

MAKING COUNTRY CORRUPTION FREE

India is a country with high values, morals and traditions, but one of the biggest problems it faces is corruption which is being seen at different levels. This is a problem which is harming the country internally and having a negative impact on the progress of our country and it is being seen not in any one area but in all the areas. Be it politics, administration, or any department. It is prevalent everywhere.

India is a democratic country and we see that whenever elections are held in our country, no educational qualification or criteria have been set for political parties and leaders. To remove corruption, it is very important for us to elect a capable leader who is educated.

People should be made aware about what corruption is and how to deal with it. Today India is dealing with a formidable problem like corruption where people will have to come together to deal with it and contribute to making India corruption free for which we have to educate ourselves and the people around us.

Shreemad Bhagavad Gita and the Modern world

■ OMKAR DATTATRAY

The relevance of Shreemad Bhagavad Gita in the modern times cannot be exaggerated. It is a spiritual treasure which guides us and shows us how to live a life of contentment. It is nectar coming from the lips of the Lord Krishna and every one of us should partake this nectar meaning thereby that we should read and study the treasure kept by the Lord in this book. This scripture has got universal applicability and it is cosmopolitan in nature. Its significance and importance cannot be denied in today's world. This spiritual treasure is specially relevant in the modern greed torn world where everything is weighed on the touchstone of gain or loss.

In these days of the materialistic world where there is mad race for money, name and fame this treasure helps us to lead a contented life and the book shows us as to how the purposeful life and meaningful life can be lived in this materialistic world. The world is going to celebrate the Gita Jayanti on 3rd of December 2022 with great fervor and enthusiasm and on the occasion of the Gita Mohatsava, Gita recitation will be done and the importance of this scripture will be brought home to the people by the learned men who had mastery over Gita. It will also be brought fore to the people that the habit of reading and studying of the Gita is very useful especially in the modern times were there is greed and cunningness in the world and in such a worldly life the significance of this treasure trove is next to none. Bhagavad Gita is a philosophy and it is shows a way of life to the universe. In fact the study of this scripture helps the mankind to lead a balanced life and it guides us towards the supreme and ultimate truth. The Gita is the sum total and essence of the Upanishads and one who reads Gita is said to have understood the Upanishads also. The greatness of the Gita is this that it is a guide for the practical life and it shows us how to live a life in the world and live a life like a lotus away from the worldly mud and filth. Gita teaches us renunciation not from the world but renunciation from the wrong and selfish activities. Thus it teaches us to renounce the bad actions and live a selfless life. It never teaches us to renounce the world but to renounce all the negative thoughts and actions in the world. This scripture teaches us to live a saintly life away from the materialism and greed but it in no way exhorts us to leave the world. It teaches the mankind to leave the sense pleasures and live a life of contentment and a meaningful life away from the madness of the world. The Gita teaches us the highest philosophy of Karam yoga and exhorts us to perform the allotted works and duties in a selfless manner and leave the results of the actions in the hands of the almighty. It teaches us as to how we will perform our duties and works without attachment while remaining in the world. Therefore it teaches men to work incessantly without bothering about the fruit of their actions. So it teaches us detachment from the materialistic pleasures and the Gita ordains us to perform our duties and works without caring for the results of our Karmas..Thus the philosophy of Karanyoga is the greatest philosophy to lead a life of purpose and teaches the people how to work and perform duties in a detached manner. Therefore selfless service .and the service to the mankind is borne home to the people through BhagavadGita and the reading and its practice makes us noble individuals so that we work and perform duties with selfless devotion. It teaches and helps us to work and live in the world like a saint. Therefore the Gita exhorts us to live a detached life while performing our allotted duties and works. It says that work is your right and the fruit of the work should not bind you to the worldly pleasures. So it teaches the people not to renounce the duties and works but to renounce the selfishness while working and living in the world. Gita in fact is an empirical and scientific knowledge and thus it guides us in the practical world. It is the Chapter third of the Gita which teaches the people the philosophy of Karanyoga. Thus this chapter of the Gita teaches us to live a life of a Karmyogi and work without caring and bothering about the fruits of your activities. Gita also teaches the humanity the yoga of knowledge as well as the Bhakti yoga which is total surrender and love for the God. It is said of the Kaliyuga that the surrender and the love of the almighty is the simplest way to reach and attain the God and thus the philosophy of the Baktiyoga is the only simple way to know the supreme being. In fact the philosophy of love and devotion is the sure way to attain God in this universe. It is the chapter eleventh of the Bhagavad Gita which is dedicated to Baktiyoga meaning yoga of devotion. It says that total devotion and love for the God is the simplest way to reach the almighty in this Kalayuga.

Thus the people observe total devotion and love for the almighty to reach to the ultimate goal and attain God. Thus the Lord Krishna exhorts the humanity to perform total devotion and practice the devotion and love for the God and in this way we can attain the supreme Bliss, thus we should do total devotion to the God and surrender to Him and in this way we can reach to God and so yoga of devotion is a simple way to attain the supreme being and therefore we should perform devotion to God so that we will be successful in this Kalayogaand reach the ultimate truth. So the Karmyoga and Baktiyoga are the two ways to realize the god and their description is given in Gita along with other forms and systems of yoga. Gita is the complete text of philosophy and shows us how to lead a life in this materialistic world were greed reigns supreme and thus Gita is the practical guide to lead a happy and contented life in this world. Since Gita is the essence of Upanishads because the Vadanta Philosophy is made easy for understanding through it. When the Upanishads are compared to cows, the Gita takes the position of milk. When one has plenty of milk at disposal one need not undergo laborious task of maintaining cows. One who has studied and understood Bhagavad Gita may be said to have caught the cardinal teachings of the Upanishads. The importance and relevance of Gita cannot be exaggerated in the modern world as it has much practical value and relevance for the mankind. Let us all read and study the teachings of the Bhagavad Gita in order to be successful in the world. When the father of the nation Mahatma Gandhi was facing any problem in life he was seeking the solution in the Gita. The significance of Gita can rightly be summard in the words of Ashborn who hadsaid, "Burn all libraries of the world for their essence is in Bhagavd Gita'.

Human-Centric Globalisation: Taking G20 to the Last Mile, Leaving None Behind

■ NARENDRA MODI



India's G20 Presidency, this has translated into a call for human-centric progress. As One Earth, we are coming together to nurture our planet. As One Family, we support each other in the pursuit of growth. And we move together towards a shared future - One Future - which is an undeniable truth in these interconnected times.

The post-pandemic world order is very different from the world before it. There are three important changes, among others.

First, there is a growing realisation that a shift away from a GDP-centric view of the world to a human-centric view is needed.

Second, the world is recognizing the importance of resilience and reliability in global supply chains.

Third, there is a collective call for boosting multilateralism through the reform of global institutions.

Our G20 Presidency has played the role of a catalyst in these shifts.

In December 2022, when we took over the Presidency from Indonesia, I had written that

Vasudhaiva Kutumbam' - these two words capture a deep philosophy. It means 'the world is one family'. This is an all-embracing outlook that encourages us to progress as one universal family, transcending borders, languages, and ideologies. During

a mindset shift must be catalysed by the G20. This was especially needed in the context of mainstreaming the marginalized aspirations of developing countries, the Global South and Africa.

The Voice of Global South Summit, which witnessed participation from 125 countries, was one of the foremost initiatives under our Presidency. It was an important exercise to gather inputs and ideas from the Global South. Further, our Presidency has not only seen the largest-ever participation from African countries but has also pushed for the inclusion of the African Union as a permanent member of the G20.

An interconnected world means our challenges across domains are interlinked. This is the midway year of the 2030 Agenda and many are noting with great concern that the progress on SDGs is off-track. The G20 2023 Action Plan on Accelerating Progress on SDGs will spearhead the future direction of the G20 towards implementing SDGs.

In India, living in harmony with nature has been a norm since ancient times and we have been contributing our share towards climate action even in modern times.

Many countries of the Global South are at various stages of development and climate action must be a complementary pursuit. Ambitions for climate action must be matched with actions on climate finance and transfer of technology.

We believe there is a need to move away from a purely restrictive attitude of what should not be done, to a more constructive attitude focusing on what can be done to fight climate change.

The Chennai HLPs for a Sustainable and Resilient Blue Economy focus on keeping our oceans healthy.

A global ecosystem for clean and green

hydrogen will emerge from our presidency, along with a Green Hydrogen Innovation Centre.

In 2015, we launched the International Solar Alliance. Now, through the Global Biofuels Alliance, we will support the world to enable energy transitions in tune with the benefits of a circular economy.

Democratising climate action is the best way to impart momentum to the movement. Just as individuals make daily decisions based on their long-term health, they can make lifestyle decisions based on the impact on the planet's long-term health. Just like Yoga became a global mass movement for wellness, we have also nudged the world with Lifestyles for Sustainable Environment (LiFE).

Due to the impact of climate change, ensuring food and nutritional security will be crucial. Millets, or Shree Anna, can help with this while also boosting climate-smart agriculture. In the International Year of Millets, we have taken millets to global palates. The Deccan High Level Principles on Food Security and Nutrition is also helpful in this direction.

Technology is transformative but it also needs to be made inclusive. In the past, the benefits of technological advancements have not benefited all sections of society equally. India, over the last few years, has shown how technology can be leveraged to narrow inequalities, rather than widen them.

For instance, the billions across the world that remain unbanked, or lack digital identities, can be financially included through digital public infrastructure (DPI). The solutions we have built using our DPI have now been recognised globally. Now, through the G20, we will help developing countries adapt, build, and scale DPI to unlock the power of inclusive growth.

That India is the fastest-growing large econ-

omy is no accident. Our simple, scalable and sustainable solutions have empowered the vulnerable and the marginalised to lead our development story. From space to sports, economy to entrepreneurship, Indian women have taken the lead in various sectors. They have shifted the narrative from the development of women to women-led development. Our G20 Presidency is working on bridging the gender digital divide, reducing labour force participation gaps and enabling a larger role for women in leadership and decision-making.

For India, the G20 Presidency is not merely a high-level diplomatic endeavour. As the Mother of Democracy and a model of diversity, we opened the doors of this experience to the world.

Today, accomplishing things at scale is a quality that is associated with India. The G20 Presidency is no exception. It has become a people-driven movement. Over 200 meetings will have been organised in 60 Indian cities across the length and breadth of our nation, hosting nearly 100,000 delegates from 125 countries by the end of our term. No Presidency has ever encompassed such a vast and diverse geographical expanse.

It is one thing to hear about India's demography, democracy, diversity and development from someone else. It is totally different to experience them first-hand. I am sure our G20 delegates would vouch for this.

Our G20 Presidency strives to bridge divides, dismantle barriers, and sow seeds of collaboration that nourish a world where unity prevails over discord, where shared destiny eclipses isolation. As the G20 President, we had pledged to make the global table larger, ensuring that every voice is heard and every country contributes. I am positive that we have matched our pledge with actions and outcomes.

Monsoon menace: Dengue fever

Know it to prevent it

■ DR SHIVANI GANDHI



Dengue fever or Dengue continues to pose a significant public health problem in tropical and sub tropical areas of theworld, including parts of Asia, Africa, the Caribbean, and Central and South America. It is considered by the World Health Organisation (WHO) as a major global public health challenge in the tropic and sub-tropic nations. The incidence of dengue has grown dramatically worldwide in recent decades, with cases reported to WHO increased from 505430 cases in 2000 to 5.2 million in 2019. Factors like increased population growth rate, global warming, inefficient mosquito control, unplanned rapid urbanisation etc. have led to a rapid surge in dengue cases.

Some of the important questions that arise in the minds of the common public related to dengue are:

What is dengue?

It is a viral illness caused by the Dengue virus that belongs to the Flaviviridae family. Dengue is divided into four serotypes categorised as DEN-1, DEN-2, DEN-3, and DEN-4. Knowing that infection with one serotype can provide life-long immunity against that specific serotype is essential. Therefore, an individual is susceptible to be infected with the other three serotypes.

How is the dengue virus transmitted?

The dengue virus transmission occurs through the bite of an infected female mosquito of the genus Aedes that carries and spreads the dengue virus from one infected individual to the other. The primary vector that transmits the virus is most commonly Aedes aegypti and, to a lesser extent, Aedes albopictus.

When this mosquito bites a person infected with dengue, the virus gets picked up by the mosquito as a part of its blood meal when it feeds on human blood. The virus reaches the mosquito's gut, stays there for a few days, and undergoes replication before disseminating to secondary tissues, including the salivary gland. Thus, it becomes capable of spreading the infection to healthy humans it bites and feeds on. This is how the cycle continues. Thus, mosquitoes play a vital role in the transmission of dengue virus.

In which season does the Dengue infection occur?

There is a widespread global distribution of dengue geographically, influenced by various factors like rainfall, temperature, relative humidity, etc.

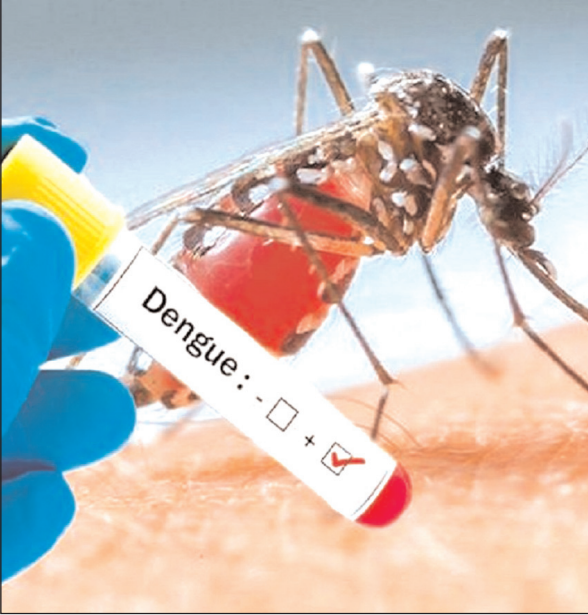
The arrival of the monsoon, in addition to bringing freshness and relief from the scorching heat, also opens the floodgates for various diseases, dengue being the most common. Various factors like increased humidity, warm temperature and collection of stagnant water act as favourable and ideal conditions for the breeding of mosquitoes, contributing to increased dengue cases in the rainy season.

In India, the monsoon arrives in June/July and lasts till October/November, with dengue fever being synonymous with the monsoon. It raises the need to take proactive measures to protect ourselves and our community during this rainy season from this dreaded illness.

What are its symptoms?

The dengue virus symptoms usually appear in 4-7 days and last for 10 days. Being a viral illness, the symptoms of dengue can be mistaken for other flu-like illnesses. Most of the cases remain a symptom at present with mild symptoms as listed:

- High-grade fever (1040F or more)
- Headache



- Bodyaches
- Retroorbital pain (pain behind the eyes)
- Muscle or bone pains
- Nausea, Vomiting
- Diarrhoea
- Rashs

The majority of the patients are asymptomatic or present with the above-mentioned symptoms in a mild form. Severe forms of dengue include Dengue haemorrhagic fever (DHF), and Dengue shock syndrome (DSS).

And approximately 1 in 20 patients with dengue infection develop severe illness that requires hospitalisation.

The following are the warning signs or red alerts that signal the development of severe dengue.

- Persistent vomiting
- Mucosal bleeding like nosebleed or bleeding gums, passing blood in stool, urine or vomitus.
- Severe abdominal pain
- Lethargy
- Sudden fall in blood pressure.
- Cold and clammy skin
- A weak and rapid pulse

Patients with weak immune systems or immuno compromised individuals, or those with second or subsequent dengue infection, are believed to be at increased risk for developing severe forms of dengue.

What are the tests available for its diagnosis?

Diagnosis of dengue based on the clinical presentation is difficult as it can resemble other illnesses like Chikungunya, Zika virus, malaria and typhoid fever. Thus, confirming dengue with a blood test is important to establish an accurate diagnosis. Blood tests are done to detect the viral antigen or antibodies.

Tests may include:

==>Complete blood count(CBC):it is done to detect

- Hemoglobin level
- Hematocrit
- Platelet count

==>Dengue serology tests :to detect the IgG and IgM antibodies produced by the immune system in response to the

virus.

==>Dengue virus antigen detection: to confirm the dengue infection by detecting NS1 antigen.

==> Other tests: Coagulation study, ultrasound abdomen, RT-PCR

How is it treated?

No specific drug or treatment is available for the dengue virus till date. Being a viral illness, dengue needs to run its course. Symptomatic treatment is given to combat fever; body pains, headaches , or other symptoms. In addition to this, proper body rest and adequate fluid in take to stay hydrated are prescribed.

In cases with severe dengue, intravenous fluids and electrolytes are required, along with monitoring of Blood pressure and other vitals. Blood transfusion or platelet transfusion may also be required in severe cases.

What are the preventive measures?

Eliminating egg-laying sites of mosquitoes is the best preventive measure as it will help lower the number of eggs, larvae and pupa to reduce the number of adult mosquitoes, and transmission of infection will be reduced.

Some of the important preventive measures are listed below as do's and donot's:

- Do's
 - All the water tanks are to be covered with lids
 - Unused containers coconut shells are to be disposed of properly
 - Regular change of water in flower bases, pots, coolers and earthen pots.
 - Wearing full-sleeve clothes and long pants before stepping out of the home.
 - Use of mosquito repellents, sprays, coils or nets to prevent mosquitoes bites.
- Donot's
 - Don't allow water to stagnate in and around houses in flower pots, buckets, coconut shells, earthen pots, etc.
 - Avoid being outdoors in dark and dusky places where mosquitoes are more active.

Myths and facts related to Dengue infection

Myths	Facts
A person can be infected with dengue only once in a life time.	There are four strains of DENV virus, and at any point in time, infection happens due to one strain only. Thus, there are three other strains that can infect the same person later, and one can eventually develop dengue infection.
Dengue fever is contagious and can spread from person to person	The only route of transmission of dengue infection is by the bite of an infected Aedes mosquito
Any mosquito bite can lead to dengue	The spread of infection is only by the bite of an infected Aedes mosquito
Dengue is always associated with low platelet count	Low platelet count can be one of the symptoms of severe dengue. However, there can be a lot of viral and bacterial infections at play, which, too, can cause symptoms similar to dengue and lead to platelet loss.
Platelet transfusion is needed every time one gets infected with dengue	Normal platelet counts1.5-4.5lakH/mm3 of blood. Transfusion of platelets is done when the count falls below 10,000 or 20,000 in high-risk individuals or if there is any evidence of bleeding, transfusion is done at any platelet count.
Mosquitoes that cause and spread dengue breed only in Dirty water	Aedes Aegypti mosquito that cause dengue is known to breed in clean, stagnant water
Dengue can affect only children or older adults	People of any age group can be affected by this. Factors like sex, socioeconomic status, and age do not determine the risk of getting dengue.

(The writer is Assistant Professor Department of Pathology AIIMS, Jammu).

YOUR COLUMN

The Changing Nature of Indian Festivals

Dear Editor,

Over the years, as modernization and globalization has taken over our country and every single action has become monetized, the true significance of the festivals has become stagnant. Back in time festivals were more inclusive and even people with limited means could join in and enjoy the festivities. As with everything else the passage of time, the advent of globalization and a roaring economy has caused an impingement on the direction of our festivals celebrations today.

Today, people have better pay and can afford to enjoy the luxury of buying new apparel, gadgets, etc. Throughout the year rather than wait for the festivals to make such purchases. Festivals have today become a time to show off from wealth. They have become more self-focused and have moved off from the tradition. It is more about instant gratification now. The traditional means of festivals, celebrations is slowly taking a back-seat today. The elementary things that would give us pleasure in celebrating festivals back then no longer enthuse us now.

It is not only the commercialization and modernization that should be blamed for losing charm of festivals. There are other numerous reasons behind them. In the past people used to live in joint families and the charm of celebrating the festivals in joint families is entirely different compared to the nuclear type of families.

Today, people are not able to sync their rhythm with the tune around and in the mad race, the meaning of festivals has reduced to just a holiday when we can binge on web series all night with no pressure of waking up early the next morning. Celebrations have taken a modern garb and McDonald beckons to us on festivals. With the passage of time, the dawn of liberalization and a booming economy have had a bearing on the way of our festival celebrations today. Festivals have become a time to flaunt our riches and splurge away the money so as to be in an invisible competition with the society.

The celebrations have become more self-centered. Money equals happiness. For more money, we need to work more. It won't come as a surprise to find people working on festivals rather than spending quality time with their families.

Varinder Singh, Udhampur.