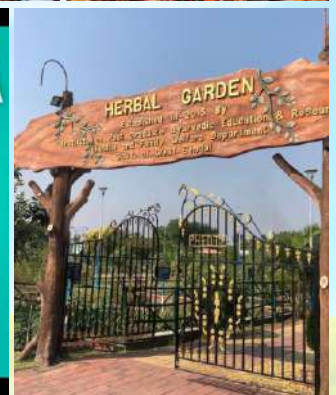
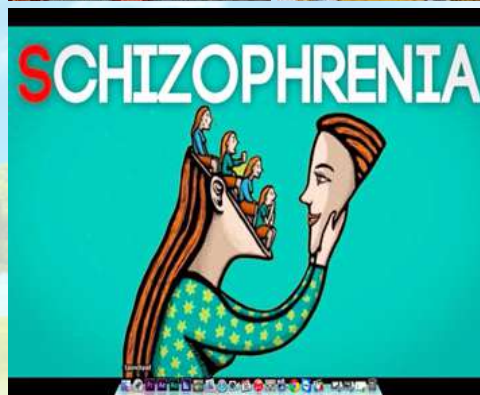




PRAKRITI SANRAKSHAN

Newsletter

Volume 3, Issue 4, Oct.-Dec., 2022



If you believe in our ideology and wish to step up for the environment, we welcome you to join our organisation and together we can save the environment. [Visit- https://stenvironment.org/](https://stenvironment.org/)

Follow the link, choose the kind of membership that suits you and fill-up the form.



ABOUT US

Save the Environment (STE)

SAVE THE ENVIRONMENT (STE) is the organization that aims to spread awareness to the society about environment, health and water. It was founded and registered on 19th November 1990. STE has collaborated with various organizations in the past 29 years such as All India Institute of Hygiene & Public Health, AIIH&PH and India Canada Environment Facility, DRDO, Ministry of Defence, Department of Science and Technology (DST),

Indian Institute of Management (IIM), Ahmedabad to mitigate the effects of arsenic and provide arsenic-free drinking water.

The vision of the society is to protect present and future generations from various Environmental Hazards. The NGO has been actively organizing various interactive sessions such as conferences (National and International), workshops, seminars and awareness programs including poster competitions, quiz competitions, science exhibitions and webinars among the future generations.

HUMBLE APPEAL FOR DONATING FUNDS FOR "THE PURULIA PROJECT FOR 3 TOILETS AND 1 DRINKING-CUM-WASH WATER UNIT"

Dear all,

Hope this message finds you in good health.

'Alone we can do so little; together we can do so much': these words of Helen Keller depict the resounding truth that we can make a big impact, by coming together for the larger good of the society. Save The Environment (STE), a registered society for research, awareness and social development headquartered in Kolkata, West Bengal abides by the said quote and we at STE are continually working towards building a better and healthier environment for all (Please visit for details: <https://www.stenvironment.org>)

As part of our humble social pursuit, we plan to undertake the 'Purulia Project for 3 Toilets and 1 Drinking-cum-Wash water unit' that will benefit the needy households at Sabar Tola, Bonkanali village, Purulia, West Bengal-an economically weaker ethnic community of the state. Since long, the families residing in this area have been facing severe difficulties due to the lack of proper water supply and sanitation facilities. This is ironic and in contrast to the wake of urbanization, especially in the post-pandemic world, where green environment, clean water and proper hygiene are the absolute requirements for a healthy life. In this regard, STE requests all esteemed patrons to kindly come forward and support us in accomplishing our efforts for enabling access to basic amenities like water and sanitation for the residents of Sabar Tola. Your generous and benevolent donation will be a big help for us to accomplish our endeavour, and together we can succeed in bringing a smile to several underprivileged persons of the community.

We earnestly request your support and thank you for being with us in our efforts!

P.S.: Details of the proposed work are given in the pamphlet. All donations will be covered under 80G.

Please feel free to reach us in case of any query or concern.

With humble regards,

Contact details:

Phone: 9871372350; 9830779260 • Email: info@stenvironment.org
Account details for donating funds:

ONLINE PAYMENT:

Name of the Account: **SAVE THE ENVIRONMENT**
Account Number: **38041963371**

Bank and Branch: **State Bank of India, Lake Town, Kolkata**

IFSC Code: SBIN001506 OR GOOGLE PAY to: **Mrs. Chhanda Basu; Mobile 9830779260**

विन्नम्र अपील

पुरुलिया परियोजना के लिए
राशि दान करने की विन्नम्र अपील

प्रिय साथियों,

आशा है कि यह संदेश आपको अच्छे स्वास्थ्य में मिलेगा। जहाँ सोच स्वस्थ होगी, वहीं शौचालय का निर्माण होगा।

स्वास्थ्य संकट को रोकने व देश की गरिमा बनाए रखने के लिए शौचालय महत्वपूर्ण हैं। विशेषकर महिलाओं के लिए ये सुविधा अपरिहार्य है। एस.टी.ई. का यह प्रयत्न है कि सरकार की 'स्वच्छ भारत' की मुहिम में यथासंभव अपरोक्ष रूप से सहयोग कर सके। किन्तु सभी के सहयोग के बिना ये कार्य संभव नहीं। 'अकेले हम इतना कम कर सकते हैं, एक साथ हम बहुत कुछ कर सकते हैं': हेलेन केलर के ये शब्द उस प्रबल सत्य को दर्शाते हैं कि हम समाज के बड़े अच्छे के लिए एक साथ आकर एक बड़ा प्रभाव डाल सकते हैं। पर्यावरण बचाओ (एसटीई), एक पंजीकृत सोसायटी, उक्त उद्घरण का पालन करती है और हम एसटीईके सदस्य सभी के लिए एक बेहतर और स्वस्थ वातावरण बनाने की दिशा में लगातार काम कर रहे हैं (विवरण के लिए कृपया देखें: <https://www.stenvironment.org>)

हम '3 शौचालयों और 1 पेयजल के पानी की इकाई' के लिए पुरुलिया परियोजना शुरू करने की योजना बना रहे हैं, जो सबर टोला, बोंकनाली गांव, पुरुलिया, पश्चिम बंगाल में जरूरतमंद परिवारों को लाभान्वित करेगी— जो आर्थिक रूप से कमजोर है। लंबे समय से, इस क्षेत्र में रहने वाले परिवारों को उचित जल आपूर्ति और स्वच्छता सुविधाओं की कमी के कारण गंभीर कठिनाइयों का सामना करना पड़ रहा है। इस संबंध में, एसटीई सभी सम्मानित संरक्षकों से अनुरोध करता है कि कृपया आगे आएं और सबर टोला के निवासियों के लिए पानी और स्वच्छता जैसी बुनियादी सुविधाओं तक पहुंच को सक्षम करने के हमारे प्रयासों को पूरा करने में हमारा समर्थन करें। आपका उदार और परोपकारी दान हमारे प्रयास को पूरा करने के लिए एक बड़ी मदद होगी, और साथ में हम समुदाय के कई वंचित लोगों के लिए मुस्कान लाने में सफल हो सकते हैं। हम ईमानदारी से आपके समर्थन का अनुरोध करते हैं और हमारे प्रयासों में हमारे साथ रहने के लिए धन्यवाद! प्रस्तावित कार्य का विवरण पैम्फलेट में दिया गया है। सभी दान 80G के तहत कवर किए जाएंगे।

कृपया किसी भी प्रश्न के मामले में हमसे बेझिझक संपर्क करें।

विन्नम्र अभिवादन के साथ,

टीम एसटीई

संपर्क विवरण:

फोन: 9871372350; 9830779260 ई-मेल: info@stenvironment.org

धनराशि दान करने के लिए खाता विवरण:

ऑनलाइन भुगतान:

खाते का नाम: **पर्यावरण बचाओ**

खाता संख्या: **38041963371**

बैंक और शाखा: **भारतीय स्टेट बैंक, लेक टाउन, कोलकाता**

IFSC कोड: **SBIN001506** या

GOOGLE को भुगतान करें: श्रीमती छंदा बसु; मोबाइल 9830779260

Improving conditions of medicinal gardens : Advanced and indigenous strategies

Saikat Kumar Basu

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1. Initiate selling of medicinal plants from the garden directly, it will add to some financial resources that can be used for garden maintenance. Secondly it will be useful for education and awareness of the public as they visit the garden and buy plants. This can have a good impact on popularization of Ayurvedic treatment and awareness about our medicinal plant resources.
2. Organizing seminar or workshop or classes inside the auditorium with registration for both Ayurvedic and Non-Ayurvedic stream students (such as Biology, Life Science, Zoology, Chemistry, Pharmacy, Pharmacognosy, Botany, Agriculture, Forestry,

Physiology, Environmental Sciences, Humanities and Social Sciences). These can have further promotion and popularization about medicinal plants and Ayurveda.

3. Inviting students from institutes related to medicinal plants research and studies can further expand the opportunities. I suggest including journalism and mass communication students too for such events to help in the promotion and wider use and application of medicinal plants and Ayurvedic practices.
4. Covering some lectures in the conferences or workshops conducted in the garden by both Ayurvedic and Non-Ayurvedic practitioners, academics, scientists, research scholars, post doctoral fellows will have positive effects on the audience and general public.
5. If a newsletter or bulletin on medicinal or herbal garden is brought out every six months to one year in both hardcopy and/or electronic versions; can promote education, awareness as well as conservation of medicinal plants. This will be a good publication source for the herbal garden.
6. It is very difficult to successfully cultivate and commercially produce several species of medicinal herbs, shrubs and trees. It will be an outstanding project to collaborate or jointly work on commercial production of selected medicinal plants in the garden.
7. A training program for gardeners and nursery people and plant lovers and/or enthusiasts in production and maintenance of medicinal plant could be a great conservation service and revenue generator for the garden.
8. A detailed account of botanical and horticultural aspect of medicinal plants in the garden should be





maintained with proper photographs and documentation.

9. The documentation of individual species from germination, seedling to adult stages with flowers, fruit and seed production can be extremely helpful for collecting important information on diverse medicinal plant species will be an extremely useful database and source of publications for propagation, management as well as conservation of important medicinal plants.
10. Government and Non-Government involvement in the future up gradation of the garden with respect to introduction of more species of expansion of the garden area as well as propagation of important, rare, endangered or critically endangered species of medicinal plants should be encouraged.
11. Some extra sponsorship from private agencies such as Emami, Himalayan Drug Company, Dabur or other such avenues can help in expansion and better maintenance in the garden if allowed by current government regulations.
12. Temporary sections of the gardens could be provided under lease for maintenance by specific and reputed Ayurvedic medicine manufacturers to build better ties and cooperation with the industry.
13. On site demonstration, organizing small fairs or gatherings or discussion platforms on site can result in deeper communication, cooperation and collaboration with the related industries.
14. Joint collaboration and research in rare medicinal plants in public private partnership (PPP) model can help both research and development for medicinal plant production, management and conservation.
15. Integrating and diversifying medicinal plant research with allied areas such as pollinator insects and local biodiversity conservation, tissue culture production of medicinal plants difficult to multiply following current available agronomic protocols, recalcitrant as well as rare and endangered medicinal plants.
16. Integrating medicinal plant education, awareness and conservation with primary, secondary and tertiary level of education.
17. Particularly including school children at various levels from both urban and rural areas to the garden could be highly rewarding and educational.
18. School kids will carry the awareness back to their parents, siblings, family, relatives, neighbours and friends very efficiently.
19. Compulsory garden visits by schools, colleges and universities to be encouraged through government and NGO programs.
20. Emphasis on the production, management and conservation of aquatic semi-submerged, submerged and free-floating medicinal plants, epiphytes and parasitic angiospermic plants with medicinal importance should be encouraged as we have little information on them. This could add to our knowledge on Indian medicinal plants.

Photo credit: Saikat Kumar Basu

How to make a science communication documentary film

S. K. Basu

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Film making is always a challenging task; and a scientific documentary is even more challenging. Furthermore, if one is targeting in producing a science communication documentary where the audience may or may not have any conventional education; it needs monumental effort on part of the film maker! On July 12, Tuesday an erudite lecture was presented by Mr. Nimish Kapoor from Vigyan Prasar on the making of science documentaries at the lecture session of 35th Science Communication and Media Practice course jointly organized by Indian Science News Association (Kolkata) and Vigyan Prasar (New Delhi). The lecture was delivered at the Academic Staff College, Raja Bazar Science College campus of Calcutta University.

Mr. Kapoor used a very simple and elegant style in explaining the various aspects of making a successful science communication film or documentary. He used numerous case studies to explain his points and valuable suggestions and guidelines. It is important to first identify a proper appealing story line or theme; and then the topic needs to be well researched and critically analyzed. A science communicator film maker needs a well trained, skilled and experienced script writer to provide him with a basic script based on the story board drawings. The script is extremely critical as it needs to be crisp, to the point, avoid technical terms and communicates well with the mass.

Following the development of the pre shoot script, next the filmmaker needs to look for the appropriate location or venue for the actual shooting and for the logistics necessary for the shooting on site as well as inside

laboratories or studios or farms or in artificially created environment. A budget needs to be prepared accordingly and various technical sections for film making needs to be hired or organized. Actors if needed needs to be selected and assigned and as in many documentaries good and experienced voice over artists are recruited. Although many such documentaries are predominantly produced in English; but any vernacular languages could be used too. It is however necessary to provide English subtitles to go with the documentaries made in vernacular languages.

The script undergoes modification during the actual shoot; based on ground conditions and on shoot circumstances. This is now called the on shot script that serves as the basic skeleton of the film under making. On completion of shooting, the film (technically called 'rush') gets to the editor's table who organize the scenes logically, followed by background score, introduction of music and sound effects where necessary. The director and the editor goes through the version several times before it is send for dubbing and voice over as is needed. Often a post production shot is necessary to fill in missing gaps observed at the editorial table. This is known as post production.

A final script is designed called 'post shot' script that is the final version that is used for dubbing or voice over. Following this end credits and acknowledgements are all incorporated. Sun title is also added for vernacular movies and is send for sensor board. Once approved then this documentary is ready for screening at various film festivals, cinema halls, multiplexes and special screening sessions. Preparing the sub titles is a critical job and needs experience to avoid mistranslation or misinterpretation by the translator so that the entire meaning or theme is not lost in translation. Often poor sub titles damages the credibility of the entire documentary production. Hence, it needs to be properly monitored and reviewed and must be re-reviewed before final submission.





available for making prospective documentaries such as caste discrimination, gender disparity, urban-rural divide, biodiversity, wildlife protection and conservation, geology, geography, biology, agriculture, social customs, tribes and their life styles, environmental pollution, ecosystem degradation, Global Warming, Climate Change, nuclear and particle physics, industrial chemistry, waste recycling, superstitions, infanticides, rain water harvest, forest regeneration, social forestry, illegal wildlife trade and trafficking, religious myths and unscientific practices to mention only a handful.

However, the film maker must be careful in selecting his topic with broad objective of effective and efficient science communication. It is better to avoid picking highly complicated and controversial themes or topics for beginners. One needs experience in understanding the sensitivity and reservations of the target audience for whom the film is being made and then work accordingly. In simple terms, the film maker must be critically aware of his audience and design his/her work accordingly. Richard Attenborough is a pioneer wildlife film maker which is a source of inspiration for budding documentary makers. In



India works of Mike Pandey, Bedi brothers and many other award winning documentary film makers are examples of successful science communication in India by using the audio-visual medium appropriately.

Thus there are lot of opportunities for becoming a science communication documentary film maker; but it needs intelligent hard work, proper experience, patience, critical observation and power of analysis and above all a good vision on how the film is going to be presented. It is important for any film maker to understand and appreciate the connection of a film or movie or documentary with the target audience. If the audience appreciate the presentation without difficulty and appreciated the production; then a significant contribution has been made to science communication with the general mass. We need to learn from every mistake and success and become more and more proficient in story telling through movies or documentaries for better science communication. The field is wide open and one needs inspiration, imagination, innovative ideas and courage to jump into action. Success will greet you at the end of the tunnel for sure.

Photo credit: Saikat Kumar Basu

We worship Goddess Durga, but do we respect women?

S. K. Basu

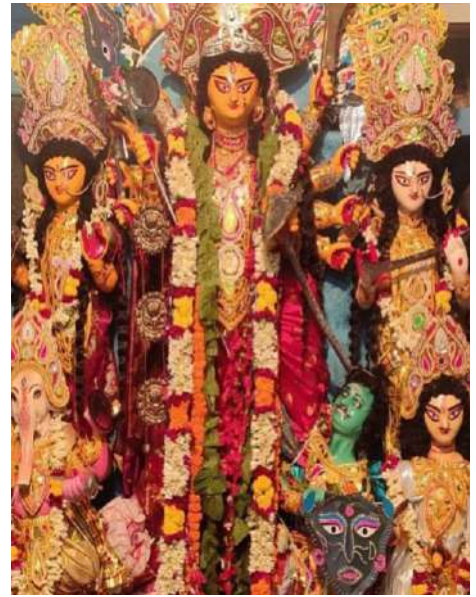
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Most people are possibly not much aware of the fact that to begin work on the idol of Goddess Durga a little clay has to be collected from the home of a sex worker. This tradition has been followed as a socio-religious custom for past several centuries across the Indian subcontinent. There are many interpretations why this is being done. As per the Vedic scriptures, "Navkanyas" (nine classes of women) are to be worshipped along with Goddess Durga to make the Durga Puja holy and blissful. This is possibly a socio-cultural message across the spectrum to teach the masses that everyone is equal in the eye of the supreme creator (Almighty). The "Nati" (dancer) and the "Vaishya" (sex worker) are among the Navkanyas. We also celebrate the holy worship of the virgins; that includes the live worship



of a young non-menstruating girl as an incarnation of Goddess Durga.



The virgin girl is symbolically believed to be the embodiment of the divine supreme power that regulates our life, work (karma) and destiny. No other religious tradition like Hinduism place such high respect and devotion for women in their social, cultural, moral and religious practices. But yet across South Asia, girls and women are being grossly mistreated, severely abused, aggressively violated and drastically marginalized even in this new millennium. We need to seriously think and introspect as to what we have actually learnt from our ancient tradition and practices over centuries.

The national crime record indicates a steady increase in crimes against women in every sphere of our modern life and society. 'Molestation' and 'gang rape' have transformed into our household vocabularies. Domestic violence against repressed and economically dependent women has been a constant feature in every daily newspaper published across the nation.

Gender discrimination, female infanticide, child marriages, dowry related torture and deaths as well as death during childbirth due to lack of adequate healthcare, proper nutrition and medication during pregnancy. Furthermore, gross ignorance and lack awareness related

to sensitive feminine issues has plagued our society for centuries. Exploitation of the women in our society has forced the rapid rise of suicidal deaths of young girls and women of all age is a serious dark spot on our society.

Let us take the oath during the grand celebration of Durga Puja, Dashera (Dasin) and the celebration Navaratri across the nation to care for the girl child and respect woman in every aspect of our sociology-cultural and economic life. A nation cannot prosper without the liberation and proper respect of the female gender. We need to remember that we are brought to this world by a woman, sustained and supported by a woman in our journey from childhood to becoming an adult; and that we worship woman in our socio-religious practices.

Let us pray and work towards the betterment of the lives of helpless prostitutes, women destitute surviving on our streets, mentally and physically challenged women and the women senior citizens. Let the deep and dark scars of our society heal over time through our sincere empathy and earnest respect for women.

Photo credit: Saikat Kumar Basu

BRAIN ACIDOSIS- A PSYCHIATRIC DISORDER

Vaishali Mishra

Editor STE E- Newsletter

My heart starts to race, I can't breathe, I get all sweaty, and I feel very scared - like I am about to die."



The above symptoms of panic attack may, in effect, be a problem of decrease in pH levels due to acidity at key junctures in the brain.

Schizophrenia and bipolar are chronic brain disorders, that can last for years or be lifelong for which treatment is available only for the symptoms but the actual condition can't be cured. More than 1 million cases every year are reported and the number keeps on increasing every year. It is due to chemical imbalance of serotonin, dopamine etc and also due to lower pH (higher acidity levels) in brain.

The amygdala, an almond-shaped structure deep in the brain, has a critical role in maintaining the circuits that control the experience of fear, both instinctive fear like being afraid of snakes or large carnivores and fear that is learned from life experiences. Its dysfunction causes the pH of brain to go low

In general, brain pH is largely controlled by the CO₂/HCO₃⁻ buffering system, which is acutely regulated by breathing and has a normal range around 7.4. It can sometimes fall during synapses, which are the points of communication between individual neurons in the brain. Some synapses include specialized proteins called "acid-sensing ion channels"(ASICs) which stimulate neurons when increased acid is detected and a large increase or decrease in brain acidity can seriously disrupt this specific brain



functioning. At present, no available medications affect the responses of ASICs in the brain. It may be possible to develop medications that inhibit these ASICs or otherwise modify the metabolic or neuro chemical pathways involved in the regulation of fear and anxiety by brain acidity.

The main reason which makes the brain more acidic called as 'brain acidosis' is characterized by a pH of 7.35 or lower (upto 6) and thus causes panic disorder, are continuous release of Carbon dioxide by breaking down of sugar and lactic acid or lactate, which are one of the products of glucose metabolism and is constantly being produced and consumed by our hungry brains, The excess accumulates and elevates in the brain which subsequently decreases the pH and causes schizophrenia with poorer cognitive function.

The exercise training has proven to be a powerful anti-anxiety and anti-panic help which prevents excess acid accumulation in acid-sensitive brain regions.



HUMBLE APPEAL FOR DONATING FUNDS FOR "THE PURULIA PROJECT FOR 3 TOILETS AND 1 DRINKING-CUM-WASH WATER UNIT"

Contact details:

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Bank and Branch: **State Bank of India, Lake Town, Kolkata**

IFSC Code: SBIN0001506 OR GOOGLE PAY to: **Mrs. Chhanda Basu; Mobile 9830779260**

An Unique Art Exhibition Linking Positive Mental and Environmental Health

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Art is a manifestation of expressions inside us as human beings. From time immemorial, from the very dawn of human civilizations; art and crafts has been associated with



human society and humanity. From the cave paintings of our ancient ancestors through artefacts collected across the world from pre historic ages to Copper, Iron and Bronze Ages; human ingenuity and art expressions have taken different forms at different corners of the planet. From the Toltec, Aztec, Mayan and Inca civilizations of continental America to the awe inspiring civilizations of Indus Valley, China, Egypt, Babylon, Greek and the Romans; art has always been associated with human socio-cultural history at every stage of our evolution from our anthropoid ape ancestors to present day modern humans. From the Classical Age to Modern and to our Post Modern era, art has taken shapes in various formats in different societies across the globe. Art and humans are integrated together and are truly inseparable.

I am not a professional artist by training; nor do I claim to be an amateur artist in form. I have virtually no formal or informal training in arts and crafts; although I always enjoyed visiting art galleries from a very young age. I had no idea or concept about primitive or modern art in any form as I am trained and educated in Science and my research areas interface with Life Sciences, Agricultural Sciences and Environmental Sciences. My only formal exposure to arts and crafts has been at the primary and secondary levels of education like any other student representing that period.

I never showed any talent as a good painter, sculptor or calligraphy artist. In fact my drawings have been horrible and till date could not even sketch a full human figure with

any perfection. My drawing exposures and talents has been mostly associated with preparing diagrams, graphics, maps, schematic flow charts and figurative sketches for my practical classes from my primary to tertiary level of education. But art history as a subject has always intrigued me and global art forms representing different ages, genders, styles and expressions has always fascinated me. I always enjoyed visiting art galleries, museums, archaeological sites, ancient and modern architecture; and enjoyed looking at sculptures and paintings by great Masters across the globe.

Photography has been my passion from my school days; and has still been one of most passionate hobbies. I have experimenting with the use of light, photo framing, camera angles and lenses for quite sometime. A vast section of my photographs are for the purpose of scientific and historic records and documentation. However, over the years I have been engaged in artistic photography and while in Canada this hobby took special turn in developing into my passion. It is during this time in Canada my passion for art through serendipity took me towards experimenting with various media, resources, tools and softwares to work on producing unique designs for purely my own entertainment purpose. However, over time as I perfected the techniques and methods for producing my unique designs, memes and doodles through trial and error; I did finally realize the true value of it. I have received many awards and recognitions for my photography in Canada, India and at international



platforms. But I have never explored the opportunities of a creative designer. This in fact is the first publication of my humble artworks and designs in the past five to six years.

Organized by HO Chi Minh Sarani, ECHO (Organization for Education, Counseling and Helping) a Kolkata based NGO on 24th July 2022, Sunday, ICCR "PRERONA" (inspiration) an arts and crafts exhibition to empower artists with their creativity and a special skill like saree making along with beautiful artworks, paintings, crafts, and beaded jewelry and recycled products. It is going to hold this beautiful initiative in collaboration with other organizations



like (Casa-dei-Bambini-CDB, The Science Association of Bengal-SAB, Gobardanga Gobeshona Parshad-GGP, Center for Multidisciplinary Research and Action-CMRA). Thirteen people are participating in this event. The participants are – Sutpa Basu, Saikat Kumar Basu, Piyali Nandi, Asmi Chowdhury, Jayita Chaki, Santwana Basu, Suhan Mondal, Neha Ghosh, Ankita Saha, Vikram Mitra, Pompa Banerjee, Tilottoma Dey and Sutapa Bardhan.

ECHO, is primarily a mental health organization that works on mental health and wellbeing and promotes happiness, self-esteem and motivation and ways to stay mentally healthy through such engaging events. Helps and stimulates to reduce depression, anxiety, depression of our modern life. As an organization ECHO is constantly striving to improve the role of women in society and the lives of women through various aspects. They help and work towards empowering women by providing them with proper training and becoming economically self-reliant. Teaching them arts and crafts to help them economically is one of the main objectives of ECHO and hence the organization has a dominant presence of women artists representing different socio-economic strata.

Arts and crafts are not just a creative activity for us; But through color and creativity helps transform life through

simple ways of life. It is to organize an arts and crafts exhibition in addition to a series of workshops to connect ECHO members with the wider society. When currently our world is set towards a path of uncertainty, war and instability, pandemic, famine and draughts, failing economy, helplessness, corruption and nepotism; it is quite natural for people to be depressed or frustrated over life. Diseases and ailments related to mental depression, anxiety, hypertension, high blood pressure, high sugar and cholesterol levels in blood has been seriously impacting the quality of our lives.

It is at this crucial juncture we need to learn to stay better, mentally strong, determined and focused. One important way for solace is positive engagements to keep our mind occupied outside our professional and domestic life. We need peace, serenity and tranquility for qualitative improvement of our life efforts. What could thus be a best possible opportunity to engage oneself with arts and crafts. It may work for a number of people suffering from anxiety, depression and frustration or challenges of anger management or hypertension to be engrossed with the beauty of arts, crafts and architecture.

This international exhibition at ICCR has this been a demonstration of 'Celebration of Life' through inspiration



(PRERONA), a central theme to encourage people in our society to engage positively with arts and crafts to have a better exposure towards the positivity of life. The artworks captured various moods of our ecology and environment, society and societal practices, socio-cultural and religious activities, sociology-political life, wildlife, nature, women empowerment? urban and rural life, creative designs, BioArt, EnviroArt, memes, cartoons, portraits, photographs, wood work, engraving, metal leaching, to velvet, sand, coloured stones, glitters as well as used of shoal, thermocol, discarded wastes converted into art objects, artistic jewellery, boutique products and even nature based products such as cutlery, cups, plates, jewellery boxes, files and bagels made from water hyacinth stem, jute, cotton and other eco-friendly environmental products.

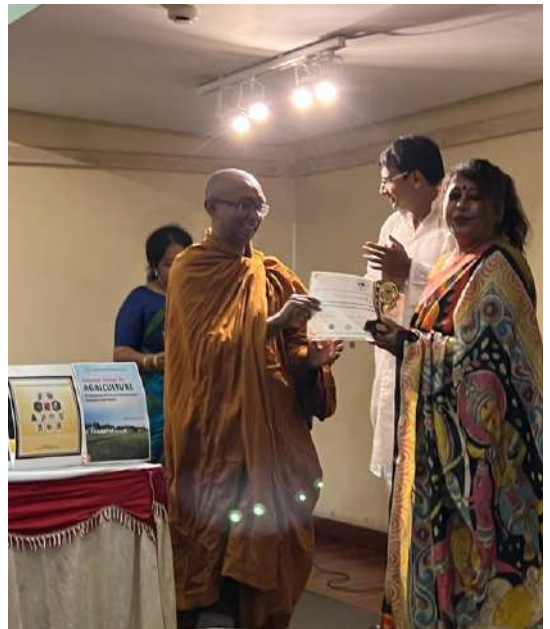
Most of the performing artists were all untrained and belong to different profession such as research and academics, business professionals to seasoned Information Technology experts. Students, teachers, professors, journalists, medicos, lawyers, writers and even home makers joined this unique exhibition with outstanding artworks that mesmerized both guests, visitors and the audience. The evening of July 26th at ICCR remained a memorable event with art exhibition, erudite lectures on mental health and it's association with arts and crafts, book release programs, felicitation ration of honoured guests such as eminent physician Dr. Kajol Krishna Banik and Dr. Sukanya Banerjee Banik, Buddhist scholar and researcher Dr. Sumanapal Bhikkhu, Management guru Prof Unus Molla, Botanist Prof Stephen Cheriyl as well as socialite like Ms. Sikha Basu, artist and teacher Ms. Sutapa Basu and science communicators like Dr. Subhabrata Roy

Chowdhury and Mr. Dipak Dan.

The mixed crowd of audience representing kids, school going as well as college and university students together with

professionals and home makers from every corner of the society was a big bonus for the organizers. Since it was an unique exhibition to demonstrate how arts and crafts could play a positive role towards developing positive mental health; the spectrum of audience was truly monumental. The great participation together with an informal platform provided for artists as well as the audience created a very soothing platform of exchange between various members of our society. We look forward towards more such positive interactions through engagement for our society in the coming days. Thanks to all the organizers for their outstanding work, encouragement and effort that was greatly appreciated!

Photo credit: Saikat Kumar Basu



World Mental Health Day

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Many may not know that 10th of October 2022 is the World Mental Health Day! We know ourselves how sound is our mental health, everyone looks at the physical health (body health). Its no surprise, few have no idea that one should take care of their mental health too. Unfortunately though we pay very little attention to our mental health and as a consequence we are observing an epic rise of mental diseases, syndromes and disorders impacting both our social and family life as well putting stress on the existing medical infrastructure. Most under developed and developing countries like India do not have bare minimal infrastructure in dealing with the challenges of mental health related issues. We do not have enough qualified and experienced psychiatrist, psychologists, councillors, mental health trained nurses or medical personnel and staff to tackle the challenges of both patients and would be patients at all.

For past two years we have gone through the global pandemic and many got impacted due to this due to acute isolation for days. Not only did we experience social, cultural, economic and physical challenges; but we have been also severely impacted emotionally too. This has been a catastrophic challenging time for all of us; more so for our numerous helpless senior citizens and countless babies and young children who lost their lives due to the COVID-19 pandemic around the globe. Although now we do see the shift of the COVID-19 infection graph going downhill; but the cases of mental health issues have taken an accelerated growth across the planet as a long term impact of this devastating pandemic. This has affected many people irrespective of the age and gender. And I am sure many of us would have understood and learnt a lesson on mental health.

Psychologists and many scientists have cautioned us during the pandemic on the long term impacts of the human mental health irrespective of developed, developing and under developed nations. But we have failed to take any

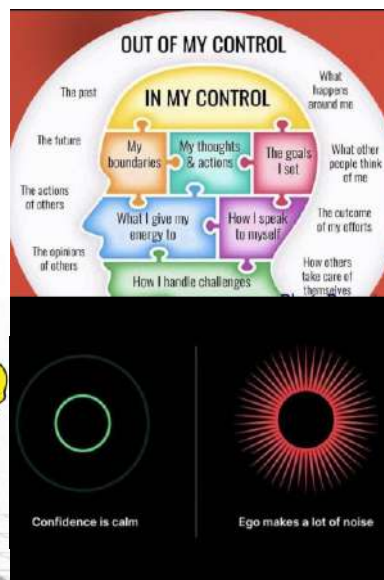
appropriate measures as we were focused heavily on physical diseases and symptoms and treating them successfully. But effective treatment of mental health is still a far reaching goal that we need to achieve across the globe.

No doubt the pandemic has brought many good changes and people started cultivating few good habits. In order to keep our mental health and sustain it life long, one should engage their mind always in positive activities. We should always be in touch with other positive human beings and try to establish our own friend or support circle to take care of one another. Hence it is important for us from now on to enhance our skills in bettering our ability to communicate and interact with other people even outside our comfort zone. It is very important that we take out our time to meet

and greet other people physically; and not just virtually. It is also important to know your close and distant family members and our neighbours. We have to develop the habit to start wishing others or at least simply smile at people that we come across throughout the day. We should not hesitate and apprehend in helping people at any time. We will be amazed to know how happy we are internally for that purpose. Please

remember that you are part of this society-not "you are the only important being in the society". Look for reaching out to others; without expecting others to reach you instantaneously whenever you need them. Change the focus of your life from being either 'I' or 'me' or 'myself' centric to be 'our' and 'we' centric. This will rapidly transform your mental make up from negativity to positivity instantly. Live your life with your full attention, love and care for yourself as well as others. You will see a work of difference around you.

Shower unconditional love and affection to others as people simply do not just wants our money or wealth or share the glory and glamour of our social prestige and security, but they need our empathy in the very true sense of the term. We have to put our ego behind and learn to calm our mind. It is not easy but not impossible either. A daily habit of active life that includes some free hand exercises, yoga, pranayam and brisk walking can make a

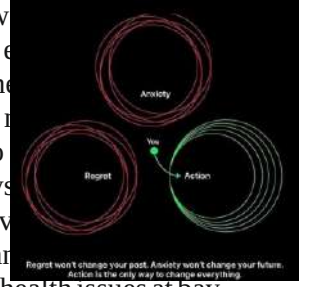




positive change for your mental health if you are suffering from anxiety, depression, frustrations, anger, emotional outbursts, short temper, irritability and melancholy. A daily cycle of meditation at least for 5 minutes in the morning when you get up or before you go to sleep for six months can start showing positive impacts on your mental health. Try and

develop a regular life style with food low in carbohydrates but rich in seasonal fruits and green leafy vegetables. Avoid too much addition to different tobacco products, hard and soft drinks, tea and coffee or addiction to TV, smartphones and laptops. Instead pick up reading books as a habit. It will help you sleep better. Don't push your normal biological cycles and sipping water throughout the day to keep you hydrated will certainly add to your positive mental health. Outside your daily chores and profession, try picking a hobby that suits your likings and temperament. It could be anything like collecting stamps, postcards, coins and currencies to watching good movies, reading quality books, traveling, or any kind of sports or writing diary, poems, stories or novels, practising drawing,

joining arts and crafts or drama will be positive, creative and keeps you engaged. It can vary from one individual to another. It brings joys and satisfaction that simply cannot be bought. You can always visit a doctor to get medical prescriptions; but you can always get better. Guide yourself towards positive activities, positive companions and a positive environment could keep your tentative mental health issues at bay.



We need to learn how to lead a Happy Life, and not just a rich life. Richness does not guarantee happiness. It could not be simply bought with your social, political and economic power. It is a rare resource that has to be raised, developed and established internally. We need to learn to train ourselves to develop a happy and sound mind. For that we have to be realistic in life and need to cut down on our ever increasing unnecessary as well as unrealistic demands, lust, need, thrust or focus on gathering power, prestige and materialistic wealth. We need to understand that we are human being! By doing so we are taking care of our mental health as well as the surroundings-at large the society! Life is always beautiful and it all depends upon the choices we make and the path of life that we wish to explore. Wish you all a very happy and successful World Mental Health. Let peace be your destiny.

प्रिय पाठकों

इस संकरण में मैंने आप सब को पढ़ने लिए "हाँ मैं मिट्टी हूँ" शीर्षक वाली एक कविता छपवाई है। जिसका संकलन मैंने इंटरनेट से किया है। यह मेरी रचना नहीं है पर मुझे बहुत ही ज्यादा पसंद आई। जब मैंने इसे पढ़ा तो इसने मेरे दिल और भावनाओं को गहराई से छू लिया। पर्यावरण से जुड़ी होने के कारण मुझे लगा आप सब भी इसे अवश्य पढ़ें और इसके सार को समझ कर इस धरती, अपनी पवित्र मिट्टी और पर्यावरण को हरा-भरा बनाने और उसे सुरक्षित रखने में हर कदम पर जो भी हो सके उसमें अपना योगदान दें। **धन्यवाद!**

हाँ मैं मिट्टी हूँ।

सब को खुश देखती हूँ तो खुश हो जाती हूँ।
पर दुःख का सागर देखकर-अंदर तक हिल जाती हूँ।

हाँ मैं मिट्टी हूँ...

मुझसे ही सब जन्में हैं मुझे में ही
मिल जाएँगे

मैं ही सभी की जननी हूँ और मैं ही
सभी कि हरनी हूँ।

हाँ मैं मिट्टी हूँ।

पर जिनको मैंने जन्मा है,

वे ही मुझको भूल गये

अपने कार्य-स्वार्थ के लिए रौंदा मुझको
और मुझे ही पोषित करना भूल गये

हर पल भूरभूरा रहीं हूँ अपना अस्तित्व
खो रहीं हूँ

अब सोचती हूँ कि कैसे कहूँ कि, हाँ मैं मिट्टी हूँ...

कैसे खुद पर गर्व करूँ, कैसे मैं इटलाऊँ अब

जब मेरे अपने मुझे को भूल गए, कर्ज चुकाना भूल गए

सभी से दरखवास्त करती हूँ

मेरी गोद फिर से भर दो, मेरा बाँझपन दूर कर दो

मुझे हरा-भरा कर दो



लौटा दो मुझे मेरा अस्तित्व

दयनीय नज़रों से सभी को देख रही
पर हाँ, मुझमें उम्मीद अभी जगी है...

एक उमंग और एक तरंग सी जगी है
एक फ़रिश्ता आ चुका है जो सभी
को जगा रहा है

फिर से मुझे मेरा यौवन लौटाएगा
फिर उपजाऊ, धरती का आँगन

लहराएगा

हाँ मैं मिट्टी हूँ...

स्रोत - इंटरनेट

तृप्ति श्रीवास्तव द्वारा संकलित

Science Communication Through Technology: Information, Engagement and Influence

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Information technology (IT) is essential for science communication, as it allows individuals to share their content more easily with the public. Digital media, as a part of the IT system, has revolutionized the way that science is communicated. It helps to bridge the gap between scientists and the general public, providing a more accessible means of accessing scientific information. Additionally, digital media allows for closer collaboration between scientists and other experts in related fields, facilitating faster dissemination of research findings. IT tools, when it comes to communicating science effectively, it is important to create engaging content that people will want to read or share.

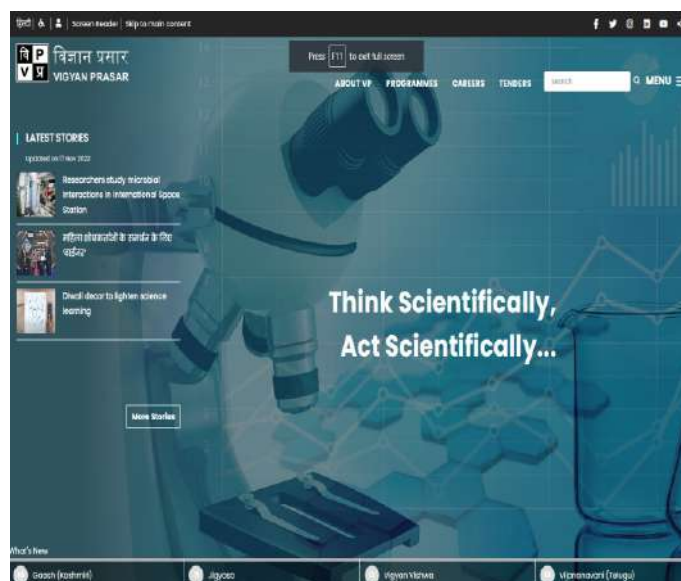
Vigyan Prasar has been using different IT-enabled tools to communicate science and technology to a wide audience since its inception, which includes web-based technologies, social media platforms, computer software applications, multimedia simulation, and many more. Vigyan Prasar, in addition, uses dynamic techniques and facilities designed to enable the knowledge-sharing environment to have increased audience engagement. Science Communication Popularization and its Extension through digital media at Vigyan Prasar established a framework for the effective distribution of scientific knowledge in the late 90's by creating digital repositories called "VIPRIS- Vigyan Prasar Information System". Vigyan Prasar Information System (VIPRIS) was an indigenous platform created to communicate science using information technology, especially the Internet, multimedia CD ROMs, newspaper clipping services, VIPRIS Clipset database, and repository of S&T information. Moreover, numerous CD ROMs on topics such as Atomic Energy in India, India in Space, Indian Scientists, innovative experiments in science, Dream 2047, etc. developed. Digital Library has also been made available, which contains the digitized version of all the significant knowledge products developed by Vigyan Prasar, and most of the resources are being made freely available to spread the knowledge.

Vigyan Prasar also serves as a resource and facilitation center for science communication. This includes the institutional website, www.vigyanprasar.com, which is a

dynamic website for science communication and provides comprehensive S&T information. It has its database and web repository of S&T information. Another example of a digital repository developed by Vigyan Prasar is India Science, Technology and Innovation Portal (ISTI Portal). ISTI Portal is a user-friendly and centralized destination with repositories of content related to science, technology, and innovation within the Indian STI ecosystem and was made available to the public in August 2018.

Information technology's uses are not limited to the internet and web-based applications. Vigyan Prasar has been implementing this advanced technology to popularize science through interactive digital platforms. Vigyan Rail; a science exhibition on wheels, a prestigious project of Vigyan Prasar undertaken in the year 2003 with the active participation of 18 Scientific Departments/ Ministries/ Councils of the Government of India and concluded its journey on 20th August 2004. Vigyan Prasar established a touchscreen-based interactive science quiz programme for Vigyan Rail Visitors, and an interactive DVD, β Vigyan Rail–Science Exhibition on Wheels, with easy navigation, search, and the sitemap was also developed, which included all the exhibits of Vigyan Rail, coach wise panoramic view, video gallery, photographs and newspaper clips at all the stations that Vigyan Rail visited.

Digital technologies are constantly evolving, and so is the way we use them. Vigyan Prasar, in this context, uses the latest digital and IT systems which provide information through engagement and Influence. The popularity of augmented reality (AR) and interactive displays is skyrocketing right now. It allows users to interact with physical objects in a virtual environment, which can be used for a variety of purposes and make science–fun and engaging. With the advent of new-age technologies,





Vigyan Prasar has been developing products using emerging technologies. For example, to commemorate the 150th Birth Anniversary of Mahatma Gandhi in 2019, the institute set up a Digital Exhibition on Mahatma Gandhi at 17 centers across the Country. The key objectives were to develop an interactive virtual reality of Gandhiji's life through technologies and to carry the legacy of Gandhiji with technologies in the virtual world. And to accomplish this, cutting-edge technologies were used, such as smart interfaces for providing multi-user interactive smart surface tables and walls to groups of users or individuals for

discussions and intuitive interaction to make effective and collaborative group communication. The intuitive multi-touch interactive surface made the communication more engaging, effective, and inclusive.

The Cutting-edge technologies were further represented at The New Age Technology Show during the India International Science Festival 2019. This event gave a glimpse of new-age India, showcasing our natural habitat through the filters of cultural connotations and humane ways to connect technology with people. This experience related to the Origin of Life, Elements of Nature, Point of View of Nature through non-humans, and Narratives on Nature using cutting-edge technologies such as interactive floor surface projection, abstractions of light and Sound, interactive wall projection, and Augmented Reality. There was also an interactive experience zone where visitors could try out some magical augmented reality cards, Virtual Reality, Surface and Object Detection, Motion Sensor Xbox, Flipbook projection, and Holofan technology.

Science Communication can be considered one of the valuable ways of understanding and navigating the modern world. Therefore, the organization has been utilizing advanced technology for a long for the popularization and communication of science and technology.

IMPORTANT DAYS AND EVENTS

V. Sunitha

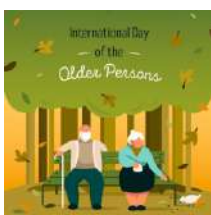
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1 October: International Day of the Older Persons

Every year on October 1st, the International Day of the Elderly is held to raise awareness of issues affecting the elderly and to encourage the growth of a society that is inclusive of people of all ages. The International Day of Older Persons was established by a resolution passed by the UN General Assembly on December 14, 1990.



1 October: International Coffee Day



Every year on October 1st, the International Day of the Elderly is held to raise awareness of issues affecting the elderly and to encourage the growth of a society that is inclusive of people of all ages. The International Day of Older

Persons was established by a resolution passed by the UN General Assembly on December 14, 1990.

1 October: World Vegetarian Day

Annually, on October 1st, is commemorated as World Vegetarian Day. It was established in 1977 by the North American Vegetarian Society (NAVS), and the International Vegetarian Union supported it in 1978.



2 October: Gandhi Jayanti



Every year on October 2nd, Gandhi Jayanti is observed to commemorate the anniversary of Gandhi's birth. He was born in Porbandar, Gujarat, on October 2nd, 1869. Both our lives and the

lives of well-known international leaders are inspired by him.

2 October: International Day of Non-Violence

On October 2, the world observes the International Day of Nonviolence in honour of Mahatma Gandhi, who was instrumental in



securing India's independence. The International Day of Non-Violence was established by a resolution passed by the General Assembly on June 15, 2007, to promote non-violence through education and public awareness.

3 October: World Habitat Day

Every year on the first Monday of October, people around the world celebrate World Habitat Day. The first time it was observed globally was in 1986 after the UN General Assembly declared it in December 1985.



4 October: World Animal Welfare Day

On October 4, people around the world observe World Animal Wellbeing Day to spread awareness of the importance of defending the rights and welfare of animals. The world needs to raise its standards for welfare.

5 October: World Teachers' Day

Every year on October 5th, people all around the world observe World Teachers' Day to mark the approval of the ILO/UNESCO Recommendation concerning the Status of Teachers in 1966. Without a doubt, this recommendation establishes standards for the duties and rights of instructors, as well as for education, hiring, and employment.



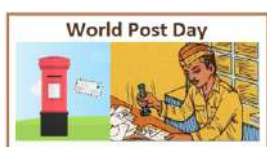
7 October: World Cotton Day

The goal of the worldwide celebration on October 7 is to raise awareness of the value of cotton.

8 October: Indian Air Force Day

Indian Air Force Day is celebrated on 8 October all over India. On 8 October 1932 Indian Air Force Day was established.

9 October: World Postal Day



Every year on October 9, people throughout the world commemorate World Postal Day to increase awareness of the importance of the postal service to individuals and companies.

10 October: World Mental Health Day

Every year on October 10, people throughout the world celebrate World Mental Health Day to raise awareness about the prevalence of suicide and the part that each of us can play in preventing it. The World Federation for Mental Health is responsible for organizing this day.

11 October: International Day of the Girl Child

On October 11, it is International Day of the Girl Child, a day set aside to advocate for girls' rights.



13 October: International Day for Disaster Risk Reduction

Every year on October 13th, the International Day for Natural Catastrophe Reduction is commemorated to increase public awareness of the risk of disaster reduction. The UN General Assembly established the International Day of Disaster Risk Reduction in 1989.

13 October: World Sight Day



On the second Thursday of the month of October, World Sight Day is honoured. It falls on October 13 in 2022. The purpose of World Sight Day is to raise public awareness of blindness and vision impairment.

14 October: World Standards Day

Every year on October 14, World Standards Day is commemorated to increase awareness among regulators, business, and consumers of the value of standardisation to the global economy.

15 October: Pregnancy and Infant Loss Remembrance Day

In the US, Pregnancy and Infant Loss Remembrance Day is honoured on October 15 each year. This day is designated as a memorial for miscarriages and baby deaths. Candlelight vigils and memory services are held to mark the occasion.

15 October: Global Handwashing Day

The Global Handwashing Partnership established Global Handwashing Day, which is celebrated annually on October 15. This day offers the chance to develop, test, and reproduce original strategies for motivating individuals to wash their hands with soap at crucial moments. The first Global Handwashing Day was observed in 2008.



15 October: World White Cane Day

According to the National Federation of the Blind, World White Cane Day is observed on October 15. For blind individuals, a white cane is a crucial instrument that enables them to lead full and independent lives. They can

move freely and safely from one location to another with the aid of a white cane.

15 October - World Students' Day



Every year on October 15th, World Students' Day is commemorated to commemorate A.P.J. Abdul Kalam's birth anniversary. On this day, he is honoured for his contributions to science and technology as well as for the role of teacher he performed throughout his scientific and political careers.

16 October - World Food Day

Every year on October 16th, World Food Day is observed to promote a healthy diet. The United Nations founded and launched the Food and Agriculture Organization on this date in 1945.

16 October: World Anaesthesia Day

The first successful demonstration of diethyl ether anaesthesia in 1846 is commemorated on October 16 as World Anaesthesia Day.

16 October: Boss Day

National Boss Day or Boss's Day is observed to honour employees' employers. The day also recognises the effort, commitment, and difficulties that managers or superiors in an organisation face.

16 October: World Spine Day

In order to raise awareness of the burden of spinal pain and disability worldwide, it is marked on October 16.

17 October: International Day



for the Eradication of Poverty

Every year on October 17th, people worldwide mark the

International Day for the Eradication of Poverty. On this date in 1989, the United Nations Convention on the Rights of the Child (UNCRC) was ratified.

20 October: World Statistics Day

On October 20th, a global day of statistics is observed every five years. On October 20, 2010, this day was observed for the first time. The third World Statistics Day was observed this year. The United Nations Statistical Commission established the day to recognize the significance of data trustworthiness and authenticity on a global scale.

21 October: Police Commemoration Day

On October 21, a day of remembrance is held in their honour for police officers who have given their lives in the line of duty.

23 October: Mole Day

On October 21, a day of remembrance is held in their honour for police officers who have given their lives in the line of duty.

24 October: United Nations Day

Every year on October 24th, United Nations Day is marked to commemorate the day the UN Charter went into effect. This day has been observed since 1948, and the United Nations General Assembly suggested that Member States commemorate it as a public holiday in 1971.



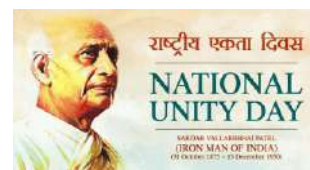
24 October: World Development Information Day

Every year on October 24, the world observes World Development Information Day to raise awareness of development issues and the necessity of bolstering international collaboration in order to address them.

30 October: World Thrift Day

Every year, World Thrift Day is marked on October 31 internationally and on October 30 in India. This day is dedicated to encouraging savings globally.

31 October: Rashtriya Ekta Diwas or National Unity Day



The day after Sardar Vallabhai Patel's birthday, October 31st, is designated as Rashtriya Ekta Diwas, or National Unity Day. He had been crucial in bringing the nation together.

November 1: World Vegan Day

World Vegan Day is observed annually on November 1st to increase public understanding of the advantages of a vegan diet and veganism in general. On November 1, 2022, the inaugural Vegan Day was observed to mark the 51st anniversary.



November 2: Parumala Perunnal

One of the most well-known events in India's evergreen state is Kerala's beautiful carnival. Kerala comes to a

complete standstill during the Parumala Perunnal festival. It is simpler for travellers to visit and discover grace on the occasion because Parumala Perunnal Kerala is

3 November: World Jellyfish Day

World Jellyfish Day has been scheduled to occur in the springtime in the southern hemisphere because this is the time of year when jellyfish begin to migrate to the coastlines of the northern hemisphere.

3 November: World Sandwich Day

John Montagu, 4th Earl of Sandwich is believed to be the sandwich's namesake due to the claim that he invented it. This holiday celebrates the variety of flavours present in the standard evening meal.

November 5: World Tsunami Awareness Day

On November 5th, it is recognized as World Tsunami Awareness Day to raise awareness of the risks posed by tsunamis and the value of early warning systems in reducing natural disaster damage. To raise awareness of the problem, many groups disseminate traditional knowledge about tsunamis.



6 November: International Day for Preventing the Exploitation of the Environment in War and Armed Conflict

The International Day for Preventing the Exploitation of the Environment in War and Armed Conflict was established by the United Nations General Assembly on November 5, 2001.

7 November: Infant Protection Day

Infant Protection Day, which is commemorated annually on November 7th, aims to increase public awareness of the significance of safeguarding, promoting, and developing children. Infants, who are the citizens of tomorrow, will without a doubt shape this world's future if they are protected. The future of the world must be protected.

7 November: National Cancer Awareness Day

To increase awareness of cancer and make it a global health priority, November 7 is National Cancer Awareness Day. In order to increase public awareness of the issue, Dr. Harsh Vardhan, a former Union Health Minister, founded National Cancer Awareness Day in 2014.

7 November: Chandrasekhara Venkata Raman Birthday

Chandrasekhara Venkata Raman, popularly known as C.V. Raman, was born in Tiruchirapalli, Tamil Nadu, on November 7, 1888. The Raman effect, in which light travelling through a material is scattered and the wavelength of the scattered light changes due to an energy state shift in the material's molecules, was discovered by C.V. Raman, who won the Nobel Prize in Physics in 1930.

8 November: World Radiography Day

Radiographers all around the world can take advantage of the day and the days leading up to it to promote radiography as a profession, as a crucial component of contemporary healthcare, and as an opportunity to raise public understanding of radiation treatment and diagnostic imaging.

8 November- 'Guru Nanak Devs Birth Anniversary

The annual celebration of Guru Nanak Jayanti honours the birthday of the Sikh founder, Guru Nanak Dev. The Sikh community celebrates Prakash Utsav, also known as Guru Purab, which is the 552nd anniversary of Guru Nanak's birth.

9 November: National Legal Services Day

The ninth of November is recognized as National Legal Services Day in India to increase awareness among citizens in communities with low levels of legal literacy. People have been aware of the shortage of legal literacy since the

10 November: World Science Day for Peace and Development

Every year on November 10, the world celebrates World Science Day for Peace and Development to honour the value of science in modern society. It also underlines how crucial it is to include members of the public in conversations regarding cutting-edge scientific topics.

10 November: World Usability Day (2nd Thursday in November)

World Usability Day is observed on the second Thursday of every November. World Usability Day falls on November 10th this year. On this day, many communities get together to celebrate how we can all work together to improve the world.

11 November – Armistice Day (Remembrance Day)

The 11th of November, commonly known as the Laemistice of the First World War, is recognised as Armistice Day in France. Additionally, the conclusion of World War I is remembered on this day. This day is also observed as Remembrance Day in certain nations.

11 November- National Education Day



It is observed on November 11 to mark the anniversary of the birth of Maulana Abul Kalam Azad, India's first minister of education. The Minister served as India's first autonomous education minister from 1947 to 1958.

12 November: World Pneumonia Day

On November 12th, there is a celebration of World Pneumonia Day to increase public awareness of the disease and its prevention. Children under the age of five are most affected by this, which is said to be the most common infectious disease in the world.

13 November: World Kindness Day

The annual World Kindness Day is observed on November 13th. This day's major objective is to provide everyone the opportunity to consider and uphold one of the most significant and distinctive human concepts. This day also encourages modest deeds of goodwill.

14 November: 'Childrens Day, Jawaharlal Nehru Jayanti

Children's Day is observed in India on November 14th of each year. Bal Divas is another name for this. People are educated about the rights, care, and education of children on this day. Jawaharlal Nehru, India's first prime minister, celebrated his birthday on this day. The day is meant to honour Kalam's contributions to students and education.

14 November: World Diabetes Day

The first Prime Minister of Independent India was born on November 14, 1889, in Allahabad, Uttar Pradesh. Children's Day is marked in India on the anniversary of Jawaharlal Nehru's birth.



16 November: International Day for Tolerance

On November 16, the International Day of Tolerance is observed to raise awareness about the importance of tolerance by encouraging mutual understanding among cultures and peoples. By resolution 51/95, the UN General Assembly invited UN Member States to observe the International Day of Tolerance on November 16, 1966.

17 November: International Students Day

The Nazi troops established International Students Day on November 17, 1939. On this day, there were 9 student leaders, and the students' bravery during this incident was exceptional.

17 November: National Epilepsy Day



National Epilepsy Awareness Day is November 17th. In this regard, the primary goal is to raise public awareness of epilepsy disease, its symptoms, and its prevention.

Epilepsy is thought to be a chronic brain disorder marked by recurrent seizures or "fits." This has been observed to affect people of all ages, and each person has their own set of concerns and problems to deal with.

17 November: World Chronic Obstructive Pulmonary Disease Day or World COPD Day

Every year on November 17th, World Chronic Obstructive Pulmonary Disease Day, or World COPD Day, is observed. This year's theme is "Healthy Lungs - Never More Important."

19 November: World Toilet Day

Every year on November 19th, World Toilet Day is observed. This day is primarily about inspiring people to address the global sanitation crisis and achieve Sustainable



Development Goal (SDG) 6, which promises sanitation for all by 2030. According to UNICEF and WHO, approximately 60% of the global population, or approximately 4.5 billion people, do not have toilets at home or do not know how to properly dispose of toilet waste.

19 November: International Men's Day

The main theme of International Men's Day is to promote men's and boys' health. Every year on November 19th, International Men's Day is observed, and this day highlights the major issues confronting men worldwide.

20 November: Universal Childrens Day



Every year on November 20th, Universal Children's Day is observed. This day is primarily intended to promote international

cooperation, raise awareness among children worldwide, and improve children's welfare. On November 20, 1954, Universal Children's Day was established.

21 November: World Television Day

Every year on November 21st, World Television Day is observed. According to the UN, on this day, the daily role of television is highlighted as it presents various issues that affect people. This day is observed as the acceptance of the impact and reach of geo-televisual communication on the global scenario.

21 November: World Day of Remembrance for Road Traffic Victims

Every year, the 21st of November is designated as World Day of Remembrance for Road Traffic Victims. This day emphasizes how the number of annual road traffic fatalities has increased. There has been an increase in road traffic injuries, and there are now some leading killers of people aged 5 to 29 years.

24 November: Thanksgiving Day (Fourth Thursday in November)

It is observed on the fourth Thursday of November, and this year it is celebrated on November 24. It is a national holiday in the United States. The day celebrates the annual harvest and other blessings of the past year.

25 November: International Day for the Elimination of Violence against Women

Every year on November 25th, the International Day for the Elimination of Violence Against Women is observed. This day was established by the United Nations General Assembly in 1993. Violence against women is defined as any act of gender-based violence that causes physical, sexual, or psychological harm or suffering to women, including threats.

26 November: National Milk Day

It is observed on 26 November to commemorate the birth anniversary of Dr. Verghese Kurien, the father of India's White Revolution.



26 November: Constitution Day of India

Every year on November 26th, India observes Constitution Day, also known as Law Day or Samvidhan Divas. On November 26, 1949, India's Constituent Assembly adopted the Indian Constitution. This took effect on January 26, 1950.

1 December – World AIDS Day

Every year on December 1, people around the world



commemorate World AIDS Day to increase HIV awareness, educate people about the disease, and advocate for action to stop the HIV epidemic. In 1988, it was first observed.

2 December - National Pollution Control Day

On December 2, National Pollution Control Day is observed to increase public awareness of pollution and its dangerous impacts. This day honours those who perished in the Bhopal gas tragedy, which is regarded as one of the worst industrial catastrophes.



2 December - International Day for the Abolition of Slavery

It is observed on 2 December to make people aware of the modern slavery that works against human rights. This day reminds the situations of exploitation that a person cannot refuse due to threats, violence, coercion or abuse of power.

2 December - World Computer Literacy Day

It is celebrated on December 2 and aims to support the growth of technology skills, particularly among Indian women and children.

3 December - World Day of the Handicapped or International Day of Persons with Disabilities

The International Day of People with Disabilities is another name for the World Day of the Handicapped (IDPD). It is marked on December 3 in order to spread awareness of the need of accepting and understanding people with disabilities.

4 December - Indian Navy Day

Every year on December 4, Indian Navy Day is observed to recognize the contribution, successes, and challenges that Navy personnel endure.

5 December - International Volunteer Day

Every year on December 5, people worldwide honour volunteers. This day gives organizations and volunteers a chance to recognize and appreciate their work while also promoting it within their communities, etc.

5 December - World Soil Day



On December 5, World Soil Day is marked to increase public awareness of the value of healthy soil, ecosystems, and people.



7 December - Armed Forces Flag Day

Armed Forces Flag Day is observed across the country on 7 December with the objective of collecting funds from the common people and honouring the martyrs and the men who fought with bravery on the borders to safeguard the country's honour.

7 December - International Civil Aviation Day

International Civil Aviation Day is observed on 7 December worldwide to raise awareness about its importance to the social and economic development of States and the role that ICAO plays in International air transport.

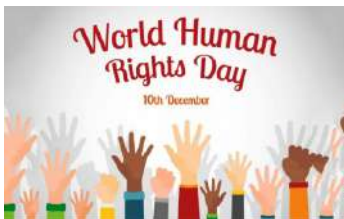
8 December- Bodhi Day

Every year on December 8, Bodhi Day is observed all over the world, usually under various names. To honor Gautam Buddha and his preachings, it typically occurs on the eighth day of the 12th month of the lunisolar calendar.

9 December - International Anti-Corruption Day

International Anti-Corruption Day is observed on 9 December every year to highlight how corruption affects health, education, justice, democracy, prosperity, and development.

10 December - Human Rights Day



Human Rights Day is celebrated on 10 December. The Universal Declaration of Human Rights was adopted in 1948 by the United Nations General Assembly. This day is observed to protect

the fundamental human rights of all people and their basic human freedom.

11 December - International Mountain Day

International Mountain Day is celebrated on 11 December every year to educate children and people about the role that mountains play in providing fresh water, clean energy, food, and recreation.

11 December - UNICEF Day

It is observed on 11 December by the United Nations. UNICEF stands for United Nations International Children Emergency Fund.

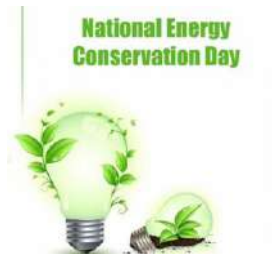
12 December - Universal Health Coverage Day

The United Nations proclaimed 12 December as International Health Coverage Day (UHC) by resolution 72/138 on 12 December 2017. The



purpose behind celebrating the day is to spread awareness of the need for strong and resilient health systems and universal health coverage with multi-stakeholder partners.

14 December - National Energy Conservation Day



It is observed on 14 December to raise awareness about the need for energy and its conservation in daily life. Since 1991, it is celebrated every year on 14 December by the Bureau of Energy Efficiency (BEE), under the Ministry of Power.

16 December- Vijay Diwas

Vijay Diwas is celebrated on 16 December in India to remember the martyrs, and their sacrifices, and to strengthen the role of armed forces for the cause of the nation.

18 December - Minorities Rights Day in India

Minorities Rights Day in India is observed on 18 December to preserve and promote the rights of minority communities in India. This day focuses on issues like the safety of minorities in the state. On this day several campaigns, seminars, and events are conducted to inform and educate people about them.

18 December - International Migrants Day

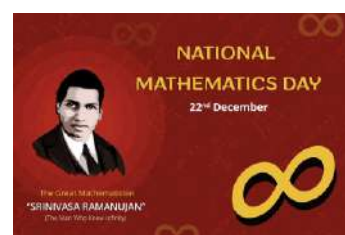
International Migrants Day is celebrated on 18 December to raise awareness about the protection of migrants and refugees. The International Organisation for Migration (IOM) is calling the international community to come together and remember the migrants and refugees who have lost their lives or have disappeared while reaching a safe harbour.



20 December - International Human Solidarity Day

International Human Solidarity Day is observed on 20 December annually to highlight the importance of unity in diversity. This day also reminds people to work together in fighting poverty, hunger, and disease.

22 December - National Mathematics Day



National Mathematics Day is celebrated on 22 December annually to commemorate the birth anniversary of the famous mathematician Srinivasa Ramanujan. He had made

remarkable contributions in various fields of mathematics and its branches. He was born on 22 December 1887 in Erode (today in the city of Tamil Nadu).

24 December - National Consumer Rights Day

National Consumer Rights Day is observed on 24 December annually with a particular theme across the country. The Consumer Protection Act, of 1986 received the assent of the president on this day. No doubt it is considered a historic milestone in the consumer movement in the country. This day also provides awareness about consumer rights and responsibilities.



25 December - Christmas Day



Christmas Day is celebrated on 25 December worldwide annually to commemorate the birth anniversary of Jesus Christ, the Son of God.

31 December

According to the Gregorian calendar, New Year's Eve is celebrated on 31st December as the last day of the year. People gather together to celebrate the evening by dancing, eating, singing, etc. and welcome New Year.



From the Editor's Desk

Dear Readers

I would like to welcome you to Volume 3, Issue 4, of the PRAKRITI SANRAKSHAN quarterly newsletter of STE.

October-December 2022 issue highlights based on environmental issues like. The important days observed from October-December 2022 have been also included in this issue.

I express my sincere thanks to all the people who have contributed informative and inspirational articles to make this newsletter successful. I would like to express my profound gratitude to the President of STE Dr. Kshipra Misra, the editorial team and Mr. Gian Kashyap for designing this issue of PRAKRITI SANRAKSHAN and giving it the desired shape.

Dr. Vaishali Mishra

Editor STE

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We are pleased to announce that the DOI prefix for International Journal of Environment and Health Sciences is now available from Crossref, the official Digital Object Identifier (DOI). **The journal is now indexed in International Scientific Indexing (ISI).**



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STE Annual Awards 2023

(NOMINATION AND APPLICATIONS ARE INVITED)

LAST DATE 31st May, 2023

Annual Awards of STE are the tangible symbol to signify eminence of contributions made by a person or institution. This boosts the enthusiasm of the contributors who have contributed in different fields of science and social service with their excellence, expertise and approach towards achieving certain goals for the society. Recognition of such extraordinary activities is eventually very important to boost their confidence and to honour them for what they have done for the science and society. STE confers following categories of awards and honours to such eminent personalities.:

STE Dr. APJ Abdul Kalam Award

STE Dr. Praloy O Basu Life Time Achievement Award

STE International Achiever Award

STE Fellowship Award

STE Green Excellence Award

STE Meritorious Award For Excellence in Academics and Research

STE Water Award

STE Women Excellence Award

STE Best Ideas/Innovations/Technology for Environment Award

STE Young Researcher (Faculty) Award

STE Young Researcher Award

STE Best School Principal Award

STE Best Teacher Award

STE Humanitarian Award for NGOs

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