load and indoor specific engagements, people have no time to visit at special physical areas for any exercise or activity. The positive aspect of yoga is that we can practice this art within the limited periphery of our office chamber or other working areas . There are lot of yogic kiryas available for us as per our needs and comfort. According to an estimate we have spent a great percentage of our earnings for our health i.e medicine and other medical care. In our ignorance we generally believe that those medicines are giving us an instant relief and comfort. But the bitter reality is that those medicines are creating more trouble in our life due to their side effects and other complications. Yoga which is a zero cost panacea of all suffering generally neglected by us. But now with the recognition of yoga at international level the thinking of people has changed at great extent. Now they are giving importance and priority to this art in their life .Now a days we can see that people are practicing yoga everywhere almost in every part of the world. The credit of this drastic change goes to the government of india and especially to the honorable prime Minister of India. Due to his overindulgence and contribution in this field, now we are celebrating this art at international level. Now at every platform even in schools curriculum we have seen the impact of this art and science. Ayurveda and yoga is boon for our society since time immemorial. No doubt these are the precious gift of India's to the whole mankind.

Yoga: An invaluable gift to humankind

ZIA DARAKSHAN

Prime Minister Narendra Modi, after retaining the power as prime minister of India for third consecutive term has hit global headlines for leading the International Day of Yoga 2024 at a major yoga event being organised at Sher-e-Kashmir International Convention Centre (SKICC) in Srinagar on June 21. The number of participants is going beyond 50000 as 20 districts of Jammu and Kashmir are being virtually connected where over a gathering of at least 2000 participants from each district is expected to join the Yoga session with the prime minister. The theme for 2024 is "Yoga for self and society" and is 10th in the series after launched as a global event nine years back. Last year, the Prime Minister Modi led the International Yoga Day celebrations at the UN Headquarters in New York on June 21, Diplomats, academicians, entrepreneurs, leaders, artists, key cultural figures and others from different walks of life from 180 countries had joined the celebrations. Remarkably, Modi after being elected as the Prime Minister of India in 2014, in his maiden address at the UN General Assembly described Yoga - the ancient Indian tradition - as an invaluable gift to humankind and called for adoption of an International Day of Yoga. And, the call got a spontaneous response from the world. It's worth mentioning that proclamation of June 21 as the International Yoga Day

that too in his first year in office is one of the landmark achievements of the Modi government. **Yoga an Art and Science of healthy living** Originating in India, Yoga is one of the oldest sciences known to mankind, dating back over 5,000 years and possibly even 10,000 years. Its roots can be traced to the ancient Indus-Sarasvati civilization in Northern India, as mentioned in the texts of the Rig Veda. The term 'Yoga' is derived from the Sanskrit root 'YUJ', meaning 'to join' or 'to yoke' or 'to unite'. Yoga is a practice that holds immense wisdom. It teaches us to connect our individual consciousness with the Universal Consciousness, fostering a beautiful harmony between our mind, body, and the world around us. Its purpose is to help us realize our true selves and embark on a journey of self-discovery. **Exclusive Modi initiative** In contemporary time, the Prime Minister NarendraModi played a significant role in promoting Yoga and popularizing it on the global stage. The United Nations General Assembly declared June 21st as the International Day of Yoga in 2014, and this recognition aimed to raise awareness about the benefits of Yoga and promote its practice worldwide. Besides, the Yoga Day celebrated worldwide will remain a constant reminder for all generations to come about the Modi-led government's overseas successes and overall measures to boost India's global image. Today, since 2014, each year, on June 21,

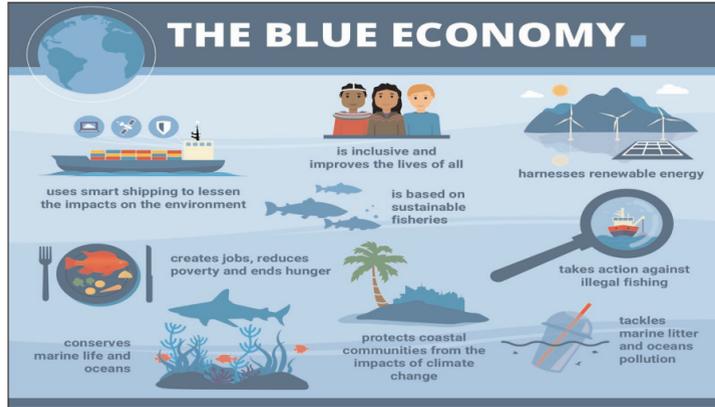
the world comes together to celebrate International Yoga Day, to embrace and promote the practice of yoga and explore its potential to foster harmony, balance, and well-being in individuals and communities alike across the globe. Notably, the date also holds special significance as it coincides with the summer solstice, the longest day of the year in the Northern Hemisphere. The summer solstice symbolizes a transition from darkness to light, mirroring the transformative journey that yoga can facilitate in a person's life. **Yoga in Jammu & Kashmir** Since none other than the Prime Minister NarendraModi is leading the 10th edition of the Yoga day in Srinagar, the celebration of the Day throughout the UT of Jammu and Kashmir would be exemplary as people from different background would be congregating to celebrate the occasion with enthusiasm and joy. However, considering the prolonged instability and sedentary lifestyles that have affected the region, it's important to move beyond an annual celebration. Kashmir, like many other places faces issues such as anxiety, depression, neurotic disorders, and other illness, making it necessary to incorporate Yoga into the daily curriculum, particularly in schools. To address these challenges proficiently, it's imperative to make Yoga a mandatory subject in schools. Integrating Yoga into the daily routine of children can have numerous benefits for their comprehensive wellbeing. Likewise, it should be

introduced in colleges and universities, beyond celebrating it on Yoga Day. Furthermore, in areas where the drug menace is prevalent, free Yoga centers should be established to combat the menace. To encourage community involvement and the establishment of more Yoga centers, incentives can be provided to individuals interested in opening such centers. This approach would help create a sense of ownership and responsibility among the local population, contributing to the overall well-being of the community. By implementing these measures, Yoga can serve as a powerful tool in combating the drug menace, promoting physical and mental well-being, and fostering a healthier and more harmonious society in Kashmir. Promoting Yoga centres in Kashmir would be a thoughtful and valuable gift to people of Kashmir, empowering them to lead a healthier and more fulfilling lives amidst the challenges they face. Meanwhile, in the words of the Prime Minister Modi, Yoga as a mantra is a significant one for every Indian, in particular, in the ongoing AzadiKaAmritKaal. PM Modi asserts, "Through Yoga, we know the selfless action, we decide the journey from Karma to Karmayoga." It is yoga, according to him, that has the potential to foster physical strength and mental expansion needed to create a developed India by 2047. (The author is a freelance writer)

Blue Economy - An emerging concept for sustainable growth

MOHAMMAD HANIEF

Blue Economy addresses the economic development revolving around the marine ecosystems that anchor local livelihoods and foster systemic resilience towards global challenges like climate change, poverty, waste management and harnessing marine-related technologies. The UN Sustainable Development Goal 14 "Life Below Water" implies that economic development is inclusive and environmentally sound and balances multiple dimensions of socio-economic growth in a very intrusive way without disturbing existing biodiversity and it can be achieved by working on societal challenges, improving framework policies on environmental planning, and gradually assessing coastal management tasks based on climate change and biodiversity strategies. The depth of the seas is a treasure trove for any country. For India, with its three sides surrounded by the oceans and around 30 per cent of the country's population living in coastal areas, ocean is a major economic factor supporting fisheries and aquaculture, tourism, livelihoods and blue trade. While the huge ports help in vibrant trade, the blue economy, inclusive of fishing and other activities is extremely beneficial for India. In addition to it, the depths of the seas have much more to offer. India's exclusive economic zone spreads over 2.2 million sq. km. and the deep sea lies "unexplored and unutilized". Understanding the seas would also go a long way in mitigating the crisis of climate change. Considering importance of the oceans on sustainability, the United Nations (UN) has declared the decade 2021-2030 as the Decade of Ocean Science for Sustainable Development. India has a unique maritime position. Its 7517 km long coastline is home to nine coastal states and 1382 islands. The government of India's vision of New India by 2030 enunciated in February 2019 highlighted the Blue Economy as one of the ten core dimensions of growth. With this step India joined the elite club of nations such as USA, Russia, Japan, France and China in having such underwater vehicles for carrying out subsea activities. India's Deep Ocean Mission (DOM) is a visionary initiative aimed at exploring and harnessing the immense potential of the ocean's depths. Among its groundbreaking objectives, DOM will deploy an indigenous submersible with a three-member crew to reach a depth of 6,000 meters in the ocean, marking India's first foray into the profound oceanic abyss. The Deep Ocean Mission principally led by



the Ministry of Earth Sciences (MoES), encompasses six pillars of development of deep-sea mining technologies and a crewed submersible for exploring depths of 6,000 meters, Ocean climate change advisory services, involving extensive ocean observations and modeling, technological innovations for deep-sea biodiversity exploration and conservation. It will also focus on deep-ocean survey to identify potential sites of multi-metal hydrothermal sulphides mineralization and harnessing energy and freshwater resources from the ocean as it will also establishment of an advanced Marine Station for Ocean Biology. Multiple MoES institutes, including the Centre for Marine Living Resources and Ecology (CMLRE), Indian National Centre for Ocean Information Services (INCOIS), National Centre for Coastal Research (NCCR), National Centre for Polar and Ocean Research (NCPOR), and National Institute of Ocean Technology (NIOT), collaborate with national institutes and academia to achieve Deep Ocean Mission objectives. The Samudrayaan mission will stimulate further expansion in the exploration and utilization of ocean resources, particularly for clean energy and drinking water; leading to the growth of the blue economy. This mission is a comprehensive program involving multiple ministries and disciplines. It emphasizes the advancement of deep-sea technology, such as the development of manned submersibles, the procurement of a dedicated research vessel for ocean exploration, and the enhancement of capabilities in the field of Marine Biology. Matsya 6000 is equipped with scientific sen-

sors, tools, and an operational endurance of 12 hours (extendable to 96 hours in emergencies). The submersible's design is complete, with testing and experimentation at a depth of 500 meters scheduled in the upcoming year. The National Institute of Ocean Technology conducted deep-sea locomotion trials with the 'Varaha' underwater mining system at a depth of 5,270 meters in the central Indian Ocean. Varaha collected polymetallic nodules during the trial, marking a significant milestone. The Deep-sea exploration faces immense challenges, including high pressure, soft and muddy ocean bed surfaces, power supply constraints, visibility limitations, temperature variations, and corrosion. NIOT and MoES are committed to addressing these complexities. Major objectives of Deep Ocean Mission is to address issues arising from long term changes in the ocean due to climate change, to develop technologies for deep-sea mission of living (biodiversity) and non-living (minerals) resources, to develop underwater vehicles and underwater robotics. Also it has to provide ocean climate change advisory services, to identify technological innovations and conservation methods for sustainable utilization of marine bio- resources, to develop offshore based desalination techniques, to develop renewable energy generation techniques and to provide clean drinking water and explore the avenues of desalination of water as well as extracting minerals from the ocean belt. Targeting a depth of 6,000 meters serves a strategic purpose. India aims to sustainably extract valuable resources such as polymetallic nodules and sulphides, with ISA allocating regions in the central Indian Ocean for exploration.

Polymetallic nodules, rich in metals like copper, manganese, nickel, iron, and cobalt, are found around 5,000 meters deep. Polymetallic sulphides occur at approximately 3,000 meters. By operating at 6,000 meters, India can effectively cover depths of 3,000 to 5,500 meters, spanning its Exclusive Economic Zone and the central Indian Ocean. Exploring the deep oceans involves extreme pressure conditions, with water exerting tremendous force. Equipment must be meticulously designed to withstand these conditions. The soft and muddy ocean bed complicates landing and maneuvering for heavy vehicles. Electronics and instruments must endure underwater conditions, unlike space where objects are designed to function in a vacuum. Extracting materials from the ocean bed necessitates significant power and energy, with the need to transport extracted minerals to the surface. India's flagship deep-ocean submersible 'Matsya6000' combines features of remotely operated vehicles (ROVs) and autonomous remote vehicles (AUVs). It accommodates a crew of three, is constructed from titanium alloy, and is designed to withstand high pressures. Varaha is India's deep-ocean mining system, operating on the flexible riser technique. It successfully conducted deep-sea locomotion trials at a depth of 5,270 meters, marking a world record. India is poised to possess a comprehensive underwater vehicle ecosystem, encompassing deep-water ROVs, polar ROVs, AUVs, deep-water coring systems, and more. India's Deep Ocean Mission is a pioneering endeavour to explore and harness the potential of the ocean's depths. With Matsya6000 and Varaha, India is poised to join the selective nations conducting deep-ocean exploration and mining. This mission will encourage increased exploration and use of ocean resources for clean energy, drinking water, and the blue economy as a result of this mission. The Mission is a multi-ministerial, multi-disciplinary initiative that focuses on deep-sea technology in development, such as manned submersible development, the procurement of a research vessel for ocean exploration, and capacity building in Marine Biology. Developed countries have already completed similar ocean missions, and India's success with Samudrayaan might make it the first developing country to complete a deep ocean expedition.

Learning vs Teaching

VIJAY GARG

The world knows and believes that there is no age limit for reading, learning and teaching. Ever since social media has captured the human mind, there is a plethora of information on every subject. It is being proved that there is no age limit for learning anything. There is no age, there is no time, people all over the world, especially our countrymen, are preaching to each other all the time. That is, we are teaching them good morning. If a message is sent, they accept it, but they do not write 'Shubhdin' with their own hands i.e. type it on the keyboard of the mobile, rather they just forward the sermon sent from somewhere, which contains some lesson or the other. It is a different matter that in today's environment, that lesson is as if during the time of Mahabharata, there was a request to follow the teachings of Ramayana. Whether one wakes up early or late in the morning, one starts teaching, telling and explaining to others that they should wake up in the Brahma Muhurta in the morning and what to do after getting up. Hundreds of people learned about this asking what to eat for breakfast, what to eat at lunch and what time to have dinner and Bhajan. Your likes, health and financial condition are

not known to the teachers. Their moral duty is to teach about what to eat and what not to eat from morning till night. There are many lessons about eating as well as dressing. Which color should be worn on which day, which clothes should people of which zodiac sign wear, which colored fruits and vegetables should be eaten by those born in which constellation. It is feared that perhaps in the future it may be told thatWhich size collar t-shirt or shirt should a person of which zodiac sign wear on Monday? Should one wear a collarless red shirt on Tuesday or not? You may also find such people who tell you that you should not eat at home on Sunday. Similarly, it will be prescribed to wear different colored clothes for different days and it will be told whether it is auspicious to wear a particular cloth or not. Such perceptions and market demand or business will dominate the choice. It is a matter of fact that the changing fashion is captured by the film style. shape or design of clothesIn this case, indecency is teaching new mountains to climb every day. Some people's likes are others' dislikes. The issue is one of convenience and choice, restrictions on which are neither possible nor appropriate. There is a queue of people teaching all around. Now dozens of people cooking new and surprising

things are active on social platforms. Those who tell about him are working day and night. Cooking, teaching, and earning YouTube videos are businesses wrapped in competition. Lakhs of people running kitchens are learning from them. So much is being taught, it seems.All the people listening are Buddha. Nobody knows anything. Those who teach may not believe that everyone wants to eat, drink, wear clothes in their own way, all they have to do is teach, hence their words, tone and expressions are also like those of the preacher. They assume that they are teaching and everyone else is learning. Apart from this, the situation is that most of the people have assimilated the truth that life is given once. It is important to live it in your own style and enjoy it. The question is, in such a situation, how many people will listen to the people who are teaching, despite listening to them?Will you be learning? Some time ago a person taught me to make a list as per the needs before cleaning. It was told to vacate the room and clean it. The complete formula for cleaning was explained. Life is getting trapped in the clutches of technology. It is suggested to clean only one room a day to avoid fatigue. It was suggested not to keep old polythene, bottles, clothes and plastic containers, but to give them to someone or

sell them. The market has created pressure and taught us to buy a lot of goods. cleanliness in life, environment Enough love, honesty and discipline, now just being taught how to fold a t-shirt, cardigan, pants or hoodie. It is being explained in a simple manner with photos and videos. Small solutions are being suggested for household cleaning. That means, if there is any work, a person should not spend his brain, just open YouTube or any other platform and learn everything in a guided manner. Earlier also there were children. Everything was so easy and simple. Even after so much development, it remains difficult to learn that boys and girls are equal. It is being explained that If you want a boy, then what, how to do it, because in the mentality of our intelligent and highly developed society, the desire for a boy does not diminish. Now the era of learning through school and college education is gone, now every subject is being taught by making videos. Teachers are increasing in the world of WhatsApp. There is more teaching and less learning. It is time for these teachers to learn how and how much to give appropriate, quality advice in any case. Those who are hardworking and logically based learners also need to wake up. (The writer is Retired Principal and Educational Columnist)