

The Torch Bearer

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The Bi-lingual (English- Odia) Fortnightly of Odisha

ଦି ଚର୍ଚ୍ଚି ବିହାର

ଲୋକପ୍ରିୟ, ନିର୍ଭୀକ ଓ ନିରପେକ୍ଷ ଇଂରାଜୀ-ଓଡ଼ିଆ ପାଠକ ସମାଜପତ୍ର

OBITUARY



Bichitrananda Kar
Former Editor of Daily Odia Newspaper
The Matrubhumi
 Born :09-10-1929
 Died: 31-10-1987



Omm Klim Kalika- Yei Namaha
For Kalipuja & Diwali on 19-10-2017

Naveen Patnaik is an arrogant leader: Dharmendra



BHUBANESWAR: Union minister Dharmendra Pradhan hit out at chief minister Naveen Patnaik, terming him an arrogant leader, who considers Odisha as his fiefdom because he has been in power for a long time. Naveen is chief minister for 17 years - fourth term in a row.

"Is raising voice against series of bridge collapses false propaganda? While many other states have waived farm loans, is making a similar demand here false propaganda?" said Dharmendra, a day after Naveen accused political

rivals of indulging in false propaganda to defame his government.

Launching his party's annual Jana Sampark Padayatra, Naveen had urged his party workers to counter false propaganda unleashed by certain political parties without naming any one in particular.

Addressing a news conference here before attending the BJP state executive meeting, Dharmendra said, "It's natural to develop arrogance and become complacent if someone stays in power for so long."

Flyover collapse: Private firm blacklisted

The state government blacklisted the private construction firm- "Infra Projects Private Limited" for alleged violation of safety standards that led to recent collapse of a portion of under-construction road over bridge (ROB) near Bomikhal level crossing here. A businessman had died and his daughter was seriously injured in the September 10 tragedy.



Prepared to fight at short notice: Air Force chief Dhanoa



on the Air Force Day, Dhanoa said the Air Force was fully geared up to face any security challenge to the country. He also said that the Air Force was

The Indian Air Force is prepared to fight a war at a short notice, Air Chief Marshal BS Dhanoa said.

Addressing IAF personnel

acquiring multi-spectrum strategic capabilities and remained committed to building a "joint manship" with the Indian Army and the Navy.

Ban on Women Driving finally ended in Saudi Arabia

RIYADH: Ultra-conservative Saudi Arabia seeks to tackle entrenched male attitudes towards women drivers before millions take the wheel, many for the first time, next June.

For decades, hardliners cited austere Islamic



interpretations to justify the ban on women, with some maintaining that they lacked

the intelligence to drive and allowing them to do so would promote promiscuity.

The ban finally ended last week, but many women fear they are still easy prey for conservatives in a nation where male "guardians" have arbitrary authority to take decisions on their behalf.

DON'T LAUGH



I AM REALLY GETTING WORRIED ABOUT THE INCREASING USE OF CREDIT CARDS...

Malaysian tourists harassed at Alarnath temple, leave in a huff

'Atithi devo bhava' campaign of tourism department came under attack as a group of tourists from Malaysia cut short their Odisha visit in protest against alleged harassment by some priests at Alarnath temple, about 25 km from Puri, on October 4.

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Guests of this issue

Smt. Rama Kar, aged about 85 years, born in a considerable reach family of Paikarapur village (Salipur tahasil) is a well known & popular name in the field of Odia literature. She completed her schooling from Ravenshaw Girls High School, Cuttack and Graduation from S.B. Womens College Cuttack. She is the wife of late Sri Bichitrnanda Kar (Editor of the daily newspaper "The Matrubhumi", published from 1948 to 1989- 41 years) and Editor of Odia monthly magazine "Sahakara".

After sudden demise of her life partner in October 1987, Smt Kar



took over as editor and publisher of Odia monthly "Sahakara".

The publication continued till January 2017 and the magazine has served Odia literature for 99 years. We pray for her good health and seek her blessings. ■

Our well-wishers



Er. Himanshu Sekhar Nayak
SDO, Dhenakanal,
Govt Of Odisha
Address: CDA, Cuttack



Dr. Asim Amitabh Pradhan
Lecturer Geology,
Odisha School of Mining
Engineering, Keonjhar

Enforcement directorate(ED) unearths benami Artha Tatwa Group assets of Rs 12.64 crore



The enforcement directorate (ED) unearthed

benami assets worth Rs 12.64 crore, belonging to Pradeep Sethy, owner of Artha Tatwa (AT Group), a chit fund company. The firm, whose alleged fraud is also being probed by the Central Bureau of Investigation (CBI), allegedly cheated investors of more than Rs 500 crore.

Ready to face early elections: Odisha CM Naveen Patnaik

Odisha chief minister and BJD president Naveen Patnaik said his party is ready to face early polls.

"If there is an early election, the BJD is always ready for it," Naveen told reporters at the state secretariat in Bhubaneswar.

Though assembly elections in Odisha are due in May 2019, the EC stated on Wednesday that it will be

logistically equipped to hold simultaneous Lok Sabha and assembly elections in September, 2018.

This is for the second time in the past two months when Naveen has expressed party's readiness to face elections. Replying to media queries on the similar issue on August 20, Naveen had said that the BJD is fully prepared to face polls anytime.

No Campus Selection: No Worries

Mr. A Panda, IT MNC

Every aspirant gets worried after failing in the campus selection process. He also faces many difficulties as he tries to search a job outside the campus as a fresher. The failure to get selected comprises of different reasons:

- Inefficient communication and representation skills.
- Inadequate technical skills.
- Lack of Project Experience.
- Inadequate knowledge of technologies.

Here is the solution for that

- First trust yourself and practice effective communication skills and then try to implement some improvement tricks like preparing several times for personal introduction along with project description.
- Collect the several GD topics from the internet and

write them in your words and represent the same in interviews. Later, when you get unexpected topics in an interview, you would be already in a position to tackle such difficult topics.

Moving to the technical fronts to crack the interview process, a candidate has to go through the below processes

1. Written (Quantitative, Reasoning and Technology MCQs)

2. Technical and Project Knowledge in depth

The written part of the process is the crucial filter criteria for the MNC. Here they verify the candidates quantitative, reasoning and problem-solving approach. It may also comprise of some brainstorming puzzles and project related scenarios. In some scenarios, they test the

Data structure and algorithms skills of candidates by providing them puzzles and asking them to solve through program languages.

Coming to the technology part, the first round of written tests is conducted through systems and students have to write DS (Data structure) and algorithm code through C/ C++. Once you succeed, the interviewer will test you for your mentioned core coding language like C++, JAVA, SQL, PLSQL, c##, ASP or .Net in depth.

In the next issue, I will continue with the rest of the tips and tricks related to institutes, website or links, books, booming technologies, basic interview questions and answers related to various technologies and how to crack walk-in interviews across top MNCs in IT hubs like Bengaluru.

Angandwadi workers and helpers strike enters 23rd day

BHUBANESWAR : Hundreds of Anganwadi workers and helpers from across the state are on indefinite strike for the last 23 days demanding pay hike and regularisation of their jobs. Women and child development minister Prafulla Samal on Wednesday met the agitating

workers and requested them to join work as the government is working on a solution to their demands.

"The Anganwadi workers are appointed under a central scheme still we are working out a solution for their demands within a month. Since their role in providing

some basic services is important I request them to join work and if their demands will not be fulfilled within a month then they may take any step they want," Samal said. However, the Anganwadi workers said they will continue their strike till their demands are fulfilled.

Odisha Police rescue 7 minors from Delhi

The Sundargarh Police rescued seven minors, including four girls, who had been 'trafficked' to New Delhi. They were brought back to the district on Friday evening and will be handed over to their parents.

The children had allegedly been trafficked by brokers and sold to placement agencies in New Delhi after which they had been engaged as domestic helpers but without any salary.

Cuttack Municipal Corporation to crackdown on illegal hoardings

The Cuttack Municipal Corporation (CMC) will launch a massive crackdown on illegal hoardings in the city from next week. The civic body

week a special drive will be launched to remove all illegal and unauthorised hoardings that have defaced the city. On a priority basis, hoardings will be

conducted a survey to identify illegal hoardings and pulled down some. The drive was stopped midway for Durga Puja. "From next

removed from busy traffic junctions and heritage sites," said Bikash Ranjan Behera, chairman of CMC's standing committee on licence.

BJP criticizes state govt on low voltage problem in rural areas

The BJP criticized the state government for not solving the power cut and low voltage problem in rural areas.

Party's state secretary Kalandi Samal said the delay in installation of 500 electricity sub stations in the state causes low voltage problem in rural areas.

"The government has adequate fund to develop power infrastructure of the state, but I don't why this sector is not on the right path? The state has signed memorandum of understanding (MoU) to set up 27 independent thermal power projects, but only four are functioning. It shows the incapability of the government," Samal alleged.



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Travel Diaries



Sushnigda Tripathy
Associate Editor

To be very honest, I wasn't that interested in visiting Budapest. Considering its troubled past, I had my misgivings about the place. My biggest doubt was whether we would feel any lingering Soviet influence or would Budapest be like any of the developed western European countries we used to travel frequently to? But travel we did and I can say we were pleasantly surprised by Budapest. Split by the mighty Danube river into two distinct parts – modern Pest and traditional Buda, Budapest is a beautiful city in its own right. Having suffered grievously under the Nazis and the Soviets alike, Budapest is a charming city that offers visitors a mix of the old and the new; a city where fin-de-siècle monuments of the Austro-Hungarian empire rub shoulders with the relics of Goulash Communism and one where ornate cafes sit pretty beside bullet-ridden buildings (remnants of the

Budapest – The Paris of the East

World War). You have to be prepared for this duality and once you accept it, you will begin to appreciate Budapest for what it really is.

Inhabited since the stone age, modern day Budapest officially came into being only in the year 1873 with the union of the neighbouring towns of Buda, Ouda and Pest to form the present-day capital of Hungary. Towering over the

Danube and situated on a hill, Buda is a hilly area and one that is patronized by the rich and famous of Budapest. The highlight of Buda is the Castle Hill district famed for its cobbled streets, Baroque houses and Neo-Romanesque towers and of course the Royal Palace. A huge 200 roomed palace, the Royal Palace was once the residence of the Hungarian kings. Having been attacked and destroyed several times in the past, it has been rebuilt many times over so what you see here is a mix of different

architectural styles. We spent the first day exploring Castle Hill and its many delights. In fact, we had such a good time here that we spent an entire day admiring its splendid architecture, its tree-lined avenues and savouring the breath-taking views of Pest



from the many terraces and vantage points scattered about the place.

Buda offers a bird's eye view of the city spread out below - seeing the mighty Danube river, the Chain Bridge, and the Parliament from the top is a view you won't forget very soon. However, wait till night when the lights come on and I bet you can't stop oohing and aahing at the beauty of Budapest. Budapest is a pleasant city by day but at night it is simply magical. As

evening sets in, the city erupts in a kaleidoscope of colours – oranges, pinks, blues, whites, purples, all jostle for one's attention. Nevertheless, what had me transfixed was the Parliament ablaze in a fiery orange colour with its reflection mirrored in the deep waters of the Danube. The Chain Bridge lighted up in muted colours of white and light blue served as a wonderful counterpoint to the flamboyant lighting of the Parliament.

Our second day started with a visit to the Hungarian Parliament located on the Pest side – a glorious piece of creation which took decades to build but when it was finally constructed it left everyone awestruck. A magnificent Neo-Gothic building, the Hungarian Parliament is the world's third largest Parliament building. A 45-minute guided tour option is available for those who wish to explore its interiors. As compared to Buda, Pest is the more modern part of the city where there are no hills and getting around is easy on any

kind of transport be they metro, buses or cars. Pest is where the action is and if you are looking for an action-packed holiday this is where you must head to. Apart from the Parliament and the Chain Bridge, Pest has other interesting structures such as the Dohany synagogue, Central Market Hall, the basilica amongst others. Of particular note is the Dohany Street Synagogue which played a central role in the life of the Jewish community of Budapest during the Nazi occupation. With a seating capacity of 3,000 people it is the largest synagogue in Europe.

Aptly called the Paris of the East, Budapest is teeming with history, art, and architecture; its wide boulevards, art-nouveau buildings and the café culture are all going to remind you of Paris. For a city that has two distinct parts to it and each one unique in its own way, I must say I was pleasantly surprised by Budapest. I got a lot more than what I expected from this 'Pearl of the Danube' – another sobriquet for this lovely city. As our train trundled away into the night for our onward journey to Prague, my mother's words were ringing in my ears "Never judge a place before visiting it." I realized then how right she had been. ■

Twin City: The most unsafe for Ladies



Er. Santak Kar,
Bangalore

I had my flight at 7:30 pm and my father wanted to drop me at the airport. Being a resident of Cuttack, we all had our vehicles in Cuttack except the Pulsar which my brother used in Bhubaneswar. So, we started early that evening to the airport. The incident happened close to the AG Office in a very posh area when my father was riding the bike and I was sitting behind with my suitcase. I saw two eve-teasers on a bike openly commenting and abusing two girls. It was just 6:30 pm and I was shocked at the guts of these two miscreants openly challenging our system. They had no fear of the law or of other onlookers while they were harassing the two ladies. I thought of reacting to it but

before I could do anything, these two lawbreakers careened away and disappeared. I could not even note the bike number.

This situation made me wonder about the state of things currently prevalent in our cities. Is our system so weak that these kinds of people have the audacity to eve-tease right in the centre of the city without any fear? Where is the fear of the law and police amongst the people? Imagine if this is happening in the capital city then what would be the condition in other parts of the state? I am sure this kind of behaviour is very rampant and that they go unreported. Are our policemen in action and if so, then why is it that people do not fear them? Do they need a crash course from Saudi Arabia?

This type of incident is also very common in Cuttack. I belong to Cuttack but personally, I believe some Cuttack people have to learn more lessons of decency as

compared to Bhubaneswar and when it comes to the number of such miscreants or offenders, you can bet that Cuttack will stand first. Cuttack has never been safe for a girl after night 9:30 pm. Why is that so? Ladies are free to go out and move freely at any point of time and can wear anything of their choice. But unfortunately, in Cuttack, a lady cannot. Can all the policemen take a pledge that they would work to ensure the safety of girls in the twin cities and also in other parts of the state. Beat them publicly, hit them, smack them and teach these law breakers a lesson for a lifetime. The whole public is with you. Sending lady policewomen on patrolling duty after 7 pm is going to instil a lot of confidence in women who are out during night hours. Installing CCTVs in each and every street and constantly monitoring them can also put the fear of the law in these miscreant's hearts and make them think twice before committing any crime. ■

Just How Old is an Old Business

Er. Pragyandanda Mishra

(B.Tech, MBA- IIM)

*Ola, Territory Head, Bangaluru
CDA sector 10, Cuttack*



There isn't a day that passes without companies getting richer, start-ups getting funded and enterprises coming with products which change the world. It's quite fascinating to know a thing or two about logos and obscure origins of a few companies but a different ball game altogether to know about the timeline of companies in existence. After digging through scores of internet pages and using almost all forms of verification for a knowledge seeker, the oldest company, still in operation (absorbed as a subsidiary in 2006) in the World is a construction company in Osaka, Japan called Kongo Gumi. It dates its foundation from the year when carpenter Shigemitsu Kongo built Shitennoji. The most important fact, given the recent state of affairs, is it was built by Kongo who was one of the many skilled immigrant workers from the neighbouring kingdom of Baekje

in South Korea.

As per 17th-century records, at least 40 generations handled the company either through a son or a daughter and the construction company specialized in crafting and building Buddhist temples in and around Osaka in Japan. The recent president was the 50th generation to lead this group and it highlights two of Japan's assets- Longevity and Productivity. The list of oldest companies isn't just topped by Japan, its rolled over by it- a whopping 60% of the companies established before 1300 AD and still functional belong to the Land of the Rising Sun and 5 out of 6 oldest ones are dominated by them with the 6th one being an Austrian bar which has seen its guest lists to be the likes of Columbus, Faust, and even Mozart. There is so much more to managing companies and this is one field which has proven that business can run in genes. ■

*Editor's Desk...***Leaders in Ponzi Scam-
No space in Up-coming Election?**

In a major blow to the Biju Janata Dal, its sitting legislator Pravat Ranjan Biswal has been arrested by the Central Bureau of Investigation (CBI) for his alleged involvement in the multi-crore Seashore Group chit fund scam. Mr. Biswal, who represents the Cuttack-Choudwar constituency and his wife Laxmibilasini Biswal, a former Zilla Parashad chief of Cuttack, have earlier been quizzed several times during the past three years by the CBI in this connection. The case in question refers to a land sold by them to the Seashore Group for a sizeable amount. The land located in Jajpur district was registered in the name of Laxmibilasini for a hefty amount of Rs 25 lakhs. According to the CBI, the couple has failed to produce the requisite sale deed and documents related to the sale.

In addition to raids carried out at Biswal's house, the CBI had also conducted searches at more than 36 locations across Odisha in connection with the Ponzi scam. Besides, a charge sheet has been filed against the CMD of the Seashore Group of companies Prashant Kumar Dash. Seashore Group is one among the 44 Ponzi companies operating in Odisha which has come under the CBI's lens following an order of the Supreme Court to probe irregularities in their transactions.

This is not the first time that a BJD member has been arrested in connection with a Ponzi scam. Earlier in October 2014, BJD MLA Pravat Tripathy representing Banki constituency was arrested by the CBI for his alleged link with another chit fund company. The Banki MLA who is now out on bail has been suspended by the party. In the same year, Mayurbhanj MP Ramchandra Hansdah was also arrested for his involvement in a chit fund scam. While Tripathy is out on bail, Hansdah has been languishing in Jharpada jail since November 2014.

The arrest of Mr Biswal has not gone down with the ruling party members who have accused the BJP of settling political scores. Biswal and other party leaders have termed it a political conspiracy. Questioning the timing, the BJD has hinted of a collusion between the party at the centre and the investigative agencies. With both the BJP and BJD hurling accusations at each other, political tension has escalated between the parties.

Several BJD leaders getting arrested for their involvement in Ponzi scams doesn't augur well for a party that is due to fight an election in the near future. If the party hopes to secure a win in the upcoming elections, someone needs to clean the Augean stables and that too very soon. ■

Associate Editor

RIGHTS & MORAL VALUES IN LEGAL SYSTEM

**BISWAS RANJAN
BARIK**

CORPORATE LAWYER,
SUPREME COURT
OF INDIA, CDA, Cuttack

Legal systems throughout the world adopt the principles of generality, clarity, constancy, compliance, and similarity between the declared rule and official action and where such principles are not observed, it cannot be said that law exists. It is important to poise these principles by restraining it from overlapping between what the law actually is and what the law morally ought to be. The subject of law most often gets linked with questions of morality and there is a correspondence between law and morality, for example when we say that homicide is illegal since everyone agrees that murder is morally wrong or questions like whether abortion is to be allowed or whether homosexuality is not sinful etc. But simultaneously what may be legally wrong is like receiving a call while driving or parking on the wrong side etc, which may not be morally so.

Occasionally, individual morality may come into conflict with the law of the country when individuals are required by law compulsorily to join the army and go to war; individual morality may not agree to it and it happens that the law may not be in consonance with the larger morality of the society. Hence moral issues and legal judgements may severely polarise people into camps and the same has happened and been experienced in many countries worldwide.

Natural Law theories by great thinkers have postulated that there is no conflict between what is the law

and what it morally should be and it agrees that human beings have natural rights by dint of being human which pre-exists any man-made laws. This belief in the pre-eminence of natural rights forms the basis of the Universal Declaration of Human Rights (1948). Principles of justice have to foster the common good and we cannot derive questions of value from questions of fact. The most important aspect of the law is the existence of certain rules and procedures which are divided into primary and secondary rules. Primary rules proscribe violence, thefts etc, Secondary rules are rules of change, adjudication, and recognition. For instance, when someone points a gun to our head and asks for money we are obliged to obey but we have no obligation to do so because there is no rule which imposes such an obligation on us, so a legal system exists if primary rules are obeyed in a society and the officials in charge accept the rules of change, adjudication and recognition.

Judges decide cases by applying the facts of the situation to the rules laid down in the law or judicial precedents, but when there is no applicable rule to a peculiar set of facts, then the judge uses discretion to fill in the gaps in the law. This view has been challenged frequently on the reasoning that law does not consist just of rules but also there are non-rule standards, principles, and policies. A "principle" is a standard to be observed because it is a requirement of justice or fairness or some other dimension of morality. A "policy" is a kind of standard that defines goals to be achieved economically, politically or socially. When there are no guiding rules to apply, a judge then examines various

principles instead of resorting to his discretion or personal preference. But there is always one right answer even in such a case where there is no applicable rule, individual rights have to be balanced by examining various principles. Judges do not legislate but only enforce rights that have already been enacted by the legislature in the form of laws.

That being so, Legal System is integrated with morality and the Lawyers and Judges are working political philosophers of a democratic State. The law contains a solution to every problem no matter how hard the facts of the case may be. When the judge decides what is right in a particular situation it is so because it is in consonance with the institutional and moral structure of any Society, but when the moral claims of a community are examined by any judge then there is a possibility that individual rights may be subordinated to the community's claims. It is here that the law should "take rights seriously". The rights of the individual cannot be subordinated to the interests of the community but instead, rights should be regarded as trumps over community claims. There can never be a hard jacket or a universal formula which could determine what law should be used to enforce morality. It can only be concluded that the level of enforcement of moral standards depends upon case to case. In the cases where morality shadows a good and beneficial effect on the society, there if required, the law could be used to enforce that positive morality. On the other hand, that morality which produces any harmful effect in any form in the society, there law should never be used to enforce such morality. ■

A Little Life

**Anupam Patra
Bolangir**

The striped cat which was the sole occupant of my government quarters before I moved in shall return to its winter habit of tip toeing around my legs as I sit on the lawn under the morning sun. It would lie down, roll over, and thoroughly soak some fresh warmth into its gorgeous fur. Then it would stand up, soundlessly arch its back before mingling into the darkness of some abandoned corner of the garage. And all through the season's mornings, it will religiously repeat the act. I never miss its morning ritual because observing its peaceful movements reinforces my admiration for the mundane. Whenever I watch the creature, I wish to be content with life, at least as much as the wise cat appears to be.

Please do not think that I'm not alive to the sea of differences between the lives of cats and humans but the

basics don't differ too greatly. I mean it too has to hunt for food and seek shelter. I've seen it being shunned by many. It even goes through spells of sickness and loneliness. I find its unruffled demeanour in the face of the usual, inevitable struggles and troubles, monk-like. That word, in turn, reminds me of a friend who, one day, vexed by a certain disappointment, snarled that he wants to give up everything and retire to some faraway place and live like a monk. I asked him what good that would do. "It would save me from all the stress and unhappiness" he'd answered right away. When I recall that conversation I kind of feel compelled to reach out to him and tell him that I may have finally understood what it takes to be a monk. And it may not necessarily involve running away.

I happened to read something on a train journey, something that echoes what negotiating with life for thirty-two years has taught me - that perhaps a real monk would be someone who would remain open to the idea of pain and pleasure alike. Not shy away from either. Indulge. Taste

a bit of things that men are supposed to know in their lifetimes. Bond with an open heart, enjoy the flavour of human ties and make peace with heartbreaks that may occur because of them, and in the end, let go. Savour the uplifting sensation of victories as much as absorbing the lessons mistakes teach. A true monk would be a man right in the heart of the world, sailing on its mysterious waters, discovering and learning and exploring and not someone who's cut off from all those things.

I doubt that if I say this to you my friend, the chronic cynic that you used to be, you may instantly fire away "What about happiness? Are we ever meant to find it? Even if we do can we keep it? If not, then what's the point of all this?" Then I would say to you that the existence of happiness is a mystery to even those who find it. It may exist everywhere and be found nowhere. Most people think they are looking for happiness when all they really need to find is contentment. The dangers of searching for happiness also lies in the tragedy that it rarely comes when one is looking ...P#5

To listen to the unheard voices

Payal Banerjee

Volunteer of change, XIMB

There are many instances in the recent news where we have read about children attempting suicide or reported death due to a hoax game Blue whale challenge. Here are my questions:

Why is the kid attempting suicide?

Why is the child not discussing the issue with their parents?

Are the parents not available enough to share the space with the kid?

There is a gap or a voice that is unheard. This game is not about facing the challenges rather it tweaks the firm trust by creating a huge distance where both the parents & the kid remain unheard of their assignation. This series of incidents doesn't only raises an alarm which requires a serious call of action, but also sends a message that each child deserves the right to live a life without the burdens of cloaked identities and emotions.

This factor influences to understand the mind of a teenager which requires the

developments of the day to day undisputed social interactions. The National Mental Health survey clearly validates the prevalence of mental disorders which is nearly 13.5% in Urban as related to 6.9% in rural which gives a picture of the stress that the youth imbibes. The fact which is viciously ignored by the elder society is that a child is a clean canvas and it tends to add the pictures of the opinions of the surrounding friends & relatives. Any opinion that creates a personality conflict paralysis a child's own thought process which remains bottled up and unheard.

Parents & teachers are the primary sphere that every child needs in developing their social, intellectual & mental space. Talking to your child for few minutes every day, not as an elder but as a friend eases the horizon of reach. We as adults should make sure to nurture these fragile minds with utmost care & responsibility.

It is easier to build strong children than to repair broken man – Federick Douglass. ■

Heed to health during festivals

Dr.Sudhesna Mohapatra

(MD, DHM)

SRL Limited, Bangalore

Come pujas' and we start planning for clothes, gifts, and food. The only thing that doesn't come to our mind is our health. We strictly try to follow rituals as per our culture but we also indulge in sweets, fried items, and junk food. There is nothing wrong in indulging occasionally but at the same time, it is important to be aware of the consequences. Our stress hormones help us to ignore the fatigue during the festivals but by the end of it we are exhausted, unwell and many times we want further medical attention to recuperate from the strain.

To highlight the consequences, let us go through some facts first.

According to WHO, the non-communicable diseases like cardiovascular diseases, cancer, chronic respiratory diseases, and diabetes are responsible for 60% of deaths in India out of which 45% is attributed to heart-related disorders. A 30-year old individual has a one-fourth chance of dying from these diseases before the age of 70 years. The prevalence of obesity is rapidly increasing (22% increase in 4 years) followed by an extreme lack of physical activity among the young. (Source: WHO; Global Status Report on NCDs-2014)

However, it is possible to avoid such pitfalls during the festivals. One must keep a calorie count. If we are going out for dinner, we need to balance out the recommended calories in the

rest of the day. Meal timings should be adhered to especially in diabetics and hypertensives. There is no need to skip medications or meals. Keep track of what you eat by writing it down for a couple of days. It will bring to your notice your good habits and bad ones. It will also shed light on whether you are gorging on trans-fat rich snacks and sugary drinks. We notice the retail price but we ignore the health labels so learn to read nutrition facts labels. Check the number of servings mentioned in the packet label. One should usually eat only one serving during a single meal or snack.

Remember "Food is Fuel". Treat it accordingly. Your food intake should be equivalent to the expenditure otherwise it is only going to harm your health in the long-run.

DIET AND ORAL HEALTH



Dr. Sukanta

Satapathy,

Saheed Nagar,

Bhubaneswar

Your body is a complex machine. The foods you choose and how often you eat them can affect your general health and the health of your teeth and gums, too. If you consume too many sugar-filled sodas, sweetened fruit drinks or non-nutritious snacks, you could be at risk for tooth decay. Tooth decay is the single most common chronic childhood disease, but the good news is that it is entirely preventable.

To control the amount of sugar you eat, read the nutrition facts and ingredient labels on foods and beverages and choose options that are lowest in sugar. Common sources of sugar in the diet include soft drinks, candy, cookies and pastries. If your diet lacks certain nutrients, it may be more difficult for tissues in your mouth to resist infection. Tooth decay happens when plaque come into contact with sugar in the

mouth, causing acid to attack the teeth.

Foods that contain sugars of any kind can contribute to tooth decay. Many researchers believe that the disease progresses faster and is potentially more severe in people with poor nutrition. For healthy living and for healthy teeth and gums, think

Tooth Tips



before you eat and drink. It's not only what you eat but when you eat that can affect your dental health. Eat a balanced diet and limit between-meal snacks. If you are on a special diet, keep your physician's advice in mind when choosing foods. This may contribute to gum disease.

For good dental health, keep these tips in mind when choosing your meals and

snacks. Drink plenty of water. Eat a variety of foods from each of the five major food groups, including: whole grains, fruits, vegetables, lean sources of protein such as lean beef, skinless poultry and fish; dry beans, peas and other legumes low-fat and fat-free dairy foods. Limit the number of snacks you eat. If you do snack, choose something that is healthy like fruit or vegetables or a piece of cheese. Foods that are eaten as part of a meal cause less harm to teeth than eating lots of snacks throughout the day, because more saliva is released during a meal. Saliva helps wash foods from the mouth and lessens the effects of acids, which can harm teeth and cause cavities.

For good dental health, always remember to brush twice a day with fluoride toothpaste, floss daily and visit your dentist regularly. With regular dental care, your dentist can help prevent oral problems from occurring in the first place and catch those that do occur in the early stages, while they are easy to treat. ■



Full Freedom of speech in my party

A Little Life..... (From Page-4)

for it. In the words of our favourite Ruskin Bond, 'It is as elusive as a butterfly and we may never pursue it. If we stay very still it may come and settle on our hand. But only briefly...'

Old friend, I'm not sure if you actually hid from the world to become a monk and if you did, whether that brought you closer to your goal. But, wherever you are, I urge you to spend a couple of winter mornings at my place with me and the cat. Put your leg right where you can connect with its very soul, as it stretches itself by the length of your leg and moves in circles around your feet. Live a little. And perhaps then you'd understand that the clues are all here, right in the very places we live, walk and sleep. Regardless of all the disappointment and disenchantment, the secret to life is living it as it comes. If life were a storm then peace sits in its eye and to reach it through the perils of its tumultuous walls is a far more fulfilling way to find it than without ever braving the storm at all. ■

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Rakesh Roshan reacts to Hrithik Roshan-Kangana Ranaut controversy



After taking a earful from Kangana Ranaut's sister, Rangoli Chandel, filmmaker Rakesh Roshan has hit back opposing allegations made against his son Hrithik Roshan, citing that the "truth will be out soon". In an interview with a daily, Rakesh Roshan took a direct dig at the Ranaut sisters saying that his family members are not loose talkers and wouldn't make unsubstantiated accusations. He also said that they have submitted their complaint along with proof and anyone was free to request a copy from their lawyer as it is now a part of the public domain. Saying it was now up to the authorities to decide who was telling the truth, Rakesh said that people will be "shocked" with the facts.

The Hrithik-Kangana controversy was recently re-visited when a 29-page complaint made by the actor's counsel in 2016 began

doing the rounds. The document revealed details about the actress allegedly sending 'sexually explicit' emails to the actor apart from other 'abusive messages'. It also stated that Hrithik was "repulsed" by the emails and ignored it out of "decency".

Kangana's sister had then taken to Twitter to hit out at the actor, stating that a "young, beautiful, talented, rich girl like Kangana" didn't need to stalk an "uncle" like



him. Hrithik has finally opened up on the controversy with Kangana Ranaut. In an episode of Nation Wants to Know with Arnab, Hrithik opens up about his relationship with Kangana and even goes on to say that he was "extremely" proud of her at one point. Here's the fourth clip from the sensational interview.

ACADEMIC HEALTH OF POLYTECHNICS IN ODISHA

Er. Pramod Ku Mishra
Retd. Vice Chairman,
State Council of Technical
Education & Vocational
Training (Odisha)

Technical Education in India has two distinct levels, namely, Diploma in Engineering and Degree in Engineering imparted by Polytechnics and Engineering Colleges respectively. Further higher up, Post Graduation courses and PhD is imparted by institutions of excellence like IITs, IIITs and NITs etc. All India Council of Technical Education (AICTE) is the central apex body responsible for regulating the qualitative and equitable growth of technical education in the country.

The present academic health of polytechnics in the state of Odisha is in precarious bad state. Of the total thirty-four government polytechnics, two are autonomous, and the rest thirty-two are under the direct control of government administration ie Directorate of Technical Education and Training. For over seven years, none of these polytechnics has regular principals, and are managed by in-charge principals on pick and choose basis on ad hoc arrangements.

The Government sanctioned teaching posts of these institutions are much less than the AICTE stipulated norms. All these polytechnics are functioning with just about fifty percentage of approved faculty strength. Teaching in most of the new polytechnics is affected by incompetent Part Time Guest Faculties. The service conditions and pay scales of teachers are inconsistently poor compared to the AICTE norms. The present service condition does not have the provision of assured career growth for the faculties. Owing to non-implementation of AICTE recommended scale of pay and lack of career growth, many faculty members recruited just over a year and half after a gap of twenty years since last recruitment in 1994, have resigned to join elsewhere. The trend is unlikely to change unless the service conditions are made consistent with the AICTE regulation. The irony of the fact is that pay scales and service conditions of teachers of engineering colleges of the state are at par with the AICTE regulation whereas that of polytechnics are not.

AICTE recommends guidelines for both engineering

colleges and polytechnics. Strangely, government of Odisha has adopted AICTE recommended service conditions and pay scales of engineering colleges and discriminated against the polytechnics.

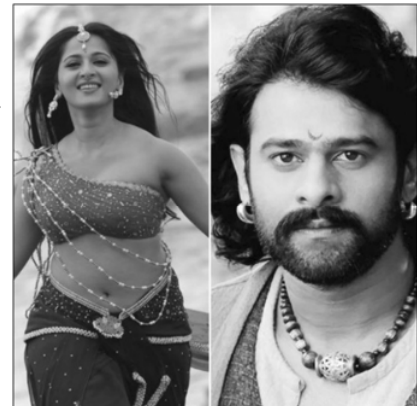
To make the matter worse, both ITIs and Polytechnics are clubbed together under single administrative control of Directorate of Technical Education and Training. ITIs are essentially training institutes responsible for skill development. Polytechnics deal with academically and professionally more technician education. All the other states, since long, have switched over to separate Directorates, namely, Directorate of Technical Education for polytechnics and Directorate of Training for ITIs. This is due to the fact that there are two different central bodies, viz, Director General of Employment and Training (for ITIs and Vocational Schools) and All India Council of Technical Education (for Polytechnics and Engineering Colleges) overlooking the quality of education. Clubbing ITIs with Polytechnics is fundamentally wrong. ■

Prabhas reacts to rumours of engagement with Anushka shetty

After the success of the 'Baahubali', lead actor Prabhas gained immense nationwide popularity. While the 37-year-old hunk is on top, it is his single status that has got fans curious. Rumours of an impending engagement announcement with actress Anushka Shetty were making rounds.

But, according to a report, the actor has rubbished all such speculations. While stating that many people ask him about his affairs and marriage plans, Prabhas said he doesn't

want to reveal his private life. The star also said that when he does decide to get



engaged, he will reveal it himself.

Awareness on Childhood Blindness

Dr Ruby Moharana,
MS, FICO
Consultant
Ophthalmologist,
Mangalabag, Cuttack

- 1.5 million Children worldwide are blind (WHO, 2008)

- Every minute 1 child becomes blind forever

- 45% of these cases are treatable and blindness can be avoided in these children.

- Most common causes of childhood blindness are corneal scarring (commonly due to Vit. A deficiency), Cataract, Retinopathy of prematurity followed by glaucoma, hereditary and retinal causes.

What can we do?

- All premature babies (less than 34 weeks old and/or less than 2kg birth weight) should undergo eyescreening within 30 days of birth.

- No unknown medicines/chemicals should be put in the eyes of infants.

- Simple correction of refractive error and prescription of glasses can give normal vision to more than 12 million children (aged 5-15 years).

- Measles immunization and Vit. A supplementation should be given to all infants.

- Any child/infant with any of the following features should be immediately referred at the earliest to an eye specialist:

1) Whitish opacity in the eye

2) Redness in the eye

3) Watering from the eye

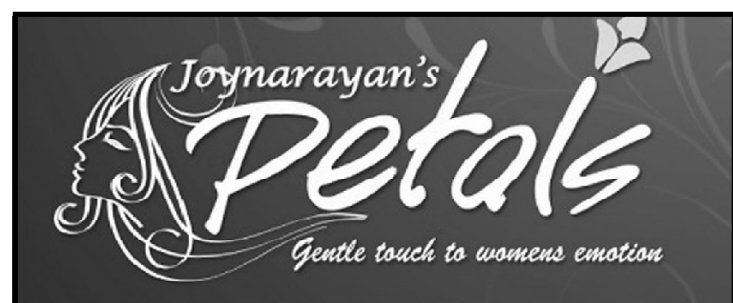
4) Discharge

5) Swelling of the eyes

6) Decreased vision

7) Squinting of the eyes

- Prompt recognition and treatment can save vision and prevent blindness in children. ■



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