

BALWANT RAO TILAK

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Balwant Rao Tilak was born on July 23, 1856 in Ratnagiri to Sadoba Gore. This corresponds with the sixth day of brighter half of Ashadh month (corresponding to the months of July and August) as per Hindu calendar.

Tilak was popularly known as Balwant Rao but his original name was Keshav after the name of their great grandfather and head of the family. Later he came to be known as Lokmanya Bal Gangadhar Tilak. Tilak had learnt by heart various subjects like mathematics, theology etc. before his thread ceremony.

Tilak left this world on August 1, 1920 and I want to pay tribute to this great leader on the occasion of his death anniversary and pen down some of his great qualities.

Tilak had faced lot of challenges in his life in the form of miseries and poverty, he did not get happiness and wealth but he was never disappointed it. He made best efforts, performed consistently and never bothered about prosperity and wealth.

He had excellent level of concentration and therefore never studied till late hours in the night. When he used to sit for studies he never cared about the noise near his surroundings. He would not get disturbed even

if somebody beat drums near his ears. He was suffering from illness when he joined college but he did regular exercise and treated it. He used to go for wrestling in the morning and swimming in the river. He maintained good health throughout his life. He spent time in the welfare of the society and nation. The desire for serving the nation, contribute in its prosperity and efforts remained consistent in his actions right from his college days to his last day. Any kind of incident, happy or unhappy, did not deviate his love for country. Nation was his top priority all the time.

His love for classics was no less than that of service to the nation. Reading good literature is one of the duties of a true patriot. His political and analytical mind was unmatched. He understood the policies of the British very well and no other Indian leader could follow it so brilliantly.

Two main qualities of Tilak were patience and reliability. The slogan 'Freedom is my birthright,' can be seen in a person who has strong heart and fearless mind and tremendous patience. Lokmanya had to face separation from son, wife, apart from indebtedness, three times imprisonment and several other challenges but he never lost his patience. Lokmanya Tilak was indeed a great leader possessing high qualities.

GUM DISEASES SHOULD NOT BE TAKEN LIGHTLY

Dental and gum problems should not be taken lightly. Overlooking these problems could lead to serious diseases like cancer. Imperial college of London has claimed this on the basis of a study conducted on health record of 50 thousand people. The team conducting this study found that gum diseases could increase the risk of lung, kidney, blood and pancreas cancer. Chief researcher, Dr. Dominic Michaud says that chronic gum problems are an indication to the reducing immunity system. This increases the risk of spreading cancer. This report was published in Lancet Oncology journal. The study showed that those who suffered from gum diseases were 14 times more prone to cancer than those who did not have this problem. Apart from that the people suffering from gum diseases also had risk of lung and kidney cancer. There was 50 percent chance of occurrence of cancer in these cases. The probability of pancreas cancer was also equal. The people suffering from gum diseases were more prone to leukemia by 30 percent than those who did not have this problem. The study team did not mean that all people suffering from gum problems should begin the treatment for cancer. They should consult a qualified dentist for proper diagnosis and treatment.