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"hunt and peck" Editing is a (growing) field of work in the service industry. Paid editing services may be provided by specialized editing firms or by self-employed (freelance) editors. Editing firms may employ a team of in-house editors, rely on a network of individual contractors or both. Such firms are able to handle editing in a wide range of topics and genres, depending on the skills of individual editors. The services provided by these editors may be varied and can include proofreading, copy editing, online editing, developmental editing, editing for search engine optimization (SEO), etc. Self-employed editors work directly for clients or offer their services through editing firms, or both. They may specialize in a type of editing and in a particular subject area. Those who work directly for authors and develop professional relationships with them are called authors' editors. The recent emergence of several competitive typing websites has allowed several fast typists on computer keyboards to emerge along with new records, though these are unverifiable for the most part. Two of the most notable online records that are considered genuine are 241.82 wpm on an English text on typingzone.com by Brazilian Guilherme Sandrini (equivalent to 290.184 wpm using the traditional definition for words per minute since this site defines a word as six characters rather than five) and 256 wpm (a record caught on video) on TypeRacer by American Sean Wrona, the inaugural Ultimate Typing Championship winner, which was considered the highest ever legitimate score ever set on the site, until Wrona claimed it has been surpassed. Both of these records are essentially sprint speeds on short text selections lasting much less than one minute and were achieved on the QWERTY keyboard. Wrona also maintained 174 wpm on a 50-minute test taken on hi-games.net, another online typing website to unofficially displace Blackburn as the fastest endurance typist, although disputes might still arise over differences in the difficulty of the texts as well as Wrona's use of a modern computer keyboard as opposed to the typewriter used by Blackburn. In one study of average computer users, the average rate for transcription was 33 words per minute, and 19 words per minute for composition. In the same study, when the group was divided into "fast", "moderate" and "slow" groups, the average speeds were 40 wpm, 35 wpm, and 23 wpm respectively. An average professional typist reaches 50 to 80 wpm, while some positions can require 80 to 95 wpm (usually the minimum required for dispatch positions and other typing jobs), and some advanced typists work at speeds above 120 wpm. Two-finger typists, sometimes also referred to as "hunt and peck" typists, commonly reach sustained speeds of about 37 wpm for memorized text and 27 wpm when copying text, but in bursts may be able to reach speeds of 60 to 70 wpm. From the 1920s through the 1970s, typing speed (along with shorthand speed) was an important secretarial qualification and typing contests were popular and often publicized by typewriter companies as promotional tools. Editing is a growing field of work in the service industry. Paid editing services may be provided by specialized editing firms or by self-employed (freelance) editors. Editing firms may employ a team of in-house editors, rely on a network of individual contractors or both. Such firms are able to handle editing in a wide range of topics and genres, depending on the skills of individual editors. The services provided by these editors may be varied and can include proofreading, copy editing, online editing, developmental editing, editing for search engine optimization (SEO), etc. Self-employed editors work directly for clients or offer their services through editing firms, or both. They may specialize in a type of editing and in a particular subject area. Those who work directly for authors and develop professional relationships with them are called authors'

(A) teacher's professional duties may extend beyond formal teaching. Outside of the classroom teachers may accompany students on field trips, supervise study halls, help with the organization of school functions, and serve as supervisors for extracurricular activities. In some education systems, teachers may have responsibility for student discipline. Business meetings, and professional recordings can contain sensitive data, so security is something a transcription company should not overlook when providing services. Companies should therefore follow the various laws and industry best practice, especially so when serving law firms, government agencies or courts. Medical Transcription specifically is governed by HIPAA, which elaborates data security practices and compliance measures to be strictly followed, failure of which leads to legal action and penalties. Transcription security includes maintaining confidentiality of the data through information security practices including limiting access with passwords and ensuring a secure environment for data and appropriate methods of disposal of all materials and deletion of files. Personnel may be required to sign non-disclosure agreements on a regular basis as well as take various oaths regarding confidentiality and accuracy. A freelancer or freelance worker, is a term commonly used for a person who is self-employed and is not necessarily committed to a particular employer long-term. Freelance workers are sometimes represented by a company or a temporary agency that resells freelance labor to clients; others work independently or use professional associations or websites to get work. While the term "independent contractor" would be used in a higher register of English to designate the tax and employment classes of this type of worker, the term freelancing is most common in culture and creative industries and this term specifically motions to participation therein. Fields, professions, and industries where freelancing is predominant include: music, writing, acting, computer programming, web design, graphic design, translating and illustrating, film and video production and other forms of piece work which some cultural theorists consider as central to the cognitive-cultural economy. Medical transcription, also known as MT, is an allied health profession dealing with the process of transcribing voice-recorded medical reports that are dictated by physicians, nurses and other healthcare practitioners. Medical reports can be voice files, notes taken during a lecture, or other spoken material. These are dictated over the phone or uploaded digitally via the Internet or through Stimulate your mind as you test your typing speed with this standard English paragraph typing test. Watch your typing speed and accuracy increase as you learn about a variety of new topics! Over 40 typing test selections available. 44 general selections available. If you don't like a test prompt, you can get a different (random) prompt with the "change test" button - or select a general topic to type from the list below. To find out how fast you type, just start typing in the blank textbox on the right of the test prompt. You will see your progress, including errors on the left side as you type. In order to complete the test and save your score, you need to get 100% accuracy. You can fix errors as you go, or correct them at the end with the help of the spell checker. smart phone apps. A teacher's professional duties may extend beyond formal teaching. Outside of the classroom teachers may accompany students on field trips, supervise study halls, help with the organization of school functions, and serve as supervisors for extracurricular activities. In some education systems, teachers may have responsibility for student discipline. Business meetings, and professional recordings can contain sensitive data, so security is something a transcription company should not overlook when providing services. Companies should theref

Coronavirus disease 2019 (COVID19) is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The disease was first identified in December 2019 in Wuhan, the capital of China's Hubei province, and has since spread globally, resulting in the ongoing 2019-20 coronavirus pandemic. As of 25 April 2020, more than 2.89 million cases have been reported across 185 countries and territories, resulting in more than 202,000 deaths. More than 815,000 people have recovered. Common symptoms include fever, cough, fatigue, shortness of breath and loss of smell. While the majority of cases result in mild symptoms, some progress to viral pneumonia, multi-organ failure, or cytokine storm. More concerning symptoms include difficulty breathing, persistent chest pain, confusion, difficulty waking, and bluish skin. The time from exposure to onset of symptoms is typically around five days but may range from two to fourteen days. Individuals may experience distress from quarantine, travel restrictions, side effects of treatment, or fear of the infection itself. To address these concerns, the National Health Commission of China published a national guideline for psychological crisis intervention on 27 January 2020. Most of those who die of COVID-19 have pre-existing (underlying) conditions, including hypertension, diabetes mellitus, and cardiovascular disease.[222] The Istituto Superiore di Sanità reported that out of 8.8% of deaths where medical charts were available for review, 97.2% of sampled patients had at least one comorbidity with the average patient having 2.7 diseases. According to the same report, the median time between the onset of symptoms and death was ten days, with five being spent hospitalised. However, patients transferred to an ICU had a median time of seven days between hospitalisation and death. Several measures are commonly used to quantify mortality. These numbers vary by region and over time and are influenced by the volume of testing, healthcare system quality, treatment options, time since the initial outbreak, and population characteristics such as age, sex, and overall health. The death-to-case ratio reflects the number of deaths divided by the number of diagnosed cases within a given time interval. Based on Johns Hopkins University statistics, the global death-to-case ratio is 7.0% (202,455/2,892,508) as of 25 April 2020. Other measures include the case fatality rate (CFR), which reflects the percent of diagnosed individuals who die from a disease, and the infection fatality rate (IFR), which reflects the percent of infected individuals (diagnosed and undiagnosed) who die from a disease. These statistics are not time-bound and follow a specific population from infection through case resolution. Many academics have attempted to calculate these numbers for specific populations. There is no available vaccine, but various agencies are actively developing vaccine candidates. Previous work on SARS-CoV is being used because both SARS-CoV and SARS-CoV-2 use the ACE2 receptor to enter human cells.[301] Three vaccination strategies are being investigated. First, researchers aim to build a whole virus vaccine. The use of such a virus, be it inactive or dead, aims to elicit a prompt immune response of the human body to a new infection with COVID-19. A second strategy, subunit vaccines, aims to create a vaccine that sensitises the immune system to certain subunits of the virus. In the case of SARS-CoV-2, such research focuses on the S-spike protein that helps the virus intrude the ACE2 enzyme receptor. A third strategy is that of the nucleic acid vaccines (DNA or RNA vaccines, a novel technique for creating a vaccination). Experimental vaccines from any of these strategies would have to be tested for safety and efficacy. Tocilizumab has been included in treatment guidelines by China's National Health Commission after a small study was completed. It is undergoing a phase 2 non-randomised trial at the nation

This chapter contains documents shedding light on how Kashmir's Constitution was framed from 1954 to 1956. This includes the reports of the Basic Principles Committee and the Drafting Committee presented on 3 February and 11 February 1954, respectively; the President's Major Order under Article 370, CO No. 48, entitled The Constitution Order 1954. It describes how the Constituent Assembly resolved on 6 April 1955 to authorise the President to extend to the state entries in the Union list, how the Assembly amended the State Constitution that led to the drafting and revision of the Constitution. On 17 November 1956, the Constituent Assembly adopted a Resolution moved by Mir Qasim that it shall stand dissolved from 26 January 1957. The President of the Constituent Assembly formally declared its dissolution pursuant to the resolution of 17 November. Keywords: Constituent Assembly, Mir Qasim, State Constitution, Article 370, Basic Principles Committee, Drafting Committee, Kashmir Oxford Scholarship Online requires a subscription or purchase to access the full text of books within the service. Public users can however freely search the site and view the abstracts and keywords for each book and chapter. Please, subscribe or login to access full text content. If you think you should have access to this title, please contact your librarian. To troubleshoot, please check our FAQs , and if you can't find the answer there, please Article 370: A Constitutional History of Jammu and Kashmir A. G. Noorani ABSTRACT This collection of documents on Article 370 of the Constitution of India contains 'temporary provisions' with respect to the State of Jammu and Kashmir. This book presents documents on the five-month long negotiations which preceded its enactment on 17 October 1949. It explains the significance of the article, describes how it was eroded, and traces the Constitutional evolution of the State and its relationship with the Union of India thereafter. It covers the period from 1946 to 2010. From Jammu and Kashmir's accession to India in 1947 to the various negotiations thereafter, including Sheikh Abdullah's arrest to the framing of the Constitution of Jammu and Kashmir, and the replacement of Sadar-i-Riyasat, this book examines in detail the little-known constitutional history of the state. The first section of this chapter presents Jawaharlal Nehru's views on the 'erosion' of Article 370, based on the Lok Sabha Debates on 27 November 1963. The second section describes Union Home Minister G.L. Nanda takes on abrogation of Article 370, on 4 December 1964. The third section details the Plebiscite Front's white paper on Constitutional relationship of Kashmir with India in 1964. Keywords: Lok Sabha, Article 370, Plebiscite Front, white paper, Jawaharlal Nehru, G.L. Nanda, India, Kashmir, abrogation Oxford Scholarship Online requires a subscription or purchase to access the full text of books within the service. Public users can however freely search the site and view the abstracts and keywords for each book and chapter. Please, subscribe or login to access full text content. This chapter contains documents shedding light on how Kashmir's Constitution was framed from 1954 to 1956. This includes the reports of the Basic Principles Committee and the Drafting Committee presented on 3 February and 11 February 1954, respectively; the President's Major Order under Article 370, CO No. 48, entitled The Constitution Order 1954. It describes how the Constituent Assembly resolved on 6 April 1955 to authorise the President to extend to the state entries in the Union list, how the Assembly amended the State Constitution that led to the drafting and revision of the Constitution. On 17 November 1956, the Constituent Assembly adopted a Resolution moved by Mir Qasim that it shall stand dissolved from 26 January 1957. The President of the Constituent Assembly formally declared its dissolution pursuant to the resolution of 17 November. Keywords: Constituent As

The most obvious danger brought by earthquakes is shaking ground. Depending on its intensity, this motion itself can damage or destroy building materials, which get stretched and bent beyond their tolerances. The ground's movement can take the form of waves running along the surface of the ground. As the wave runs under a building, the structure can lean, potentially tipping over. Then, when the shaking stops, the ground often settles to a different level compared to where it was previously, causing buildings, roads, and other structures to become unstable, topple, or break apart. Shaking ground can also trigger other types of ground movement, unleashing landslides, avalanches, or mudslides, especially in mountainous regions.

dangers of earthquakes An automobile lies crushed under the third story of this apartment building in the Marina District. The ground levels are no longer visible because of structural failure and sinking due to liquefaction. Loma Prieta, Marina District of San Francisco, California, USA. October 17, 1989. Another phenomenon caused by shaking ground is soil liquefaction. This happens when the shaking ground stirs up groundwater, mixing this water with soil near the surface. The result is a new, soft soil mixture that behaves like quicksand. When soil liquefaction happens below a building, the previously stable soil underneath the structure transforms into mush, causing the building to sink, tip, or break apart. Once the earthquake stops, the groundwater will gradually seep back down into the earth, allowing the soil near the surface to become firm once again. As the soil firms, the building will stop settling and come to rest in its altered position. Liquefaction is particularly common in places with sandy soil and groundwater at shallow depths in the soil.

Displacement along Fault Lines When an area containing a fault line gets hit by an earthquake, the land can break into new masses, separated by the fault line. Structures that were built across the fault will then be cleaved apart. If a road, for example, happens to cross the fault line, it can be sliced apart at the fault, with the two new pieces separated by a chasm or even pushed past each other, depending on the movement of the earth's plates. Earthquakes often bring a serious risk of flooding, due to the fact that they can destroy natural or manmade barriers that hold water in place. Dams can be weakened to the point of failure, or toppled entirely, by an earthquake. The water, previously restrained by the dam, will immediately follow gravity's path to lower ground, submerging, damaging, or sweeping away anything in its path. Earthquakes along the ocean floor can cause tsunamis, giant tidal waves bringing immense destruction to coastal areas they hit. A similar phenomenon, called a seiche, can occur on lakes. Although seiches are usually smaller than tsunamis, they are still capable of destroying lakefront property if the earthquake has sufficient force.

Fires Earthquakes can also cause fires by pulling down power lines, ripping apart gas pipes, or toppling wood burning stoves or fireplaces. Although the resulting fires can vary in severity, their effect is often worsened as the earthquake disrupts emergency crews' ability to extinguish them.

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Globalization Benefits World Economies The Milken Institute's "Globalization of the World Economy" report of 2003 highlighted many of the benefits associated with globalization while outlining some of the associated risks that governments and investors should consider. The principles of this report still remain relevant. Some of the benefits of globalization include Foreign Direct Investment: Foreign direct investment (FDI) tends to increase at a much greater rate than the growth in world trade, helping boost technology transfer, industrial restructuring, and the growth of global companies. Technological Innovation: Increased competition from globalization helps stimulate new technology development, particularly with the growth in FDI, which helps improve economic output by making processes more efficient. Economies of Scale: Globalization enables large companies to realize economies of scale that reduce costs and prices, which in turn supports further economic growth, although this can hurt many small businesses attempting to compete domestically. Some of the risks of globalization include: Interdependence: Globalization leads to the interdependence between nations, which could cause regional or global instabilities if local economic fluctuations end up impacting a large number of countries relying on them. National Sovereignty: Some see the rise of nation-states, multinational or global firms, and other international organizations as a threat to sovereignty. Ultimately, this could cause some leaders to become nationalistic or xenophobic. Equity Distribution: The benefits of globalization can be unfairly skewed towards rich nations or individuals, creating greater inequalities and leading to potential conflicts both nationally and internationally as a result. Writing in the quarterly Milken Institute Review in late 2017, Dani Rodrik, author of "Straight Talk on Trade: Ideas for a Sane World Economy," argued that a rebalancing of globalization is necessary to restore more voice to labor and its needs for job and income stability while focusing attention globally on where the biggest economic gains can be made. Tariffs and Other Forms of Protectionism The 2008 economic crisis led many politicians to question the merits of globalization. Global cross-border capital flows shrank by 65% between 2007 and 2016, according to a McKinsey Global Institute analysis of data from the International Monetary Fund. The decrease from \$12.4 trillion to \$4.3 trillion in those nine years includes declines in lending, FDI, and equity and bond purchases. In the U.S. and Europe, new banking regulations were introduced that limited capital flows. Tariffs have been put in place at times to protect domestic industries seen as vital, such as a 127% U.S. tariff on Chinese paper clips or Japan's 778% tariff on imported rice. In Brazil where import tariffs run between 10% and 35%—the new government announced in May 2019 that it plans to reduce them by 10 percentage points over the next four years. The 2016 election of Donald Trump in the United States and the British vote to leave the European Union (known as the Brexit) have also contributed to the anti-globalization movement. These trends have been driven by anti-immigration sentiments in Europe, although 2018 election results veer more pro- than anti-globalization. The Picture in 2019 Is Blurry Economists suggest cross-border investments in 2019 are not being made so much to build capital infrastructure as they are to seek countries with the lowest taxes. Some form of globalization may be inevitable over the long-run, but the historic bumps spurred by economic crises and other consequences suggest the only reliable constant is change. Escalated U.S. tariffs on Chinese imports raised \$20.8 billion through mid-July 2019, according to U.S. Customs and Border Protection. American farmers hurt by China diverting crop purchases to other countries were promised \$28 billion in federal compensation, making it an

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Causes and Effects of the Popularity of Fast food Restaurant and Fast food Nowadays, many kinds of fastfood restaurants are available in the malls and strategic places. The international branded restaurants such as KFC and McDonald grow quickly from one city to another all over the world. It indicates that the fastfood restaurants are popular and preferable. There are several causes and effects of the popularity of fast food restaurant and fast food. The first cause is needs of modern community which have intensive activities. In a family, both husband and wife have a tendency to have job. Consequently, they do not have enough time to cook and the frequency of eating take out is increased. Most people work full days with a lunch break of limited time, thus practically they need fastfood for lunch. Secondly, efforts of fastfood restaurant companies to improve their products and services are also the cause of their popularity. Improving products includes food quality in diverse taste. For example, KFC in Thailand offers a special taste which may not be found in other countries. Restaurants also provide good services such as quick service, convenience place even fun and entertain. Some restaurants also provide free delivery services which consumers can just call to order. Serving food in many kinds of package can make consumers choose quickly by pointing to the appropriate picture and price. Besides its popularity, fast food has some effects on human health. Most fast food contains calories from refined sugar and fats. It is also high in sodium from salt and other additives which can lead to some one to eat it more and more. Consuming more calories than human needs lead to obesity which causes some health problems such as hypertension, diabetes, heart disease and even cancer. In conclusion, popularity of fast food restaurants is caused by life style of modern people, food quality and good services. Besides its popularity, fast food has an effect on human health. Reducing frequency of fastfood meal and eat more fresh vegetables and fruits may lead to reduce health risk in the future The taste which only fulfils our tongue and no good to our health is always poisoning to us. Fast food is such a poison. We can call it slow poison. It gradually affects the inner parts of our body. It shortens our life span. It is responsible for our mental agitation. Now the question is that why we the modern people are too much fond about such fast food? In every 10 minutes distance you can easily find fast food centres. India, a developing country has now a day many fast food centres. The developed country like U.S, England, China and Japan are first in this case. Fast food restaurants now commercialized their position through their tasty items. There are so many causes of popularizing such fast food restaurants. The first is obviously the needs of modern people who were very busy in their life style. Now in almost many families it is a picture that both husband and wife is an employee. They initially have no time to cook and it is a fashion to eat outside. Most of the people work the whole day without a lunch break. Thus they are addicted physically and mentally with fast food. Secondly, the company's effort to popularize their product is also helpful in this way. Now a day you find easily in every restaurant home service or home delivery is free. So public takes it as a profitable gain. Their quality of food, quick service, special taste, fun and entertainment are positive for their restaurants. Besides this popularity fast food has some effects on our health. Most of the fast food items contain calories from refined sugar and fats. It is also high in sodium from salt and other additives which easily leads anyone to eat it more and more. Consuming more calories than needs lead to obesity. It causes many health hazards like hypertension, diabetes, heart disease and even cancer. Fast food now becomes a part of our culture. Once upon a time we celeb

Infrastructure is the network of power, telecom, ports, airports, roads, civil aviation, railways, and transportation in a country. Its importance in the development of a country cannot be over-emphasised. As a matter of fact infrastructure is the lifeline of the economy of a country. All developed countries have adequate infrastructure so that all the activities are executed efficiently, smoothly in time. On the other hand, all poor countries have little infrastructure. The plans of these countries target the building of adequate infrastructure to put their economies on a high growth path. Power is an essential input for economic development and improving the quality of life of people. Development of conventional forms of energy for meeting the growing needs of people is the responsibility of the government. In the pre- independence period, the power supply was mainly in the private sector and that too restricted to the urban areas. With the formation of State Electricity Boards during the Five-Year Plans, a significant step was taken in bringing about a systematic growth of power supply for industries all over the country. A number of multi-purpose projects came into being with the setting up of hydro, thermal and nuclear power stations. India at present is at the threshold of becoming a developed country. Its economy has been growing at a high GDP growth of over 8 per cent per annum. With the increase in population the demand for goods and services is increasing every year. The number of dwelling units in big and small cities is increasing. There is more demand for power to run home appliances in these as well as existing units. To meet this ever increasing demand we need to build a huge power infrastructure. That is why India has entered into a nuclear deal with America whereby the sole superpower in the world shall provide us with nuclear technology. Many nuclear reactors will be set up in India. The nuclear fuel will be supplied by some of the countries in the Nuclear Suppliers Group (NSG). Nuclear energy will be harnessed to be used for peaceful purposes. The transportation infrastructure includes roads, vehicles, railways, tracks, trains, ports, airports, ships and vessels. Road transportation is perhaps the most important because the railway tracks cannot be laid everywhere. The roads are the means by which the movement of people and goods from one place to another is ensured. Millions of people move out of their houses everyday to reach their places of work, trade or business daily. They not only generate income from working but also fulfil the needs of others. They use roads and vehicles available to them. Railways are another important part of transportation infrastructure. India has a huge railway network with a route length of 63,221 km, a fleet of over 7,800 locomotives, 5,340 passenger service vehicles and nearly 5,000 other coaching vehicles. There are 7,031 stations across the length and breadth of the country. The total network is divided into 16 zones. Crores of passengers travel through railways for the job, work and personal needs every day. Thousands of tonnes of goods are taken from one place to another. The transportation of heavy goods like steel and raw material like coal cannot be transported by any other mode of transport than the railways. Apart from performing these vital functions for the economy and the country, the railways are a huge source of revenue for the government. It has also given employment to lakhs of employees directly or indirectly.

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According to an estimate approximately eight million Indians are living in countries of the world. Although America, France, England, Australia are their favourite countries, and middle-east and south-east Asia are their other favourite regions, the persons of Indian origin are scattered in all parts of the world. They are in several countries of Africa, the Scandinavian countries, Benelux countries, and the Caribbean island countries. In some countries they have mixed with the locals in such a way that at times it is difficult to differentiate them. In some nations, they have been living now for the last 2-3 generations assimilating local culture, language, habits and customs. Most of the Indians who are either working abroad or have permanently settled abroad have kept their roots intact. They are highly patriotic and love India as much as the resident Indians do. A vast majority of the people who have gone abroad from various parts of India have left their parents and other close relatives like brothers, sisters, uncles, aunts, grandparents, etc. at their native place. Such Diasporas have properties and other assets in India and keep on sending money to their parents/relatives regularly. They have opened various kinds of Non- Resident Accounts in different banks. Many well-off Non-Residents are participating in the private business ventures directly and indirectly. The current boom in India's share market, to some extent is due to the bulk share purchase of various listed companies by the NRIs. This is indirect participation in Indian industries. Some listed public sector enterprises are also favourite of these investors. It is also said that many NRIs are buying residential and commercial properties in India. This is one of the factors why the prices of real estate have gone up during the last decade or so. The diaspora is particularly interested in buying offices, chambers and shops in multiplexes in metropolitan cities, state capitals, district centres and other major cities in India. This has given a big boost to real estate sector and helped several people connected with housing, construction, furniture and other equipment business. Leaders are either necessary or history is made by them or leaders are merely the expression of popular needs. The first view is called the "leader principle" or the "great-man theory" of history. It holds that people drift along in aimless confusion until a gifted leader assumes command and tells them what to do. He may accomplish social change for good or bad, but the truth is that he appears to accomplish much more than he actually does. For example, Hitler is said to have killed millions of people, but literally speaking, he himself did not kill them and yet he is credited with such events as killing and conquering. The second view is the sociological view. It says that history makes or selects the man, and not vice versa. Social and cultural developments are thought to follow their own laws, and the presence of a particular person as leader is purely coincidental. Few terms in Organization Behaviour inspire less agreement on definition than leadership. As one expert put it, "there are almost as many definitions of leadership as there are present who have attempted to define the concept of leadership." While almost everyone seems to agree that leadership involves an influence process, differences tend to center around whether leadership must be non-coercive (as opposed to using authority, rewards and punishments to exert influence over followers) and whether it is distinct from management. According to an estimate approximately eight million Indians are living in countries of the world. Although America, France, England, Australia are their favourite countries, and middle-east and south-east Asia are their other favourite regions, the persons of Indian origin are scattered in all parts of the world. They are in several countries of Africa, the Scandinavian countries, Benelux countries,

Elements of a Transformational Leadership Model Individualized Consideration: It refers to the degree to which the leader attends to each follower's needs, acts as a mentor or coach to the follower and listens to the follower's concerns and needs. The leader gives empathy and support, keeps communication open and places challenges before the followers. This also encompasses the need for respect and celebrates the individual contribution that each follower can make to the team. The followers have a will and aspirations for self development and have intrinsic motivation for their tasks. This approach not only educates the next generation of leaders, but also fulfills the individuals need for self-actualization, self-fulfillment, and self-worth. It also naturally propels followers to further achievement and growth. Intellectual Stimulation: It refers to the degree to which the leader challenges assumptions, takes risks and solicits followers' ideas. Leaders with this trait stimulate and encourage creativity in their followers. They nurture and develop people who think independently. For such a leader, learning is a value and unexpected situations are seen as opportunities to learn. The followers ask questions, think deeply about things and figure out better ways to execute their tasks. Inspirational Motivation: It refers to the degree to which the leader articulates a vision that is appealing and inspiring to followers. Leaders with inspirational motivation challenge followers with high standards, communicate optimism about future goals, and provide meaning for the task at hand. Followers need to have a strong sense of purpose if they are to be motivated to act. Purpose and meaning provide the energy that drives a group forward. The visionary aspects of leadership are supported by communication skills that make it precise and powerful. The followers are willing to invest more effort in their tasks; they are encouraged and optimistic about the future and believe in their abilities. It is also important that this visionary aspect of leadership be supported by communication skills that allow the leader to articulate his or her vision with precision and power in a compelling and persuasive way. Role and Identification Model: It refers to the highest level of transformational leadership. The leader provides communal design of vision and purpose, values and norms that give meaning to the work. The leader plants pride and feelings of mission within the stakeholders, enhancing their performance capabilities and providing personal example. ADVERTISEMENTS: The followers trust and emulate this leader, identifying with the goals. They internalize the attitudes and goals and act in this "spirit" even when the leader is not around. This is the degree to which the leader behaves in admirable ways that cause followers to identify with the leader. Charismatic leaders display convictions, take stands and appeal to followers on an emotional level. This is about the leader having a clear set of values and demonstrating them in every action, providing a role model for their followers. Genuine trust must be built between leaders and followers. Trust for both leader and follower is built on a solid moral and ethical foundation. with this trait stimulate and encourage creativity in their followers. They nurture and develop people who think independently. For such a leader, learning is a value and unexpected situations are seen as opportunities to learn. The followers ask questions, think deeply about things and figure out better ways to execute their tasks. Inspirational Motivation: It refers to the degree to which the leader articulates a vision that is appealing and inspiring to followers. Leaders with inspirational motivation challenge followers with Elements of a Transformational Leadership Model Individualized Consideration: It refers to the degree to which the leader attends to each follower's needs, acts as a mentor or coach to the follower and li

Dimensions on the Importance of Transformational Leadership in Education Educational institutions need leaders that would confront the status quo and use their power to deal with power imbalances in schools and communities. An effective leader must be willing to use the authority of democracy if he is to achieve an institution improvement. Leadership is a crucial element concerned with creating conditions in which institutional reforms can succeed including improving students' learning and institution's image. Effective leaders are found to exercise an indirect but powerful influence on the effectiveness of the institution and on the achievement of students. Traditionally, a principal's role performance involves focusing on institutional goals, the curriculum, instruction and creating a conducive institutional environment. The principal focuses on enhancing teachers' performance and on the behaviours of teachers so as to enable teachers to engage their students in learning activities which ultimately focus on helping students learn. Thus, principal's leadership is thought to be instrumental in bringing about institutional effectiveness. This traditional approach to leadership is known as instructional leadership. The term instructional leadership emerged from institutional effectiveness research in the 1980s. However, instructional leadership suffers from some drawbacks. Dimmock (1995) asserts that instructional leadership is too prescriptive and relies on a top-down process of management. This type of structure supports the view that when principals accomplish vital tasks, teaching and learning improve. He suggests that institutions are characterized by "loose coupling and autonomy" and a better strategy would be a bottom-up approach. The proposed "backward mapping" would begin with student-outcomes and then progress through the following: learning styles and processes, teaching strategies, institutional organization and structure, leadership, management, resources and culture/climate. Dimmock further suggests that this framework and strategy would help institutions and communities address the challenge of providing leadership and management for quality teaching and learning. Essentially, the student is the centre of institutions, which are deeply concerned with quality of institution and principals and teachers must focus on improving student learning and performance. Leadership within this paradigm is based primarily on a strong technical knowledge of pedagogy/andragogy and secondly, on curriculum design, development and evaluation. Dimmock states, "The traditional top down linear conceptions of leadership and management and their influence on teaching and learning have become inappropriate" (p. 295). He also suggests that research findings indicate that only a minority of principals would find instructional leadership a reality. The problem with instructional leadership is that in many institutions the principal is not an educational expert. Moreover, there are some principals who perceive their role to be administrative and, as such, they purposely distance themselves from the classroom environment. Hallinger (2003) suggests that in many instances principals have less expertise than the teachers they supervise. This notion is further complicated by the fact that the principal's authority is severely limited as he/she occupies a middle management position. In many institutional systems, the ultimate authority exists with the trustees or the management committee members. Dimensions on the Importance of Transformational Leadership in Education Educational institutions need leaders that would confront the status quo and use their power to deal with power imbalances in schools and communities. An effective leader must be willing to use the authority of democracy if he is to achieve an institution improvement. Leadership is a crucial element concerned with creating conditions in which institutional reforms can succeed including im

Today human activities are constantly adding industrial, domestic and agricultural wastes to ground water reservoirs at an alarming rate. Ground water contamination is generally irreversible i.e. once it is contaminated; it is difficult to restore the original water quality of the aquifer. Excessive mineralisation of ground water degrades water quality producing an objectionable taste, odour and excessive hardness. Although the soil mantle through which water passes acts as an adsorbent retaining a large part of colloidal and soluble ions with its cation exchange capacity, but ground water is not completely free from the menace of chronic pollution. ADVERTISEMENTS: We have long believed that ground water in general is quite pure and safe to drink. Therefore, it may be alarming for some people to learn that groundwater infact may easily be polluted by any one of the following sources. Problem of groundwater pollution can be understood by two examples i.e. Love Canal episode (1976-77) and arsenic poisoning in West Bengal (India). In most of the cases the quality of groundwater is good and it can be safely used without any elaborate treatment, because the water before getting stored in the groundwater reservoir, undergoes natural filtration during percolation through the soil pores. Further the groundwater is generally free from suspended impurities and organic matters which are responsible for the development of disease producing bacteria. The groundwater is therefore less likely to be contaminated by bacteria. In some cases depending on the characteristics of the geological formations with which the water comes in contact, the groundwater may contain large amount of dissolved salts, minerals, gases, etc., which may impart different taste, odour, and certain properties such as hardness etc., to the water. However, the quality of groundwater may be considerably deteriorated if it gets polluted. Oceans are the major source of water supply in the world. More than 70% of the earth's surface is covered by water bodies. Within this vast liquid expanse lie inexhaustible amount of food, mineral, energy, salinity gradients besides coal, oil and gas. Compelled by the impending depletion of land resources, man looks to the sea in a frantic search for more and more resources to meet the increasing demand of population. In this pursuit man is prone to destroy the aquatic environment either by mismanaging or by over exploitation. Man's activities are largely responsible for measurable and detrimental effects on the aquatic environment. Oil pollution in the sea appears to be the main factor which poses serious threat to the marine ecosystem and fisheries of the world. Now the oil pollution of harbours, bays, rivers, beaches and open oceans has been increasing tremendously every day. Marine pollution is defined as the discharge of waste substances into the sea resulting in harm to living resources, hazards to human health, hindrance to fishery and impairment of quality for use of sea water. Marine pollution is associated with the changes in physical, chemical and biological conditions of the sea water. This water is also unfit for human consumption and industrial purposes because of high salt content. Chemically it is a solution of 0.5 m NaCl and 0.005 m MgSO₄ containing traces of all conceivable matter in the universe. Today human activities are constantly adding industrial, domestic and agricultural wastes to ground water reservoirs at an alarming rate. Ground water contamination is generally irreversible i.e. once it is contaminated; it is difficult to restore the original water quality of the aquifer. Excessive mineralisation of ground water degrades water quality producing an objectionable taste, odour and excessive hardness. Although the soil mantle through which water passes acts as an adsorbent retaining a large part of colloidal and soluble ions with its cation exchange capacity, but ground water is not completely free from the menace

Malaria (= Ague) is a widely known human disease. It is caused by infection with a pathogenic protozoan parasite of blood, the Plasmodium. Four species of Plasmodium, viz., *P. vivax*, *P. falciparum*, *P. malariae* and *P. ovale*, are so far known to infect human beings, causing different types of malaria. Female Anopheles mosquitoes transmit Plasmodium from person to person, thus serving as carrier or vector hosts. Malaria is one of the most common diseases of mankind. It is more common in tropical and subtropical countries, especially in Africa and Asia, where millions are infected. It is responsible for the death and reduced resistance in large number of persons every year, the heaviest toll being the children under 4 years of age. Due to WHO and NMEP (National Malaria Eradication Programme) of India, the malaria was effectively reduced but partly owing to socio-economic factors and partly because of unexpected proliferation of DDT-resistant mosquitoes and drug-resistant parasites, the attempts to eradicate the infection have failed and the malaria is again on increase. About 60 species of Plasmodium are known to cause malaria in reptiles, birds and mammals. According to Jahn, there are 4 species in man, 4 in monkeys, 15 in birds, 13 in reptiles, and one or more in buffalo, antelope, squirrels, bats and frogs. Malarial parasites are found widely spread from 45S to 63° N latitudes. Their endemic home is in the tropical zone, but they also occur in many temperate countries. Species infecting the migratory birds are spread all over the world. Some avian malarial parasites are confined to cold regions only. Species infecting reptiles have a localized distribution. It is caused by *P. malariae*. The fever recurs every fourth day that is after 72 hours. It may last to 40 years or more in untreated persons. *P. malariae* is found in tropical and temperate zones. Incubation period is twenty seven to thirty seven days. Ring shaped trophozoite is one third to one half the size of the erythrocyte schizont fills the erythrocyte which is not enlarged. Haemozoin is dark brown. Erythrocyte has no Schuffner's dots. In blood the schizont forms six to twelve merozoites. Gametocytes are found. They fill the erythrocyte which is not enlarged. It causes quartan malaria fever even 72 hours. The mosquitoes can be prevented from biting by adopting various protective measures. The houses should be built on high grounds having good drainage and away from vegetation and marshy places. In the mosquito-infected areas, the houses should be made mosquito-proof by adequate screening all the doors, windows and ventilators, etc. Light-coloured clothing may also deter some species. Mosquito nets should be used, especially during night, to keep away the mosquitoes. The cloth of mosquito net must not contain less than 100 holes in one square inch. The exposed parts of the body may be protected by the use of veils, gloves and boots, etc., or by the application of repellents, such as anti-mosquito creams (e.g., Odomos), mustard oil, and dimethyl phthalate or dimethyl carbate, etc. Application of repellents to the skin confuses the mosquito's sensors and thus prevents it from biting. Healthy person's inhabiting malarious regions should take small regular doses of prevention medicines as a precaution against infection through mosquito bites. A casual prophylactic drug which may kill the sporozoites before they may develop further in the body is unknown at present. However certain anti-malaria drugs, such as Quinine, Paludrine, Daraprim and Chloroquin, if taken in small daily or weekly does may prove satisfactory. Malaria (= Ague) is a widely known human disease. It is caused by infection with a pathogenic protozoan parasite of blood, the Plasmodium. Four species of Plasmodium, viz., *P. vivax*, *P. falciparum*, *P. malariae* and *P. ovale*, are so far known to infect human beings, causing different types of malaria. Female Anopheles mosquitoes transmit Plasmodium from person to person, t

Short Speech on "Lymphatic Filariasis" Article shared by It is a communicable disease which is transmitted through mosquito bites and exists in acute and chronic forms mainly affecting the lymphatic system. This disease is not fatal but is a cause of great suffering, deformity and disability. Lymphatic filariasis is an insect borne disease caused by certain nematodes of the family Filaridae, and is a major public health problem in India. It is found in almost all states of India. Lymphatic filariasis is caused by two organism's i.e: (i) *Wuchereria (Filaria) bancrofti*, and (ii) *Brugia malayi* Out of these two organisms *W. bancrofti* is more common in causing the infection. They are long thread like tape worms with tapering ends and are easily visible with naked eye. The adult male worms measure about 2.5 cm x 1.0 mm whereas female worms measure about 8 to 10 cm x 0.3 mm in length. ADVERTISEMENTS: Man is the definite host in whose lymphatic system the adult worms live and the culex mosquito is the intermediate host in which the embryos (microfilariae) undergo further development after which they become infective to man. It is spread through bites of infective female culex mosquito. The culex mosquito sucks the blood of an infected person during the night and transmits the disease. Infection is more common during hot and humid climate which is favourable for mosquito breeding and their development. Incubation Period Incubation period is 6-18 months (average 9 months). The clinical symptoms are fever, lymphangitis, lymph adenitis, elephantiasis of scrotum, legs and arms due to blockage of lymphatic vessels. Lower extremities are affected more than rest of the parts. Though this disease is not fatal but it causes great suffering, deformity and disability especially due to swelling of the legs and the external genitalia, a condition termed as elephantiasis. Prevention and Control For prevention and control of lymphatic filariasis the measures discussed under malaria for protection from mosquito bite and anti- mosquito measures should be followed. Treatment Diethylcarbamazine (DEC) is the drug of choice for treating filariasis. It is available in the market under the name Hetrazan in the form of tablets. Due to its side effects it is not used on mass scale. Short Speech on 'Lymphatic Filariasis' Article shared by It is a communicable disease which is transmitted through mosquito bites and exists in acute and chronic forms mainly affecting the lymphatic system. This disease is not fatal but is a cause of great suffering, deformity and disability. Lymphatic filariasis is an insect borne disease caused by certain nematodes of the family Filaridae, and is a major public health problem in India. It is found in almost all states of India. Lymphatic filariasis is caused by two organism's i.e: (i) *Wuchereria (Filaria) bancrofti*, and (ii) *Brugia malayi* Out of these two organisms *W. bancrofti* is more common in causing the infection. They are long thread like tape worms with tapering ends and are easily visible with naked eye. The adult male worms measure about 2.5 cm x 1.0 mm whereas female worms measure about 8 to 10 cm x 0.3 mm in length. ADVERTISEMENTS: Man is the definite host in whose lymphatic system the adult worms live and the culex mosquito is the intermediate host in which the embryos (microfilariae) undergo further development after which they become infective to man. It is spread through bites of infective female culex mosquito. The culex mosquito sucks the blood of an infected person during the night and transmits the disease. Infection is more common during hot and humid climate which is favourable for mosquito breeding and their development. Incubation Period Incubation period is 6-18 months (average 9 months). The clinical symptoms are fever, lymphangitis, lymph adenitis, elephantiasis of scrotum, legs and arms due to blockage of lymphatic vessels. Lower extremities are affected more than rest of the parts. Though this disease is not

The Election Commission is charged with superintending, directing and 'controlling the elections in India to various elected bodies, like the parliament, State Assemblies, and offices of the president, Vice president of India. Since its inception in 1950, and till October 1989, the Chief Election Commissioner functioned as a single member body consisting of the Chief Election Commissioner. On October 16, 1989, the President appointed two more Election Commissioners on the eve of elections to the Lok Sabha held in November-December 1989 (Posts abolished on January 1, 1990). On October 1, 1993, the president appointed two more Election Commissioners. All the three, namely Chief Election Commissioner and the two Election Commissioners were to be equal in salary as well as powers. In case of difference of opinion on any issue the majority decision was to be declared valid. Section 29 of the Representation of the People Act 1951, provides for registration of political parties by the Election Commission. A party registration with the Election Commission may be granted recognition as a National or State Party on the fulfillment of certain criteria based on its poll performance. If a party fulfils the criteria for recognition under the Election symbol, in one or more states, it is deemed to be a National party. A political party recognized in less than four states is a state Party for the state or states it is recognized as such. An exclusive symbol is reserved for a National Party throughout India. In the case of a State Party, a symbol is reserved for it in the state or states in which it is so recognized. Such symbols are allotted only to the candidates of the parties for which they are so reserved. As on August 13, 1996, as many as 551 political parties were registered with the Election Commission. Of them eight parties were recognized as National Parties and 37 parties as state parties. The election law has undergone some important changes since August 1, 1996 in the Representation of the Peoples (Amendment) Act. Important changes are: (i) Disqualification on conviction Act 1971. Any conviction for insulting the national symbol, say flag, or the constitution, (ii) Increase in security of the candidates. Deposit of MP Rs 19,000, concessions for scheduled caste. Deposit for MLA Rs. 5,000, concessions for scheduled caste, (iii) Restriction on contesting election for more than two seats, Eleven Lok Sabha and the same number of state assembly elections have been held in the country so far. The First General Elections for the Lok Sabha and State Assemblies A, B and C states were held in 1951-52. Second general elections were held in 1957, shortly after reorganization of States as simultaneous elections both for the Lok Sabha and the state Legislative Assemblies of Kerala and Orissa got out of step with the general elections. With the result that simultaneous elections could not be held in these two states. In 1967 fourth general election the Lok Sabha were held as usual, but Nagaland and Pondicherry held their Assembly elections away from the general elections. In 1971 fifth general elections were held for the Lok Sabha and all State Assemblies including Orissa, Tamil Nadu and West Bengal in which elections had been held in 1967. In 1977, Kerala was the only state where elections to legislative Assembly were held along with the sixth general elections for the Lok Sabha for Whole of India. In January 1980, the seventh general elections were held, to the Lok Sabha along with simultaneous Legislative Assemblies in Manipur, Arunachal Pradesh, Daman and Diu and Pondicherry. The Election Commission is charged with superintending, directing and 'controlling the elections in India to various elected bodies, like the parliament, State Assemblies, and offices of the president, Vice president of India. Since its inception in 1950, and till October 1989, the Chief Election Commissioner functioned as a single member body consisting of the Chief Elec

Simply speaking, “Infrastructure means those basic facilities and services which facilitates different economic activities and thereby help in economic development of the country, Education, Health, Transport and Communication, banking and insurance, irrigation and power and science and technology etc. are the examples of infrastructure. These are also called social overhead capital. These do not directly produce goods and services but induce production in agriculture, industry and trade by generating external economies. For example, an industry situated on or near the railway line or national highway will produce commodities at less cost. Social infrastructure means those basic activities and services which, in addition to achieving certain social objectives, indirectly help various economic activities. For example, education does not directly affect economic activities like production and distribution but indirectly helps in the economic development of the country by producing scientists, technologists and engineers. So education, health service, sanitation and water supply etc. are the examples of social infrastructure. Development of sufficient and quality infrastructure helps in economic development by facilitating production and investment in any economy. Bigger the infrastructure facilities, greater the opportunity for the producers to invest more. The shortage of these facilities in underdeveloped countries is the main cause of less economic development. On the eve of Independence, Indian economy is totally backward. Economic planners gave top priority to infrastructure development. In the first plan 50% of the total plan expenditure was devoted to infrastructure. In the First Plan 27% of the Plan outlay was given to transport and communication. 13% of outlay was spent in power and 10% in irrigation and flood control. All five year plans have generally spent around 50% of the total plan outlay on economic infrastructure. Due to heavy investment in infrastructure, Indian economy has become the most promising developing economies of the world. Now we will discuss three main components of economic infrastructure such as energy, transport and communication. The developed countries have made a lot of progress due to tremendous growth of social and economic infrastructure. There has been revolutionary progress in transport and communication in these countries. Large financial facilities are available due to the existence of well organised banking and insurance. There is revolutionary progress in science and technology. These countries follow advanced technique of production. But in a less developed countries like India, there is lack of qualitative infrastructure. Due to this, the level of economic development is low. According to the World Development Report 2003, the position of India in infrastructure development among 47 industrialized countries of the world is the lowest. The inflow of foreign capital to our country has been affected to a great extent by the deficiency of sufficient and quality infrastructure. Infrastructure is the basic requirement of economic development. It does not directly produce goods and services but facilitates production in primary, secondary and tertiary economic activities by creating external economies. It is an admitted fact that the level of economic development in any country directly depends on the development of infrastructure. Simply speaking, “Infrastructure means those basic facilities and services which facilitates different economic activities and thereby help in economic development of the country, Education, Health, Transport and Communication, banking and insurance, irrigation and power and science and technology etc. are the examples of infrastructure. These are also called social overhead capital. These do not directly produce goods and services but induce production in agriculture, industry and trade by generating external economies. For example, an industry situated on or near

The action of illegally hiring or selling, delivering, receiving or sheltering children for the purpose of any kind of exploitation is child trafficking. Children are kidnapped, work as bonded labors or are forced for early marriages. The victims are also recruited to manufacture drugs and weapons. There are a large number of children subjected to forced labor, begging and sexual exploitation. Innocent children, boys and girls are exposed to the vulnerable conditions, violence and sexual abuse. It is the violation of human rights and children are deprived freedom. It breaches the child's mental and physical ability which is primary to every child's growth. Children lose their childhood because of the ill-practice of child trafficking. The basic rights of children, irrespective of economic status, caste or gender, are robbed from them. Traffickers are aware of the fact that children have less developed mental ability to understand wrong and right and are less capable to voice their trauma compared to the adults. Thus, they are an easy target. This practice deprives the child of proper growth with love and care of the family. He/ she is exposed to violence, abuse and traumatic conditions. There is a need to create awareness and educate people about child trafficking. There should be appropriate laws in order to prevent child trafficking and these laws should be implemented effectively. Child trafficking is the illegal activity of acquiring or moving people below the age of 18 for exploitation. Traffickers apply new methods every day to trick children and draw them away from home and sell them for certain amount or force them for labour, sex and other illegal activities. The various forms of child trafficking include child labour, early marriages, sexual assault, begging and organ trade etc. They are isolated from happiness and are constantly tortured. Effects of Child Trafficking Let us have a look at the effects of child trafficking in detail: Isolation: Children trafficked are moved away from the family environment and are departed from the shield of love, care and protection by parents. They have to work under hazardous conditions and are exploited in several ways. Child trafficking is child abuse and has shattering and traumatic impact on a child. There is no one they can turn up to in such trauma. Education: Most of the children trafficked are from poor and uneducated families where children support their families for income, they hardly ever go to school. Such children are tricked by traffickers for the lure of high wages and are transported to other destinations to work in industries for cheap wages or are sold for some amount. Young Girls are forced in to prostitution and the work environment in the sex organizations is such that restricts child's mental growth. Girls are sexually assaulted and are not encouraged for education. Physical Health: Child trafficking victims experience inhumane living conditions, Poor diet and hygiene, physical abuse and beating and are deprived from the basic health care rights. Some of them are used for organ trade, others get injured at workplace. Children sexually assaulted are at the risk of unwanted pregnancies, sexually transmitted diseases, infections and abortions. Acid is poured into the eyes of some children to blind them for begging as they make more money. The life of the victims is always in danger in such working conditions. Behaviour: Victims of child trafficking have adverse behaviour signs. Their voices are shut and hearts wounded which affects their relationship with others. Some might isolate themselves and cause harm and pain to oneself physically. They might get panic and anxiety attacks. Some may also excuse the reality by taking drugs and alcohol. Victims may loss interest in life and might try to escape away or commit suicide. The action of illegally hiring or selling, delivering, receiving or sheltering children for the purpose of any kind of exploitation is child traffic

Prescription opioid pain medicines such as OxyContin and Vicodin have effects similar to heroin. Research suggests that misuse of these drugs may open the door to heroin use. Data from 2011 showed that an estimated 4 to 6 percent who misuse prescription opioids switch to heroin^{1,6,7} and about 80 percent of people who used heroin first misused prescription opioids.^{1,6,7} More recent data suggest that heroin is frequently the first opioid people use. In a study of those entering treatment for opioid use disorder, approximately one-third reported heroin as the first opioid they used regularly to get high.⁸ This suggests that prescription opioid misuse is just one factor leading to heroin use. Read more about this intertwined problem in our People who inject drugs such as heroin are at high risk of contracting the HIV and hepatitis C (HCV) virus. These diseases are transmitted through contact with blood or other bodily fluids, which can occur when sharing needles or other injection drug use equipment. HCV is the most common bloodborne infection in the United States. HIV (and less often HCV) can also be contracted during unprotected sex, which drug use makes more likely. Naloxone is a medicine that can treat an opioid overdose when given right away. It works by rapidly binding to opioid receptors and blocking the effects of heroin and other opioid drugs. Sometimes more than one dose may be needed to help a person start breathing again, which is why it's important to get the person to an emergency department or a doctor to receive additional support if needed. Read more in the Substance Abuse and Mental Health Services Administration's Opioid Overdose Prevention Toolkit. Naloxone is available as an injectable (needle) solution, a handheld auto-injector (EVZIO), and a nasal spray (NARCAN Nasal Spray). Friends, family, and others in the community can use the auto-injector and nasal spray versions of naloxone to save someone who is overdosing. The rising number of opioid overdose deaths has led to an increase in public health efforts to make naloxone available to at-risk persons and their families, as well as first responders and others in the community. Some states have passed laws that allow pharmacists to dispense naloxone without a prescription from a person's personal doctor. Read more about Heroin is highly addictive. People who regularly use heroin often develop a tolerance, which means that they need higher and/or more frequent doses of the drug to get the desired effects. A substance use disorder (SUD) is when continued use of the drug causes issues, such as health problems and failure to meet responsibilities at work, school, or home. An SUD can range from mild to severe, the most severe form being addiction. Those who are addicted to heroin and stop using the drug abruptly may have severe withdrawal. Withdrawal symptoms which can begin as early as a few hours after the drug was last used. Medicines to help people stop using heroin include buprenorphine and methadone. They work by binding to the same opioid receptors in the brain as heroin, but more weakly, reducing cravings and withdrawal symptoms. Another treatment is naltrexone, which blocks opioid receptors and prevents opioid drugs from having an effect. A NIDA study found that once treatment is initiated, both a buprenorphine/naloxone combination and an extended release naltrexone formulation are similarly effective in addiction. Because full detoxification is necessary for treatment with naloxone, initiating treatment among active users was difficult, but once detoxification was complete, both medications had similar effectiveness. Behavioral therapies for heroin addiction include methods called cognitive-behavioral therapy and contingency management. Cognitive-behavioral therapy helps modify the patient's drug-use expectations and behaviors, and helps effectively manage triggers and stress. Contingency management provides motivational incentives, such as vouchers or small cash.

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When my love swears that she is made of truth, I do believe her, though I know she lies, that she might think me some untutored youth, unskillful in the world's false forgeries. Thus vainly thinking that she thinks me young, although I know my years be past the best, I smiling credit her false speaking tongue, outfacing faults in love with love's ill rest. But wherefore says my love that she is young? And wherefore say not I that I am old? O, love's best habit is a soothing tongue, and age, in love, loves not to have years told. Therefore I will lie with love, and love with me, since that our faults in love thus smothered be. Two loves I have, of comfort and despair, that like two spirits do suggest me still, my better angel is a man right fair, my worser spirit a woman colored ill. To win me soon to hell, my female evil, tempted my better angel from my side, and would corrupt my saint to be a devil, wooing his purity with her fair pride. And whether that my angel be turned fiend, suspect I may, yet not directly tell, for being both to me, both to each friend, I guess one angel in another's hell, the truth I shall not know, but live in doubt, till my bad angel fire my good one out. Did not the heavenly rhetoric of thine eye, against whom the world could not hold argument, persuade my heart to this false perjury? vows for thee broke deserve not punishment. A woman I forswore; but I will prove, thou being a goddess, I forswore not thee, my vow was earthly, thou a heavenly love, thy grace being gained cures all disgrace in me. My vow was breath, and breath a vapor is, then, thou fair sun, that on this earth both shine, exhale this vapor vow; in thee it is, if broken, then it is no fault of mine. If by me broke, what fool is not so wise, to break an oath, to win a paradise? Sweet Cythera, sitting by a brook, with young Adonis, lovely, fresh, and green, did court the lad with many a lovely look, such looks as none could look but beauty's queen. She told him stories to delight his ear, she showed him favors to allure his eye, to win his heart, she touched him here and there, touches so soft still conquer chastity. But whether unripe years did want conceit, or he refused to take her figured proffer, the tender nibbler would not touch the bait, but smile and jest at every gentle offer, then fell she on her back, fair queen, and toward, he rose and ran away; ah, fool too forward! If love makes me forsworn, how shall I swear to love? O never faith could hold, if not to beauty vowed, thought to myself forsworn, to thee I will constant prove, those thoughts, to me like oaks, to thee like osiers bowed. Study his bias leaves, and makes his book thine eyes, where all those pleasures live that art can comprehend. If knowledge be the mark, to know thee shall suffice, well learned is that tongue that well can thee commend, all ignorant that soul that sees thee without wonder, which is to me some praise, that I thy parts admire, thine eye Jove's lightning seems, thy voice his dreadful, thunder, which, not to anger bent, is music and sweet fire. Celestial as thou art, o do not love that wrong, to sing heaven's praise with such an earthly tongue. Scarce had the sun dried up the dewy morn, and scarce the herd gone to the hedge for shade, when Cythera, all in love forlorn, a longing tarriance for Adonis made, under an osier growing by a brook, a brook where adorn used to cool his spleen, hot was the day; she hotter that did look, for his approach, that often there had been. Anon he comes, and throws his mantle by, and stood stark naked on the brook's green brim, the sun look'd on the world with glorious eye, yet not so wisely as this queen on him. He, spying her, bounced in, whereas he stood, o Jove, quote she, why was not I a flood! Fair is my love, but not so fair as fickle, mild as a dove, but neither true nor trusty, brighter than glass, and yet, as glass is, brittle, softer than wax, and yet, as iron, rusty, a lily pale, with damask dye to grace

All essays on American culture generally explore the customs and traditions of the USA, a country with distinct cultural background encompassing food preferences, language, religious affiliation and much more. American culture would be of great interest to everyone who is fond of learning new things about the world around. Current American culture essay will discuss the most peculiar aspects of the US customs and traditions. The following essay on American culture will deal with such elements of the US culture as language, religion, American style and food, music, sports and some others. The paper will start from providing general background to make it clear to the readers that American culture encompasses various aspects that will be briefly analyzed in the following essay about American culture. Let us discuss the key aspects distinguishing the culture of one of the world's most developed countries. First, it is important to provide a few general facts about the USA. The United States is known as the third largest state in the world. Since the very beginning, the USA has been home to people with diverse cultural backgrounds. It is known that almost every region in the world has somehow contributed to the American culture, as this country has long been a country of immigrants, since the times when it was colonized by the British. Therefore, US culture has been changed and shaped by such nations as Native Americans, Africans, Asians and Latin Americans. It needs to be noted that America is widely considered a "melting pot" where diverse cultures have been interacting with one another and bringing something new to the local culture. Just like the nations across the world have greatly influenced the American culture, nowadays, the US nation influences the cultures of other countries all over the globe. Some immigrants coming to the USA keep some of their traditions and language, but integrate into the American lifestyle in a number of ways. At the same time, lots of immigrants bring something new to the American culture so that it continues to change and evolve. The next issue to be discussed is the language of the USA. According to the American government, the United States has no official language. This is because nearly every language of the world is widely used in the USA, including Spanish, French, German and Chinese. These are some of the most frequently used non-English languages that are widely spread across the USA. 90% of the whole population, however, understands and uses English language, and most of the official businesses are managed in English as well. It is estimated that over 300 languages are commonly used in the USA. These languages are divided into several groups according to their prevalence across the territory of the country. Another cultural aspect to be discussed is religion. The USA is known to practice almost every world religion, which is explained by the rights of US citizens to choose whatever religion they like. This phenomenon is known as religious freedom. Around 80% of the population identify themselves with Christian religion, while more than 10% of US citizens claim that they do not adhere to any religion at all. All essays on American culture generally explore the customs and traditions of the USA, a country with distinct cultural background encompassing food preferences, language, religious affiliation and much more. American culture would be of great interest to everyone who is fond of learning new things about the world around. Current American culture essay will discuss the most peculiar aspects of the US customs and traditions. The following essay on American culture will deal with such elements of the US culture as language, religion, American style and food, music, sports and some others. The paper will start from providing general background to make it clear to the readers that American culture encompasses various aspects that will be briefly analyzed in the following essay about America

Cancer is defined as the unwanted growth of cells in any part of the body. There are various reasons that lead to development of cancerous growths in the body. There can be various reasons that lead to cancerous growths in the body. Genetic predisposition and environmental factors together play an important role. Genetic constitution of the body is something that cannot be dealt with. But controlling the external environmental factors is in one's hands. Active or passive smoking is one of the biggest causes that results in development of various cancers in the body. In a health study it has been evidently shown that about 30% of the deaths due to lung cancers were those of who either smoke actively or are exposed to passive smoking. This data is proof enough to describe the serious complications of smoking. Besides, it is not just the lung tissue that is affected by smoking. Carcinoma of oral cavity, pharynx, larynx, kidney, pancreas and other systemic organs of the body are evident. More than 6000 substances are released during smoking. Out of which 70 chemicals are known to act as carcinogens. These chemicals settle down in the lining of air ways and adversely affect the basic unit of respiration- the alveoli. Tobacco which is the main ingredient of smoking also leads to carcinoma of the oral cavity. The internal mucosa is severely damaged and continuous exposure leads to irreparable damage. A smoker is four times at a higher risk of developing mouth cancer as compared to non-smoker. The commonly affected areas are beneath the tongue and lips in the oral cavity. The vital organs of the body like liver, kidney, pancreas, colon and rectum also develop the risk of development of carcinomatous growth. Women who smoke also suffer a chance of developing breast cancer besides the above stated types. Higher incidences of cervical cancer have been noticed in women who smoke. According to researchers, 1 out of 5 heavy smokers will die of lung cancer. The ratio for moderate smokers declines to 1 in 10 persons. Another alarming case is that among all the lung cancer patients only 0.5% persons are non-smokers. The rest of the cases had a history of smoking. Lung cancer is one of the commonest types of cancer that lead to death in maximum number of patients throughout the world. In the advanced stage of disease other distant organs of the body are also affected and result in severe complications. Eventually the whole physiological system of the body collapses. Besides cancer smoking leads to various other grave medical diseases. Affecting the functioning of heart, viz. Coronary thrombosis; affecting the eye sight and predisposition to cataracts and macular degeneration and eventually vision loss; and brain in cases like cerebral thrombosis; smoking poses a threat to the whole physiological system of the body. Cancer is defined as the unwanted growth of cells in any part of the body. There are various reasons that lead to development of cancerous growths in the body. There can be various reasons that lead to cancerous growths in the body. Genetic predisposition and environmental factors together play an important role. Genetic constitution of the body is something that cannot be dealt with. But controlling the external environmental factors is in one's hands. Active or passive smoking is one of the biggest causes that results in development of various cancers in the body. In a health study it has been evidently shown that about 30% of the deaths due to lung cancers were those of who either smoke actively or are exposed to passive smoking. This data is proof enough to describe the serious complications of smoking. Besides, it is not just the lung tissue that is affected by smoking. Carcinoma of oral cavity, pharynx, larynx, kidney, pancreas and other systemic organs of the body are evident. More than 6000 substances are released during smoking. Out of which 70 chemicals are known to act as carcinogens. These chemicals settle down in the lining

Education has continued to evolve, diversify and extend its reach and coverage since the dawn of human history. Every country develops its system of education to express and promote its unique socio-cultural identity and also to meet the challenges of the times. There are moments in history when a new direction has to be given to an age-old process. That moment is today. The country has reached a stage in its economic and technical development when a major effort must be made to derive the maximum benefit from the assets already created and to ensure that the fruits of change reach all sections. Education is the highway to that goal. Prevalence of Child labour: All non-school going children are child workers in one form or the other. Agricultural child labour constitutes the core of the problem. Child labour policies and education policies have to be formulated and operated in tandem. Parents do want to send their children to be educated and poverty as a limiting factor is highly over-rated. Motivation and availability of infrastructure rather than poverty are the key factors. The paper underlines the strengths of formal education in eradicating child labour and forcefully argues for a legislation to provide for compulsory education. The main argument against child labour and compulsory education is that it is necessary for the wellbeing of the poor as the state is unable to provide relief. The second argument, is that education would make the poor unsuited for the kind of manual work that is required to be done. The third argument is that certain industries would be forced to close down if they did not have the facility of the low wage child labour. The last argument against banning child labour and enforcing compulsory education is that the State should not be allowed to interfere in the parents' rights who know what is best for their children and families. Lack of Coverage: Despite the regular expansion of the ICDS, the coverage of children for ECCE is still as low as 20 percent. This is an issue of both inadequate access and inadequate quality of service delivery. With ICDS continuing to be the main vehicle for ECCE, the GOI is proposing to expand the service further and universalize it within the next few years. While this is a welcome proposal, the risk is of expanding too fast and compromising on quality. Girl Child Education: The Indian government has expressed a strong commitment towards education for all; however, India still has one of the lowest female literacy rates in Asia. In 1991, less than 40 percent of the 330 million women aged 7 and over were literate, which means today there are over 200 million illiterate women in India. Education has continued to evolve, diversify and extend its reach and coverage since the dawn of human history. Every country develops its system of education to express and promote its unique socio-cultural identity and also to meet the challenges of the times. There are moments in history when a new direction has to be given to an age-old process. That moment is today. The country has reached a stage in its economic and technical development when a major effort must be made to derive the maximum benefit from the assets already created and to ensure that the fruits of change reach all sections. Education is the highway to that goal. Prevalence of Child labour: All non-school going children are child workers in one form or the other. Agricultural child labour constitutes the core of the problem. Child labour policies and education policies have to be formulated and operated in tandem. Parents do want to send their children to be educated and poverty as a limiting factor is highly over-rated. Motivation and availability of infrastructure rather than poverty are the key factors. The paper underlines the strengths of formal education in eradicating child labour and forcefully argues for a legislation to provide for compulsory education. The main argument against child labour and compulsory e

The action of illegally hiring or selling, delivering, receiving or sheltering children for the purpose of any kind of exploitation is child trafficking. Children are kidnapped, work as bonded labors or are forced for early marriages. The victims are also recruited to manufacture drugs and weapons. There are a large number of children subjected to forced labor, begging and sexual exploitation. Innocent children, boys and girls are exposed to the vulnerable conditions, violence and sexual abuse. It is the violation of human rights and children are deprived freedom. It breaches the child's mental and physical ability which is primary to every child's growth. Children lose their childhood because of the ill-practice of child trafficking. The basic rights of children, irrespective of economic status, caste or gender, are robbed from them. Traffickers are aware of the fact that children have less developed mental ability to understand wrong and right and are less capable to voice their trauma compared to the adults. Thus, they are an easy target. This practice deprives the child of proper growth with love and care of the family. He/ she is exposed to violence, abuse and traumatic conditions. There is a need to create awareness and educate people about child trafficking. There should be appropriate laws in order to prevent child trafficking and these laws should be implemented effectively. Child trafficking is the illegal activity of acquiring or moving people below the age of 18 for exploitation. Traffickers apply new methods every day to trick children and draw them away from home and sell them for certain amount or force them for labour, sex and other illegal activities. The various forms of child trafficking include child labour, early marriages, sexual assault, begging and organ trade etc. They are isolated from happiness and are constantly tortured. Child trafficking is the heart breaking truth chronic especially in India. The vital causes of child trafficking in India are lack of education, poor functioning of law, unemployment and poverty. Influenced by the society to have children despite poverty and scarcity of food, parents often find selling their children more profitable than nurturing them. Other children are kidnapped or tricked for employment by the traffickers or have to work as bonded labours to pay family debts. The illicit act of forcefully acquiring or transferring children for the purpose of labour or sexual exploitation is known as child trafficking. Children are deprived from the family environment and are forced to work in the sectors where working conditions and the approach of employers towards them violate the human rights and freedom of the children. Children are used for illegal activities like prostitution, begging, pickpocketing, drug couriering, early marriages, and organ transplants. The working environments are dangerous and harmful for child's mental and physical health. The action of illegally hiring or selling, delivering, receiving or sheltering children for the purpose of any kind of exploitation is child trafficking. Children are kidnapped, work as bonded labors or are forced for early marriages. The victims are also recruited to manufacture drugs and weapons. There are a large number of children subjected to forced labor, begging and sexual exploitation. Innocent children, boys and girls are exposed to the vulnerable conditions, violence and sexual abuse. It is the violation of human rights and children are deprived freedom. It breaches the child's mental and physical ability which is primary to every child's growth. Children lose their childhood because of the ill-practice of child trafficking. The basic rights of children, irrespective of economic status, caste or gender, are robbed from them. Traffickers are aware of the fact that children have less developed mental ability to understand wrong and right and are less capable to voice their trauma compared to the adults. Thus, they are an easy

Each year, new technologies hold the promise to alter the way we think and learn. Computers are prevalent everywhere, and they are making their way into school systems around the country. It is obvious that there is a demand for technological instruction in high school and college. However, the question of if computers should be implemented into early childhood classrooms is still prudent. With computers all around us, it is inevitable that children will be exposed to them, and they will eventually be facilitated into their daily lives. The purpose of this research paper is to explore the advantages, disadvantages, and methods of integrating computers into the early childhood classroom. Early childhood experiences should maximize young children's overall growth and development. Their eyes should be opened to the wonderment of learning and the pleasures of discovery. Computers can be an important tool to optimize young children's potential, and help aid the learning process. Before deciding to introduce children to computers, it is important to address the potential benefits and dangers the machines have on youths. (Peek and Newby 164) Some people believe that computers should not have a place in early childhood classrooms. They speculate that computers will rob children of their childhood, replace other activities, reduce creativity, and lead to social isolation. It is feared that computers will force them to learn what they are not ready to learn. The machines are often viewed as one more thing to rush young children through their vital childhood years. Whether computers will rob children of their childhood totally depends on how they are used. If children are forced to use computers for lengthy periods of time with drill software, computers could very well rob them of their childhood. On the other hand, if computers are used in appropriate ways that meet children's development level, they can benefit. Computers are found in practically every household today. Everywhere you look, people have access to a Personal Computer, somehow or another. As computers get more advanced, the demand for a better computer gets greater. Personal Computer (PC), machine capable of repetitively and quickly performing calculations and instructions. Designed to be used by a single person, a PC is smaller, less expensive, and easier to use than other classes of computers, such as supercomputers, mainframe computers, and workstations. However, it usually has less computational power. Each year, new technologies hold the promise to alter the way we think and learn. Computers are prevalent everywhere, and they are making their way into school systems around the country. It is obvious that there is a demand for technological instruction in high school and college. However, the question of if computers should be implemented into early childhood classrooms is still prudent. With computers all around us, it is inevitable that children will be exposed to them, and they will eventually be facilitated into their daily lives. The purpose of this research paper is to explore the advantages, disadvantages, and methods of integrating computers into the early childhood classroom. Early childhood experiences should maximize young children's overall growth and development. Their eyes should be opened to the wonderment of learning and the pleasures of discovery. Computers can be an important tool to optimize young children's potential, and help aid the learning process. Before deciding to introduce children to computers, it is important to address the potential benefits and dangers the machines have on youths. (Peek and Newby 164) Some people believe that computers should not have a place in early childhood classrooms. They speculate that computers will rob children of their childhood, replace other activities, reduce creativity, and lead to social isolation. It is feared that computers will force them to learn what they are not ready to learn. The machines are often v

Since the beginning of time technology has helped us out as a human race. From the invention of the wheel to the Internet, technology has been a great factor on the way our civilization has grown. With more and more technological advances just around the corner, our civilization will continue to grow faster and faster than ever before. Computers make life easier for people everyday. They help us to do tasks quicker and communicate with friends and family with the click on a button. Computers play a significant role in the school system as well. They help students to learn more efficiently and help them do their work. Computers offer the Internet which helps students research information for projects they may have. School computers also offer programs which can help anyone learn. An example of this is the program All The Right Type. This program helps students as well as teachers, to learn how to type faster and more efficiently. Also there are other programs which younger students can go on to help them with developing and reinforcing their math skills and reading skills. Programs like Math Circus and matching the word with the picture. Programs like these make it easy to understand and use computers, yet it also makes learning fun. Computers also make writing and doing homework easier to complete. With spell check and other spelling tools, it makes it easier and faster to complete work. This is because you are not spending all your time going through your homework looking for spelling mistakes, because the computer automatically does it for you, making your life easier. Further, Computers also benefit the development of fundamental skills. Good educational software enables children to practice and develop a broad range skills. It can help them learn, for example, about shapes, letters, numbers, rhythm, and colors. Good educational software can also help children develop their understanding of cause and effect, procedural thinking, higher order problem solving and creative expression. (www.indianchild.com) Many students have become to reliable on computers however. Many children come to libraries to access the computers and CD-ROM's rather than to read. Though such computer activities are purported to be educational, there is a fundamental difference between the skills used in reading versus those used to engage in an interactive CD-ROM. Librarians as well as teachers, should guide as many children as possible towards the text books rather than the computer. Emotional skills are also enhanced by using a computer. Children develop self-confidence and self-esteem as they master computer skills and use the computer to make things happen. Computers also develop social skills. In a classroom setting with many other students, or in a home when the students friends or parents are available, children often prefer working with one or two partners over working alone, which leads to the development of social skills. Since the beginning of time technology has helped us out as a human race. From the invention of the wheel to the Internet, technology has been a great factor on the way our civilization has grown. With more and more technological advances just around the corner, our civilization will continue to grow faster and faster than ever before. Computers make life easier for people everyday. They help us to do tasks quicker and communicate with friends and family with the click on a button. Computers play a significant role in the school system as well. They help students to learn more efficiently and help them do their work. Computers offer the Internet which helps students research information for projects they may have. School computers also offer programs which can help anyone learn. An example of this is the program All The Right Type. This program helps students as well as teachers, to learn how to type faster and more efficiently. Also there are other programs which younger students can go on to help them with developing and re

Corruption is a poison which has been spread in the mind of wrong people of the society, community and country. It is the mistreatment of public resources just for getting some unfair advantage to fulfil little wish. It is concerned with the unnecessary and wrong use of both power and position by anyone whether in the government or non-government organization. It has affected the growth of the individual as well as the nation and reduces income. It is a big reason of inequalities in the society and community. It affects the growth and development of the nation in all aspects like socially, economically and politically. Corruption is the misuse of public property, position, power and authority for fulfilling the selfish purposes to gain personal satisfactions. Corruption is the misuse of authority for personal gain of an individual or group. It is the unfair use of public power for some private advantages by breaking some rules and regulations made by government. Now a day, it has been spread deeply in the society and has become very strong because of its lots of roots. It is like a cancer which once generated cannot be ended without medicine and spreading its roots continuously. One common form of corruption in our country is receiving cash money, through online transfer or in the form of costly gift etc. Some people wrongly use someone else's money for their own sake. Some people recruited in the government or non-government offices have been involved in the corruption and can do anything to fulfil their wishes. We all are well familiar of the corruption and as it is not a new phenomenon in our country. It has taken its roots so deeply in the people's mind. It is a very common poison in the society since ancient time. It is available from the history time of the Mughal and Sultanate period. It is reaching to its new height. It has affected the mind of people to a great extent and become so common that wrong people can play with the public life. It is a type of greediness which corrupts human mind and destroys one's humanity and naturalness. Corruption is of different types which has been spread in every field like education, sports, games, politics, etc. Because of the corruption, one does not understand his/her responsibilities at work place. Corruptions are like theft, dishonesty, wastage of public property, wastage of time unnecessarily, exploitation, scams, scandals, malpractice of responsibilities, etc. are the various types of corruption. It has made its roots in both developing and well developed countries. We need to remove corruption from our society and country in order to get real freedom from the slavery. We all need to be loyal towards our responsibilities and strict for any type of greediness. Corruption is a poison which has been spread in the mind of wrong people of the society, community and country. It is the mistreatment of public resources just for getting some unfair advantage to fulfil little wish. It is concerned with the unnecessary and wrong use of both power and position by anyone whether in the government or non-government organization. It has affected the growth of the individual as well as the nation and reduces income. It is a big reason of inequalities in the society and community. It affects the growth and development of the nation in all aspects like socially, economically and politically. Corruption is the misuse of public property, position, power and authority for fulfilling the selfish purposes to gain personal satisfactions. Corruption is the misuse of authority for personal gain of an individual or group. It is the unfair use of public power for some private advantages by breaking some rules and regulations made by government. Now a day, it has been spread deeply in the society and has become very strong because of its lots of roots. It is like a cancer which once generated cannot be ended without medicine and spreading its roots continuously. One common form of corruption in our country

Creativity and Innovation are two different terms and they technically have different meanings. Creativity means originality, imagination and inventiveness that are brought out through resourcefulness. Innovation, on the other hand refers to modernization and improvement over an existing idea. In this way, it is true that creativity and innovation are two different terms and cannot be used interchangeably. Yet, they have been used interchangeably in several areas or walks of life, including business and management as well as technology. In this way the main distinction between creativity and innovation, being the originality has been ignored and as the line between creativity and innovation is thin, it becomes even more difficult to distinguish between these terminologies (Hofstede, 1980). Another important thing required is that there is a managerial transition as well as a cognitive transition. This helps the firm develop and also be open to new ideas. As there is more and more learning in the organization, automatically there would be a chance for a break through innovation (Davila, T., Epstein, M. J., and Shelton, 2006). This increased probability of new product development leads to higher success rates of the company and at the same time leads to development of competencies, provides a higher competitive advantage and also helps handle competition in a better way. Implementing all of these in my organization would definitely bring in better revenues and help my organization propel ahead of competitors. Innovation is an important aspect of growth and development of individuals, organizations, cultures and societies. Innovation and creativity refer to bringing in new ideas to life. Innovation can be achieved strategically through a process of creativity. This helps bring in a lot many new ideas in the firm and also develop a platform for breakthrough innovations. It helps a firm be open to new ideas and develops the learning process in an organization. It can help a firm build upon its competencies as well as grow and earn favorable environment for progressing. It also can help a firm take advantage of the information it has and opt for a lot many new product developments (Amabile, 1996). Yet, there are several differences between innovation and creativity. Creativity involves the usage of originality whereas innovation is more about using already existing innovations for the purpose of improving upon it and using it for either a better usage or for commercialization purposes. The author in his paper, "Strategies of effective New Product Team leaders" talks about a research that they conducted on development of new products with the objective of understanding the new product development (NPD) process of high technology firms. The article explains that new product development cannot happen without active participation from team members and also requires cross functional teams (Rogers, E.M, 2003). Creativity and Innovation are two different terms and they technically have different meanings. Creativity means originality, imagination and inventiveness that are brought out through resourcefulness. Innovation, on the other hand refers to modernization and improvement over an existing idea. In this way, it is true that creativity and innovation are two different terms and cannot be used interchangeably. Yet, they have been used interchangeably in several areas or walks of life, including business and management as well as technology. In this way the main distinction between creativity and innovation, being the originality has been ignored and as the line between creativity and innovation is thin, it becomes even more difficult to distinguish between these terminologies (Hofstede, 1980). Another important thing required is that there is a managerial transition as well as a cognitive transition. This helps the firm develop and also be open to new ideas. As there is more and more learning in the organization, automatically there wou

Low levels of vitamin D in men can predict aggressive prostate cancer identified at the time of surgery, new research has found. The finding is important because it can offer guidance to men and their doctors who may be considering active surveillance, in which they monitor the cancer rather than remove the prostate. "Vitamin D deficiency may predict aggressive prostate cancer as a biomarker," said lead investigator Adam Murphy, assistant professor of urology at Northwestern University Feinberg School of Medicine in Chicago, US. Previous studies showing an association between vitamin D levels and aggressive prostate cancer were based on blood drawn well before treatment. The new study, published in the Journal of Clinical Oncology, provides a more direct correlation because it measured vitamin D levels within a couple of months before the tumour was visually identified as aggressive during surgery to remove the prostate. Because vitamin D is a biomarker for bone health and aggressiveness of other diseases, all men should check their levels, Mr Murphy said. Aggressive prostate cancer is defined by whether the cancer has migrated outside of the prostate and by a high Gleason score used to help evaluate the prognosis of men with prostate cancer. A low Gleason score means the cancer tissue is similar to normal prostate tissue and less likely to spread while a high one means the cancer tissue is very different from normal and more likely to spread. The study was part of a larger ongoing study of 1,760 men in the Chicago area examining vitamin D and prostate cancer. The current study included 190 men, average age of 64, who underwent a radical prostatectomy to remove their prostate from 2009 to 2014. Of that group, 87 men had aggressive prostate cancer. Those with aggressive cancer had a median level of 22.7 nanograms per millilitre of vitamin D, significantly below the normal level of more than 30 nanograms/millilitre. The average vitamin D level in Chicago during the winter is about 25 nanograms/milliliter, Mr Murphy noted. Low levels of vitamin D in men can predict aggressive prostate cancer identified at the time of surgery, new research has found. The finding is important because it can offer guidance to men and their doctors who may be considering active surveillance, in which they monitor the cancer rather than remove the prostate. "Vitamin D deficiency may predict aggressive prostate cancer as a biomarker," said lead investigator Adam Murphy, assistant professor of urology at Northwestern University Feinberg School of Medicine in Chicago, US. Previous studies showing an association between vitamin D levels and aggressive prostate cancer were based on blood drawn well before treatment. The new study, published in the Journal of Clinical Oncology, provides a more direct correlation because it measured vitamin D levels within a couple of months before the tumour was visually identified as aggressive during surgery to remove the prostate. Because vitamin D is a biomarker for bone health and aggressiveness of other diseases, all men should check their levels, Mr Murphy said. Aggressive prostate cancer is defined by whether the cancer has migrated outside of the prostate and by a high Gleason score used to help evaluate the prognosis of men with prostate cancer. A low Gleason score means the cancer tissue is similar to normal prostate tissue and less likely to spread while a high one means the cancer tissue is very different from normal and more likely to spread. The study was part of a larger ongoing study of 1,760 men in the Chicago area examining vitamin D and prostate cancer. The current study included 190 men, average age of 64, who underwent a radical prostatectomy to remove their prostate from 2009 to 2014. Of that group, 87 men had aggressive prostate cancer. Those with aggressive cancer had a median level of 22.7 nanograms per millilitre of vitamin D, significantly below the normal level of more than 30 nanograms/millilit

Past couple of weeks have raised several questions over what constitutes "right to dissent" in India, without transgressing restrictions to Freedom of Speech and expression. The idea that Freedom of speech and expression is limited and can be revoked when one resorts to incitement or flaming passions, is well cemented by the law. What surprised however was the application of sedition, suitably extended to a bunch of students shouting under a tree. To be outright honest, when the JNU row first came into prominence, I was in a fix. Could anything be said on the pretext of freedom of Speech and Expression? Isn't questioning the sovereignty of a country tantamount to criminality? While I was trying to come to terms with the slogans that were raised at JNU on that fateful night, state acted swiftly. The leader of the JNU Student Union, Kanhaiya Kumar was booked under sedition; a law that implicates those who use "words, signs or visible representation to excite disaffection against the government". In this context, Kanhaiya Kumar, a student leader who may/may not have organised a march in support of a slain terrorist Afzal Guru or raised slogans calling for a breakdown of the Union of India, was at the centre stage. The slogans raised that night offended several thousand Indians. The rage was evident on social media, venom was spewed on TV every night and general discourse was antagonistic. The imperative question, however remained, were the course of events that night seditious? The Supreme Court in its judgement in Kedar Nath Singh Vs. State of Bihar in 1962 clarified the outreach of sedition for the first time in independent India. The court said that the law should only be applied to "cases where an accused person intended to create public disorder or incite violence". Going by this strict definition, a student mob sloganeering in a college campus may have disgruntled or even besmirched some nationalists; it cannot be allowed to castigate offenders. The incessant uses of sedition in cases such as Assem Trivedi, a cartoonist and an anti-corruption crusader arrested in 2012, has only highlighted the misuse and cheery picked application of the law in the past. Trivedi's cartoons, lampooning the state of affairs in the country, may have been distasteful; were far from exciting "disaffection" or invoking "contempt or hatred". Other controversial cases of sedition in the country include figures like Arundhati Roy, Hardik Patel and most recently, Rahul Gandhi, Arvind Kejriwal and Sitaram Yechury for the JNU row. In fact the archaic law of sedition, meant to suppress the voice of Indian republic in the pre-independence era, has been scrapped by its founding father, the English parliament while the Indian government uses it as per its whims and fancies. Introduced in the IPC in 1870 by the British regime in India, Section 124 (a) (sedition) was conveniently used by the government to shut the likes of Mahatma Gandhi, Bal Gangadhar Tilak and Annie Besant. Needless to say, the government used it to control the public discourse and ensure stability, at that point in time. Post independence, in a parliamentary debate in 1951, late Prime Minister Jawaharlal Nehru famously remarked, "[Section 124-A] is highly objectionable and obnoxious...The sooner we get rid of it the better." While scrapping still remains a farfetched idea in 2016, it's crucial to remember that sedition is, as observed by the Supreme Court, "incitement to violence or creation of public disorder". The only light in the tunnel so far is the introduction of a private member's bill by congress MP Shashi Tharoor to amend the sedition law, but the current circumstances have divided opinions more than ever. Whether the bill will pass through remains to be seen; it's important that court ensures an upright interpretation of the law and the state does not act in fear or favour. Past couple of weeks have raised several questions over what constitutes "right to dissent" in India, witho

A person's standard of living, ways of approaching any problem, dealing with situations, reacting and responding to the circumstances, behaviour in society all of these are directly related with that person's mental and physical-health. As Gautam Buddha said, "To keep the body in good health is a duty otherwise we shall not be able to keep our mind strong and clear." You will find below a number of short and long paragraphs on Health. We hope these Health paragraphs will help students in completing their school assignments. These will also help children to write and read out paragraphs with simple words and small sentences. Students can select any Health paragraph according to their particular requirement. Health can be considered as the level of our physical and functional abilities to adapt to the changes in the surroundings and make the system in our body work properly. There is a specific definition given by WHO (World Health Organization) in its 1948 constitution, about health and that is, "It is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." In 1968, WHO further clarified about health by giving another definition: "A resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities." Health is broadly divided into two types: physical health and mental health. Although there are other dimensions also in which health is classified such as social, emotional, environmental, spiritual and intellectual health. The two main types of health are discussed in brief in this paragraph: Mental Health - There is a definition given by WHO for mental health: "Subjective well being, perceived self efficacy, autonomy, inter generational dependence & self actualization of one's intellectual & emotional potential, among others." Mentally fit person can handle various challenges & opportunities very smoothly and without getting tired of it. Mental fitness has very little to do with IQ and intelligence and more to do with positivity and thinking in right direction. Physical Health - Physical well being is of utmost importance. This is because it is most visible compared to all the other dimensions of health such as social, intellectual, emotional, spiritual and environmental well being. Physical well being is the state of body free from any diseases and abnormality. A person must ensure good physical and mental health to lead a happy life. There is a huge range of factors on which a person's health depends. These factors can be broadly classified into the following categories according to the World Health Organization: The social and economic environment: This depends on how wealthy a family or a person is. The physical environment: This includes the area in which a person is living, its atmospheric temperature, humidity, pollution level and also the parasites present there. The person's characteristics and behaviour: This includes the genes possessed by a person and the lifestyle they chose to have. children to write and read out paragraphs with simple words and small sentences. Students can select any Health paragraph according to their particular requirement. Health can be considered as the level of our physical and functional abilities to adapt to the changes in the surroundings and make the system in our body work properly. There is a specific definition given by WHO (World Health Organization) in its 1948 constitution, about health and that is, "It is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." In 1968, WHO further clarified about health by giving another definition: "A resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities." He A person's standard of living, ways of approaching any problem, dealing with situate

We inhabit Planet Earth. Earth is thus our home. Earth is also home to thousands of other life forms. The Earth and its environment have been adversely affected due to many of man's wanton activities. There has been large scale disturbance and disequilibrium on Planet Earth. Life for man and all other life forms has thus been disturbed. Some life forms have become extinct, and many life forms are endangered. All life on Earth is affected due to the ecological damage that has occurred due to man's misdirected actions. We, therefore, need to urgently make efforts to save Planet Earth. You will find here below a number of short paragraphs on the topic Save Earth of varying word lengths. We hope these paragraphs on Save Earth will help students in completing their school assignments. These will also help children write and read out paragraphs in simple words and with small sentences. Students can select any paragraph on Save Earth according to their particular requirement. The Earth is a planet that sustains life. Many thousands of life forms including man live on Earth. This planet of the solar system has the natural systems and conditions to be able to sustain life. Planet Earth can Sustain Life: Planet Earth has air for us to breathe, water that we can drink, and food to sustain the life forms. Earth also has the temperature and climatic conditions that we can tolerate. For instance, in the solar system, we cannot live on a planet like Venus which is very hot, nor can we survive on Neptune, a very cold planet. Air, Water and Vegetation are Life-Sustaining Natural Resources: The Earth has air which we can breathe to stay-alive. The oxygen in the air is what we breathe-in, and it is what keeps-us-alive. The Earth has trees and forests as also water. Trees provide us ample benefits. Trees use up carbon-dioxide from the air for carrying out the process of photosynthesis, and give out oxygen, which we need for breathing. Trees are also food for man and other herbivorous animals. Trees and forests are also home to many wildlife species. Forests help in maintaining the hydrological cycle too. They help in maintaining the water table level. They also help in keeping the monsoon systems going. Water is vital to life, and we cannot live if there is no water. The Earth has water bodies such as lakes, streams, rivers, seas and oceans. While the water of the seas and the oceans is saline, and is not fit for consumption, the water of rivers and streams and lakes can be consumed. Water must be pure and fit to be consumed. Water is needed by man not only for drinking, but for cooking his food, and maintaining personal hygiene and cleanliness of his surroundings too. All marine species need water bodies to live in. Earth and its Environment must be Saved from Ecological Destruction: Life is sustained by the Earth and its natural resources such as sunlight, air, water and vegetation. We must, therefore, protect Planet Earth, our home. Due to many wanton and indiscriminate activities of man driven by greed, selfishness and intolerance, the Earth and its environment have been adversely affected. This has caused certain species of wildlife to become extinct, and many species to be threatened and vulnerable. The life of almost life forms is becoming difficult because of natural disturbances and destruction. If we do not save our Earth from destruction, our own life can get destroyed. We inhabit Planet Earth. Earth is thus our home. Earth is also home to thousands of other life forms. The Earth and its environment have been adversely affected due to many of man's wanton activities. There has been large scale disturbance and disequilibrium on Planet Earth. Life for man and all other life forms has thus been disturbed. Some life forms have become extinct, and many life forms are endangered. All life on Earth is affected due to the ecological damage that has occurred due to man's misdirected actions. We, therefore, need to urgently make efforts to save

Digital India is a program to empower the country digitally by delivering government services online and improving online infrastructure by increasing internet connectivity with high speed internet networks in all parts of the country. You will find below a number of short and long paragraphs on Digital India. We hope these Digital India paragraphs will help students in completing their school assignments. These will also help children to write and read out paragraphs with simple words and small sentences. Students can select any paragraph on Digital India according to their particular requirement. Digital India is a campaign launched to make available government services digitally by developing online infrastructure and improving internet connectivity. The technologies which include internet and mobile apps have emerged as channel for speedy economic growth and citizen empowerment. The Prime Minister of India, Narendra Modi launched the campaign on 1st July 2015. It includes plans to widen the high speed internet connectivity networks to rural areas of the country. It aims mostly at development of digital infrastructure, providing government services digitally and universal digital literacy. The purpose of Digital India is growth in digital services, electronic manufacturing, and job opportunities. Hence, as the title suggests it is all about growth of Digitalization in India. Digital India initiative is a very meaningful program introduced by the government of India to improve digital connectivity and make governance in the country more transparent. Digital technologies are increasingly being used by us in day to day life for making bill payments, booking tickets, transferring money and more. It is being used in retail stores, educational institutes, government offices and almost everywhere. They help us in online transactions, connecting with each other and sharing information from anywhere in the world. Digital India is transforming India and bringing revolution in the life of people through various aspects of the program. There is immense growth in various services and sectors developing our nation to Digital India. It also aims at training rural people, making them digitally literate and providing various job opportunities in rural areas. With effective implementation of e-governance, information technology can reach common man. Digital India initiative is for the simplification of citizens, services and government. Digital India is a large-scale program projected at 1, 13,000 crores preparing India for digital and knowledge based transformation. The objective of Digital India is to connect India with high speed internet networks and encourage digital literacy. It aims for advancement in e-governance and growth in electronic services, manufacturing, devices and employment opportunities. It is centered on three key areas: Digital Infrastructure for Every Citizen - It aims at high speed internet availability to provide services to each citizen. It saves original and unique digital identity for lifelong authenticity of every citizen. Bank account and mobile phone to make possible citizens participation in financial and digital space. Ensure easily accessible common service centers. Sharable private space available to the general public on a public cloud. Ensure safe cyber-security. Governance and Services on Demand - To ensure service availability from digital platform. All citizens' rights to be available online. Digital services for carrying on business easily. Cashless electronic transactions. Influencing Geospatial Information System. Digital Empowerment of Citizens - Provide universal digital literacy. Accessible digital resources universally. All government certificates and documents to be available online. To make digital services and resources available in Indian languages. Thus, it is centered on above mentioned three key areas and its sub components to digitally empower the citizens and our country. Gross Speed :

Drug addiction is a dependence syndrome. It is a condition where a person feels a strong desire to consume drugs and can't do without them. Such people find it difficult to control the need to take drugs. The feeling to consume drugs becomes more important for them than other daily chores and even their family. If the addicted person does not use drugs for longer time he is likely to feel depressed and isolated. Addiction is the state where mind and body just cannot do without drugs. The brain changes are persistent that is why drug addiction is often defined as a form of mental disorder. Drug addiction is a chronic disorder that refers to the condition in which a person feels a strong need of drugs and can't keep from consuming the same. It is characterized by obsessive engagement in desired spur despite adverse consequences. The addictive stimuli are characterized by two factors - one is positive reinforcement and second is perceived to be intrinsically rewarding. A person develops and feels increasing pleasure in consuming drugs. The initial decision to take drugs is mostly voluntary for most of the people but with repeated use of drugs one develops the habit and deprives self-control that eventually leads to dependency. The dependency and over consumption of drugs can lead to persistent brain changes. Long term use of drugs can also affect the brain functions that include behaviour, learning, stress, anxiety and memory. Despite being aware of the adverse consequences people addicted-to-drugs continue using it as they simply cannot resist them. Signs of Drug Addiction - Here is a look at the signs of drug addiction: A strong urge to consume drugs everyday either single or multiple times. Ensure continual supply of drugs even if it demands begging, borrowing or stealing. No self-control when it comes to consuming drugs. Addicts tend to consume more drugs than they may actually want to. Consume drugs regularly despite knowing about their adverse consequences. The feeling of withdrawal even when one is with family and friends. People often stop enjoying what they used to earlier. This may be things such as watching movies, listening music cooking or just about anything. Spending more time seeking and using drugs and dealing with its effects. Prolonged feeling of anxiety and depression. Feeling of vulnerability when devoid of drugs. If one loses control over oneself and gets trapped in drug addiction one should definitely consult a doctor. Right treatment and healthy lifestyle can help get rid of drugs. Drug addiction is a growing trend among young adults and is a major concern for the society. People often get used to drugs to escape away from their problems though once addicted it causes several other problems over the time. Who is more Prone to get Addicted? Those whose family members like parents, siblings or relatives consume drugs and alcohol regularly are likely to develop this habit. If one starts taking drugs at early age it is likely that they get addicted as they grow. One who feels more depressed and stressed constantly often uses drugs to feel better and eventually gets addicted. One who is going through troubles in relationships with family or spouse can also develop such habits. One who is suffering from grief or trauma of losing loved one may start using drugs to escape the feeling of hurt and get addicted over the time. Drug addiction is a dependence syndrome. It is a condition where a person feels a strong desire to consume drugs and can't do without them. Such people find it difficult to control the need to take drugs. The feeling to consume drugs becomes more important for them than other daily chores and even their family. If the addicted person does not use drugs for longer time he is likely to feel depressed and isolated. Addiction is the state where mind and body just cannot do without drugs. The brain changes are persistent that is why drug addiction is often defined as a form of mental disorder. Drug

Four men hacked a 35-year-old man to death in a popular restaurant on Friday afternoon in Tiruttani, 90km from Chennai. Police believe the attack was carried out by members of a rival gang. The murdered man has been identified as Mahesh of Veppampattu in Tiruvallur district. The CCTV camera footage from the popular vegetarian restaurant shows several people eating around 2.40pm before the peace is shattered by the shouts of a frightened man running in, with four men armed with machetes close on his heels. Even as Mahesh looks for a way out, the men reach him, push him to the floor and slash his body open with weapons before strolling out. The attack lasted for 30 seconds. The CCTV footage shows hotel staff, children and adults screaming and running, some with their eyes shut in terror, others closing their ears to shut out the wails of the man being murdered. One man is seen dashing out with two children, and another, unable to move from his corner of a table, closed the eyes of his son. After the gang leaves, the footage shows a woman blankly staring at her plate with her ears closed, and a man cowering underneath a table. A police team arrived with fingerprint experts, registered a case and sent the body to the government hospital for postmortem. Preliminary investigation revealed that Mahesh had come to a court complex near the restaurant, to meet a friend remanded for murder. After meeting him, Mahesh started walking towards the restaurant for lunch, when he was chased by the gangmembers, an officer said. Faced with centuries-old documents and ancient pictures, placed before the Supreme Court as evidence in the Ayodhya land dispute case, the judges are taking help of magnifying glass to examine them minutely. Accounts of various western and Chinese pilgrims and travellers who visited India from 13th century onwards have been placed before a bench of Chief Justice Ranjan Gogoi and Justices S A Bobde, D Y Chandrachud, Ashok Bhushan and S Abdul Nazeer. The evidence presented before them also includes manuscripts and scriptures from ancient and medieval periods. Four men hacked a 35-year-old man to death in a popular restaurant on Friday afternoon in Tiruttani, 90km from Chennai. Police believe the attack was carried out by members of a rival gang. The murdered man has been identified as Mahesh of Veppampattu in Tiruvallur district. The CCTV camera footage from the popular vegetarian restaurant shows several people eating around 2.40pm before the peace is shattered by the shouts of a frightened man running in, with four men armed with machetes close on his heels. Even as Mahesh looks for a way out, the men reach him, push him to the floor and slash his body open with weapons before strolling out. The attack lasted for 30 seconds. The CCTV footage shows hotel staff, children and adults screaming and running, some with their eyes shut in terror, others closing their ears to shut out the wails of the man being murdered. One man is seen dashing out with two children, and another, unable to move from his corner of a table, closed the eyes of his son. After the gang leaves, the footage shows a woman blankly staring at her plate with her ears closed, and a man cowering underneath a table. A police team arrived with fingerprint experts, registered a case and sent the body to the government hospital for postmortem. Preliminary investigation revealed that Mahesh had come to a court complex near the restaurant, to meet a friend remanded for murder. After meeting him, Mahesh started walking towards the restaurant for lunch, when he was chased by the gangmembers, an officer said. Faced with centuries-old documents and ancient pictures, placed before the Supreme Court as evidence in the Ayodhya land dispute case, the judges are taking help of magnifying glass to examine them minutely. Accounts of various western and Chinese pilgrims and travellers who visited India from 13th century onwards have been placed before a bench of Chief Justice R

InfluenzavirusB, Orthomyxoviridae The parts and signs of goodness, are many. If a man be gracious and courteous to strangers, it shows he is a citizen of the world, and that his heart is no island, InfluenzavirusB, Orthomyxoviridae cut off from other lands, but a continent, that joins to them. If he be compassionate towards the afflictions of others, it shows that his heart is like the noble tree, that is wounded itself, when it gives the balm InfluenzavirusB, Orthomyxoviridae If he easily pardons, and remits offences, it shows that his mind is planted above injuries; so that he cannot be shot. If he be thankful for small benefits, it shows that he weighs men's minds, and not their trash. But above all if he have St. Paul's perfection, that he would wish to be anathema from Christ, for the salvation of his brethren, it shows much of a divine nature, and a kind of conformity with Christ himself. Of nobility: We will speak of nobility, first as a portion of an estate, then as a condition of particular persons. A monarchy, where there is no nobility at all, is ever a pure and absolute tyranny; as that of the Turks. For nobility attempts sovereignty, and draws the eyes of the people, InfluenzavirusB, Orthomyxoviridae somewhat aside from the line royal. But for democracies, they need it not; and they are commonly more quiet, and less subject to sedition, than where there are stirps of nobles. For men's eyes are upon the business, and not upon the persons; or if upon the persons, it is for the business' sake, as fittest, and not for flags and pedigree. We see the Switzers last well, notwithstanding their diversity of religion, and of cantons. For utility is their bond, and not respects. The united provinces of the Low Countries, in their government, excel; for where there is an equality, the consultations are more indifferent, and the payments and tributes, more cheerful. InfluenzavirusB, Orthomyxoviridae As for nobility in particular persons; it is a reverend thing, to see an ancient castle or building, not in decay; or to see a fair timber tree, sound and perfect. How much more, to behold an ancient noble family, which has stood against the waves and weathers of time! For new nobility is but the act of power, but ancient nobility is the act of time. Those that are first raised to nobility, are commonly more virtuous, but less innocent, than their descendants; for there is rarely any rising, but by a commixture of good and evil arts. InfluenzavirusB, Orthomyxoviridae As if fames were the relics of seditions past; but they are no less, indeed, the preludes of seditions to come. Howsoever he noteth it right, that seditious tumults, and seditious fames, differ no more but as brother and sister, masculine and feminine; especially if it come to that, that the best actions of a state, and the most plausible, and which ought to give greatest contentment, are taken in ill sense, and traduced: for that shows the envy great, as Tacitus saith; conflata magna invidia, seu bene seu male gesta premunt. InfluenzavirusB, Orthomyxoviridae The parts and signs of goodness, are many. If a man be gracious and courteous to strangers, it shows he is a citizen of the world, and that his heart is no island, InfluenzavirusB, Orthomyxoviridae cut off from other lands, but a continent, that joins to them. If he be compassionate towards the afflictions of others, it shows that his heart is like the noble tree, that is wounded itself, when it gives the balm InfluenzavirusB, Orthomyxoviridae If he easily pardons, and remits offences, it shows that his mind is planted above injuries; so that he cannot be shot. If he be thankful for small benefits, it shows that he weighs men's minds, and not their trash. But above all if he have St. Paul's perfection, that he would wish to be anathema from Christ, for the salvation of his brethren, it shows much of a divine nature, and a kind of conformity with Christ himself. Of nobility: We will speak of nobility, first as a por

Vesiculovirus Rhabdoviridae Polyomavirus, Polyomaviridae But it is reason, the memory of their virtues remain to their posterity, and their faults die with themselves. Nobility of birth commonly abateth industry; and he that is not industrious, envieth Vesiculovirus Rhabdoviridae Polyomavirus, Polyomaviridae him that is. Besides, noble persons cannot go much higher; and he that standeth at a stay, when others rise, can hardly avoid motions of envy. On the other side, nobility extinguisheth the passive envy from others, towards them; because they are in possession of honor. Certainly, kings that have able men of their nobility, Vesiculovirus Rhabdoviridae Polyomavirus, Polyomaviridae shall find ease in employing them, and a better slide into their business; for people naturally bend to them, as born in some sort to command. Of seditions and troubles: shepherds of people, had need know the calendars of tempests in state; which are commonly greatest, when things grow to equality; as natural tempests are greatest about the Equinoctia. And as there are certain hollow blasts of wind, and secret swellings of seas before a tempest, so are there in states: Ille etiam caecos instare tumultus Saepe monet, fraudesque et operta turescere bella. Libels and licentious discourses against the state, when they are frequent and open; and in like sort, false news often running up and down, to the disadvantage of the state, and hastily embraced; are amongst the signs of Vesiculovirus Rhabdoviridae Polyomavirus, Polyomaviridae troubles. Virgil, giving the pedigree of Fame, saith, she was sister to the Giants: Illam Terra parens, ira irritata deorum, Extremam (ut perhibent) Coeo Enceladoque sororem Progenuit. -As if fames were the relics of seditions past; but they are no less, indeed, the preludes of seditions to come. Howsoever he noteth it right, that seditious tumults, and seditious fames, differ no more but as brother and sister, masculine and feminine; especially if it come to that, that the best actions of a state, and the most plausible, and which ought to give greatest contentment, are taken in ill sense, and traduced: for that shows the envy great, as Tacitus saith; conflata magna invidia, seu bene seu male gesta premunt. Vesiculovirus Rhabdoviridae Polyomavirus, Polyomaviridae Neither doth it follow, that because these fames are a sign of troubles, that the suppressing of them with too much severity, should be a remedy of troubles. For the despising of them, many times checks them best; and the going about to stop them, doth but make a wonder long-lived. Also that kind of obedience, which Tacitus speaketh of, is to be held suspected: Erant in officio, sed tamen qui mallent mandata imperantium interpretari quam exequi disputing, excusing, cavilling upon mandates and directions, is a kind of shaking off the yoke, and assay of disobedience; especially if in those disputings, they which are for the direction, speak fearfully and tenderly, and those that are against it, audaciously. Also, as Machiavel noteth well, when princes, that ought to be common parents, make themselves as a party, and lean to a side, it is as a boat, that is overthrown by uneven weight on the one side; as was well seen, in the time of Henry the Third of France; for first, himself entered league for the extirpation of the Protestants; and presently after, the same league was turned upon himself. For when the authority of princes, is made but an accessory to a cause, and that there be other bands, that tie faster than the band of sovereignty, kings begin to be put almost out of possession. Vesiculovirus Rhabdoviridae Polyomavirus, Polyomaviridae But it is reason, the memory of their virtues remain to their posterity, and their faults die with themselves. Nobility of birth commonly abateth industry; and he that is not industrious, envieth Vesiculovirus Rhabdoviridae Polyomavirus, Polyomaviridae him that is. Besides, noble persons cannot go much higher; and he that standeth

The Sonam tragedy at the Saltoro Range of the Siachen Glacier sector continues to draw commentaries in the mainline media. Mr Rajiv Shukla's piece in the Indian Express on 29 February needs to be commended if for nothing else at least the fact that a senior politician has chosen to write about it and express an opinion. That I disagree with the opinion will be explained subsequently. What is more important is that the three recent major events concerning India's military have thrown up far greater interest in matters military than I can ever remember; an interest which has been eluding the nation for long. The events at Pathankot, Sonam post and Pampore have resulted in many commentaries. However, our misfortune remains that majority of these appear to be uninformed analyses harping more on the emotional aspects of losses of officers and men (all warriors) and less on the strategic, operational and tactical aspects. The emotional concerns of the media, leading citizens and political leaders for the safety of the men in uniform, are a welcome sign of empathy. Yet, this should be followed by serious commentaries to disagree with the way things are or reinforce current practices and methodologies. It is in the spirit of the above belief that I have chosen to comment on Mr Rajiv Shukla's analysis which I once again reiterate is a welcome departure from the past. Mr Shukla appears to have visited the Siachen sector once in 2005; even if he has visited more often it is obvious that he has never pored over a map of the sector which encompasses the areas where Indian, Pakistani and Chinese troops are deployed. Without doing that, realization of the significance of Siachen and Saltoro is difficult. A good Army officer would explain to him that the separation of India from PoK (not Pakistan) is not along the Siachen Glacier; it is actually along the Saltoro Ridge which rises to 23000 feet at places and runs along the entire length of the Glacier to the west and further south to Turtuk. Pakistan is not even remotely near Siachen although it projects to its people that its troops actually occupy Siachen. By vacating Saltoro and by default the Siachen Glacier it is India which will be making the concession not Pakistan which will continue to occupy the lower heights in the west running along the Kondus Glacier. So the withdrawal by mutual consent would actually be a concession only by India, a dilution of its tactical dominance it has enjoyed right from 1984. Mr Shukla innocently echoes the views of many strategic analysts that the Siachen Glacier and the sector that defends it have little strategic significance for India for the quantum of money we spend on it. He goes on to reiterate the perception of the segment of analysts who believe that it is sufficient to employ technology to monitor the sector after a mutual withdrawal to lower heights (effectively an Indian withdrawal). They allude to the employment of helicopters, drones and satellite based surveillance to keep an eye on what would purportedly become no man's land. What none of these analysts and Mr Shukla explain is the required response mechanism should there be a reneging of the agreement on the part of Pakistan. Let me explain what that will need to be. It will involve the launch of heliborne and surface launched acclimatized forces of quantum of nine to one ratio or more to have any chance of recovering one or two heights on the Saltoro. Logistics and resupply would be a major concern after the logistics bases, painstakingly established over years in the sub glaciers leading to the Saltoro Range, have been wound up. There would be no or minimum artillery to support these assaults as guns cannot be left unattended at the glacier locations. In fact to any experienced military mind the idea of recovering lost ground if occupied by Pakistan would be almost utopian. If at all, it would amount to thousands of fatal casualties. There arises the issue of trust. Some observers feel

Donald Trump is on a roll, stumping political pundits at every polling booth. New Hampshire, Nevada and the coveted primary of South Carolina have been clinched by the real estate magnate, who has blown away his political opponents. In Nevada, Donald Trump won 46% of the vote, followed by Marco Rubio at a distant 24%. In South Carolina, the hallowed primary of Republican leader and former President Ronald Reagan, Trump won the primary by 10 % of the vote over Marco Rubio, despite the young Republican getting the endorsement of South Carolina governor Nikki Haley. In New Hampshire, Trump won by almost 20 % of the vote, the runner up being Ohio governor John Kasich. Trump's marginal 3% loss in the first primary in Iowa to Ted Cruz has now been reduced to a footnote in the presidential race, with him now gaining the endorsement of New Jersey governor and former Republican Presidential candidate Chris Christie. Trump has become a lightning rod for extreme right-wing Republican voters. His controversial views on the Muslim community, immigrants and gun control have given him that power. The Republican right wing also possesses a disdain for Washington insiders, which grants Trump significant influence. His TV flair also gives him an edge over his opponents, where audiences relish how he tears them down with witty one-liners and comebacks. Donald Trump's dominance is also bolstered by the inability of other party candidates to consolidate moderate Republican votes. As Trump delivers win after win, no Republican candidate has consistently held second place, if not given him a close fight. The title for challenger to Trump for the Republican nomination is still up for grabs. Till the very end, more than two Republican candidates may likely stay in the race to counter Trump, and so the moderate Republican votes will continue to be divided to his advantage. The race for the Republican nomination is no longer a regionally divisive issue as well, with Trump sweeping primaries with different voter demographics, local issues and shifting political loyalties. Trump's ascent is good news for the Democrat party. In a dual political battle across America, where both Democrat and Republican voters will choose their next Commander-in-chief, Trump will fail to match the socio-political acumen and the track records of Hillary Clinton or Bernie Sanders. This fact will become painfully clear to the Republican Party and voters if Trump ever faces off with Clinton or Sanders in the Presidential debates. As he wins the primaries alienating moderate Republicans, their votes may just shift to the Democrat party in favour of keeping Trump out of the White House. Trump's strategy is apt for him to clinch the Republican nomination. However, in a face off with Democrats across America, he will fail to gain the necessary traction as his own party's machinery won't fully endorse him. While the Republicans may be forced to hand Trump the nomination, they will do so with the understanding that the White House will be out their grasp for another 4 years. Donald Trump is on a roll, stumping political pundits at every polling booth. New Hampshire, Nevada and the coveted primary of South Carolina have been clinched by the real estate magnate, who has blown away his political opponents. In Nevada, Donald Trump won 46% of the vote, followed by Marco Rubio at a distant 24%. In South Carolina, the hallowed primary of Republican leader and former President Ronald Reagan, Trump won the primary by 10 % of the vote over Marco Rubio, despite the young Republican getting the endorsement of South Carolina governor Nikki Haley. In New Hampshire, Trump won by almost 20 % of the vote, the runner up being Ohio governor John Kasich. Trump's marginal 3% loss in the first primary in Iowa to Ted Cruz has now been reduced to a footnote in the presidential race, with him now gaining the endorsement of New Jersey governor and former Republican Presidential candidate Chris Christie. Trump

Whether it is a coincidence or not, while watching the pre-noon live proceedings of our Parliament today (February 26), I saw opposition members asking the government why not it should consider the demilitarisation proposal of Siachen glacier, something that Pakistan has also been in favour. Obviously, our honourable parliamentarians were worried over the recent tragedy that occurred in the glacier where an avalanche hurtled down and swallowed one of our military posts, resulting in unfortunate demise of ten of our brave soldiers. Of course, demilitarisation of Siachen has been one of the proposed confidence building measures (CBM) between India and Pakistan for years. It is said that but for some last minute huddles, late Prime Minister Rajiv Gandhi would have signed an agreement to this effect with his then Pakistani counterpart Benazir Bhutto in 1989. Another late Prime Minister I.K. Gujral and former Prime Minister Manmohan Singh were reportedly in favour of a similar deal with Pakistan. But if they could not do that, it was essentially because of the strong protests from the Indian Army. Of course this time, the Army has a much more sympathetic government led by Narendra Modi. So any withdrawal, as suggested by the opposition parliamentarians, seems highly unlikely. Let it be noted that it is a myth that Pakistani soldiers are present in Siachen glacier as such. The glacier is under total control of the Indian soldiers. Pakistanis are behind the Soltoro Ridge, much below the heights of the glacier. But then Pakistan has been publicly arguing over the last 10 years or so that it would “not occupy the Siachen glacier (the highest and the coldest battle field of the world) if India vacated it. A historical perspective will do well to understand the issue. Nearly 32 years have passed since India and Pakistan engaged in Siachen on what is called the worlds most absurd war. It all started in 1984 when India launched "Operation Meghdoot" to drive away the “Pakistani incursions. At the moment, India is in a commanding position in the glacier, which is a part of the disputed state of Jammu and Kashmir. It may be noted that in Jammu and Kashmir India and Pakistan are separated by the so-called Line of Control (LoC), which clearly runs from Sabha in the South to "point NJ9842" in North. This LoC was demarcated under the 1972 Simla agreement. But disagreements remain over whether the line after the point NJ9842 travels northwards to include the entire Siachen region within India, or whether it travels northwestwards to give Pakistan access to the area. Under the CBM-building talks that began in 2004, India was willing to drawback of forces to the positions prior to the 1972 Shimla Agreement. However, it was insisting on making the present Actual Ground Position Line (AGPL), the line that is demarcating the effective controls of both the sides, a permanent border between India and the planned “disengagement zone. On its part, Pakistan is arguing that the borders should be re-drawn as per the Simla Agreement, which it claims India violated by launching its “invasion in 1984. In reality, however, Pakistan is loath to authenticate the AGPL since it would mean admitting it lost the Saltoro ridge and the Quaid Post (named after the founder of Pakistan), now renamed Bana Post by India after Param Vir Chakra winner Subedar Bana Singh who captured it. Pakistan is ready to withdraw troops only if India drops its insistence on the authentication of current positions being held by Pakistani and Indian troops. It is against this background that the importance of what Pakistani Ambassador Shaid Malik had told the media on February 9 2007 assumes great significance. The Pakistani envoy said that while it would not be possible for Pakistani to formally authenticate the AGPL, its alternative suggestion would go a long way in meeting the Indian position. “Since we are talking of gradual withdrawal of armed forces from the region, while chalking out the

The on-going tussle between the Federal Bureau of Investigation (FBI) and Apple's CEO Tim Cook in USA with its twists and turns makes it interesting reading raising several questions. On one hand the FBI wants Apple to decode the password of the phone of a terrorist couple who killed some Americans before police came and shot them. Apple doesn't want to do that citing customer loyalty among others that impinges on breach of customer privacy. In December 2015 Syed Rizwan Farouk and Tashfeen Malik opened fire at a holidaying party in San Bernardino, California killing 14 people and injuring 22 some of them seriously. The police finally killed the couple in a shootout. While Farouk was an American, Malik was a Pakistani immigrant. The couple had stored cache of ammunition in their residence apparently for future attacks. Investigators believe that the couple had contacts with other terror groups and friends involved in terror. The issue at hand is FBI wants to open the locked iPhones carried by the couple which may give crucial information on other terror suspects, organizations they worked for, information on their banking, finance, who could have helped them etc. Their phones could have unearthed a treasure trove of information that could help police uncover / prevent future attacks. Apple says it is equivalent to breach of customer privacy which they prize most. True, most companies climb Dow Jones and their ladder of success not only on their technical wizardry, ease of operations but on customer loyalty which helps in repeat business. This is held high on high-end products and if anything is true, it mattered most to Steve Jobs, the founder. Once a customer buys an Apple product, say any of its i series, the upgrades / updates of the product would be automatically available to the customer and any new product that is launched, the first information, technical specs are made available to a life-long Apple user. In fact brand loyalty scores high on any Apple product and it is Holy Grail in American business; hence, Apple's reluctance to decode the iPhones of terrorists. The product itself has been so designed any data encrypted with the latest IOS 8 cannot be opened without customer password. If somebody makes unsuccessful attempts to open the iphone the data destroys itself so that nobody can lay their hands on it. A US Magistrate has ordered Apple to open the password and the case is going on right now. Apple feels it is not a case of just opening one phone as there could be larger implications such as pressure from government in future too. Not surprisingly, other tech companies in Silicon Valley are supporting Apple in this fight. Some "what if" questions naturally arise. What if the terrorists belonged to ISIS with plans to blow up and cause more damage in future putting lives of many more at risk? What if they are part of a group like terrorists who could inflict maximum damage like the one on 9 /11? Would Tim Cook still hold back if god forbid any of his own family members were victims in San Bernardino? Would he still not agree to have the phone opened if somebody from 115,000 employees of Apple had been killed in the catastrophe? Is customer loyalty the be-all and end-all of everything which is only at best a means to improve one's business as compared to lives of fellow Americans? 51% of Apple employees themselves want the iPhone to be opened as against 36% who support their CEO. Years ago, when Watergate investigations were at peak and US President Richard Nixon was one of the accused, the FBI wanted the tape on which Mr. Nixon was recording every conversation that took place in his room by simply flipping a switch under his table. When the tape was recovered from the president, they found to their dismay he had erased most of the matter on the tape except expletives which the president was fond of using

High intensity encounters between the Security Forces (SF) and the sponsored terrorists from Pakistan continue in the Valley with a degree of regularity, not as frequent as in the past but worrisome nevertheless. It is not the numbers but the quality of standoffs and the casualties that the Army is taking which cause dismay in public perception and rightly so. On one hand the public is fed with information about the improving situation and the strength of the counter terror and counter infiltration grids in J&K, by none other than analysts like me. Then there are frequent reports of glitches at the tactical and sub tactical levels leading to avoidable casualties. I have also gone to the extent of certifying the J&K counter terrorism model as the ideal one with each force and entity knowing where its space exists, its own limitations and strengths and the degree of cooperation it needs to overcome these. During the Pathankot incident I was strongly advocating that Punjab will have to sooner than later adopt this model. I am still convinced about that because the J&K model is inherently strong, based on years of experimentation and experience of some very competent practitioners. So, how do I view these repeated casualties in operations during contacts in the Valley? More importantly, how should the public be viewing this? If people with ground experience at tactical and operational levels cannot suitably convince public perception it is a failure of intellect and communication skills more than anything else; the public is not to be blamed. And, that unfortunately is the problem. Almost a year to the date, Archana Masih of Rediff.com carried an interview with me in the online publication. In that I termed the situation in the Valley, The Last Mile. I then went on to explain what exactly this means. The Last Mile is simply a situation which is a symbolization of the last stages of conflict stabilization in the military domain; quite different from the political, ideological and social domains. The strength of terrorists is at the lowest ever, the LoC is well dominated to prevent easy calibration by the other side. High profile leadership is missing due to inability to infiltrate without the terrorists facing heavy attrition in the march to the hinterland. Even if successfully infiltrated the ability to strike root is difficult due to all round domination by the SF and intelligence agencies. Terror groups avoid contact with SF and attempt only small scale actions and await their day for a larger deliberate operation, like the current one underway in Pampore. The Army, in particular, is used to high octane stuff; big ticket events, large scale contacts and regular contacts with intelligence inputs. It confirms the high energy levels and the desire to do more; no one in the Army has the patience to sit it out and that is how an Army always is. Everyone is out to kill the last terrorist so that the ugly face of terrorists is eliminated. However, the lesser the terrorist presence and more that the Army tries the results will never be commensurate with statistics of the past. Take it from me; there will be casualties on the Army side higher in ratio than at the time when there were a larger number of terrorists. In the Last Mile the attention of the Army will also be diverted by other issues. Human rights take bulk of the attention as do political and legal correctness and a host of other issues. Among many of these issues is something that commanders, staff and junior ranks never faced before; that is the issue of crowds and flash mobs descending on contact sites and attempting to divert SF attention or assist the terrorists to somehow get away. Hence, the greater urgency to finish operations at the earliest.

The EDI building is not an easy one to assault to carry out an intervention operation. The CRPF was brave in attempting it but after suffering casualties decided to hand over to the Army's Victor Force which looks after South Kashmir. The Army has a couple of Special Forces teams dedicated to the two RR Force HQ. Given the circumstances, the nature of objective and the fact that it would be a matter of time before flash mobs moved in to upset the Army and CRPF's equilibrium the Army decided to use the Special Forces teams to carry out intervention operations. I can say with complete assurance that if I was in the position of Major Gen Arvind Datta (GOC Victor Force) my decision would have been the same. I write with the experience of also having been the Colonel General Staff of Victor Force during the heyday of militancy. The Special Forces teams did a professional job of it. Two officer casualties that they suffered, along with a L/Nk, is drawing the ire of many and forcing comparison with Pathankot where the NSG also suffered a fatal officer casualty; to add to this is the death of some Commanding Officers in the last one year. All this has resulted in allegations of lack of professionalism. This is the Last Mile effect playing out on perception. I know it is a clichéd argument but it is worth repeating that the Indian Army's officer cadre leads from the front, even beyond the professional needs. Not many may know that when Special Forces teams operate in such operations they are officer intensive. A squad may have buddy pairs of officers and JCOs or even two officers. A troop may have as many as five officers for a specific operation where the entire unit is not involved. This is the way Special Forces function in counter terror operations where small teams with high efficiency are formed for specific tasks. Coming to the operation itself, there have been many allegations that intervention was unnecessary and that the building should have been brought down using explosives. In the mind's eye of all those making these allegations, including veterans, there is this usual picture of a typical Kashmiri house made of brick and cement and perhaps even mud, along with an attached cowshed. This wasn't the case here. To wire up and lay the explosives for bringing down the cement and concrete five floor building would have taken fairly long. In the bargain the flash mobs would have created a major problem. These are the issues impinging on minds of senior officers and their advisers and decisions have then to be taken. The factors are hardly evident to those who may never have had the chance of going through such loops of decision making under stress. In the final word, let me state clearly that fatal casualties are most regrettable but they will take place in such operations where Indian Army officers will always lead from the front. That is their ethos; it is a part of their DNA. Citizens of India must empathize with the travails that their warriors undergo in keeping them safe and express concern about casualties just as they have done in this instance. However, they must also be aware that in the peculiar security situation of the Last Mile there will be occasions when the last post will have to be played quite often. Those who have the honor and privilege of donning the Indian Army's uniform and embellishments are fully aware of it. It is a measure of their patriotism, their energy and their professionalism that they never flinch from their duties to the Nation. As a last word I cannot let go a negative comment by a Joint Secretary about the current Army Chief having to repeatedly attend wreath laying ceremonies and funerals of warriors who are martyred in such operations. This gentleman has poked fun at a Chief who is in sync with his men and their sacrifices. He should be put through the exercise of one exposure for just a 48 hour high octane operation in the Valley. I guarantee you he will never return with the seat of his p

While as a former student of Jawaharlal Nehru University (JNU), I will like the present crisis engulfing the university to end as soon as possible. I, at the same time, will not like to hype it as a life and death issue of India and its democratic features. In a way, the Supreme Court of India also made the same point on Friday while declining to hear the bail plea of the arrested JNU Students Union president Kanhaiya Kumar's bail-plea. It told Kumar's formidable lawyers – team led by Soli J Sorabjee: "You are leading a dangerous proposition. If this court will entertain it, it will become a precedent which will be available to all the accused in the country. Wherever there will be sensitive cases involving political persons or prominent persons or others...you know the atmosphere in the court. So in every case if it is said that Supreme Court is only the court, it would be a dangerous precedent." But what struck me more was that the Supreme Court also told Kanhaiya's lawyers: "Remember, this is not the only case of this type." What the apex court seems to have suggested is that there are innumerable cases of alleged highhandedness by Police in charge-sheeting people in the country and these charges are either accepted for prosecution or dismissed outrightly by the appropriate courts in a normal legal course. If charges against Kanhaiya are absurd, they will be rejected and he will be set free by the appropriate court. Of course, Kanhaiya, like everybody, can take a bail during the course of prosecution from a superior court, in this case the High Court of Delhi. But he cannot shortcut his path and straight reach the Supreme Court as if he is a special person and more equal than others. But then the unfortunate fact is that Kanhaiya, though it is not his fault at all, has been made a special person by the politicians and activists, particularly those who are intolerant of the government led by Narendra Modi, by exploiting the hurt feelings of the JNU students and teachers. In fact, the crisis, as I am going to argue, has more political than legal overtones. Ironically, some of those who had knocked at the door of the Supreme Court to do a favour to their cause through Kanhaiya have been at the forefront in demonising the same Supreme Court for its refusal to save the lives of terrorists Afzal Guru and Yakub Menon; they had branded the hanging of those two as "judicial murder". In my considered opinion, the JNU crisis throws once again (this means that this question is neither unprecedented nor unique) whether or not citizens in a democratic country like ours should have absolute right or freedom of expression and thought. On one hand, we have those who say that in a democracy that India is, freedom of expression and thought is absolute, and hence the government cannot intervene just because Kanhaiya or some other JNUites in a meeting called for the independence of Kashmir and the breaking of India into parts. In fact, they say that in a democratic India, British-made anti-sedition laws (under which Kanhaiya has been charged) must be done away with. On the other hand, there are those who say that no rights, even if they are fundamental rights, can be absolute, particularly when it involves the nation's unity and integrity. Nowhere in the world (I am not talking of the countries like China, Russia, Arab Sheikdoms, Iran and Pakistan) does one find absolute rights. Even in his article on Friday in the Times of India, none other than Kanhaiya's lawyer Sorabjee has said that sedition law should remain in our constitution. His point, and many will share that, is that it is an extreme law and therefore should be applied in rarest of rare cases; it should not apply to those speeches that do not incite violence. But at the same time, he also says, "If, and I repeat if, a person has said Hindustan murdabad, that the state is tyrannical and it is better to do away with it, necessary to overthrow it, that would constitute sedition". And her

Which University in the United States of America will allow its students to raise slogans praising Osama Bin Laden and other terrorists responsible for 9/11 attack and raise slogans against its own government? Be they Harvard and University of California, Berkeley or Davis? Or be it the American College in Washington itself? No sensible student community would ever attempt that in the first place. Assuming for a moment that some misguided students do go on a rally praising Bin Laden, can they expect their police accept their dubious explanation that they were exercising their right to 'freedom of expression'? It doesn't matter which Party is in power, Republican or Democrats, you can expect a stern action right away with the approval of the entire country. Will President Francois Hollande allow a rally say by some students from Sorbonne University in Paris supporting the organization which killed 130 people in Paris November last year by bombing various localities in Paris under the same banner of freedom of expression? If we know how swiftly Hollande acted saying 'France is at war' against the attackers, one can be reasonably sure even protesters wouldn't have been spared either. Will President Putin keep quiet if students run down their own country, Russia? Or for that matter Saudi Arabia? Will any government? Both USA and France are champions of free thinking that allow their citizens maximum freedom of expression. Yet, will they allow their countrymen praise perpetrators of worst kind of terror attack on its own people? No country in any civilized world would allow this. Protesters, of course have a right to question the government on any of its policies, actions it has taken and take the matter to the streets. But they have no right to raise anti-national slogans and raise slogans praising a terrorist who was behind the attack on India's Parliament House during the session. Well, in the premier Jawaharlal Nehru University (JNU) a section of students did exactly try that, and when the police acted against them, they cried it was against freedom of expression! The case against Afzal Guru went on for years and after due process of law, after the highest court in the country found him guilty and pronounced death penalty, he was given the punishment he deserved. Pandit Nehru our first Prime Minister once called our Parliament a 'Temple of democracy' when India became the largest democratic nation in the world. Some terrorists dared to attack Parliament House in 2001 when the House had just adjourned an hour ago. Policemen guarding Parliament killed the terrorists and died in the process. The irony is that what our first Prime Minister Nehru stood for seems to have been forgotten. The policemen who died in the Parliament attack in Delhi, Hanamanthappa who died in Siachen last week, the thousands of soldiers who die in Kashmir or Mumbai policeman Tukaram Ombale -- they all didn't make the ultimate sacrifice for no reason. They gave their lives so that you, I and some useless students of the kind that shouted slogans against the country may live in peace. What is freedom? That is what made Ombale hold on to Kasab even while knowing he was going to die from the bullets he took; that is what Hanamanthappa and nine more faced Siachen at 19000 feet in -40 C and many thousands who die in the border fighting terrorists. The policemen guarding Parliament died while making sure the terrorists did not succeed. Attack on the sovereignty of the country whether it is across the border, or within, is non-negotiable for any country including India. This should be understood by some leaders too. Will any television newscaster say Hollande over-reacted by sending his planes to bomb those who were involved in the attack? Well, in India there are some questioning government's action in arresting hooligans masquerading as students shouting, 'Ladthe Rahenge Bharath ki barbadi tak' (Our fight will go on till India is finished). If this is not sedit

Late last year's diplomatic flurry between Pakistan's Prime Minister Nawaz Sharif and his Indian counterpart Narendra Modi, that resulted in the surprise December 25 visit of the latter to Pakistan is a case of widely held diplomatic masterstroke. While it looked to be something out of the blue due to roller-coaster of-and-on nature of discussions that we have had, the announcement by the Foreign Minister Sushma Swarj on a date for resumption of dialogue under the different brand name of Comprehensive Bilateral Dialogue was music to the ears. A date was also announced for the first meeting of the Foreign Secretaries. Since it was too good to be true, skeptics had predicted that something untoward would surely happen to derail the much hyped bilateral dialogue. And as the doomsayers predicted, Pathankot Indian Air Force Base attack killing nearly a dozen was staged by terrorists. It may have been planned earlier but its timing was surely a message that some forces did not like the resumption of dialogue. In an atmosphere vitiated by suspicion over who did it, the secretary-level talks for last month were put on hold. Despite some attempts to start a blame game, Indian leadership acted circumspectly and did not accuse Pakistan of having a hand in it. Rightly so. How could Pakistan be involved in terrorism when it was itself worst victim of it, said an Indian Union Minister. Pakistan too did not act apologetically or sheepishly. Prime Minister Nawaz Sharif instantly offered all help and co-operation to the Indian government to get to the bottom of the horrendous crime. He assured India that if provided any proof of involvement of non-state actors from Pakistan, they would not be spared and given exemplary punishment. It is good to know that the two governments are in touch with each other and when the investigations on the Indian side reach some substantive conclusion, Pakistan would send a special team to assess to what extent miscreants had Pakistani stamp. However, Pakistan has gone a step further by putting in "protective custody" Maulana Masood Azhar of banned Jaish-e-Muhammad (JeM) since India perceives him to be mastermind of Mumbai carnage (November 26, 2008) having a hand in Pathankot attack too. Though the much hyped Comprehensive Bilateral Dialogue has been delayed by one month, silver lining is that both sides remain in touch with each other and the CBD is on hold but definitely not over. In this context the statement of the new Indian High Commissioner to Pakistan, Gautam Bambawale, is welcome. According to him, officials from both sides are in touch with each other and are trying to create the right sort of environment to provide a safe and confident start to CBD. Indian High Commissioner dispelled the impression that his country had attached any preconditions for beginning CBD. Notwithstanding Pathankot, India is committed to hold CBD is the clear message from Delhi. In relation to this both the foreign secretaries and national security advisors of Pakistan and India are in contact to thrash out modalities and timing of the first CBD. Is the new date linked to progress made into the Pathankot investigations? The answer is certainly not as investigators in India are yet to go a long way in determining who was involved in from outside as well as inside. They are yet to find answers to some of the fundamental questions regarding the terrorists were they home grown or they had crossed over from across the border? If so who could possibly be their mentors in Pakistan. Some questions have been raised in Pakistani media regarding the delay in investigations and its failure to find substantive evidence to pinpoint the villain of the piece. Whatever, to foster a genuine understanding of trust and confidence, it shall have to be more convincing than putting the blame on the proverbial usual suspects. Terrorism is a hydra-headed regional threat and the countries directly affected by it, such as Pakistan, India and Afghanistan

There is a scene in the movie The Dark Knight. The Joker conducts a social experiment. Two boats full of people, one which has Gotham city's most eminent persons and the other which has the city's criminals are sent out at sea. The Joker gives both these boats a detonator each and says there's a bomb in the other boat and they have to make a choice to blow the other boat up, if they want to live. The boat full of good people takes a vote in which a majority chooses to blow up the boat full of bad guys. On the other hand, the leader of the boat with the scumbags takes the detonator and throws it out to the sea. Truth is, the Joker had given the people of Gotham a false choice. And it took the bad guys of Gotham city to call his bluff. Make no mistake. A similar false choice is being offered to us, We, the people of India. We have to make this binary, reductionist choice between patriots and traitors, anti-nationals and nationalists. It is happening on the back of what happened in JNU. It is happening in our courts. It is certainly happening in some of our television studios. The other day while trying to convince a bunch of apolitical JNU students to come on my show, I was told that some of them while attending another TV debate the previous night were forced by a BJP spokesperson to say, "Bharat Mata ki Jai." And if they didn't, they would all be branded as traitors and anti-nationals. The students naturally were scared. The answer to such a ludicrous demand from BJP spokespersons or other right-wing apologists is to reject their false choice. Merely saying "Bharat Mata ki jai" doesn't make anyone more Indian than saying "Jai Shri Ram" would make anyone Hindu. Your Indian citizenship, and mine, is not a certificate from the BJP or Congress or RSS. It's not a document given by this government or the previous. It is a sacred, legal covenant guaranteed to each of us by the Indian constitution. The mere utterance or the reluctance to utter a slogan does not make any of us less Indian than the other. The JNU story is no longer about Kanhaiya Kumar. It is apparent to most non-partisan observers that he never said anything even half way close to seditious. Most right-minded people also agree that some people did say reprehensible things, but even that cannot be construed as seditious because no less than the Supreme Court of India has said it, first in the Kedarnath vs State of Bihar case and subsequently in Balwant Singh vs State of Punjab case. Balwant Singh and others were picked up on the night of Indira Gandhi's assassination because they were heard shouting slogans like "Khalistan Zindabad" and "Raj Karega Khalsa". The Supreme Court clearly said that mere sloganeering doesn't amount to sedition. Sedition can be applied only if there is an incitement to imminent violence. In JNU, there was no incitement to imminent violence, otherwise the campus would have been up in flames by now. I am also not prepared to buy the argument that this is the government's way of getting back at JNU, an institution they have no love lost for. This story has now moved way beyond JNU in a way that it concerns each one of us. Each one of us citizens is being given a choice – to choose between patriots and traitors, anti-nationals and nationalists, between deshbhakts and deshdrohis. You can choose one or the other or you can always choose to call this bluff. This false choice. Like the bad guys of Gotham did. There is a scene in the movie The Dark Knight. The Joker conducts a social experiment. Two boats full of people, one which has Gotham city's most eminent persons and the other which has the city's criminals are sent out at sea. The Joker gives both these boats a detonator each and says there's a bomb in the other boat and they have to make a choice to blow the other boat up, if they want to live. The boat full of good people takes a vote in which a majority chooses to blow up the boat full of bad guys. On the other hand, the leader of the boat wit

In the well-crafted studio of Goregaon West, Gaurav Sethi sits talking to me about his journey as an artist who expresses through camera and about the place we grace, which demanded his blood and sweat while setting it up. It is probably one of the biggest studios in market, close to 2000sq feet which takes from his pocket a six figure rental every month. "Had it been Andheri or Versova, I would have paid double this price for half the area." He tells me. "I wanted my own place to work hasslefree, chasing my pursuits. Otherwise it gets very messy when you keep hiring places for your shoots. You may have booked a place for four hours in the morning and next six hours are booked in another studio because of unavailability of slots! And if you don't finish in those six hours, you have to book again and wait if that is not available immediately. Your time management goes for a toss and you are miserably running around trying for your ends to meet. And I am not even talking about getting the art directors to install everything and prepare the ground for my exclusive job to finally start! Having your own studio means you are much in peace and aren't hitting your head on the wall before those 14 or 16 hours schedules actually start." Most of you haven't heard of Sethi. But you have certainly heard about Jaqueline Fernandes or Zarine Khan or Esha Deol or Soha Ali Khan and many such models, the photographs of whom you can't stop staring at and some of those may have been shot by Gaurav. His list of clients also include Irrfan Khan, Madhuri Dixit, Emraan Hashmi, Pavan Raj Malhotra, Amyra Dastur, Neetu Chandra, Minisha Lamba, Pulkit Samrat, Urvashi Rautela, Shama Sikander and others. The plunge into photography of course didn't happen overnight. The passion grew over time. Coming from a family where the father has been a well-known producer of films, brother is an actor in television, sister is a fashion designer, it was perhaps natural for Gaurav to step into the media industry and pick up his career from the myriad options available there. He started with brief stints with production teams and even worked as an assistant director, his job description ranging from all technical requirements of the profiles to serving tea or cleaning actors' shoes on the sets. Soon though, cinematography caught his attention and he stopped at photography. Initially he trained with Rakesh Shrestha. But photography still remains for him, an unique learning experience where he trains every day with each new assignment; this, even after years of dedicated professional contributions to the fashion industry! "Take for example, the models who come to me for portfolio shoot. At times I have to educate them on the body carves and help them explore their own beauty. Those who have been there for a while and are professional, are of course easier to work with because then I concentrate only on my expertise. But for newcomers who trusted you with their dreams, time and money, you have a bigger responsibility. Maybe a shot from me will get them their first break! I am being paid to give the best and I can't compromise on my output, even if that means I have to invest some extra efforts on them." Says Gaurav. The photographs displayed on his walls talk about a world of talent. The interplay of lights and shades, the props, the planning signify not just a random shot but a few special moments of beauty which would have disappeared, had the shutter not been pressed at that perfect time. But yes, there is a long prelude to attaining that level perfection with expressions, angles, light and lenses. Explains Gaurav, "Props are usually rented but planning and set up is mine. From behind the camera you have to bond with the lenses. While training with Rakesh Shrestha, I learnt a lot. He made me do almost 90% of his work and constantly supervised from beside. He would be guiding me on the length and breadth of the lens; he would teach me how to understand and adjust the eye l

We cannot believe that Universities in this country are hallowed ground where students, no matter who they are, can openly promote a convicted terrorist as a martyr, call his court-mandated execution a 'judicial killing', and not be accused of sedition. We cheer when separatists in J&K are charged with sedition for demanding the secession of Kashmir to Pakistan, yet the same sentiment and the terrorism it breeds cannot be treated with care under the garb of freedom of expression when pitched at a University. The case is clear. Some JNU students have been charged with sedition for eulogising Afzal Guru and shouting slogans calling for the breakup of India. The JNUSU President has been arrested as part of the investigation into how the event was allowed despite an order against it by the JNU authorities. The bigger issue is that the politics and media narratives surrounding cases like this regularly augur threats to tolerance, democracy and freedom. There is alarm in the absence of peril, where these sacred ideals are converted into mere punchlines and elements of politicking. The narrative previously emerged during the so-called 'church attacks' where the Centre was accused of pushing fringe elements against minority groups, after which all cases were found to be petty crimes. It emerged in the aftermath of the Dadri and Kalburgi killings, where the state governments, the custodians of law and order in their areas, continue to be exonerated of any responsibility. Even in the Ishrat Jahan case, the Modi government in Gujarat was accused of murdering an innocent Muslim girl despite an Intelligence Bureau alert citing her links with the LeT, now backed by David Headley's deposition in a Mumbai court. Multiple cases in this country have become fodder to promote the 'threat to democracy' narrative against the Modi government, which sooner or later comes to a grinding halt. Opposition parties and activists go silent waiting for public amnesia to kick-in, while the media can always move on to another story, the 24-hour cycle wiping the slate clean for all involved. American novelist and philosopher Philip Roth once spoke of the tragedy of the 'intelligentsia' in an environment of freedom. According to him, such writers and activists feel that "without an authoritarian environment imaginative possibilities are curtailed and one's seriousness is open to question". He adds, "There is always a looming menace that evokes its own forms of deprivation and suffering, and that is the creeping trivialisation of everything in a society where freedom of expression is anything but compressed". In such scenarios, as we have seen in JNU, protest is particularly susceptible to political hijacking, as one tends to legitimise the other, regardless of the pursuit of justice and the rule of law. The frequency of the 'intolerance' narrative ever since Narendra Modi's ascension shows how political opposition is also being masqueraded as the defence of civil liberties, where the farce is being promoted that violent communal forces have taken a bold leap only since the BJP came to power. It is the curse of the BJP that their base identity makes it easier to brand them as the sole custodians of 'intolerance' and 'communalism' even though they are not exclusive to the party. Does the Opposition, intelligentsia and media truly believe we live in an 'undeclared' Emergency? Is there a democratic crisis in a country where a sitting Chief Minister can call the Prime Minister a 'psychopath', news channels, newspapers and citizens can openly debate and criticise the Centre, Opposition parties can stall Parliament, and the Supreme Court can strike down Central legislation calling it unconstitutional? Can we truly say that we are being oppressed? The sedition law has been used on flimsy grounds in the past against cartoonists highlighting corruption and even against students cheering for Pakistan in a cricket match. The JNU case is not the same. The charges are strong a

Many Americans are unclear on key facts about the mosquito-borne Zika virus, which has been linked to birth defects and is of particular concern to pregnant women, US researchers said Tuesday. The findings were contained in a nationally representative poll of 1,275 adults conducted by the Harvard University T.H. Chan School of Public Health in early March. The survey included 105 households in which a woman was pregnant or was considering becoming pregnant in the next year. In those households, nearly one in four (23 percent) were not aware of the association between Zika virus and the birth defect, microcephaly, in which infants are born with unusually small heads. Thousands of children in Brazil have been born with the condition, sparking alarm about a virus that today remains poorly understood by global scientists. One in five of these households said they believed a vaccine exists to prevent Zika, even though one does not and experts say such a vaccine will take years to develop. More than four in 10 (42 percent) did not realize Zika virus can be sexually transmitted. Furthermore, one quarter mistakenly believed symptoms were likely to be apparent, when in fact most of those who are infected show no signs of illness. Symptoms of Zika can include fever, rash, joint pain, pain behind the eyes and the eye infection conjunctivitis, sometimes known as pink-eye. Among the general public, misconceptions about Zika were also common, the poll found. Four in 10 said they thought Zika could be a danger to future pregnancies, while the US Centers for Disease Control and Prevention says Zika is believed to be a threat only to current pregnancies. Significant misunderstandings about how Zika is transmitted were also found. One in five (22 percent) did not know Zika could spread from a pregnant mother to her fetus, and more than a quarter (29 percent) were unaware it can be transmitted through blood transfusions. A full 40 percent did not know it could be transmitted sexually. Nearly one-third (31 percent) thought, incorrectly, that Zika could be spread by coughing and sneezing. Nearly three-quarters of those polled (71 percent) were unaware of a link between Zika virus and Guillain-Barre syndrome, which can cause paralysis. "These misperceptions about Zika virus transmission could lead people to take unnecessary or inappropriate precautions, as we have seen in other kinds of outbreaks," said Gillian SteelFisher, director of the poll and research scientist at Harvard. "We have a key window before the mosquito season gears up in communities within the United States mainland to correct misperceptions about Zika virus so that pregnant women and their partners may take appropriate measures to protect their families." Many Americans are unclear on key facts about the mosquito-borne Zika virus, which has been linked to birth defects and is of particular concern to pregnant women, US researchers said Tuesday. The findings were contained in a nationally representative poll of 1,275 adults conducted by the Harvard University T.H. Chan School of Public Health in early March. The survey included 105 households in which a woman was pregnant or was considering becoming pregnant in the next year. In those households, nearly one in four (23 percent) were not aware of the association between Zika virus and the birth defect, microcephaly, in which infants are born with unusually small heads. Thousands of children in Brazil have been born with the condition, sparking alarm about a virus that today remains poorly understood by global scientists. One in five of these households said they believed a vaccine exists to prevent Zika, even though one does not and experts say such a vaccine will take years to develop. More than four in 10 (42 percent) did not realize Zika virus can be sexually transmitted. Furthermore, one quarter mistakenly believed symptoms were likely to be apparent, when in fact most of those who ar

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