

PROTECT OZONE LAYER

The ozone layer, a region of ozone (O3) molecules in the Earth's stratosphere, plays a crucial role in protecting life on our planet by absorbing and blocking a significant portion of the harmful ultraviolet (UV) radiation from the sun. Without this natural shield, life on Earth would be exposed to much higher levels of UV radiation, leading to a variety of health and environmental problems.

The primary cause of ozone layer depletion is the release of human-made chemicals called ozone-depleting substances (ODS). Chlorofluorocarbons (CFCs), halons, carbon tetrachloride, and methyl chloroform are some examples of ODS. These chemicals release chlorine and bromine atoms when they reach the stratosphere, which then break down ozone molecules. Ozone layer depletion can lead to various adverse effects, including an increase in skin cancer rates due to higher UV radiation exposure, eye cataracts, and damage to aquatic ecosystems. It can also affect agriculture by reducing crop yields. As you mentioned, preventing ozone depletion requires individuals and industries to stop using products and processes that release ODS. This includes refraining from using aerosol sprays containing CFCs, ensuring proper maintenance of air conditioning and refrigeration equipment, and promoting the responsible disposal of ODS-containing items. Raising public awareness about the importance of the ozone layer and the consequences of its depletion is essential. Education and outreach efforts can encourage individuals and businesses to take action to protect the ozone layer.

Vishwakarma: Godfather of Construction and Creation

ER. PRABHAT KISHORE

Bhagwan Vishwakarma is considered to be the godfather of construction and creation among all the Gods in the Universe. He has been said to be first host of creation. "Devo San Sutradaharah, Jagadkhal Hitah. Vyayate Sarvasatvai". In every era, numerous towns, buildings & infrastructural frameworks have been constructed on the model developed by Him. The religious scriptures deals about Swarglok in Satyug, Swarnim Lanka & Janakpuri in Tretayug, Dwarika, Hastinapur & Indraprastha in Dvaparyug, JagannathMandir in Puri (Odisha) and idols of Krishna, Balram & Subhadra etc. in Kaliyug. These constructions were based on important architectural design as well as Vastushashtra rules. Indrapuri, Yampuri, Kuberpuri, Sudamapuri etc. were also his creations. He is the creator of Sudarshan Chakra of Vishnu, Trishul of Shiva, Kaldand of Yamraj, Vajra (Thunderbolt) of Indra, Kawach-Kundal of MaharathiKarna and various other Divyashtas.

Vishwakarma Puja is celebrated each year to pay respect to the Divine engineer and architect. The festival falls on Kanya Sankranti or Kanya Sankramanam, i.e. a day when the Sun migrates to the KanyaKashi (Virgo). Hence, Vishwakarma Puja date also falls more or less same day i.e. 17th September every year in the Gregorian Calender. This day is not only revered by engineering and architectural communities, but also by artisans, craftsman, carpenter, factory workers, mechanics, industrial workers etc. The devotees pray to Vishwakarma for smooth working of machines, safe working conditions and better success in their fields. The working community and craftsman worship their tools and usually refrain from using them on this auspicious occasion.

In ancient religious creatures, the Tridev - Brahma, Vishnu & Mahesh have been worshiped, but simultaneously Bhagwan Vishwakarma has also been remembered. "Vishvam Kritsanam Karma Vyaparo Va Yasya Sah" i.e, the one whose right creation and actions are business, he is Vishwakarma. Although he is recognized as a Vedic deity, his mythological form is different. There has been a sense of respect for him from the very beginning. He is known as the creator and promoter of essential commodities for Grihasth type stage. Vishwakarma is the prime dignity among the 18 upadeshta of Vastu and his doctrine has recognition. Indian mathematician and astronomer Varahmihir has also quoted his doctrine at several places in his work.

In the Sanatan Dharma texts, Vishwakarma is described as the seventh son of Lord Brahma. The five sons of Vishwakarma, Manu, Maya, Tvasta, Shilpi, and Devajna were proficient in five different disciplines of Vastu Shastra. Manu is said to be expert in blacksmith work, Maya in carpentry, Tvasta in metal work, Shilpi in stone work and Devajnain the work of goldsmith. In the first part of Vishnu Puran, Vishwakarma has been described as the Vardaki i.e.the god-carpenter of the gods, and has been glorified as "Shilpavatar". In SkandaPuran, he is described as the creator of Devayatanas. This belief has been cited in many Purans. As per scripture of crafts, he was so proficient in craftsmanship that he could make Khaddau (pedestals) that could walk on water. Pushpak Viman of Ravan is also his creation. It is mentioned in Rajvallabh Vastu Shastra and other texts that Vishwakarma had done the task of controlling the harmful rays of the sun that destroys human life.

In Indian culture, importance has been given to Vishwakarma in technical and commercial institutions, industries, and factories. However, there is no dearth of those who describe the knowledge, science, philosophy embedded in Vedas, Purans, Upanishads and other texts as imaginary, unbelievable& just subject of belief. But with the advent of innumerable unbelievable structures such as the journey to the Moon and Mars, supersonic aircraft faster than sound, the Sri Ram bridge between India and Sri Lanka, tall high lofts, the recent construction of a glass bridge between two hills in Hunan, China, etc., it is proven fact that the works of Vishwakarma and other craftsmen mentioned in Indian texts and literature were in reality. Although, it witnessed the ups and downs with human civilization and science. The technical method used in the temples and other ancient structures of India is still a subject of research. The original technical texts of the world are considered to be Vishwakarmiya texts, in which there is a discussion not only on architecture, but also on vehicles and gems.

Vishwakarma Prakash is a living book of his propounded views, in which human and god VastuVidya is shown with many mathematical formulas. In the modern era, the role of engineers, architects, scientists and craftsmen is indispensable for the structural development in the nation building. Only on the basis of their knowledge, research, experimentation and implementation, a nation can claim to climb the stairs of all-round development. Today, the flag bearers of the nation are adorned with the title of "Vishwakarma of the modern era". Worshiped and venerated as a skilled builder in Vedic, mythological and folk tales, Bhagwan Vishwakarma will always the adoration and source of inspiration for the national heroes.

(The author is a technocrat & academician. He holds Master in Engineering from M.N. Regional Engineering College, Allahabad(Prayagraj)).

Problem of ‘PILES’ or a pile of problems?

DR. VARUN DOGRA



The word "Haemorrhoids" (aka piles) is derived from the Greek word "haema" meaning blood, and "rhoos" meaning flowing. It was in 460 BC when Hippocrates first applied this term. The burden of this disease is around 10 -12% in Indian population.

What is Piles? Piles, also known as Haemorrhoid (Bawasir), is a condition in which a person has swollen and inflamed blood vessels in the rectum & anal canal that leads to discomfort and bleeding. This disease carries a social stigma along with it, and hence, patients often hesitate to seek timely medical help. The disease causes a lot of discomfort and hampers productivity in professional life. It is thus very important to break the silence and seek medical help for the problem. Excessive straining during defecation (passing stools), obesity or pregnancy are a few of the risk factors.

What are the signs and symptoms of Haemorrhoids? Haemorrhoids can present with symptoms depending upon their location. When they are present inside the rectum, they are called Internal Haemorrhoids. Patients with internal Haemorrhoids may complain of painless, bright red bleeding from the anus, usually accompanied with straining or difficulty during defecation. Sometimes with persistent straining, haemorrhoids may prolapse out while defecating, which can cause pain. Haemorrhoids developing under the skin around the anus are known as external haemorrhoids. Patients often feel something protruding out of the anal canal. They may also complain of bleeding from the anal canal. There are instances where there is just discomfort, itching and mucus discharge around the anal region accompanied by



repeated episodes of constipation.

What should be done if a patient has such symptoms?

If the patient has such symptoms, he should immediately seek medical help by consulting a surgeon. A surgeon will evaluate for the cause of haemorrhoids and may do a rectal examination. If needed, an inspection through a proctoscope (Instrument used to visualize the interior of the anal canal) may be done. Patients above 50 years may also be advised to undergo a Colonoscopy before the institution of any treatment.

What are the various treatment options in cases of Haemorrhoids?

Most of the patients can be treated without any surgery with the help of a few medicines. Patients are advised to take a sitz bath and a high-fibre diet. Stool softeners are also advised to avoid any straining and bleeding. In addition, analgesics are prescribed to avoid pain.

Then there are certain day-care procedures

such as haemorrhoid banding, infrared photo-coagulation, cryotherapy, electrocoagulation and sclerosant injection therapy, which can be employed for early grades of haemorrhoids in case conservative therapy fails. Surgical options are also available, but they should be used only in advanced stages of diseases. Surgical options include Open Surgery, Haemorrhoid stapling and Laser Haemorrhoidoplasty.

What is Sitz Bath?

Sitz bath has a pivotal role in the treatment of haemorrhoids. A patient needs to sit in a tub of lukewarm water with two to three teaspoons of antiseptic solution added to it. Generally, sitting in the water for ten to fifteen minutes two times a day will suffice. The anal region should be fully submerged in the water while taking a sitz bath. The idea is to relax your anal sphincter and increase blood flow through the tissues, which in turn promotes healing and reduces pain, itching and irritation.

14th September
EXILED AND GENOCIDE-VICTIM HINDUS OF KASHMIR

Sir, brandishing the threat of starvation and destitution to the victims of Genocidal attrition can not be a strategy to stand up to Genocidal attrition.

More disturbing is the fact that various leaders of the government have tried to trivialise the gravity of the situation of these selective genocidal killings of scores of Hindus living in Kashmir by targeting all its segments, those who had returned to Kashmir for employment, those who lived in Kashmir, Kashmiri speaking, non-Kashmiri speaking, those belonging to SC and ST segments, daily wagers, hawkers etc.

After each selective killing GoI continued, in fact intensified its declarations that situation has become normal in Kashmir at a time when terrorists struck repeatedly on the other end of Union Territory of Jammu and Kashmir in Rajauri and Poonch killing Hindu civilians and security personnel.

Honourable Prime Minister, Sir, your government said that killings of Hindus in Kashmir were far less in number than in 1990 and not only Hindus but others are also being killed.

In 1990 when religious cleansing against Hindus was unleashed whole of Hindu population was living in Kashmir and when Hindus were targeted recently only a few thousand Hindus were living in Kashmir. The proportion of Killings is certainly many times more than that happened in 1989-90.

That others were also killed as stated by your government implies that terrorist violence in Kashmir has a secular nature. While your Foreign Minister rightly blames Pakistan for normalizing terror, your own government also indulges in normalizing terrorism against Hindus in Jammu and Kashmir. In fact it seeks to secularize it also. PRESENT PREDICAMENT

Honorable Prime Minister, Sir, like your predecessors your government also chooses to describe the total war of Jihad as mere terrorism, deny the Genocide of Hindus of Jammu & Kashmir and call religious cleansing as migration.

The approach has been destructive of the Hindus of Jammu & Kashmir:

This approach allows the spill over of Jihad

to the rest of India. And the Jihadi ferment is fast spreading. The happenings in Nuh in Haryana are not any isolated happenings.

Government of India's policy of enforcing return of Hindus of Kashmir is by implication a policy of Denial of Genocide of Hindus of Kashmir:

Many experts describe Denial of Genocide as the last stage or climax of Genocide. Hindus of Kashmir are caught up between Genocide and Denial of Genocide.

Government of India's policy about Hindus of Kashmir/ Kashmiri Pandits is not a policy for their rehabilitation but a policy of enforcing them to return and live in a Muslim Order which allowed the Genocide to be unleashed upon them.

Perpetrators of Genocide always seek to ensure the destruction of victims to become permanent and irrevocable. They seek to reshape the reality. In many cases the perpetrators start the process even before the actual acts of genocide. Even the possibility of mobilisation of public opinion by the left-overs of the genocidal destruction so that they reassert again is sought to be destroyed.

Immediately after genocidal destruction the perpetrators start the integration of the historical territory of victims into the territory of perpetrators. Burning and destruction of Hindu property and religious places started along with genocidal killings of Hindus in Kashmir. Fraudulent encroachment and unleashing of distress sales was also the part of territorial effacement of the Hindus of Kashmir and converting their habitat into the habitat of the perpetrators.

The change of demographics of the land of Kashmir is nakedly evident. The destruction of the architectural heritage of victims and renaming of places in favour of the cultural and architectural wishes of perpetrators has been going on unimpededly in Kashmir even during the BJP rule.

Expropriation of the economy of victims to launder the wealth of victims into coffers of perpetrators is a part of Genocide and Denial of Genocide. The victim population without the recognition of what has befallen upon them become perpetually insecure and their

physical extension into future is constantly put to question.

PRAYER

Respected Prime Minister, Sir,

Denial of Genocide seeks to molest the dignity of the victims and destroys even their right to memory of their tragedy. Denial seeks to murder and kill them once again.

We emphasise the issue only to apprise you very humbly of our perspectives about these realities.

Sir, your commitment to civilisational continuity of India is glaringly evident. Everybody witnessed it during G20 deliberations in New Delhi under your presidency. You have very recently once again revealed to people of India that executive head of India holds the Dharma-Dand in his hands so that he never ignores the Dharma.

Can you ignore Dharma in Jammu and Kashmir? Can you uphold the policy of the Denial of Hindu Genocide of Jammu & Kashmir as part of Dharma?

Our heart tells us that you cannot be party to any such perversion.

In the Muslim State of Jammu and Kashmir Hindus of Kashmir and Hindus of Jammu were made subject people of a Muslim order. At present we don't see any liberation from this enslavement. In fact we see the practices of the enslavement of the Hindus of entire India.

We are witness to how the demographic weight of Hindus in Jammu was reduced and delegitimized. We are witness to the reality of not only our permanent inferiorisation but also permanent inferiorisation of the Hindus of Jammu. We are also the witnesses of the inferiorisation of the Hindus of India.

Hostaging Hindus of Jammu and Kashmir to compromises with Muslim identity politics has already proven to be a suicide.

Is it too much to expect from you that you will liberate Hindus of Kashmir and Jammu not only because it is their right but also for the reason to liberate Muslims from the grip of fundamentalism and regression?

In your two terms you have done lot of service to the nation. We expect and earnestly hope that you will decisively intervene in Jammu and Kashmir.

What can be done to prevent haemorrhoids?

Prevention is always better than cure. Few changes in lifestyle and diet can help us to prevent this problem.

1. A fibre-rich diet (Salads, fruits, etc.) goes a long way in the prevention of haemorrhoids.

2. Keep ourselves adequately hydrated. At least 6-8 glasses of fluid should be taken daily.

3. Avoid food that leads to constipation, such as excessive red meat.

4. Excessive and prolonged straining during defecation is to be avoided. It causes greater pressure in the veins of the lower rectum, leading to Haemorrhoids.

5. Avoid prolonged periods of sitting on the toilet seat. Carrying Mobile phones into the toilet is an upcoming cause of poor bowel habits!

Busting Myths about Haemorrhoids!

► All cases of bleeding from the anal canal are not haemorrhoids. They can be anything from a fissure to a cancer. Hence, assurance/sadvice is of paramount value.

► All cases of haemorrhoids don't cause pain. It's usually the external haemorrhoids that are painful.

► All cases of haemorrhoids do not require surgery. In fact, most of the cases can be treated with medicines, and very few people require surgery.

► Haemorrhoids can recur after surgery if due precautions are not taken. Surgery doesn't mean you won't have it again.

► OPD Procedures like banding and sclerosant injection therapy are not meant for external haemorrhoids. Once such a procedure is done in external haemorrhoids, it can lead to excruciating pain in the patient.

► Colonoscopy is very important in elderly patients complaining of bleeding from the anal canal, and advice for colonoscopy should not be taken lightly.

(The writer is Assistant Professor, Department of General Surgery, AIIMS Vijaypur, Jammu).

YOUR COLUMN
Tributes to Sir M Visvesvaraya

Dear Editor,

Sir Mokshagundam Visvesvaraya was born to Mokshagundam Srinivasa Shastry and Venkatalakshmi on 15/09/1861 in a village called Muddenahalli, 7 kilometre from Chikballapur in Karnataka state. He was a most accomplished engineer. September 15th is celebrated as National Engineers' day. He has been regarded as "Father of Engineering" in a global sense. He was an Indian Civil Engineer, Administrator and Statesman. Karnataka has reason to be proud of the world famous engineer Visvesvaraya. He was founder of erstwhile State Bank of Mysore. Visvesvaraya Iron and Steel Plant was the first iron and steel factory established by Visvesvaraya in 1923 in Bhadravathi city in Shivamogga district of Karnataka. How he averted a Railway accident is known to everybody. When he was travelling by train, he sensed a bad sound ahead of 2 or 3 kilometres. He pulled the chain and the train was stopped. Asked why he pulled the chain, he narrated what he felt. It was found that the fishplate of rail was removed by probably an act of sabotage. He saved the life of many passengers. "Plan or perish" and "do or die" are his pet slogans. He was the other name for sincerity, honesty and strictness. He used to have two lamps for reading during night time. One to do office work and the other for his personal use. Once a visitor to his house asked why he put out one lamp and lit the other, he said "First one is office lamp the cost of which was borne by the department and the other one was bought by him at his own cost for personal use.

There was a time when Visvesvaraya visited the house of Mahatma Gandhi. Gandhi was playing charkha. Pointing to a chair in his house, Gandhi asked Visvesvaraya to sit on the chair: Gandhi proceeded to taunt Visvesvaraya saying "you people are not used to sit on the floor because your cloth gathers dust if you sit on floor". For it, Visvesvaraya said "Yes. I do not sit on it without deserving". He continued, "once a British Sepoy passed before him on horseback staring at him twirling his moustache. I was so poor at that time that I could not afford for a morsel of rice and I was virtually in a state of beggary. That was the time when I decided to work hard and attain a position to sit on chair. I worked hard. If I had had the same mindset as yours, perhaps I would have been obliged to sit on the floor only forever". Visvesvaraya studied under street lights during night time. Today the whole world remembers him. He passed away on 14/04/1962. It is learnt that the Britishers had asked for his brain to test and know the factor behind his extraordinary intelligence quotient. India did not give. He lived full life. Rich tributes to him who made India proud in the eyes of the world.

K.V. Seetharamaiah
Genesis of G20

Dear Editor,

The G20 or Group of 20 is an intergovernmental organisation comprising 19 countries and the European Union. It works to address major issues related to the global economy, such as international financial stability, climate change mitigation, and sustainable development.

The G20 is composed of most of the world's largest economies.

The G20 was founded in 1999 in response to several world economic crises and in its 2009 summit, the G20 declared itself the primary venue for international economic and financial cooperation. It was known as G7 at the very first time when it was established. At the beginning of the G20 these summits were held twice a year but in the year 2011, when France chaired and hosted the meeting of the G20, then the summits have been held only once in the year.

The United States of America chaired its very first summit. The main agenda of the G20 is related to finance, following SDGs (Sustainable Development Goals), prevention of global carbon emissions, trade, health, agriculture, anti-corruption and climate change etc. Summits are often met with protests, particularly by anti-globalization groups. Countries like U.S.A, Canada, China, Indonesia are asking for the removal of Russia from G20 after the Russian invasion of Ukraine.

The G20 focuses on the Chair Rotation between the members of its organisation. Also, the headquarters and presidency of the G20 change every year and currently India is the president of the G20 and the current headquarters of G20 are at Patna, India.

The India's G20 Presidency would guide the work of the G20 under the theme of - "Vasudhaiva Kutumbakam" or "One Earth, One Family, One Future", drawn from the Sanskrit phrase of the Maha Upanishad, which means "The World Is One Family".

At the concluding session, Modi handed over the gavel to Brazilian President Luiz Inacio Lula da Silva at Bharat Mandapam International Exhibition-Convention Centre and offered best wishes to Brazil for the presidency. Brazil officially will take over the mantle of the presidency on December 1 this year.

Kunwar Yashat Singh