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ALVA'S MADHYAMA

ONE PLANET

Earth does not belong to us; We belong to Earth.

WE HAVE ONLY ONE PLANET
DON'T BURN IT!

ACT BEFORE IT'S TOO LATE

www.alvasmadhyama.com

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Letter from the Editor

We won't have a Society if we destroy the Environment - Margaret,

I am glad to announce that the students of department of Journalism, U.G. studies have bring out the departmental special issue magazine **"Alva's Madhyama"**
Specially inclined towards the theme **"March towards nature"** releasing on the occassion of **Alva's Media BUZZ - 2018.** Alva's Madhyama aims to draw creativity, ingenuity and teamwork of students to bring out the best print , electronic and new media, other journals such as **Alva's Suddi Mane, Alva's Mirror, Alva's Vision** too are designed and published by the students.

It's in Human nature to think that Nature is a part of him, but he fails to recognize this truth and fact, Earth provides us humans with all the necessary resources which are quintessential for the survival of all living beings, but we humans are the only species who are most intelligent, social and technologivally advanced.
Rise in global human population and scarcity of natural resources is posing a real threat to the survival of humankind and to other living beings as well, we humans in our pursuit of advancement in technology and life of luxury, have devoured this planet and consumed it's precious non-renewable resources, we being the most intelligent species of mammals on this planet must take responsibility of preserving the planet and it's invaluable material resources for the sake of future generations, as the saying "When we consume Eart's non-renewable resources, we must not think of it as lending our share of resources to the future generations, rather, we must think of it as borrowing the resources from our future generations.", by adoptiong this policy we can make this a world a better place to live in for the future generations.
Any suggestions or criticism on the magazine is most welcome.

RESHMA UDAY KUMAR
H.O.D DEPT. OF JOURNALISM,
ALVA'S COLLEGE , MOODABIDRE

CONTENTS

Melting Ice caps, Antarctica | PC : Michael S. Nolan, Vostok Station, Antarctica

The Greenhouse Effect

Why are the Polar Ice caps melting at a rapid rate

The greenhouse effect refers to the way the Earth's atmosphere traps some of the energy from the Sun. Solar energy radiating back out to space from the Earth's surface is absorbed by atmospheric greenhouse gases and re-emitted in all directions.

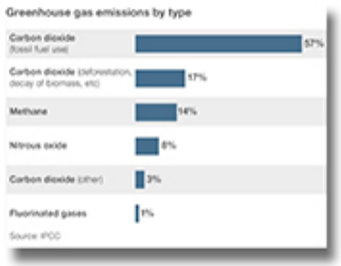
The energy that radiates back down to the planet heats both the lower atmosphere and the surface. Without this effect, the Earth would be about 30C colder, making our planet hostile to life.

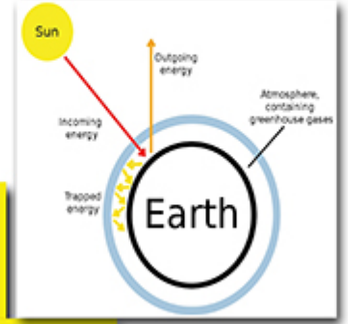
Scientists believe we are adding to the natural greenhouse effect with gases released from industry and agriculture (known as emissions), trapping more energy and increasing the temperature. This is commonly referred to as global warming or climate change.

The most important of these greenhouse gases in terms of its contribution to warming is water vapour, On the other hand, carbon dioxide (CO_2) remains for much longer (it would take hundreds of years for it to return to pre-industrial levels). In addition, there is only so much CO_2 that can be soaked up by natural reservoirs such as the oceans.

Most man-made emissions of CO_2 are through the burning of fossil fuels, as well as through cutting down carbon-absorbing forests. Other greenhouse gases such as methane and nitrous oxide are also released through human activities, but their overall abundance is small compared with carbon dioxide.

Since the birth of the Industrial revolution in 1750,

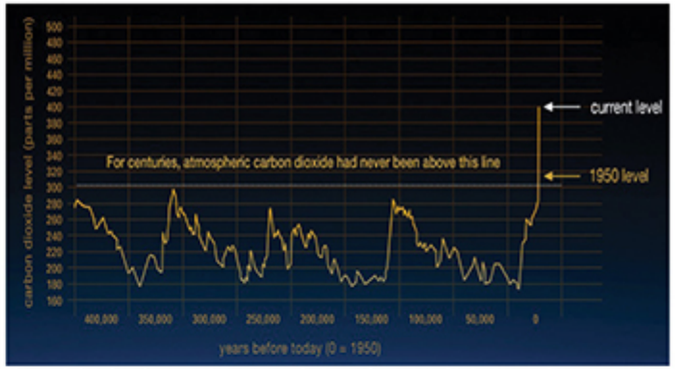




CO_2 levels have risen by more than 30% and methane levels have risen more than 140%. The concentration of CO_2 in the atmosphere is now higher than at any time in at least 800,000 years.

Evidence for warming?

Temperature records going back to the late 19th Century show that the average temperature of the Earth's surface has increased by about 0.8C (1.4F) in the last 100 years. About 0.6C (1.0F) of this warming occurred in the last three decades. Data shows an average increase in global sea levels of some 3mm per year in recent decades. A large proportion of the change in sea level is accounted for by the thermal expansion of seawater. As seawater warms up, the molecules become less densely packed, causing an increase in the volume of the ocean.



This graph, based on the comparison of atmospheric samples contained in ice cores and more recent direct measurements, provides evidence that atmospheric CO_2 has increased since the Industrial Revolution.

The Earth's climate has changed throughout history. Just in the last 650,000 years there have been seven cycles of glacial advance and retreat, with the abrupt end of the last ice age about 7,000 years ago marking the beginning of the modern climate era — and of human civilization. Most of these climate changes are attributed to very small variations in Earth's orbit that change the amount of solar energy our planet receives.

Effects of Global Warming:

Global temperature rise

The planet's average surface temperature has risen about 2.0 degrees Fahrenheit (1.1 degrees Celsius) since the late 19th century, a change driven largely by increased carbon dioxide and other human-made emissions into the atmosphere.5 Most of the warming occurred in the past 35 years, with 16 of the 17 warmest years on record occurring since 2001.

Warming oceans

The oceans have absorbed much of this increased heat, with the top 700 meters (about 2,300 feet) of ocean showing warming of 0.302 degrees Fahrenheit since 1969.7.

Shrinking ice sheets

The Greenland and Antarctic ice sheets have decreased in mass. Data from NASA's Gravity Recovery and Climate Experiment show Greenland lost 150 to 250 cubic kilometers (36 to 60 cubic miles) of ice per year between 2002 and 2006, while Antarctica lost about 152 cubic kilometers (36 cubic miles) of ice between 2002 and 2005.

Glacial retreat

Glaciers are retreating almost everywhere around the world including in the Alps, Himalayas, Andes, Rockies, Alaska and Africa.

Decreased snow cover

Satellite observations reveal that the amount of spring snow cover in the Northern Hemisphere has decreased over the past five decades and that the snow is melting earlier.

Sea level rise

Global sea level rose about 8 inches in the last century. The rate in the last two decades, however, is nearly double that of the last century.

Declining Arctic sea ice

Both the extent and thickness of Arctic sea ice has declined rapidly over the last several decades

Extreme events

The number of record high temperature events in the United States has been increasing, while the number of record low temperature events has been decreasing, since 1950.

Ocean acidification

Since the beginning of the Industrial Revolution, the acidity of surface ocean waters has increased by about 30 percent. This increase is the result of humans emitting more carbon dioxide into the atmosphere and hence more being absorbed into the oceans. The amount of carbon dioxide absorbed by the upper layer of the oceans is increasing by about 2 billion tons per year.

Global warming has really taken effect in the world over the last century. It is the unusually rapid increase in the Earth's average surface temperature over the past century primarily due to the greenhouse gases released as people burn fossil fuels. Global warming is due to the enhancing greenhouse gases emission and build-up in the Earth's environment.

The gases that have an influence on the atmosphere are water vapor, carbon dioxide, dinitrogen-oxide, and methane. Almost 30 percent of incoming sunlight is reflected back into space by bright surfaces like clouds and ice. In the other 70 percent, most is absorbed by the land and ocean, and the rest is absorbed by the atmosphere. The absorbed solar energy heats our planet. This absorption and radiation of heat by the atmosphere is beneficial for life on Earth.

Today, the atmosphere contains more greenhouse gas molecules, so more of the infrared energy emitted by the surface ends up being absorbed by the atmosphere. By increasing the concentration of greenhouse gases, we are making Earth's atmosphere a more efficient greenhouse. Climate has cooled and warmed throughout the Earth history for various reasons.

Rapid warming like we see today is unusual in the history of our planet. Some of the factors that have an effect on climate, like volcanic eruptions and changes in the amount of solar energy, are natural. de into the atmosphere. These particles get into the stratosphere and reflect solar radiation back out to space. Snow and ice also have a great effect on climate.

When snow and ice melts Earth's climate warms, less energy is reflected and this causes even more warming.

There are many different ways that plants, animals, and other life on our planet can affect climate. Some can produce greenhouse gases that trap heat and aid global warming through the greenhouse effect.

Carbon dioxide is taken out of the atmosphere by plants as they make their food by photosynthesis. During the night, plants release some carbon dioxide back into the atmosphere.

In conclusion, we need to take part and try to stop global warming and other effects on climate change. If the earth's temperatures continue to rise in the future, living things on earth would become extinct due to the high temperatures.

If humans contribute to control global warming, this world would be cooler and the high temperatures we currently have would decrease.

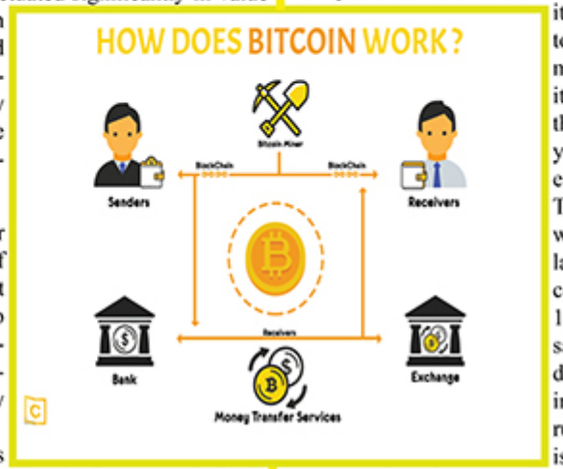
If everybody as one take stand and try to end most of the climate changes that are occurring, this world would be a safer place to live on.

BY PRANAVESHWAR.R
III B.A.(EJH)

Bitcoin can be used for online transactions between individuals. It is the most popular virtual currency in the world, and it has fluctuated significantly in value in the past year. Bitcoin was originally labeled as peer-to-peer electronic cash and this use may have justified the waste inherent in Bitcoin mining.

It was created in the year 2009, as a new way of paying for things that would not be subject to central banks that are capable of devaluing currency. The sustainability concerns about Bitcoin, voiced by economists and environvoiced by economists and environmentalists alike, stem from the process of 'mining', that is central to its existence.

The growth of Bitcoin is fueling speculation and debate about the environmental impact of the energy needed to power the virtual currency in the era of climate change. The 'miners' use computers to make complex calculations that verify transactions in Bitcoins. This uses tremendous amount of energy via computers and servers farms all over the world, which has given rise to concerns about the amount of fossil fuel dependent electricity used to power the computers. Some estimates say the Bitcoin's energy impact is more than that of a small country.



Why is it attractive?

Bitcoin is a kind of digital money that isn't tied to a bank or a governmental organization and its value rose swiftly in the second half of the year 2017 before falling, earlier this year.

The value of 1 Bitcoin was about $ 16,300 in late December of 2017, compared with about $ 1,000 in March of the same year and then it dipped to about $ 7,700 in the first week of February this year. A Bitcoin is essentially a line of computer code.

It is signed digitally when it is transferred from one owner to another.

As technical roadblocks continue to hamper Bitcoin's use as functional currency, many have taken to defining it as 'digital gold'.

If Bitcoin were to replace gold as a commonly accepted store of wealth, a recent comparison of Bitcoin mining and gold mining suggests that it would be bad for the planet. Bitcoin mining is at least 3.25 times more energy intensive than gold mining.

-Divyashree B
III B.A.(EJP)

Leading the Legacy

Psychologists have been looking into the gap between our intensions and behaviour when it comes to the environment for long now. Many of us say that we are concerned about climate change, for example, yet few take action beyond household recycling.

Researchers think that one of the main barriers to action may be psychological distance. The most severe impacts of climate change will not be felt by us, but by the future generations and it can be difficult for us to consider the long-term consequences of our day-to-day actions.

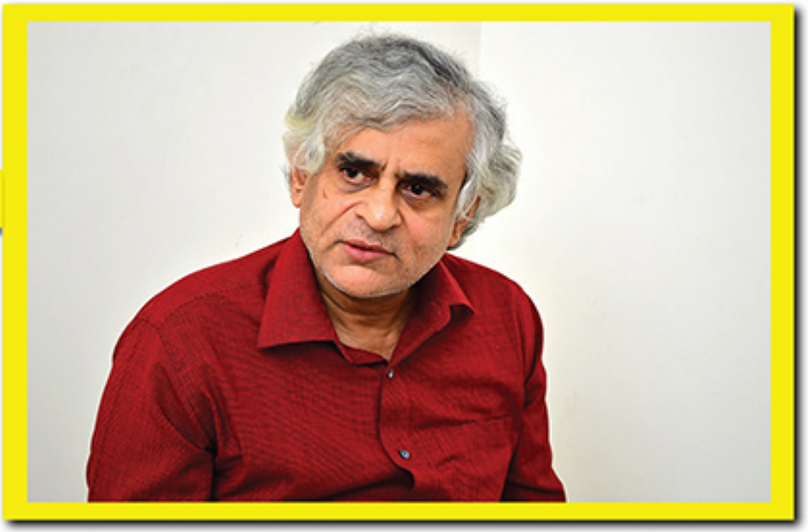
So what could make us care more about our behaviour that risks our future of the environment? Perhaps having someone whose future we are invested in reminds us that the world will continue long after we are gone? It is possible that having children can bridge the distance between ourselves and the future. And maybe, just maybe children, as an extension of ourselves can make us think more about the next generation and the world we are leaving behind.

Wanting to leave a positive leagcy for future generations is one of the key stages of psychologist Erik Erikson's theory of psychosocial development.

It maybe thought that by having children we may not only consider the material or financial legacy we are leaving behind for them, but also the quality of their environement. This is known as the legacy hypothesis and parenthood, and the way we think about the future, can affect the way we feel about the environrment we know that focusing on the future and in turn make us eco-conscious.

Divyashree B--
III B.A.(EJP)

P SAINATH



Mr Sainath is the former Rural Affairs Editor of The Hindu, he is the 2007 winner of the Ramon Magsaysay Award, Asia's most prestigious prize (and often referred to as the 'Asian Nobel'), for Journalism Literature and Creative Communications Arts. He was given the award for his "passionate commitment as a journalist to restore the rural poor to India's national consciousness." He was the first Indian to win the Magsaysay in that category in nearly 25 years (after R.K. Laxman). He was also the first reporter in the world to win Amnesty International's Global Human Rights Journalism Prize in its inaugural year in 2000.

His latest award, which he received this January 27th, is the World Media Summit Global Award for Excellence 2014. He won its Public Welfare award for exemplary news professionals in developing countries, taking the WMS prize in its inaugural year. On June 1, 2015, Sainath became the first Thought Works Chair Professor in Rural India and Digital Knowledge at the Asian College of Journalism, Chennai.

He is also the holder of the Coady Chair in Social Justice at the University of St. Francis Xavier, Nova Scotia, and Canada. He continues to have his home and base in Mumbai while working most of the year in rural India.

Sainath, who was awarded a Doctor of Letters (D.Litt) Honoris Causa by the University of Alberta in Edmonton in 2011 — the highest award – was also McGraw Professor of Writing during the Fall Semester (2012-13) at the University of Princeton. His other awards include: the United Nation's Food & Agriculture Organisation's (FAO) Boerma Prize (the foremost award for development journalism) in 2000; the Harry Chapin Media Award in New York, 2006; and was the first and only print media journalist until now to win the Inspiration Award at the Global Visions Film Festival in Edmonton, Canada in 2002. He was also the first Indian reporter to win the European Commission's Lorenzo Natali Prize for journalism in 1995. Apart from the 40 plus print media awards, two documentary films on his work, 'Nero's Guests' and A Tribe of his Own,' have between them picked up over 20 awards across the globe.

Sainath's book "Everybody Loves a Good Drought" (Penguin India, 1996) has remained a non-fiction bestseller by an Indian author for years and was declared a Penguin Classic and had a special edition issued this January with the 'Classic' cover. Working on this book involved covering 100,000-km across India. Sainath used 16 forms of transport for this, and walked over 5,000 km on foot. It has been published in multiple editions and in ten languages. The book is in its 34th printing and is presently being used in over 100 universities in India and overseas. In the late nineties, Nikhil Chakravartty, India's then senior-most editor, described Sainath's work as "the conscience of the Indian nation." In 2000, the leading Scandinavian publishing house, Ordfront, included one of Sainath's reports in its volume: Best Reporting of the 20th Century. In doing so, Ordfront chose to feature his work alongside that of giants like Gabriel Garcia Marquez, Studs Terkel and John Reed. All royalties from his own book, A Good Drought, go towards funding two to three prizes for rural journalists in India each year.

One of the most critical aspects of Sainath's work has been its impact on public policy, related in particular to the plight suffered by rural India since the nineties. No other phenomenon symbolised this situation as much as the tragic suicides of thousands of farmers in several states of the country. Through several years, Sainath kept at the issue unrelentingly. Today, if the farmers' suicides are a huge issue in India — as they were in the 2004 elections which saw the defeat of the incumbent government — it can be said that one journalist contributed to that more than any number of politicians did. It is widely believed that Sainath's reports on hunger, migrations, distress and suicides played a role in pushing the government to move towards programmes and policies like the farm loan waiver, the farm crisis packages — all crucial developments of the past few years. His reporting has also contributed to perceptions of and policy directions in the development of the National Rural Employment Guarantee Scheme (NREGS), considered to be a key development in public policy. During 2008-9, he served as Member of the Expert Group constituted by the Ministry of Rural Development to formulate a methodology for conducting the next Below Poverty Line (BPL) census. The aim was to simplify the identification of BPL families in the rural areas. His work has also had a major influence on the worlds of activism and NGOs, where many use his "Everybody Loves A Good Drought" as an activist's handbook.

In just the past few years, Sainath has published over 150 investigative reports on the agrarian crisis in The Hindu alone, in addition to many other pieces elsewhere. In June 2004, after assuming office as the new prime minister, Dr. Manmohan Singh journeyed to rural India to meet the farmers Sainath had written about. In 2005, Sainath's reporting on the agrarian crisis in the state of Maharashtra instigated an investigation by the National Farmers' Commission.

Less than a year later Prime Minister Manmohan Singh himself visited the crisis-ridden districts — first speaking to Sainath about the issues. That August 15, the Prime Minister spoke of the agrarian crisis in his Independence Day Speech from the ramparts of the Red Fort. In March 2008, the Government of India, under siege on the agrarian crisis issue, and with election year approaching, announced a $16 billion farm loan waiver to address the distress of indebted farmers.

Several farm organisations and activists said they believed that the relentless pressure of one journalist had a major role in the government opting for the waiver. Some called on a bewildered Sainath to 'congratulate' him. Sainath's own reaction was to warn that the waiver could benefit rich farmers on irrigated land more than subsistence peasants on dry lands.

Inspired by Sainath's work, Canadian documentary maker Joe Moulins has produced a documentary entitled "A Tribe of His Own: The Journalism of P. Sainath." Till date, it has won 14 international awards including the top ones at the Columbus (Ohio) and the Global Visions (Edmonton, Canada) film festivals. The jury at the Edmonton Film Festival called this 'an award about inspiration', a thought that has been echoed several times by critics.

A new film by Deepa Bhatia titled "Nero's Guests" on the subject of inequality as seen through Sainath's work was screened (as an official selection) at the Amsterdam Documentary Film Festival in November 2009. At the Mumbai International Film Festival, February 2010, it won two awards. It has won others, too, including the first prize at the Cinestraat documentary film festival in Spain in 2011.

It has also won the Indian Documentary Producers Association's Gold Medal for best documentary in December 2010.

NAGESH HEGDE

Nagesh Hegde is an Assistant Editor with Prajavani, a leading Kannada daily and a widely respected writer on environmental issues. He has handled important assignments for the newspaper, besides being deputed to cover the Earth Summit at Rio de Janeiro. Hegde has a Master's Degree in Environmental Sciences from the Jawaharlal Nehru University, New Delhi. In fact, he was among the first batch of students to get this degree in India. He was also the first to be appointed as an Assistant Professor to teach Environmental Geoscience in Kumaon University, Nainital. Hegde's work on India's iron ore export was debated in the Indian Parliament just prior to the infamous Emergency. During the heyday of environmental movements in Karnataka, Hegde's writings were cited frequently and many of his articles have become textbook lessons. He has also travelled in the US, UK, Italy, Portugal and Kenya lecturing on environmental issues. He has also worked for popularising science among rural communities.

Hegde has won many literary and environmental awards including the "Outstanding Environmental Journalist" award by the PRSI (Public Relations Society of India) and recently a similar one by the Karnataka Government. At IIJNM, Mr Hegde not only teaches Environmental Reporting, but also Rural Reporting and Covering Religious and Social Issues.

GURURAJ SANIL

Most of us take on our heels when we come across snakes mainly venomous and dangerous in nature such as cobras and pythons. For Gururaj Sanil, they are like pets and more the venomous they are, he befriends them with ease. He picks snakes like rose buds and he holds the flexible garland (the snake which twirls in his hand) effortlessly. It's a rare sight when the deadly venomous creatures listen to his 'sermon' before they creep into the dense forests. Sanil, father of young Akshay was a school dropout due to poverty. He became an auto driver to eke out a living, and is now a resident of Kolambe in Udupi Puttur.

Sanil's science teacher Damodar Acharya used to nurture a python in the class room when he was five year old. Fascinated by the attractive creature, Sanil captured one on his own when he was just a 10-year-old. Since the last 30 years he has caught around 16,000 snakes of different species from different locations. He has captured 54 of the most venomous species, King Cobras (Ophiophagus hannah) and remembers 13 deadly bites on his body till date. Once he entered coma and remained in that state after a venomous cobra bite, before getting back home after four and a half months stay at a hospital. He has won many State awards to his credit which include 'Karuna Animal Welfare' award in 2004, 'Arnaya Mithra' award from the State forest department in 2013 in the presence of State Forest Minister and 'Karnataka Rajyotsava' award from Karnataka Labour Forum. He is the recipient of many awards from Jaycees, Lions and Rotary clubs too. He has not only educated people about the creatures he loves the most, but also has held live demonstration and lecture sessions to inform the curious audience about his long standing association with snakes which most fear. He has also written many books and one of them won an award in 2014. He is also actively involved in Bonsai cultivation where he has hundreds of Bonsai plants in his collection. He is also the leader of an environmental friendly people movement called 'Our Tree Our Home'. He enjoys photography as a part time hobby and has captured rare moments of the wild in his camera which has won him accolades from different quarters.

SUBIR GHOSH

Subir Ghosh is a Bengaluru-based independent journalist-writer-researcher who writes about environment, corruption, crony capitalism, conflict, wildlife, and cinema. He is the author of one book, and has co-authored three with others. He started out his career in sales, before switching over to journalism in October 1991. His first job as a journalist was as a sub-editor with news agency Press Trust of India (PTI) in Kolkata. He joined the Telegraph daily in January 1995, where he developed a keen interest in Northeast affairs and reported extensively from the region, besides writing op-eds about the Northeast. He shifted base to New Delhi in mid-1998, and handled publications and communications for a number of organisations. Subir's last stint in the mainstream media was with the Bengaluru edition of DNA newspaper.

His latest non-fiction work is Grand Illusion: The GSPC Disaster and the Gujarat Model, published in December 2017. His previous major work was Sue the Messenger: How legal harassment by corporates is shackling reportage and undermining democracy in India, published in May 2016. Subir was the lead author of the book, and leading journalist Paranjoy Guha Thakurta its co-author. The two of them had in 2014 worked with Jyotirmoy Chaudhuri on the bestseller Gas Wars: Crony Capitalism and the Ambanis; with Paranjoy being the lead author. His collection of poems, On the Face of it: Chronicle of a Self-Imposed Exile was published in February 2017. At present, Subir is a full-time writer and also Contributing Editor with Fibre2Fashion magazine, where he writes mostly about sustainable fashion and policy issues related to the textiles and apparel industry. Besides his writing interests, he works as a political and environmental risk analyst and editorial consultant with both corporates and voluntary organisations. He also occasionally ghost-writes for those who don't write for a living.

-Divya Ramesh
III B.A.(EJP)

ENVIRONMENT IN A NUTSHELL

BY TWINKLE YANGLEM

Environment provides us human beings, animals and plants a numerable life sources on current weather patterns, ecosystem and overall conditions on Earth. Human have a great impact on changing the natural environment by building on once fertile soil, changing the path of water and also by displaying the animals, not only this but also changes the whole scenario of the environment.

Natural disasters such as earthquakes, tsunamis, volcanoes, hurricanes etc. occurs even though the environment has changed or not but due to the buildings and deforestation it became more severe. The changing or break down of human creations causes more harmful damages than cutting down of tree and changing of landscape. Thus, made the living beings hard to survive and humans have more effect when man- made objects are destroyed as they need to find their basic need to live (i.e. food, water, shelter and clothing).

Our natural environment has provided us with all the goods, with fair and balance way for life. This does not mean only human are suitable for living, whereas plants and animals too has the same part in the environment and most of natural environment have been changed by human since they introduced foreign plants and animals. And also the killing or removing of certain plants and animals can also have a great impact on changing the balance of nature.

As environment does not provide buildings, electricity or transportation which are the limits and thus get the trade and support from the outside world which provide all the food to sustain life.

A City Conjured out of Water

By VISHAKHA MANDRAWADKAR

Before being known as 'The City of Dreams', the Mumbai that we know today was a conglomerate of seven islands ruled by the Portuguese which were a part of the dowry handed over to King Charles II of England, when he married Catherine of Braganza in 1661.

Then, Charles II, overwhelmed by the amount of land he had amassed rented out the islands to the British East India Company for a meager sum of 10 Pounds per year.

The city that we see today has taken massive strides in civil engineering to reclaim the sea and conjure a city out of water. In the mid-17th century, Bombay was a collection of seven major islands, some of which were highly historic—the Isle of Bombay, Colaba, Old Woman's Island, Mahim, Mazagaon, Parel and Worli. One of the first major successful attempts at joining the islands, an undertaking of William Hornby, then governor of Bombay, involved connecting the islands of Bombay and Worli. Called the Hornby Vellard project, it required building an embankment to protect the low-lying lands against the Worli creek's tendency to flood. An increasingly tough battle, the engineers saw many sea walls constructed by them collapse when faced with the wrath of the Arabian Sea prior to the project's completion in 1784.

As per local legend, the project finally took hold only after goddess Mahalakshmi came to the chief engineer in a dream. The goddess informed engineer Ramji Shivji Prabhu of some stone idols of the goddess that were submerged in the sea by earlier inhabitants of the islands and requested that he uncover these and build a local shrine on the location. As the story goes, Prabhu's recovery of the idols and execution of the goddess' wish paved the way for the embankment that stands to this day.

After supplying over 700 acres of formerly flooded land for inhabitation and agriculture, the project expanded to uncover more low-lying areas and link the remaining islands of the city. By the year 1838, the Colaba Causeway was built to link the southernmost islands of Colaba and Old Woman's Isle (or little Colaba) to mainland Bombay.

The need for additional commercial space in the mid-nineteenth century led to the formulation of several plans, both by government and private companies, for the reclamation of more land from the sea. By taking financial risks, in 1864, the Black Bay Reclamation Company won the right to reclaim the western foreshore from the tip of Malabar Hill to the end of Colaba.

In the subsequent years, the area saw rapid development and accompanying expansion, just as the Backbay reclamation scheme allowed for the creation of the now bustling areas of Nariman Point and Marine Drive to the west. By the early 20th century, the city had claimed most of the land it needed to take its current shape and stature even though reclamation projects went up until the 1990s, giving Mumbai other areas, including Cuffe Parade.

(Left) The seven islands of Mumbai (Right) The Mumbai city as seen now

Had the visions of these luminaries remained just a plan without execution or just a sketch on a piece of drafting sheet, then today we would have never seen this magnificent mammoth of a city which never sleeps, never stops and doesn't stop hustling.

SEWAGE SURFER

As recent as September, in the previous year this photograph went viral on the Internet causing everyone to gape in wonder at their phone/laptop screens. Temples broke in cold sweat. Mouths were left hanging...

BY VISHAKHA MANDRAWADKAR

Some people thought, 'What in the name of God is this?' Some couldn't believe it. Some were in a state of stubborn denial. Yet, everyone shared the picture with everyone with emojis emoting terror, shock and cries for help.

Yes, this is what it looks like- A tiny seahorse grasping onto a pink ear bud in murky water - this is the image captured by American nature photographer Justin Hofman.

In crude and direct terms, this picture is titled as Sewage Surfer, and very aptly so. The shot was taken at a reef near Indonesia's Sumbawa Island. According to the photographer, this photo may just be an allegory for the current and future state of our oceans.

Indonesia is the world's second-largest producer of marine pollution, dumping 3.22 million metric tonnes of plastic debris per year, the Washington Post reported on Friday (Sept 15), citing data published in 2015 by Environmental Health Perspectives.

The country has vowed to reduce such waste by 70 per cent by the end of 2025, according to the United Nations.

Hofman wrote on Instagram on Tuesday (Sept 12) saying that "it's a photo that I wish didn't exist but that now that it does I want everyone to see it".

"What started as an opportunity to photograph a cute little seahorse turned into one of frustration and sadness as the incoming tide brought with it countless pieces of trash and sewage," he wrote. "What sort of future are we creating? How can your actions shape our planet?" These questions echoed in the minds of all stunned into a shocked silence.

He said the seahorse "drifts along with the trash day in and day out as it rides the currents that flow along the Indonesian archipelago". Hofman, 33, believes that his photo, and others like it, can be catalysts to create change.

"We are really affecting our oceans with our negligence and our ignorance," he said. These pictures, sans any kind of air brush, photoshop and editing truly depicts the possible severe repercussions of our actions.

The industrialization, in all its goodness uplifts our GDP and takes us to greater heights, is wreaking havoc on the environment at the same time. The major sources of water pollution are industrial based- be it, oil spills, dumping of infectious and hazardous chemicals and wastes etc, have grave consequences.

The same chemicals will breakdown into nefarious components over a period of time and seep into the water table, infiltrating our soil and drinking water. Hence, this picture is a wakeup call as it reminds us that it is very harmful and pollution is a full circle.

This image, Sewage Surfer, is part of the Wildlife Photographer Of The Year Exhibition by London's Natural History Museum. Hofman is one of the finalists for the Wildlife Photographer of the Year competition.

To BEAR the Loss of One BEAR

BY VISHAKHA MANDRAWADKAR

A heart wrenching video surfaced taking all of the citizens up by storm somewhere around in the middle of December, last year. A memory too fresh to reminisce. A memory far too fresh to forget. Not so soon...

When photographer Paul Nicklen and filmmakers from conservation group Sea Legacy arrived on Somerset Island—near the larger Baffin Island—in late summer, they came across a heartbreaking sight: a starving polar bear on its deathbed.

Nicklen is no stranger to bears. From the time he was a child growing up in Canada's far north the biologist turned wildlife photographer has seen over 3,000 bears in the wild. But the emaciated polar bear, featured in videos Nicklen published to social media on December 5, was one of the most gut-wrenching sights he's ever seen. "We stood there crying—filming with tears rolling down our cheeks," he said.

Video shows the polar bear clinging to life, its white hair limply covering its thin, bony frame. One of the bear's back legs drags behind it as it walks, likely due to muscle atrophy. Looking for food, the polar bear slowly rummages through a nearby trashcan used seasonally by Inuit fishers. It finds nothing and resignedly collapses back down onto the ground.

In the days since Nicklen posted the footage, he's been asked why he didn't intervene.

"Of course, that crossed my mind," said Nicklen. "But it's not like I walk around with a tranquilizer gun or 400 pounds of seal meat."

And even if he did, said Nicklen, he only would have been prolonging the bear's misery. Plus, feeding wild polar bears is illegal in Canada.

The wildlife photographer says he filmed the bear's slow, beleaguered death because he didn't want it to die in vain.

"When scientists say bears are going extinct, I want people to realize what it looks like. Bears are going to starve to death," said Nicklen. "This is what a starving bear looks like."

After this saddening tale was told, scientists and environmental conscious people are trying to link this incident to climate change. Could that be really it? Finding an effective solution for this impending doom is one of the challenges that we are facing today.

By telling the story of one polar bear, Nicklen hopes to convey a larger message about how a warming climate has deadly consequences.

Polar bears have long been unwitting mascots for the effects of climate change. As animals that live only in Arctic regions, they're often the first to feel the impacts of warming temperatures and rising seas.

The large, half-ton bears find concentrations of seals on sea ice. During summer months, it's not uncommon for polar bears to go months without eating while they wait for Arctic ice to solidify.

In 2002, a World Wildlife Fund report predicted that climate change could eventually lead to polar bear endangerment or extinction. Even then, the report found that polar bears were moving from ice to land earlier and staying on land longer, unhealthily extending the bears' fasting season. By the end of summer, most bears studied by the World Wildlife Fund showed signs of starvation.

Fifteen years later, polar bears' icy hunting grounds are in even worse shape. The National Snow and Ice Data Center, which tracks sea ice cover annually, has regularly noted record lows in sea ice coverage—a decline that is expected to only get worse. (Read more about drastic predictions for dwindling sea ice.)

A study recently published in the journal Biosciences looked at how climate science is often falsely discredited. The study found climate deniers are able to downplay the threat of climate change by discrediting the threat facing polar bears.

However, a study published last year by the European Geosciences Union and this year by the U.S. Geological Survey confirms melting sea ice continues to be an existential threat to polar bears.

We are witness to the actual near extinction of a species. This great eye-opening work by the photographers, give us a strong message to "wake up!" In bold shouty capitals and we must. The loss of 1 bear might just disrupt the delicate balance of our ecosystem and jeopardize the survival of our planet. Or, wait and watch.

ಇಂದ
ನಿಸರ್ಗ
ದಿನಾಂಕ:
16-02-2018
ಇವರಿಗೆ
ಮಾನವ ಕುಲ
ವಿಷಯ ; ನನ್ನನ್ನು ಉಳಿಸಲು ಕೋರಿಕೆ.

ಓ, ದುಷ್ಟ ಕುಲವೇ! ನಿಮಗಾಗಿ ನಾನು ಸತತವಾಗಿ ದುಡಿದೆ. ನೀವೆಲ್ಲ ಈ ಭುವಿಗೆ ಬಂದ ಮೇಲೆ ಏನೂ ತೊಂದರೆಯಾಗದಂತೆ ನಾನು ನಿಮಗೆ ಉಸಿರಾಡಲು ಸ್ವಚ್ಛವಾದ ಗಾಳಿಯನ್ನು ಪೂರೈಸಿದೆ, ಆಹಾರ ಒದಗಿಸಿದೆ. ಆದರೆ ನೀವು ಮಾಡಿದ್ದು ಅಪ್ಪಟ ಮೋಸ! ಪ್ರತೀ ದಿನ ನನ್ನನ್ನು ಕಡಿದು, ಹೊಡೆದು ನೋವನ್ನು ನೀಡಿದಿರಿ. ಈ ಭುವಿಯ ಸೌಂದರ್ಯವನ್ನು ನೀವು ನಾಶ ಮಾಡಿ, ನನ್ನ ಸಮಸ್ತ ಕುಟುಂಬವನ್ನು ಹಾನಿಗೆ ಒಳಪಡಿಸಿದ್ದೀರಿ. ಆದರೆ ನಾನು ಮಾತ್ರ ನಿಮ್ಮ ಕುಟುಂಬವನ್ನು ಸಂತೋಷದಿಂದ ಇಡಲು, ನೆಮ್ಮದಿಯಿಂದ ಇಡಲು ಪ್ರಯತ್ನಿಸಿದೆ. ಅದರ ಬದಲಾಗಿ ನೀವು ನನ್ನ ಸಂಪತ್ತನ್ನು ವಿನಾಶದತ್ತ ಕೊಂಡೊಯ್ದಿರಿ. ನಾನು ಈಗ ಬಳಲಿ ಬೆಂಡಾಗಿದ್ದೇನೆ!

ನೀವು ಕೇಳಬಹುದು, ನನಗೆ ನಿಮ್ಮ ತರಹ ಮಾತು ಬರುವುದಿಲ್ಲ, ಬಂಧು ಬಳಗದವರಿಲ್ಲ ಏನು ಮಾಡಿದರೂ ಸಹಿಸಿಕೊಳ್ಳ ಬಲ್ಲ ಶಕ್ತಿಯಿದೆ ಎಂದು. ಆದರೆ ಒಂದು ನೆನಪಿರಲಿ, ನನಗೆ ನನ್ನದೇ ಆದ ಭಾವನೆ, ಶಕ್ತಿ, ಸಹನಾಭಾವ ಇದೆ. ದಿನೇ ದಿನೇ ನೀವು ಅಭಿವೃದ್ಧಿಯ ಹೆಸರಲ್ಲಿ ನನ್ನನ್ನು ಹೀನಾಯವಾಗಿ ಕಂಡಿದ್ದೀರಿ. ನಿಮ್ಮೆಲ್ಲರ ಸ್ವಾರ್ಥಕ್ಕಾಗಿ ನನ್ನನ್ನು ಉಪಯೋಗಿಸಿಕೊಂಡಿರಿ. ನಮ್ಮ ಬದುಕಿಗೆ ತುಂಬಲಾರದ ನಷ್ಟ ಉಂಟು ಮಾಡಿದ್ದೀರಿ. ಆದರೆ ನೆನಪಿರಲಿ ನಾನು ಮಾತ್ರ ಯಾವ ಸ್ವಾರ್ಥವನ್ನು ಬಯಸದೇ ನಿಮ್ಮ ಜೀವನದಲ್ಲಿ ನಾನೂ ಖಾಲಾದೆ.

ಇತ್ತೀಚಿನ ವರ್ಷಗಳಲ್ಲಿ ನಾನು ಗಮನಿಸುತ್ತಲೇ ಬಂದಿದ್ದೇನೆ. ನನಗೆ ಯಾವ ಬೆಲೆಯೂ ಈ ನಿಮ್ಮ ಸಮಾಜದಲ್ಲಿ ಸಿಗುತ್ತಿಲ್ಲ. ಎಲ್ಲರ ಬಾಳಿನಿಂದ ದೂರವಾಗಿ, ಮೂಲೆಗುಂಪಾಗಿದ್ದೇನೆ. ನಿಮ್ಮ ದುಷ್ಟತನದಿಂದ ನನ್ನ ಗಾಳಿ, ಆಹಾರ ಎಲ್ಲವೂ ಕಲುಷಿತಗೊಂಡಿದೆ. ಸ್ವತಹ ನಾನು ನನ್ನ ಉಳಿವಿಗಾಗಿ 'ನನ್ನನ್ನು ದಯವಿಟ್ಟು ಉಳಿಸಿ' ಎಂದು ಅರಚಬೇಕಾಗಿದೆ. ಮತ್ತೊಮ್ಮೆ ಹೇಳುತ್ತೇನೆ. ತಾಯಿಯ ಪ್ರೀತಿ ಹೇಗೆ ಅಮೂಲ್ಯವಾದುದೋ ಅಷ್ಟೇ ಅಮೂಲ್ಯವಾದ ನಿಧಿ ನಾನು. ನನ್ನ ಪ್ರೀತಿಯೂ ಅಷ್ಟೇ ಸತ್ಯವಾದುದು.

ಇರಲಿ ಬಿಡಿ.. ಇಷ್ಟೆಲ್ಲ ಆದರೂ ನಾನು ನಿಮ್ಮಲ್ಲಿ ಕೋರಿಕೊಳ್ಳುವುದು ಇಷ್ಟೇ..... ಮುಂದಿನ ಪೀಳಿಗೆಗೆ ನನ್ನ ನೆನಪು, ನನ್ನ ಉಪಯೋಗ ಬೇಕೆಂದಾದರೆ ದಯವಿಟ್ಟು ನನ್ನ ಉಳಿವಿಗಾಗಿ ಸ್ವಲ್ಪ ಸಮಯ ಮೀಸಲಿಡಿ. ನಿಮ್ಮ ಚಿತ್ರ ನನ್ನತ್ರ ಬೆಳೆಸಿ.

ಇತಿ ನಿಮ್ಮ ವಿಶ್ವಾಸಿ
ನಿಸರ್ಗ

By NIDHI PRASANNA
III B.A.(EJP)

ಸಾಲುಮರದ ತಿಮ್ಮಕ್ಕ

ಇಳಿ ವಯಸ್ಸಿನಲ್ಲೂ ಇಳಿಯದ ಹುಮ್ಮಸ್ಸು.

ಮರಗಳನ್ನೇ ತನ್ನ ಜೀವನಾಡಿ ಎಂಬಂತೆ ಪ್ರೀತಿ ಮಾಡೋ ಮನಸ್ಸು. ಮರಗಳಲ್ಲೇ ತಮ್ಮ ಮಕ್ಕಳನ್ನು ಕಂಡ ಮನಸ್ಸು. ಮರಗಳ ರಕ್ಷಣೆಗಾಗಿ ತನ್ನ ಪ್ರಾಣ ಬಿಡೋಕು ಸಿದ್ಧರಿದ್ದ ಧೀರ ಮಹಿಳೆ ಈಕೆ. ಎಲ್ಲರ ಮೆಚ್ಚುಗೆಗೆ ಪಾತ್ರವಾಗಿರೋ ಇವರು ಸಾಲುಮರದ ತಿಮ್ಮಕ್ಕ.

ತಿಮ್ಮಕ್ಕನವರು ತುಮಕೂರು ಜಿಲ್ಲೆಯ ಗುಬ್ಬಿ ತಾಲೂಕಿನಲ್ಲಿ ಜನಿಸಿದರು. ತಂದೆ ಚಿಕ್ಕರಂಗಯ್ಯ. ತಾಯಿ ವಿಜಯಮ್ಮ. ಕಡುಬಡತನದಲ್ಲಿ ಬೆಳೆದ ಇವರು ತಮ್ಮ ಜೀವನ ಸಾಗಣೆಗಾಗಿ ಹತ್ತಿರದ ಕಲ್ಲು ಗಣಿಯಲ್ಲಿ ದಿನಗೂಲಿ ನೌಕರರಾಗಿ ಕೆಲಸ ಮಾಡಿದರು. ತಮ್ಮ ಔಪಚಾರಿಕ ಶಿಕ್ಷಣದಿಂದ ಹಿಂದುಳಿದವರು. ಇವರು ಚಿಕ್ಕಯ್ಯ ಎಂಬ ಒಬ್ಬ ದನಕಾಯುವವರನ್ನು ವರಿಸಿದರು.

ನಿಸ್ವಾರ್ಥ ಸೇವೆಯ ಮನೋಭಾವ:

ಸಾಲುಮರದ ತಿಮ್ಮಕ್ಕ ಎಂದರೆ ಸಾಕು ಅಭಿಮಾನ ಮೂಡಿಬರುತ್ತೆ. ಇಳಿವಯಸ್ಸಿನಲ್ಲೂ ಇಳಿಯದ ಹುಮ್ಮಸ್ಸಿನ ಈ ಜೀವವು ನಿಸ್ವಾರ್ಥಿ. ಯಾರನ್ನೂ ಕೇಳಲಿಲ್ಲ, ಏನೂ ಬಯಸಲಿಲ್ಲ. ತನ್ನ ಪತಿಯೊಂದಿಗೆ ಸೇರಿ ಮಾಗಡಿ ಬಳಿಯ ಹುಲಿಕಲ್ ರಸ್ತೆಯ ಎರಡೂ ಬದಿಯಲ್ಲಿ ಸಾಲು ಹಲಸಿನ ಸಸಿಗಳನ್ನು ನೆಟ್ಟು ಪೋಷಿಸಿದರು. ನಿಸ್ವಾರ್ಥ ಜೀವಿ ಈ ವೃಕ್ಷಮಾತೆ ಪರಿಸರದ ಕಾಳಜಿ ಮಾತ್ರವಲ್ಲದೇ ಸಮಾಜಸೇವೆಯಲ್ಲೂ ತನ್ನನ್ನು ತೊಡಗಿಸಿಕೊಂಡಿದ್ದಾರೆ. ಅನೇಕ ಸಂಘ ಸಂಸ್ಥೆಗಳಿಂದ ಧನ ಸಹಾಯ ಮಾಡಿದಾಗ ಅದನ್ನು ತಮ್ಮ ಹಳ್ಳಿಯ ಅಭಿವೃದ್ಧಿ ಕಾರ್ಯಗಳಿಗೆ, ಹೆರಿಗೆ ಆಸ್ಪತ್ರೆಯ ಕಟ್ಟಡ ನಿರ್ಮಾಣಕ್ಕೆ ಮೊದಲಾದ ಸೇವೆಗಳಿಗೆ ನೀಡುತ್ತಾರೆ.

ಸ್ವಾಭಿಮಾನಿ ತಿಮ್ಮಕ್ಕ:

ಪ್ರಸ್ತುತ 80ರ ವಯಸ್ಸಿನ ಆಸುಪಾಸಿನಲ್ಲಿರುವ ಸಾಲುಮರದ ತಿಮ್ಮಕ್ಕನಿಗೆ ಉಲ್ಲಾಸ ಮಾತ್ರ ಕಡಿಮೆಯಾಗಿಲ್ಲ. 1991ರಲ್ಲಿ ತಮ್ಮ ಪತಿ ತೀರಿಕೊಂಡ ಬಳಿಕ ಒಂಟಿ ಜೀವನ ನಡೆಸುತ್ತಿರೋ ತಿಮ್ಮಕ್ಕ ಬಹಳ ಸ್ವಾಭಿಮಾನಿ. ಅನೇಕ ಸಂಘಟನೆಗಳು ತಿಮ್ಮಕ್ಕರನ್ನು ನೋಡಿಕೊಳ್ಳಲು ಮುಂದಾದರೂ, ಅದನ್ನು ತಿರಸ್ಕರಿಸಿ ಸಾಲು ಮರಗಳನ್ನು ನೋಡುತ್ತ, ಅದರ ನೆರಳಿನಲ್ಲಿ ವಿಹರಿಸುತ್ತ, ಹುಲಿಕಲ್‌ನಲ್ಲಿ ಇದ್ದು ಬಿಡಬೇಕೆಂಬ ಮನಸ್ಸು ಮಾಡಿದರು.

ತಿಮ್ಮಕ್ಕನಿಗೊದಗಿದ ಪುರಸ್ಕಾರಗಳು:

ಅನೇಕ ಪ್ರಾಣಿ ಪಕ್ಷಿಗಳಿಗೆ ಆಶ್ರಯ ಒದಗಿಸಿದ ಕೀರ್ತಿ ತಿಮ್ಮಕ್ಕನವರಿಗೆ ಸಲ್ಲುತ್ತದೆ. ಇವರ ಸಾಧನೆಯನ್ನು ಗುರುತಿಸಿ ಅನೇಕ ಸಂಘ ಸಂಸ್ಥೆಗಳು ಪುರಸ್ಕರಿಸಿವೆ. ಹೆದ್ದಾರಿಯ ನಾಲ್ಕು ಕಿ.ಮೀ ಉದ್ದಳತೆಯಲ್ಲಿ 284 ಮರಗಳನ್ನು ನೆಟ್ಟರುವ ಸಾಧನೆಯನ್ನು ಗಮನಿಸಿ, ರಾಷ್ಟ್ರೀಯ ಮತ್ತು ಅಂತರಾಷ್ಟ್ರೀಯ ಸಂಸ್ಥೆಗಳು ಗೌರವ ಪುರಸ್ಕಾರ ನೀಡಿವೆ. ಭಾರತದ ರಾಷ್ಟ್ರೀಯ ಪೌರ ಪ್ರಶಸ್ತಿ, ಇಂದಿರಾ ಪ್ರಿಯದರ್ಶಿನಿ ವೃಕ್ಷಮಿತ್ರ ಪ್ರಶಸ್ತಿ, ವೀರ ಚಕ್ರ ಪ್ರಶಸ್ತಿ, ಕರ್ನಾಟಕ ಸರ್ಕಾರದ ಮಹಿಳಾ ಮತ್ತು ಮಕ್ಕಳ ಕಲ್ಯಾಣ ಇಲಾಖೆಯಿಂದ ಪ್ರಮಾಣ ಪತ್ರ, ಆರ್ಟ್ ಆಫ್ ಲಿವಿಂಗ್ ಸಂಸ್ಥೆಯಿಂದ ವಿಶಾಲಾಕ್ಷಿ ಪ್ರಶಸ್ತಿ ಸೇರಿದಂತೆ ಅನೇಕ ಪ್ರಶಸ್ತಿಗಳಿಗೆ ಭಾಜನರಾಗಿದ್ದಾರೆ.

ಶಾಲೆಗೆ ಹೋಗಿ ಏನೂ ಕಲಿಯದೇ ಇದ್ದರೂ, ಪರಿಸರ ಪ್ರೀತಿಯಿಂದ ಸಸ್ಯ ಲೋಕದ ಜ್ಞಾನವನ್ನು ಸಂಪಾದಿಸಿದ್ದಾರೆ. ಯಾವುದೇ ಗಿಡದ ಎಲೆಯಾದರೂ ಥಟ್ಟನೆ ಗುರುತಿಸುತ್ತಾರೆ. ಅಮೇರಿಕಾದ ಸಂಯುಕ್ತ ಸಂಸ್ಥಾನದ ನಾಲ್ಕು ವಿ.ವಿಗಳಲ್ಲಿ ಅವರ ಹೆಸರಿನಲ್ಲಿ ಪರಿಸರ ಅಧ್ಯಯನ ಕೇಂದ್ರಗಳಿವೆ.

ಆಶ್ಲಿನ್ ಶೆಟ್ಟಿ
ತೃತೀಯ ಬಿ.ಎ(ಇಜೆಪಿ)

END ⊘SULFAN

The ENDOSULFAN Epidemic

The endosulfan tragedy which occurred in Kasaragod district of Kerala, India is now well known. It is considered by many experts in the field of pesticide toxicity as one of the worst pesticide disasters to happen to a region and its people. The tragedy occurred for various reasons, starting with the recommendation to use such a chemical in a populated, waterbody rich area like Kasaragod. It was then continually aerially sprayed by the Plantation Corporation of Kerala on its cashew plantations for 20 years, without even once looking into its impacts.

After several studies, court cases, public protest etc, the State of Kerala banned the sale and use of endosulfan within its boundary in 2003. The enormity of the health problems in the area was brought to the notice of the government by the local people as well as various organisations like Thanal, Endosulfan Spray Protest Action Committee (ESPAC) etc. This moved the government to start an Endosulfan Relief and Remediation Cell in the year 2007 and since then it is working under the Kasaragod Jilla Panchayath
to give some relief to the affected people. Not only the government but some organisations and individuals are also working for the welfare of the affected communities, however small it may be.

After a preliminary appraisal of the impact of the remedial and relief efforts among the affected community which was compiled with the help of community and government doctors, officers in charge of the relief cell and activists associated with the relief measures.

Apart from this rehabilitation work, one important result of the ban of endosulfan is that it has made a lot of changes in the health scenario of the affected area and this is vouched by many doctors working in the area. A quick appraisal of these changes in the year 2008 was also carried out.

Local health practitioners had documented increased incidences of congenital anomalies, delayed puberty, mental retardation, abortions and cancer during the years of endosulfan spraying. However these doctors are now reporting that, following the ban of endosulfan in 2003, there is a significant decrease in cases of these diseases, for example no new cases of cancer, no children born with congenital anomalies or neurobehavioural abnormalities.

A Brief Timeline of Events

The aerial spraying of endosulfan over the cashew plantations in Kasaragod district in Kerala, India was started in 1978. This was done 3 times a year over an area covering 15 Grama Panchayaths in Kasaragod. There were many warning signals about its impact from the beginning, including the mass deaths of bees, fishes, frogs, birds, foxes and also congenital deformities in domestic animals like cows.

In 1994, independent health observations by a local doctor Dr. Mohankumar revealed that there was a rising incidence of cases of mental illness and congenital anomalies in Kasaragod. He initially considered the possibility of heavy metal or radioactive toxicity of the water in the area to be the cause. Later in 1998, Leelakumari Amma, a staff of the Krishi Bhavan at Periya Panchayath witnessed the deterioration of health of her two children and herself – loss of voice and hormonal problems – after she came to live in a village inside the spraying area. She then lodged a complaint in the local court along with two other farmers to stop the aerial spraying in the interests of the people's health and the environment.

Several national and international groups conducted health and toxicological studies between 1998 and 2002; and arrived at the conclusion that the abnormal health problems at Kasaragod were due to the spraying of endosulfan. The commonly noted unusual diseases were neurobehavioral disorders, congenital malformations in girls and abnormalities of reproductive tract in males. Another report showed increased rate of cancers and gynecological abnormalities as well. Later the Kerala State health department also conducted medical camps in various regions and subsequently they also conducted a study. The report reaffirmed the relationship between endosulfan and the health problems in Kasaragod.

In 2002 the Kerala High Court banned the sale and use of endosulfan in Kerala, and following this the State Government also issued a ban order in 2003. Local efforts for relief and rehabilitation started at Kasaragod with the help of the local panchayath, local organisations and the Calicut Medical College in 2003. In 2005 the Central Government issued an order that the labels on the pesticide bottles must carry a message that this pesticide is not for sale in Kerala. This order does not seem to have been implemented by the Central Government effectively.

Apart from the measures initiated by the Endosulfan Cell, relief activities are also being conducted by a non-profit organization called Solidarity Youth Movement (SYM) and an educational program by the Central Government called Sarva Shiksha Abhiyan (SSA).

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Hair

Castor oil against hairloss

Mix equal parts of castor oil with alcohol and apply the mixture to the roots of the hair. After 1-2 hours wash the hair and rinse well with water, rubbing 1/2 lemon juice or take 1-2 tablespoons of vinegar and apply into the roots .

You can also mix two tablespoons of onion juice and castor oil, then rub the mixture into the roots of the hair. The head should be covered with a nylon hat or a cloth for about 30-40 minutes, then you should wash your hair as usual.

Normal Hair: Fish, chicken, dals, sprouts.

Dry Hair: Raw vegetables, pulses, brown rice, bananas, nuts, vitamin E capsules.

Oily Hair: Green leafy vegetables, salads, fresh fruits, yogurt.

Teeth

Almonds

Almonds are great for your teeth because they are a good source of calcium and protein while being low in sugar. Enjoy a quarter cup of almonds with your lunch. You can also add a handful to a salad or to a stir-fry dinner.

Along with adding more leafy greens, dairy products and fibrous vegetables to your diet, pay attention to what you're drinking. Since it has no calories or sugar, water is always the best pick, especially compared to juice or soda. Your diet makes a big difference when it comes to a healthy smile.

Apples

While the ADA recommends steering clear of most sweet foods, there are some exceptions. Fruits, such as apples, might be sweet, but they're also high in fiber and water. The action of eating an apple produces saliva in your mouth, which rinses away bacteria and food particles. The fibrous texture of the fruit also stimulates the gums. Eating an apple isn't the same as brushing your teeth with a toothpaste that contains fluoride, such as Colgate® Total®, but it can tide you over until you have a chance to brush. Pack either a whole apple or apple slices in your lunch to give your mouth a good scrubbing at the end of the meal.

Skin

Sweet Potatoes

Beta-carotene is a nutrient found in plants.

It can be converted into vitamin A in the body, and it's found in orange and dark-green vegetables such as carrots, spinach and sweet potatoes (5, 18).

Sweet potatoes are an excellent source of it.

One 1/2-cup serving (100 grams) of baked sweet potato contains enough beta-carotene to provide nearly four times the RDI of vitamin A (19).

Carotenoids like beta-carotene help keep your skin healthy by acting as a natural sunblock.

When consumed, this antioxidant is incorporated into your skin and protects your skin cells from sun exposure. This may help prevent sunburn, cell death and the resulting effects of dry, wrinkled skin.

Interestingly, beta-carotene may also add a warm, orange color to your skin, contributing to an overall healthier look (5).

BOTTOM LINE:

Sweet potatoes are an excellent source of beta-carotene, which acts as a natural sunblock and protects the skin from sun damage.

Eyes

Good eye health starts with the food on your plate. Nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E might help ward off age-related vision problems like macular degeneration and cataracts.

To get them, fill your plate with:

Green leafy vegetables like spinach, kale, and collards.

Salmon, tuna, and other oily fish.

Eggs, nuts, beans, and other nonmeat protein sources.

Oranges and other citrus fruits or juices.

Oysters and pork.

Nails

Beans

Beans are rich in biotin, and as noted above, this vitamin has been shown to increase nail strength and integrity. In the Swiss study mentioned earlier, participants with brittle nails were given 2.5mg of biotin daily for 6 months. Amazingly, the participants' nail thickness had increased by a full 25%.2

While lima beans don't contain biotin, they are the only alkalizing beans. And lima beans contain no fewer than 12 Foundation Supplements, including calcium, magnesium, zinc, 6 B-complex vitamins, manganese, copper, potassium, phosphorous, and Vitamin K.

Oats

Oats contain micronutrients like copper and zinc that are important for healthy fingernail and bone maintenance. They also have manganese, silicon, and B-complex vitamins, all of which promote healthy fingernails and bones.

If you are concerned about the phytic acid content of oats, you can soak them for a few hours or overnight. Soaking helps break down the phytic acid.

Beyond just oatmeal, oats can be incorporated into a variety of delicious dishes to boost nutritional content.

Living Tree Bridge of Cherrapunji

And if you are wondering how on earth they got that way, the winding roots have made their way along the slopes. As the trees cling to the higher areas of the riverbank, they send their roots down to the riverbed. It is said that over the ages, humans have shaped them to aid as a natural bridge between the rivers

Red Beach, Tianzin, China

What's Weird: Every year in Autumn, this beach in China comes alive with Suaeda salsa, a red colored plant that thrives well in salt water. The entire beach blooms red, leaving only thin strips of sea visible.

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Vinicunca Rainbow Mountain, Peru

What's Weird: Covered in wide lines of pastel blue, intense red, green, pink and yellow. There are currently no scientific explanations for this phenomenon.

Pamukkale: Denizli, Turkey

The stacked pools in Pamukkale are usually surrounded by snow and frozen waterfalls, but the blue waters are hot and open to bathers. You'll never be satisfied with your hotel's infinity pool again.

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ONE PLANET

Earth does not belong to us; We belong to Earth.

WE HAVE ONLY ONE TINY BLUE PLANET CALLED EARTH.

BUT WE WOULD NEED 1.6 EARTHS AT THE RATE WE ARE CONSUMING RESOURCES NOW.

ACT BEFORE IT'S TOO LATE

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