

CLEAN INDIA, HEALTHY INDIA

FUTURE ACTION PLAN

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Water is life. It is the basis of life of all the living beings. Water is necessary for different activities and it is used differently depending on its purity. Clean and pure water is used for household activities, in other words, water used in house should be free from bacteria, pollutants and fresh, which can be used for drinking, cooking food, taking bath etc. The municipalities of different cities and towns collect water from rivers and process it and make it usable for household activities. The river water is used directly for irrigation purposes, and also to produce electricity. Contaminated water is the only reason for almost 50 percent of health related problems in India. Contaminated water causes serious diseases like cholera, typhoid, constipation, hepatitis, intestinal diseases, viral diseases, chronic disorder of bowel movement etc.

Generally, the municipal authorities chlorinate the water, to make it pollution free and destroy the bacteria but virus does not get destroyed. These viruses become the cause of diseases.

The water coming out from bathrooms, toilets, hospitals, laundry etc is collected in sewerage treatment plant, and the rainwater is also collected in the same plant. Generally, in our country the water coming from sewerage plant is left out into drainages without treatment and they are connected to the nearby rivers, which actually is the biggest reason for river pollution. Polythene, silver foil and industrial chemical wastes are the biggest pollutants.

Solution:

This type of sewerage should be divided into two parts with the help of treatment. The poisonous and harmful water (extremely polluted) should be separated and comparatively non-toxic, non-carbonic water should be used for the irrigation of plants and fields.

Ganga is the symbol of Indian culture. Its water is known as the source of liberation from ancient times. Public awareness has to be created on the basis of following points in order to keep its water pollution free.

Waste conservation:

Green colored waste bins should be placed at the banks of Ganga in order to collect biodegradable waste and this should be sent to waste management plant.

Similarly yellow colored dust bins should be placed at the banks of Ganga to collect bio-non degradable waste which consists of plastic etc. this should be thrown in deep ditches or sent to waste management plant.

Waste management system:

The city municipality has to set up a waste management system but if it is not available then you can write directly to the local councilor or MLA and request sanction of funds from 'MLA fund' for setting up waste management system. Two separate different colored dustbins will have to be placed in order to throw wastes. Public awareness would have to be created by visiting each and every colony. Polythene, silver foil should be thrown in yellow colored bins and vegetables, fruit peels etc. should be thrown in green colored bins.

Tree plantation:

It is extremely necessary to plant trees at the banks of river Ganga in order to fight out pollution. This can be done free of cost by contacting the forest department. Medicinal plants like neem, wood apple, and Arjuna and rose wood should be planted. Tree guard should be used in order to protect the plantations, which can be obtained with the help of nationalized banks.

MLA fund and Ganga Action Fun can be used for the following:

- Set up a waste management system.
- Yellow and green colored dustbins should be placed in different streets and lanes.
- Industrial pollution treatment plants should be setup.
- Sewerage treatment plants should be setup.
- The closed treatment plants should be restarted and make them function properly.
- Awareness campaigns should be organized in all the directions and explain the consequences of polythene waste etc.

Supervision:

Meet the MLA/ councilor/ District collector/ and concerned officers for this task and give a written application. You can demand the district collector to set up a five-member group of officers associated with Ganga Action Plan and district administration. This group will monitor the work on a weekly basis. The

government expenditure is carried on with the taxes that we pay, in other words do not neglect any callousness in government work and report the matter to the concerned head of the department.

Fieldwork

- You can take the support of municipality welfare associations, students groups like NSS, NCC, Red cross and work at the banks of Ganga for at least two hours on Sundays.
- Request the district collector that Patanjali Yog committee, Save Ganga Forum should be made the members of pollution control supervisory committee.

All types of pollution are harmful for man like:

Water pollution, air pollution, noise pollution, soil pollution.

But water pollution is the fastest reasons for several dangerous diseases. Water pollution has to be controlled if the objective of Healthy India has to be achieved.

This is the reason that revered Swami Ji Maharaj has taken the mission of making the Ganga water pollution free. Ganga affects the life of 40 crore people.

Awareness campaign related to polythene:

- Create public awareness in your areas against that polythene is a harmful factor for creating polluting.
- Organize public awareness campaigns against plastic.
- Keep a proposal in front of the administration to completely prohibit the use of polythene on the banks of river Ganga.

Solutions

- Stop the use of polythene completely.
- The Yog teachers of Patanjali and devotees should be aware of this fact so that they can inspire others to follow it.
- Use a bag made of cloth or jute to purchase vegetables and provision items.

AMERICAN DOCTORS CLAIM BREAKTHROUGH IN TREATMENT OF BRAIN TUMOUR

The word 'cancer' is very frightening. Doctors all over the world are doing research in order to fight out this dreadful diseases. The American researchers have now claimed to have found a solution to cure brain tumour. The researchers claim that this method would help in performing operation before the spread of cancer.

They also say that it is still difficult to understand cancer in spite of conducting all types of research. Genes play an important role in this case. Chief researcher Dr. Bert Volzastine of Hopkins University said that the more we want to understand cancer, the more difficult it gets. If you take the case of 100 cancer patients, then you will find all the 100 cases to be completely different. Whatever medicines are being manufactured, they have impact on only one gene whereas there are different reasons for cancer.

According to the researchers the best possible treatment to stop cancer is to control the abnormal growth of tumour. The researchers conducted a study on the patients of pancreatic cancer and brain tumour. These types of cancer occur at some particular places.

Another researcher Dr. Kenneth Kinzeller says that generally change in genes becomes helpful in detecting tumour. A gene called 'IDH' has been recognized that can help detect brain tumour. The patient

dies within one year due to this cancer.

According to Dr. Victor Welculescu, brain tumour is considered to be one disease but actually it is two diseases. The researcher says that the pharmaceutical companies should make some technical changes in the process of drug manufacture so that the medicines can be useful for all types of cancer.

Smoking affects around five lakh Americans every year

Around five lakh people are becoming victims of cancer in America due to the consumption of tobacco. According to a report, around 24 lakh people suffered from cancer between 1999 and 2004 due to consumption of cancer. This report was published by the disease control and prevention center of America (CDC).

According to the report half of the cancer cases are related to lungs and respiratory tract. The report says that use of tobacco increases the risk of mouth, stomach and kidney cancer. The deaths taking place due to consumption of tobacco every year is more than the total deaths taking place due to road accidents, suicides, AIDS, alcohol addiction. It has been said that the nation is facing a loss of 167 billion dollars annually in the form of loss of productivity and medical services due to smoking.