

NATION BUILDING

Students play an important role in nation building because students use their knowledge for employment, which helps the country progress. The better business and employment a student can do, the more progress will be made in the country. A student's role in nation building is determined by his knowledge.

If most of the students of a country are knowledgeable, then they will use their knowledge in some development, employment or business which will bring many achievements to the country.

Today everyone needs knowledge because our country has become subordinate to the people and not to any king. Because of this, the government has made various types of policies and rules to improve the level of education.

For a student, education plays a major role. Vidya gives us the knowledge to take right decisions in different types of adverse situations, discipline and improve personality, so that a nation can get the right direction and the nation can be of good quality.

A good country can be built only when the government brings good policies and the government can bring good policies only when the people there are aware and have the strength to understand that policy.

We can understand the advantages and disadvantages of any policy on the basis of education and it is the responsibility of a student to acquire education, that is why the burden of nation building falls on the shoulders of a student.

You should have an understanding on which basis you can decide what is right and what is wrong for the country.

Pollution puncture- The Ozone Layer

■ G L KHAJURIA

Ozone layer, a protective sheath encircling the spaceship Mother Earth is protecting all the bio life sustaining on it from ultraviolet rays of sun. The atmosphere surrounding this bio-Cushioning life is being surrounded by two different layers-troposphere, some 15 kms high and the stratosphere, a second layer of air ranging from 15 kms to around 50 kms. The ozone ring lies between this 15 to 45 kms. This is the protective layer sieving all ultraviolet rays of the sun.

With the rise in the population and developmental activities, industrialization, and auto mobilization are all aggravating the mounting pollution in the form of emission of poisonous gases giving impetus to global warming. Unlike oxygen which is made up of two atoms O₂, this ozone has three atoms O₃, and is thereby shielding against the lethal ultraviolet rays of sun. The man made modern luxuries which are in a variety of ways are retro natureing the life system. The air emitting C.F.C 's(Chloro-Fluro-Carbons) which are directly making the atmosphere warmer. And this is progressively enhancing the atmosphere and the day shall not be far off when this life-leasing layer shall become a subject to human life's threat. And God forbid, if it is punctured, there shall be holocaustic consequences when the sustaining life of both flora and fauna will become subject to most dreaded disease like cancer and all the plant life sustaining over the land and seas. The bio diversity shall face annihilation so to say, this may char or burn to cinder all living being over the globe.

The satellite imageries are continuously monitoring the depletion. Though this has lesser affected unpopulated Antarctic but elsewhere this depletion is making hazardous impacts. The situation is very much alarming worldwide and no country is an exception to it. There are snow-topped Himalayas and glaciers which are subject to continuous melting owing to the global warming. This resultantly tantamount to submergence of many islands and sea shores world over.

According to European scientists, every year at the end of Antarctic winter, a hole in the ozone layer is created and subsequently within 10 days the stratospheric ozone is depleted by 50% or so. By 1985, this hole had reached the size of American continent and the thin-periphery of this layer around the puncture has now reached the size of New Zealand and part of Australian continent.

American scientists from university of Wyoming and N.O.A.A.research organization claimed that mixture of nitric acid and water frozen into aerosol particles, other trace gases also play pivotal part in ozone cycle, particularly the hazardous impacts of C.F.Cs. They are the special target to the "Cyro-trop" set up by a working group of Jullich nuclear research facility (KFA).

In a joint venture, the atmosphere scientists from the federal Republic of Germany, France and US set up the "CHEOPS" research campaign. The acronym stands for the "Chemistry of Ozone in the polar stratosphere". The aim of CHEOPS is to shed light on the complex processes surrounding the destruction and regeneration of the stratosphere in so far as Ozone layer is concerned. The Scientists involved journey to the polar region during the coldest weeks in the year. This is because the chemical reaction that ends in the mass destruction of the ozone molecules do not begin until the temperature of the stratosphere drops to the minimum 80 degrees Celsius. The temperature of the air mass above the Artic normally falls low during the dark polar nights. The base camp of the research team is in the northern Sweden, some 50 kms east of Kiruna in Lapland. The situation is operated by Sweden state space agency "Rhmadbolaget".

Recently U.S. researchers have suggested that west Antarctica ice sheet has been melting and constantly contributing water to the ocean for the last ten thousand years and if such a melting goes on at such a pace, an area around 3,60,00 sq. miles shall disappear within a period of several years or so.

The researchers have further claimed of their being not sure that such a melting is an outcome of Global warming but at the same time have admitted that much of the bed rock under ice is below sea level. The ice sheet could be susceptible to any further warming of oceans. The ice sheer contains enough water to raise global sea level melting of small fractions which could have holocaustic hazards, they claimed.

Surprisingly enough, as per last findings, the globe's average temperature has been witnessed one degree per thousand years over the last quarter of century and an abrupt rise of 2-3 degrees has been noticed and it shall shoot further. The signal of apocalyptic nature which all nations of the world should take a serious note of it.

According to the latest researches and documentation by US and other enviro-scientists, the ozone hole is regressing and is expected to reduce to a smaller size by year ending 2040. The National Aeronautics and space Administration (NASA) scientists have established as such and have suggested further to all nations of the world to pledge for minimum emission of Chloro-fluoro-carbons(CFC's) to avert exaggerating ozone hole. This is most warranting for all the nations to ensure the survival and sustainability of the planet earth which beyond all ambiguities is in peril for the future ahead.

(The author is Former Dy. Conservator of forest, J&K).

The G20 must act now for the health and wellbeing of women, children, and adolescents around the world

■ AMITABH KANT AND HELEN CLARK

Investing in women's, children's, and adolescents' health is critical to sustainable economic growth globally. Every year, across all G20 countries, nearly two million preventable deaths occur among mothers, newborns, children, and adolescents-including stillbirths.(1, 2) In recent years, the key drivers of these negative outcomes have included the "four Cs": covid-19, conflict, climate change, and the cost of living crisis. These factors have combined to inflict immense damage on the health and wellbeing of women, children, and adolescents. Systemic discrimination and an increase in extreme weather events, food insecurity, and poverty are major causes of the lack of progress in women's, children's, and adolescents' health. In 2000, the climate emergency was already responsible for more than 150 000 deaths worldwide and an increasing global burden of disease, 88% of which fell on children. (3, 4) It is estimated that 80% of people displaced by the climate emergency are women, largely due to economic and social disparities between genders. (5)

Such inequalities, environmental damage, and loss of human life and capital are profoundly distressing. As a result, women are negatively impacted, exacerbating the "feminisation of poverty." Throughout the world, women continue to earn less than men, even when accounting for similar education levels. (6)

The G20 countries are home to two thirds of the global population and the actions they take collectively have global scale. The G20 must act now to improve the health of women, children, and adolescents and tackle preventable loss of life. India currently holds the G20 presidency and is committed to achieving universal health coverage and improving healthcare service delivery globally. For example, India has proposed several initiatives for digital

health solutions as part of a digital strategy launched in 2021. (7) These digital tools enabled the registration of a billion people in order to monitor immunisation coverage, and the administration of more than 1.78 billion doses of the covid-19 vaccine. India has also proposed initiatives on the climate-health nexus, (8) given the ongoing impacts of the climate crisis on public health, and on efforts towards better pandemic preparedness and response. It is important to ensure that these initiatives are gender and age sensitive, for instance through prioritising women-centric digital health services. Cooperation across countries is critical for sharing good practices and addressing shared challenges. For example, effective adaptation to climate change requires both systemic approaches and, for countries to support each other's efforts in raising financial resources and building technological capacities through South-South and North-South cooperation. G20 countries must also take more substantial action to overcome the health and wellbeing challenges faced by women, children, and adolescents. Firstly, G20 countries must prioritise increased cross-cutting financing to strengthen health systems, enhance access to essential health services, and address the social determinants of health, such as poverty and gender inequality. Investments in physical and digital infrastructure through a gender lens could reduce the burden of unpaid work, improve wellbeing, create jobs, increase labour force participation, reduce the digital gender gap, bolster productivity, and foster economic growth. (9) Secondly, numerous countries are struggling to maintain pre-pandemic levels of health spending. That is affecting women's, children's, and adolescents' health worldwide. Global efforts are required to help countries strengthen their health systems by attracting more development assistance for health, and

finding sustainable solutions to alleviate debt burdens. The G20 must advocate for this. Thirdly, we need robust data systems to monitor and implement policies and programmes effectively. Given that G20 countries account for approximately 85% of global GDP, two-thirds of the global population and carry significant political influence, they are well positioned to advance research and the development of new and improved health technologies and vaccines. When investing in these areas and making decisions, it is essential to meaningfully engage women, children, and adolescents. Fourthly, investing in the early years of childhood is vitally important, including in family-friendly policies and universal social protection. Such investments can boost cognitive capital-the complete set of intellectual skills, primarily nurtured pre-natally and in early childhood, that determines human capabilities-leading to inclusive economic growth. (10) Tackling youth unemployment across the G20 requires developing adolescents' skills, such as digital literacy, and building technology-driven and environmentally conscious growth.

The G20 must prioritise the health and wellbeing of women, children, and adolescents by making it a permanent fixture on its agenda for action. That requires dedicated, enhanced, and sustained financing, as well as more global coordination and solidarity so that no woman, child, adolescent, or country is left behind.

The health and wellbeing of women, children and adolescents are essential for sustainable economic growth worldwide. This cannot be optimised without strong G20 leadership.

(The writers Amitabh Kant is India's G20 Sherpa, representing the country at the G20, and he has previously served as the CEO of NITI Aayog and Helen Clark is the Chair of the PMNCH Board and a former Prime Minister of New Zealand).

Physical Education Teacher : A Hardcore Tooth Saver

■ DR. RUMISA NAZIM KASHANI

According to the American Academy of Pediatric Dentistry's policy on Prevention of sportsrelated orofacial injuries, sports mishaps account for 10-39% of all dental injuries in children."

The most common type of injury reported by the coaches are 'cut lip, cheek, and tongue' (72.6%), followed by 'broken/avulsed tooth' (44.9%).The preventive and emergency care knowledge possessed by sports coaches is deemed to be significant as they are at the site of injury and will be the first to decide the primary first aid given to the child and it's future course of action.

Any postponement in immediate treatment or inappropriate treatment due to lack of knowledge may lead to the futile outcome of the injured teeth.

The Pediatric population at higher risk for sports related injury are with proclination of anterior teeth ,incompetent lips (inability to seal the lips at rest) , history of previous dental trauma , obesity and attention deficit / hyperactivity disorders (ADHD). An immediate action on the site of injury by a the teacher at school can save a child from grievous consequences and be a hand in glove support for the Pedodontist at saving those precious gems at the earliest.

Sports Dentistry has two major components:

First is the treatment of orofacial injuries and the second is the prevention of sports/related orofacial injuries.

TREATMENT

The most common sports injury reported to the dental emergency are the broken tooth and avulsion injuries in children. Adequate measures taken at the site proves to be beneficial for the child.

1. Broken tooth management :

Step 1 : Stay calm

Step 2: Save the fragment - Keep the fragment immersed in a container containing normal saline or distilled water

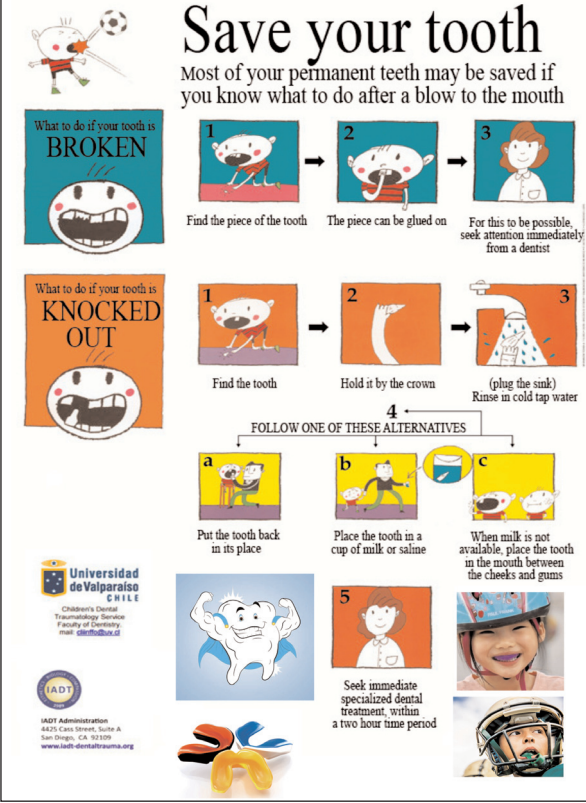
Step 3: Keep the injurious area clean by giving a rinse to the child.

Step 4: Visit the dentists as soon as possible for further treatment .

2 . Management of Avulsion (Complete dislodgement of tooth from the socket)

A) Primary tooth /Milk tooth

Step 1 : Keep calm



Step 2: Control bleeding on site of injury by giving a pressure pack using cotton. In case of swelling , give cold compressions using an ice pack.

Step 3: Do Not try to reposition the tooth in the socket.It can harm the developing permanent tooth bud.

Step 4: Visit a pedodontist as soon as possible for further management.

B) Permanent tooth

Step 1 : Keep calm

Step 2: Hold the tooth from the crown portion and not the root(the part within the bone)

Step 3:Rinse under tap water.

Culture of Showcasing falls performances through the social media

■ SHIV KUMAR PADHA

According to an old proverb 'Handsome is he who handsome does', which, in Hindi, means Kaam Pyara Hai Na Ki Chaam. There is no dearth of sermons available in the scriptures of all the religions where work is given more importance than pretence. Our elders are always heard saying 'where words fail the work speaks'. But hats off to the present social media which, many times, impress the viewers with the fabricated information and concocted stories , instead of the factual one. These days the social media has become an instrument for portraying a corrupt as an honest person, a truant as a regular person, a shirker as a worker, an atheist as a theist, a miser as a philanthropist, a communal as a secular, a pretender as a committed and a true member of the organizations and the department one works. Any how one cannot deny about the multifaceted uses and importance of the social media which has converged the knowledge and information about the whole world on a small screen which can retrieved within the twinkling of an eye. Though performance and the development appear two different words literally yet both are supplementary and complementary to each other in term of their goals and objectives in the long run. Where performance goals enable employees, public representatives and the members of various organizations contribute to their teams, companies and organizations success, the development goals focus on the achieving of the aspirations of the people and often align with the organization's and governments ultimate goals. The onset of NDA 1 and 2 under the capable leadership of Narendra Modi brought with it a new work culture in the country known as e-governance. The ultimate aim of this type of governance was to take the governance to the portals of the masses living in different parts of the country. The basic purpose of the e - gover-

nance is to simplify processes for all, i.e. government, citizens. Businesses at national, state and local level. Also, the purpose of e-governance is to bring SMART governance implying: simple, moral, accountable, responsive and transparent governance. For the successful and flawless functioning of the e-governance in the country, it has been made obligatory for all the government functionaries to keep their respective departments updated and well informed regarding their daily performances, qualitative and time bound execution of the developmental schemes and projects, about their individual achievements, regularities and truancy in their offices and regarding the completion of their daily assignments and pendency, if any, through, uploading their photos, videos and progress on face book, instagram or e mails.

Prior to the introduction of system of e-governance in the country the common man was bearing the brunt of corruption, pendency, red tapeism, injustice, adamant and non cooperative behavior of the government functionaries, but after the introduction of e-governance in the country the people heaved a sigh of relief because the complicated system of governance was made easy and accessible to an ordinary man in the country. It is reality that the schemes and the development projects of the nation can not be executed or implemented without the joint, cooperative and concerted efforts of the entire governmental machinery. Dereliction carelessness and lack of sense of duty on the part of the implementing agencies can prove a great hindrance and impediment in the process of making the life of the masses comfortable and easy in respect of deliverance of social justice, education, health, employment and life amenities.

It is a matter of great satisfaction that the entire governmental machinery, enforcing agencies are following the

norms of the e-governance to the letter and spirit. Now the people seem have got rid of the bureaucrats who used to get on their nerves always. But as in India and anywhere in the world there are certain black sheeps and hard skinned public functionaries who are expert hands in inventing alternate ways to dodge the government and their task masters through the social media considered as the fool proof instrument of monitoring. As already explained the social media is, now, being used as a double edged sword which can assure and misinform their task masters sitting in higher offices simultaneously by feigning their performance on the facebook. There is one folk tale where an ox (a plodder) yoked in an oil mill (kohlu) used to pretend as working by shaking its neck in order to keep the bells, around its neck, ringing. Similarly in many cases it is noticed that many departments instead of working on ground dramatize the occasions by managing big school children rallies with placards indicating the purpose of the rally and uploading it to their higher authorities. It is every day practice in majority of the departments where the officers are shown planting saplings on the Van Mahotsav, cleaning of the surroundings of their offices with the brooms, kick starting the developmental projects, which are never completed, laying of the foundation stones, distributing the relief or other material to the beneficiaries and taking pledge for the honesty, cleanliness and deliverance of good governance before the lens of the camera.

It is, therefore , requested to condemn and discourage such practices developing among the bureaucrats and their subordinates where they portray themselves as the most capable and dedicated organs of the government in order to remain in the good books of their superiors for the loaves and fishes of the offices.

Chandrayaan-3 on September 3 India launched the first Indian spacecraft (Aditya-L1) to study the solar space. It would travel 148.5 million km from Earth in 125 days to Langrange 1 point where the gravitational pull of the Earth and Sun becomes same and will study the Sun's surface from the far near about 4 to 5 years and much more.

ISRO has planned a handful of missions for the upcoming years like the X-Ray Polarimeter Satellite which will study 50 most glowing objects in our solar system and Gaganyaan1,2 in which the humanoid robot will travel Vyommitra and Gaganyaan 3 the first Indian crewed spacecraft and many more like Shukrayaan1 etc.

In the conclusion I would like to say that India is advancing in Space Reseach and in a matter of time will become a superpower in space tech.

Raja Harteshvan Singh Pargal