

PROTECT NATURE

The continuous worldwide increase in temperature in the earth's atmosphere is called global warming.

Greenhouse gases are most responsible for the climate change caused by global warming. Greenhouse gases are the gases that absorb the heat coming from outside. The most important gas among the greenhouse gases is carbon dioxide, which is we living beings emit with our mother-in-law

According to scientists, if the emissions of these gases continue like this, then in the 21st century, the temperature of our earth can increase from 3 degree to 8 degree Celsius, if this happens then its consequences will be very fatal, many parts of the world will be covered with ice sheet.

The sea level will rise, due to this rise in sea level, many parts of the world will be submerged in water. It will cause huge devastation. This will be a more terrible devastation than any world war or the devastation caused by an asteroid hitting the Earth. This will be our Will prove very harmful for the earth.

Lord Krishna, and Apostle of Dharma

■ GL KHAJURIA

Lord Krishna, besides being a 'Karamyogi', was a great philosopher of Hinduism in the epic history of India. A prince of 'Yadava' tribe, He was born in prison though, unambiguously the fact goes that, he was a scion of royal race and his upbringing was, ipso facto, amongst the commoners, 'Sudama' being his close friend. His childhood mostly remained confined with cowboys and that is why he could feel the troubles felt by commoners to whom, He was most compassionate, apart from passing through ordeal, the common populace used to suffer. The lord, when in prison miraculously escaped from the cruel clutches of 'King Kansa', who was hell bent to kill him as it was predicted that Kansa's death was impending in the hands of the lord.

Mathura, as well known to every Hindu was the birth place of the lord and he performed miraculous deeds and many performances. Lord Krishna trounced the deadly-snake by name 'Kali', who was reported to have been polluting the pious waters of river 'Yamuna' and as the legend had it that this 'Kali-snake' was a human being belonging to 'Nag family or dynasty'. It was lord Krishna who stopped the worship of lord Indra, when the latter became adamant and arrogant and initiated worshipping 'Mount Goverdhan' and it was his spiritual Shakti which protested against the 'Vile' practices prevalent in the name of holy 'Vedas' and gave the term 'Yagna' in the best public welfare. Lord Krishna, after slaying 'Kansa' did not made his father the king of Mathura, Instead, Kansa's father was enthroned to the kingdom. It was his esteem and a typical style that after slaying the tyrant he would install some able -person from the tyrant's family only. And it was his far-esteemed magnanimity that he never tried to usurp any throne for himself. Lord Krishna was the chief builder of 'Dwarka' empire but here too, he never aspired for the throne and had established a republic there. Lord's Leela (A divine sport) finds a place of uniqueness appropriate mystifying phenomenon which though, of course, becomes muddled and further his Leela in a way exhibits epics of Hinduism. Leelas, by itself literally mean theatrical and when the lord says, no such 'Leelas' are meant for self but for spectators and these are purposefully meant to enlighten the people who perceive truthfully and fill men with fascination which though of course is an awe inspiring semblance. Amongst the Pandavas, Arjuna was the only Valiant warrior to receive lord's messages in the battlefield or Kurukshtera through 'Shalokos' of 'SrimadBhagwad Gita'. Srimad annotates a deep-rooted Sanskrit meaning- very holy and Bhavad Gita signifies or spells a divine call of spirituality carrying message sung by the supreme Lord.

Swami Madusoodanji says about 'Gita' as such, "All the Upanishads are the cows and the cow boy who milks them is 'Lord Krishna' and Arjuna is much fortunate calf who is first to enjoy elixir-like milk. Those who are able to imbibe on the remains of that celestial milk are one's noble character and with higher echelons of wisdom. Says C. Rajagopalacharia. The Mahabharat has moulded the mind , character and civilization of the people of the world . How did it fulfill-how is it still continuing to fulfill this function by its gospel of Dharma, which like a golden thread runs through all the complex movements in the epic, by its lesson that hatred breeds hatred, that covetousness and violence leads inevitably to ruin, that the only real conquest is in the battle against the evil. Indeed, the 'Mahabharata' has another name known among scholars Jaya which means victory, conveying the moral herein indicated. Jaya is the name by which the work is referred to, in the first invocatory verse of the epic. And if a foreigner reads this book's translation and eptiomes though it and closes it with a feeling that he has read a good and elevating work, he may be confident that he has grasped the spirit of India and can understand her people high and low, rich and poor. The Bhagwad Gita was written by 'VedVayas', a prominent saint who heard the divine message verbatim, the message that lord Krishana gave to Arjuna to redeem him from material infatuation. It was 'VedVayas' a poet of immensive possessiveness who heard the entire message of divine lord and summed it up in the form of poetic verses which runs into thousands and thousands and now stands translated in almost every well known language of the world. It is being recited with utmost reverence by unaccountable devotees world over echoing "Hare Krishna", "Hare Rama" everyday and has inculcated a mark of excellence globally, preferably amongst Hindu's thoughts and imagination splurgely in the most magnanimous magnitude like the incessant tides which arise out of vast oceans and thence recede in the coastal tides rhythmically.

And this ideal of perfection preached by the revered 'Bhagwad Gita' of ancient as well as modern India runs into colorful and classical literature and dominates our souls and mind in its entirety. Amongst the greatest teachings of 'Bhagwat Gita', the most prominent being, "The soul is immortal, it is the body alone that dies. A man must do his duty and forget about rewards or results and he should always and always trust in God. On this day of "Janamashtmi all temples are well decorated and prayers are being held in the name of "Lord Krishna" till midnight and the lord is being swung in 'Jhullas' and even prior to this pious day, "Shobha Yatra" accompanied by "Jhankies" are being taken out throughout the villages, towns and cities, pay obeisance to 'Lord Krishna' for showering blessing over this bio-sustaining spaceship, the 'Mother Earth'.

Let noble thoughts come to us from every side (Rigveda) and truth is the greatest strength (Mahabharata), every endeavor is covered with some sort of fault, just as fire is covered by smoke, therefore, one should not give up the work which is born of nature, even if such work is full of faults (B. Gita).

(The author is former Dy Conservator of Forest, J&K).

Mitigate the Misery with Palliative Care

■ DR RAKSHA KUNDAL



WHO defines palliative care as an approach that improves the quality of life of patients - adults and children - and their families facing problems associated with life-threatening illnesses. It prevents and relieves suffering through early identification, impeccable assessment and treatment of pain and other physical, psychosocial, or spiritual issues.

There is a growing need for palliative care in India due to the ageing population and the increasing burden of cancer, cardiovascular disease, and other life-limiting diseases.

Palliative care improves the quality of life, treats the symptoms of such patients and provides needed support to the family. The primary goal of palliative care is to maximise the quality of life rather than focusing on curing the incurable disease by addressing physical, psychological and spiritual needs. The aim is to provide symptom relief and mitigate the overall miseries of patients and their families.

Who can benefit from Palliative Care:-

1. Patients with life-limiting diseases or severe illnesses like kidney failure, lung failure, heart failure, etc
2. Cancer Patients with advanced or metastatic cancer for symptom management, side effects treatment, and emotional distress management.
3. Elderly patients with multiple chronic diseases can benefit from managing their symptoms and addressing their psychosocial and spiritual needs.
4. Children with life-limiting diseases can benefit from improved quality of life; support is also provided to their families for adaptation.
5. Advanced Dementia patients can have



improved quality of life as palliative care addresses pain, discomfort, and psychosocial needs.

6. Family caregivers: Those caring for such patients receive support to cope with the emotional burden and challenges of caregiving.

Skills of Palliative care specialists- They are trained to manage symptoms like pain, nausea, shortness of breath, anxiety, and depression. They are also experts in managing the emotional needs of patients and their families.

Who can provide Palliative care-

Palliative care team composition can vary depending on the patient's needs and preferences. The team aims to provide patients with holistic and compassionate care to improve their well-being in challenging times.

Trained Doctors: Palliative medicine is

emerging as a separate branch. Palliative care physicians and trained doctors work closely with other specialties to provide comprehensive care to patients needing palliative care.

Anaesthesiologists: They are skilled in providing pain medications, nerve blocks, epidurals, etc. for pain management.

Nurses: Palliative care nurse is involved in the day-to-day care of such patients; these nurses are trained in symptom management and comprehensive care.

Social workers: They are an integral part of palliative care; they help patients and their families deal with practical and emotional challenges. They provide help with financial concerns.

Priests or spiritual care providers: They offer comfort and guidance to patients and their families per their spiritual needs and beliefs.

Counselors and psychologists: They care for patients and their family's mental and emotional well-being. It helps them to cope with the psychological impacts of illness.

Dietitians: They guide the nutritional support required by the patient to maintain adequate energy.

Home caregivers: They assist with daily activities and personal care for palliative care patients at home.

Where Palliative care can be delivered

It can be delivered in a hospital, Outpatient clinics, a hospice facility, and even at home.

Hospice Facility

A hospice facility is a particular health-care facility where terminally ill patients can receive hospice care more supportably. They are different from traditional hospitals as the primary focus of hospice is not curative treatment but is to provide pain management, comfort, and emotional support in the final days of life. These facilities are equipped with trained staff and all amenities for such terminally ill patients.

Components of palliative care

Pain and symptom management: The main goal is to alleviate the pain and symptoms arising from disease or its treatment like nausea, vomiting, breathlessness, fatigue, etc.

Holistic care: Addresses the physical, social, emotional, psychological, and spiritual needs of the patient.

Psychological support: These patients are often distressed, have anxiety-related issues and poor emotional control, and need psychological help.

Spiritual need support and cultural sensitivity: These patients often have unmet spiritual needs. Their cultural beliefs should be respected.

Quality of life enhancement: The focus should be on improving quality of life, bringing joy to their life even during illness

Correct information and decision-making: Patients and their families are provided with accurate information and are involved in decision-making for treatment planning.

Caregiver and family support: Palliative care supports families and caregivers in managing such patients.

Social support: Palliative care provides sources of social support for family and patients through support groups, financial assistance, and companionship.

Good palliative care provides a comfortable environment, expert care to the patient, pain, and symptom management, family, spiritual, psychological, social, and emotional support. It should provide continuous and holistic care, resulting in improved quality of life.

Palliative care is often misunderstood as end-of-life care, whereas palliative care is part of end-of-life care. Patients receiving palliative care may live for years having a good quality of life.

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Remembering Dr. S. Radhakrishnan on Teachers' Day

■ DR. BANARSI LAL

Every year 5th of September is observed as the teachers' day in India to honour and appreciate the contribution of teachers in various fields. On this day we express the gratitude and respect to the teachers who selflessly work to build the future of the students. This day is a very special occasion especially for the students and teachers and is celebrated with a great joy and enthusiasm in the schools, colleges, universities and other educational institutions across the nation. Actually the reason behind the celebration of teacher's day on 5th of September is the birthday of Dr. Sarvepalli Radhakrishnan, the ex-President of India. The birth anniversary day of our earlier President has been dedicated to highlight the nobility of the teaching profession as well as contributions of our teachers in the society and country development. He was a great personality who was highly devoted towards the education and is well known as the scholar, diplomat, Vice -President of India, President of India and most importantly the great teacher. Dr.Radhakrishnan was a great believer of education and was a renowned scholar. After his selection as the President of India in 1962, he was requested by the students to get permission to celebrate his birthday on 5th of September. He replied that, instead of celebrating 5th of September as his personal birthday, it would be better if it is dedicated to the whole teaching profession and 5th of September should be celebrated as teachers day all over the country to pay reverence to the teaching profession. After his statement, 5th of September is celebrated as the Teachers Day across the nation. He was highly devoted towards education and most importantly was a great teacher who spent around 40 years of his life in teaching in the teaching profession. He started his career as the Philosophy teacher at the age of 21 in Presidency College, Chennai in 1909.He taught Philosophy in many famous universities in India and abroad like Kolkata, Chennai, Banaras, Oxford in London etc. He was committed towards the teaching profession and was also appointed as the Chairman of University Grants Commission in 1949.

On this important day, Ex-President of India. Dr. Sarvepalli Radhakrishnan's birth day (1888-1975) is celebrated across the nation. He was the Vice- President from 1952-1962 and President of India from 1962-1967. He was

the first ambassador to the Soviet Union from 1949-1952. Indian Teacher's Day is dedicated to Dr. Sarvepalli Radhakrishnan, who was a genius advocate of education and one of the greatest scholars and teachers of all times, apart from being the first Vice-President and the second President of India. As a mark of respect to this phenomenal teacher, his birthday is observed as the Teacher's Day across the national. He was a great educationist, philosopher and statesman. He interpreted India's philosophical and religious traditions to west.

Dr. Sarvepalli Radhakrishnan was born in Tiruttani, then in Andhra Pradesh and now in Tamil Nadu on 5th of September, 1888 in the poor Brahmin family. After the death of Jawaharlal Nehru in 1964 he was very instrumental in the Indian politics immediately. He was serving as a teacher before plunging in to politics and that is why the Teachers' Day is celebrated on his birthday. Teachers' Day is like an occasion and opportunity for the students in India to pay tribute and gratitude to their teachers for their continuous, selfless and precious efforts in shaping the future of the nation. Teachers are helpful to enrich the students with the quality education in the country and continue this process without getting tired. Teachers are very important in our life. Our country teachers never consider us less than their own children and teach us with full zeal and enthusiasm. We get inspiration and motivation from our teachers. With education they tell us how to keep calm, cool and patience. They motivate us to make strenuous efforts to achieve our dreams and bring optimism in our life. A good teacher is like a candle who consumes itself to light the others. The true teacher always defends his students and inspires them.

Best teachers' awards are given on this day. On teacher's day, students give gifts and mementos to the teachers. Different functions are organized in the schools, colleges and universities on this special day and students present dance performances, dramas and various other activities to entertain their teachers. Students and teachers have a healthy interaction on this day. On this day, tribute is given to the teachers for their hard work and devotion throughout the year to educate the children. On this day some students wish their favourite teachers by giving them gifts, sweets, greeting cards, pen, diaries etc. Some students wish their favourite teachers by sending them audio messages, emails,

video messages, written messages through face book, twitter etc. Some just wish orally to their teachers. Teachers play the pivotal role for the quality education and shaping the student's life. Teachers give us the proper vision, knowledge and experience. Teaching profession is a profession of great responsibility than many other jobs. Teaching has a great significance on the growth, development and well being of the students and nation. Teachers are the only source of knowledge and skill in our society and they help us to develop confidence in ourselves. We also have responsibilities towards our loyal teachers and we all need to be obedient to them. We all need to thank them for their selfless service to shape our lives. This day gives us an opportunity to spend a day for them. Teachers are said to be the future building blocks of the country as they shape the life of the students who are the future of the nation. We hardly think for the role of the teachers and their contribution for the development of the society. Our teachers teach us not only our subject but also improve our personality by improving our knowledge and skill. They encourage us to tackle the difficulties of life.

Teachers are the pillars of any nation. They shape the destiny of their students. Teaching is the noblest profession in the world. Teachers are said to be the back bone of our society because they have immense contribution in building up our characters, shaping our future and help us to be ideal citizens of the country. They have their precious contributions in our study as well as towards the society and the country. Teachers are really the holders of knowledge through which they enlighten our lives. Our success is directly associated with our teachers. Our teachers keep their profession on priority and teach us even by facing different problems in their lives. We hardly thank them for their priceless job. On Teachers Day we should recognize their hard work and say thank to them. Teachers always promote us to do every impossible thing possible with the hard work. Every year we should realize the necessity and value of our teachers and pay homage for their hard work. Teachers mould our mind towards the success. We should pledge to respect our teachers in our daily lives as without good teachers all are incomplete. We should be grateful to our teachers.

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LEGALIZING MARIJUANA: A QUEST FOR CLARITY

Within the boundaries of our nation, an intriguing and paradoxical tale unfolds, a tale of drugs, tradition, and controversial choices. The consumption of drugs, "immoral and illegal", yet prevailing, has woven its way into the very fabric of our society, defying the grip of strict measures. At the heart of this story lies cannabis, its roots tracing back to ancient texts like the Atharva-Veda, a testament to its enduring tradition spanning ages.

Embarking on the journey of legalizing marijuana, the path ahead seems arduous and time-consuming, as veiled in societal taboos and the reluctance to openly discuss the matter. Nevertheless, a glimmer of hope emerges from the compelling benefits it holds. The prospect of legalizing marijuana may be a game-changer, offering an opportunity for the country to flourish economically, with cities like New Delhi and Mumbai already taking a notable lead in its consumption. It is a delicate balance that must be struck - legalizing cannabis for commercial use while ensuring strict regulation and control.

Unveiling its hidden potential, cannabis can be a source of great revenue, and its cultivation could offer sustainability and environmental advantages, by transforming otherwise unused lands into fertile grounds and also by pushing the country in becoming the mass producer of the crop and becoming a superpower by attracting the investors and also by

**‘It’s not about making the right choice.
I’s about making a choice and making it right.’**

-Avnee Byotra & Yash Goyal

making it an export hub in the country. Beyond the economic gains, the versatility of this single crop is astounding. From fibers producing ropes, clothing, and paper to the medicinal properties of its leaves, seeds, and roots, it presents a plethora of possibilities. A potential million-dollar industry waits in the wings, ready to flourish if granted the light of legality.

consumers are paying closer attention to the quality of the visuals they watch. It is the ultra-vivid colours and incredible brightness and contrast that make entertainment come alive.

Under the broader term of visual technology, the role of a colourist is of utmost importance. A colourist helps viewers build a deeper connection with the stories and characters they love. They work directly with the director and the director of photography on the palette of a movie and help decide the mood and look of the film by defining its colours. So, if you're interested in demonstrating and utilising your creativity, a study in the art of being a colourist is your calling.

A colourist improves the engagement of content by applying permutations and combinations of ultra-vivid colours, sharper contrast, and richer details, thereby unlocking the full potential of HDR technologies and giving viewers a dynamic picture quality. When they use the right colour

combinations, surprising new details that would otherwise get lost are revealed. Whether to use milky colours or primary ones, whether the palette has to be muted or bright, colourists contribute to these looks by changing the luminance levels (brightness) and chroma (colour).

A colourist must be proficient with creative know-how and have expertise in operating technical systems associated with the workflow. He/she must have experience with and training in the art of colours. It is always helpful to read literature on colour theory and study manuals on the industry-standard colour grading tools.

For more dedicated learning, there are various courses in India such as the diploma course in Colour Grading at Shemaroo Institute of Film and Technology in Mumbai.?Similarly, Davinci Media College in Chennai and Digital Film School in Mumbai also offer courses in colour grading.

Vijay Garg