#### **EXCURSION BENEFITS**

where are countless benefits of excursion. This increases the knowledge of man, as well as entertainment. By visiting dif-. ferent places, one gets an opportunity to see the costumes, lifestyle, customs, food, Teej-festivals, civilization etc. Through books, we can only see the picture of those places and read about them, but from excursion we see that thing with our own eyes. That's why qualities like vigilance, consciousness and awareness are also developed by country. Excursion gets the introduction of panoramic valleys, forests, historical places, museums. A person traveling abroad also becomes cooperative, friendly and soft-spoken because he learns to meet many people. He also gets knowledge of many languages. Mutual love among different individuals, organizations and nations develops only through foreign travel, only then our country's Prime Minister, President, Home Minister etc. go to other countries, keep understanding them. This improves relations. To move forward in the race of progress, country is very important.

### **Computer Vision Syndrome**

DR. ANANT KUMAR



In today's world of COVID pandemic the use of video display gadgets like TV, computer, laptop, tablet etc., have increased tremendously. Android phone data analytic company App Annie reports that the screen exposure time of Indians has increased to more than 4 hours a day. The above is true for age groups ranging from children to eld-

erly. And this brings the lesser-known, yet important eye condition called Computer Vision Syndrome (CVS) or Digital Eve Strain to the forefront of discussion. This article tends to meet questions like what this syndrome comprises and how to better prevent it. The Vision Council notes the following as symptoms of CVS: dryness of the eye, red itchy eye with a gritty sensation, tearing and tiredness of the eye, intolerance to light, double vision, and near-sightedness. This often is accompanied by headaches and, neck and back pain. If obstructing all the light falling on your eyes from your computer screen provides relief in eye symptoms that reoccur on uncovering the eyes probably means that you might get yourself examined for CVS. Use of contact lenses and uncorrected errors of refraction like astigmatism aggravates such condition as does the use of multiple screens. Children with higher screen exposure time just before sleep may suffer from delayed onset of sleep due to reduced melatonin levels. It also affects their socio-emotional and cognitive development. Worst affected are the workforce at the call centers with screen exposure time ranging from 8 to 10 hours a day. Though CVS does not cause any irreversible damage to your eyes, it may hamper your quality of work including precision jobs like driving.

To prevent CVS, follow these simple measures to relax your eyes,

1. Follow the 20-20-20 rule which says after every 20 minutes of computer work take 20 seconds of rest to look at any object 20 feet

2. Measures to reduce chances of dry eye- Remember to blink frequently when working long hours. There are apps that can remind you to blink while working. Use a humidifier if you work under an air conditioner or in an environment prone to dryness. Apply lubricant (without preservatives) to your eyes. These are readily available as over-the-counter medicines.

3. Avoid glare due to light reflected from your computer screen or apply a blue light filter over your screen.

4. Keep your monitor at arm's length. The upper margin of the monitor should lie below your eye level. The monitor should have a refresh rate greater than 60 Hz with a higher resolution to avoid eve strain due to the flickering of the screen and to attain better legibility. The brightness of the monitor set to match the lighting of the room. Use black characters over white background. The font of characters should be much larger than what you can easily read.

5. Keep your back and neck straight do not make a hump while sitting for long hours. Use an armrest to support your arm. Keep your foot flat on the floor or over the footrest. For more details on ergonomics visit the Occupational Safety and Health Administration site at www.osha.gov for a checklist on computer workstation e-tools.

6. Hard copy reference material should be kept adjacent to the screen to avoid unnecessary strain on the eyes and neck.

7. Take frequent breaks to exercise your neck, shoulder, torso, and wrist. Go for flexion, extension, and rotational movement. Close your eyes for 2 seconds, open and close again followed by lightly squeezing them for 2 seconds. Repeat a few times. Those with a history of episodes of dizziness must perform exercises while sitting on their chair to avoid any unintended fall. Spine and back-related yoga like tadasana, bhujangasana, etc., may also help but better be practiced under the supervision of a yoga trainer. Finally, if you do develop a dry eye condition do not wait for it to worsen as there can be a host of other causes of dry eye, so, visit your nearest ophthalmologist to get thoroughly examined.

(The author is Assistant Professor, Department of Physiology, AIIMS Vijaypur, Jammu).

### **Use Freedom SIP to achieve Goals in a Hassle Free Manner**

ANKIT SHARMA



e all have financial goals that need to achieved at one stage or the other in one's life. However, very often due to lack of planning or due to underinvesting, we end up not fulfilling those goals in the manner we once desired. Given this hard reality, there is a feature which has been put together to make your dream of achieving various financial goals

Freedom Systematic Investment Plan (SIP) is a powerful investment strategy which adds wings of freedom to your SIP. Not only does it let you accumulate wealth in the long-term by keeping you systematic with your investments, it offers you monthly cash flows in multiples of your SIP amount after the SIP tenure is over. In fact, Freedom SIP is a blend of two effective, efficient and systematic tools - SIP and SWP. This feature is a three step process. It begins with SIP for a timeframe between 8 years to 30 years. Then comes step 2, i.e. the corpus created is transferred to another fund with lesser risk profile. Thereafter in step 3, SWP is initiated from this fund. There are several benefits to this approach. To begin with, it inculcates long-term investment habit. Very often, investors have a short-term approach in investments and thus lose out on wealth creation opportunities. Freedom SIP, with its fixed tenures, ensures investors stay long and disciplined. Furthermore, it is generally observed that at various stages of market cycles, investors' behaviour and approach towards investment changes because of human emotions. As the investment tenure ends, investors either tend to withdraw the entire amount or leave it in the market. Both the approaches may not yield the desired results. This is where the step 3 of Freedom SIP comes in handy. Through SWP, investors get the benefit of systematic withdrawal by selling units partially which provides the required liquidity but at the same time ensures that the remaining units continue to grow in value. In

this manner, investors get the benefit of continuous cash flow. To conclude, if you have a financial goal and clear investment timeframe, then make use of a feature like Freedom SIP

to achieve it in a hassle free manner. (The writor is Co-Founder, Financial Mart).

# Success stories of Indian on world politics

MAHADEEP SINGH JAMWAL

any success stories of the Indians are found across different sectors from politics to astrophysics, from medical research to sports and from business to philanthropic work. Hardworking tendency of Indians and their dedication and commitment secured respect for them all over the

The Indian origin people, who migrated to different countries in the 19th and 20th century due to various factors, are making remarkable impact and are leading successful lives there. Indian Diaspora certainly made all Indians through their landmark achievements. While traversing on the world political map, we find Indians as Head of State. Head of Government or as part of Government in many countries such as: Singapore, Trinidad & Tobago, Ireland, United Kingdom, Canada, United States, Japan, New Zealand, and Pakistan and may be many more. Halima Jacob (born 23 August 1954) officially classified as Indian Muslim, the Singaporean's President Father was ethnically Indian.

Halimah Yacob is a Singaporean politician and former lawyer who has been serving as the eighth president of Singapore since 2017. Kamla Persad-Bissessar, born in 1952 to a family that traced their lineage to Bhelpur in India was the Minister of Legal Affairs and Minister of Education between 1995 and 2001 and became First woman Prime Minister of the Republic of Trinidad and Tobago (2010-15). Leo Varadkar born in

1979 to an Indian father became a Councilor when he was 24 years old, elected to the Irish parliament in 2007, appointed Minister for Transport, Tourism and Sports, and then health minister, ultimately Ireland's former voungest prime minister (from 2017-2020) and presently Deputy PM of Ireland. Rishi Sunak Born in1980 has been the Member of Parliament (MP) for Richmond (Yorks) since the 2015 general election and became Prime Minister of the United Kingdom on 25 October

He was previously appointed as Chancellor of the Exchequer from 13 February 2020 to 5 July 2022. Jogindra Nath Mandal born in Bengal Presidency British India in 1904 was the first Minister for Law and Justice as well as Ministry of Commonwealth and Kashmir Affairs, Government of Pakistan and later on after a few years migrated to India after partition after submitting his resignation. Darshan Lal was Hindu inducted as Minister in Pakistan Government in 2017. Harjit Singh Sajjan born in 1970 is a Canadian Liberal politician.

He was a regimental commander in the Canadian Armed Forces decorated for his service in Afghanistan. Sajjan was also the first Sikh-Canadian to command a Canadian Army reserve regiment before joining politics. Harjit Singh Sajjan is the current Minister of National Defence and a Member of Parliament representing the riding of Vancouver South. He is the first Sikh to become Minister of Defence.

contestant in 2020 elections born in October 1964, American politician who was elected to the U.S. Senate as a Democrat in 2016 and began her first term representing California in that body the following year.

She was the first Indian American to serve as a U.S. senator as well as the second African American woman, Harris previously was the state's attorney general (2011-17). Keeping eye on the Indian American vote bank in the USA, Democratic Party nominated her as Vice Presidential candidate for 2020 elections. Kamla Persad-Bissessar Born in1952 to a family that traced their lineage to Bhelpur in India was the Minister of Legal Affairs, and Minister of Education between 1995 and 2001 and became First woman Prime Minister Republic of Trinidad and Tobago (2010-

She entered into politics in 1987. In 1995, she became the Member of Parliament for Siparia, serving as Attorney General, Minister of Legal Affairs, and Minister of Education between 1995 and 2001. In 2006, Persad-Bissessar was appointed the leader of Opposition, and became the first woman to hold that position in the country. On May 26, 2010, she created history once again by becoming the first woman to hold the office of the prime minister of Trinidad and Tobago. Yogendra Puranik born in Mumbai is the first person of Indian origin to win an election in Japan.

He moved to the country in 2011 for a

elected to Tokyo's Edogawa City assembly as city councilor in April 2019. Priyanka Radhakrishnan born in Chennai to Malyali parents, she is part of Jacinda Ardern's historic cabinet. She is New Zealand's first Indian origin Minister.

She holds multiple portfolios including Minister for the Community and Voluntary Sector and Minister for Diversity. Jagmeet Singh born to Punjabi parents, the Canadian politician is the leader of the New Democratic Party since 2017 and Member of Parliament since 2019. He is also the first turban wearing Sikh to sit as a provincial legislature in Ontario.

Born on 18 January 1979, in the Rotunda Hospital, Dublin, Varadkar is the third child and only son of Ashok and Miriam Varadkar. His father was born in Bombay (now Mumbai), India, and moved to the United Kingdom in the 1960s, to work as a doctor. Varadkar is the first Irish government leader of partly Indian origin. In a coalition government of Ireland with the Labour Party, Varadkar was appointed Minister for Transport, Tourism and Sport on 9 March 2011. Thereafter he replaced James Reilly as Minister for Health and also served as Minister for Social Protection in the Government of Ireland. These are the reality test that Indians have passed successfully and are resonating on the world 's platter. So we can say that our dream of becoming 'Vishav Guru' is not just hollow but advancing towards its recognition.

## What about India's per capita income?

OMKAR DATTATRAY

o doubt India is today ranked the fifth growing economy in the world economies and it is no mean development and is a moment of pride and satisfaction .It points towards the progress and economic development of the country in the 21st century .So far so good that we raked 5th in the economies of the world .But so far as the per-capita income is concerned ,India is at the 128th position in the world and t is a sorry state of affairs of our economy in the world and it must make the nation determined to fight and strive to be ranked at the first five economies

The real measure and indicator of the economic progress and prosperity is the increase in the per capita income where unfortunately we fair poorly or badly Gross domestic product is not the true and real measure of progress and prosperity but the real indicator of progress of the country is the increase in per capita income of the people but we are deficient in it .The prime minister has boastfully said that in his third term India's GDP ranking will be at the third place in

The ex finance minister of India P .Chindambarm has said that the fact is that in any dispensation India will come to be ranked 3rd in the world ranking of the

But the increase in GDP is not the real indicator of the progress and prosperity of citizens , while the fact is that per-capita income of the citizens is the real indicator of the progress of the country and the reality is this that we are lagging far behind in the per-capita income and so the country should not be complacent and satisfied with the increase in Gross Domestic Product, but strive for the increase in the per-capita income of Indian's in which lies the good of the people who are the supreme rulers in a democracy.

PM Modi said that in his third term India will be at third place in top economies and this is Modi's guarantees and I want to give this assurance to the people of India that India will be ranked at the three top positions in the world economies in my third term.PM Modi has declared that he is retaining power as the PM of India in 2024 as he announced that India will become third biggest economy of the world in his third term The PM's declaration comes a day opposition alliance

INDIA submitted no-trust motion against his govern-

Thus PM Modi said that India will be among the top three economies in the world during my third term."On the basis of track record, in the third term of our government, India will become the world's third largest economy. This is Modi's guarantee 'the prime minister said while addressing the inauguration ceremony of the International Exhibition -cum-Convention Centre (IECC) complex ,rechristened as Bharat Mandapam .

Modi government will complete 10 years in office next May and he is seeking a third term on development plank .Citing data from the NITI Aayog report ,PM Modi ,said that 13.5 crore people have come out of poverty in the last five years . Modi further said ,"We have to achieve the target of making India a developed nation in the next 25 years.' 'Congress leader and former finance minister P.Chidambram said India's GDP ranking of 5 makes the country proud, but its per capita income ranking must make us humble . So he said that India's position in the world economies in terms of Gross Domestic Product (GDP) makes us proud but its ranking in terms of per capita income must make us humble and determined to grow at a faster rate. In a tweet former union finance minister Chidambran said "India's rank in terms of per capita income is 128.

That must make us humble and determined to grow at a faster rate"Chidambaram's tweet came shortly after Prime Minister Narendra Modi made a strong pitch for a third term for his government highlighting India's standing in world economies and promising to make it the world's third largest economy with faster than now pace of development Addressing the inauguration event of a world -class convention and exhibition centre at the site of Delhi's Pragati Maidan ,Modi said India has been talked as the bright spot amid gloomy world economy. In an obvious response to the PM's guarantee ,Chidambram wrote ,"On day ,India will become the 3rd largest economy in the world

But our goal must be increase the per capote income and rank among the top 10 countries of the world" "Let us talk about per capita income.

That is the true measure of prosperity. "Similarly taking a swipe at PM ,Rajya Sabha member and congress general secretary Jairam Ramesh said it was typical of him to give his personal guarantee on an arithmetical inevitability.

"India's emergence as the wirld's 3rd largest economy in this decade has been predicted for quite some time now, and it is guaranteed -whichever dispensation forms the next government "he said in a tweet. "Jairam Ramesh said that India's emergence as the world's 3rd largest economy in this decade has been predicted for quite some time now, and it is guaranteed -whichever dispensation forms the next government.

"He took a swipe at PM Narendra Modi for his claim that India will be among the top three ;economies in the world during the third term of the BJP -led NDA government .Attacking Modi for his remark during a speech at the inauguration of the ITO complex in Delhi Ramesh took to social media platform X ,formerly known as twitter ,and wrote ,"Typical of Mr Modi to give his personal guarantee on an arithmetical inevitability .India's emergence as the world's 3rd largest economy has been predicted for quite some time now ,and it is guaranteed -whichever dispensation forms the next government.' 'Coming back to the title of this write up ,it can be said that India's ranking so far as its per capita income is concerned is at a abysmal low and it is a disturbing development and it is unfortunate as well and we and our government of NDA should not be proud and jostle about the GDP ranking of Indian economy at 5th largest place in the world because we have a very low and deficient ranking so far as our per capita income is concerned.

We are at the 128th position and ranking in the world economies as far as the per capita income is concerned Ours is a very dismal performance and position as it relates to per capita income.

The government should make serious efforts to increase the per capita income as this is the measure indicator of the prosperity and progress of the people .What explanation will the PM Modi put forward for such low ranking of India's per capita income .We need increase in the per capita income of the people and then and only then we can take pride in our efforts and increase and ranking of our GDP in the world economies ranking and till then every Indian can put this question ,what about our per capita income.

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

## Eyes Under Attack: The Ravaging Rise of Eye Flu

n the blink of an eye, a silent yet menacing epidemic is on the rise -Eye Flu. While we often associate flu with respiratory symptoms, this lesserknown strain targets our precious vision. With its prevalence increasing globally, it's crucial to be well-informed about this eye ailment that threatens to disrupt lives. Eye flu, or conjunctivitis in medical terms, is a prevalent eye ailment that impacts individuals of all age groups. It involves the inflammation of the conjunctiva, which is the thin, transparent layer covering the white part of the eyes and the inner eyelids. Various factors contribute to the causes of eve flu, such as viral or bacterial infections, allergies, or exposure to environmental irritants. The condition can be highly contagious, spreading through direct or indirect contact with an infected person or contaminated surfaces. Although this condition can cause discomfort, with appropriate care and treatment, the majority of eve flu cases resolve without complications. Signs and Symptoms: Redness of the

Itching or a gritty sensation in the

Excessive tearing; Yellow or green discharge from the eyes, especially upon waking up in the morning: Sensitivity to light (photophobia); Swollen eyelids; Feeling of dryness in the eyes;Blurred or hazy vision; Eye discomfort or irritation; Crusting of evelashes due to dried discharge; and Tenderness around the eyes.

Diagnosis: Diagnosing Eye Flu typically involves a thorough examination by an ophthalmologist or optometrist. The eve care professional will assess the symptoms including the onset, duration, and severity of eye discomfort, redness, itching, or discharge, examine the eves using specialized tools, and inquire about any recent exposure to sick individuals. In some cases, a swab of the eye discharge might be taken for laboratory testing to identify the causative organisms. Swift and accurate diagnosis is essential to prevent further transmission and ensure timely treatment.

How Long Does it Last?

The duration of eye flu is influenced by the specific type of conjunctivitis and its underlying cause:

Viral Conjunctivitis: Most common type caused by viruses like adenoviruses; Highly contagious, spreading through respiratory droplets and contaminated surfaces. Duration: Usually lasts from a few days to two weeks.

Healing Process: Symptoms gradually improve without specific medical treatment. Warm compresses and eye drops for comfort.

Bacterial Conjunctivitis: Caused by bacterial infections like Staphylococcus aureus or Streptococcus pneumoniae; More severe symptoms than viral conjunctivitis with thick, colored discharge and eyelid crusting.

Duration: Responds well to antibiotic treatment, usually improving within a

Healing Process: Completing the full course of antibiotics is crucial to prevent recurrence.

Allergic Conjunctivitis: Results from allergic reactions to allergens like pollen or pet dander.

Duration: Varies based on allergen exposure and allergy management effectiveness

Healing Process: Avoiding allergens and using antihistamine drops or medications can provide relief.

Chemical Conjunctivitis: Occurs due to contact with irritants or chemicals. Duration: Depends on irritant severity

and type. Healing Process: Flushing eyes with water and avoiding further exposure helps in the healing process.

PreventiveMeasures: Practice Good Hygiene: Regularly wash hands with soap and water and Wash hands especially after touching the eyes or face.

Avoid Sharing Personal Items: Refrain from sharing towels, pillowcases, and eye makeup and These items can potentially carry the virus and spread the

infection. Stay Home if Infected: If you are infected with Eye Flu, consider staying home to prevent spreading the virus to

others. Frequently Touched Disinfect

Surfaces: Regularly disinfect commonly touched surfaces in communal areas and this helps curb the transmission of the disease in shared spaces.

Remember, adopting these preventive measures not only protects yourself but also plays a vital role in safeguarding the health of those around you.

Tips for A Swift Path to Healing:

Avoid touching or rubbing the eyes to prevent further irritation and the spread of the virus to other parts of the face: Follow the treatment prescribed: antibiotic eye drops or ointments for bacterial conjunctivitis; Use artificial tear drops to soothe the burning sensation; Refrain form wearing contact lenses: Provide your eyes sufficient rest to aid the healing process.

Avoid straining them by prolonged screen time or engaging in visually demanding activities; Follow a healthy diet plan; Stay vigilant about your symptoms and promptly reach out to your healthcare professional if they worsen, or you encounter sudden vision changes or severe pain.

In conclusion, Eye Flu is a formidable adversary that warrants our attention. By recognizing the signs and symptoms. seeking prompt diagnosis, and adopting preventive measures, we can protect ourselves and those around us from falling prey to this eye affliction. Remember. our eyes are windows to the world, and it's our collective responsibility to keep them safe from the ravaging rise of Eye Flu. Stay vigilant, stay informed, and let's see a future with clear vision for all!

> (The author is Senior Resident in department of Ophthalmology at ASCOMS and Hospital, Jammu).