

VANA PREMI

Nau Say Navvay Sall Ke Bachon Ka Sathi

Life Time Subscription - Rs. 2000/-

Yearly Subscription - Rs. 200/-

Single Copy Rs. 20/-

Vol .15

MAY - 2014

No.5



Photo by Nawaz Ahmed

Adansonia digitata (Baobab or inverted tree) Leafless during April, new flesh of leaves can also be seen at Attapur, Hyderabad

**JOURNAL OF THE ASSOCIATION OF RETIRED FOREST OFFICERS
ANDHRA PRADESH**

VANA PREMI

Vol : 15

May - 2014

No 5

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Date of Publication: 24-04-2014

Total pages 52

EDITORIAL

International Day for Biological Diversity: -

The International Day for Biological Diversity or World Biodiversity Day is currently held on May 22 every year for the promotion of biodiversity issues. From 1993 until 2000, it was held on December 29. Every year, people young and old from all around the world participate in celebrating this event to show their support for conserving the Earth's biodiversity. Biodiversity is the variation of life forms within a given ecosystem, biome or for the entire Earth. Biodiversity is often used as a measure of the health of biological systems. The biodiversity found on Earth today consists of many millions of distinct biological species, which is the product of nearly 3.5 billion years of evolution. The International Day for Biological Diversity is part of a series of activities to focus attention on the Convention on Biological Diversity. Activities on Biological diversity day include translating booklets, leaflets and other educational resources into local languages, distributing information on biodiversity via schools, colleges, universities, newspapers, radio and television, exhibitions and seminars for students, professionals and the general public. Screening of movies on environmental issues, presentation of programs to preserve the endangered species or habitats, planting trees and other plants that help prevent erosion, are some other events that form the highlight of this day. Competitions for children and young people in taking photographs or creating artwork centered on

the annual theme of the day are also part of celebration.

Each year, the International Day for Biodiversity focuses on a particular theme. This year the theme is island biodiversity. In 2013 it was Water and Biodiversity, in 2012 it was Marine Biodiversity and in 2011 it was Forest Biodiversity. The theme Island Biodiversity is chosen to coincide with the designation by the United Nations General Assembly of 2014 as the International Year of Small Island Developing States. In addition, the theme was chosen to correspond with the timing of Conference of Parties (COP) decision "to strengthen the implementation of the Programme of Work on Island Biodiversity". Islands and their surrounding near-shore marine areas constitute unique ecosystems often comprising many plant and animal species that are endemic—found nowhere else on Earth. Islands harbor numerous discrete ecosystems, from mountain forests to wetlands and beyond, that provide food, fresh water, wood, fiber, medicines, fuel, and other important raw materials, in addition to aesthetic, spiritual, educational and recreational values, that support island livelihoods, economies and cultures. Island ecosystems also contribute to the maintenance of ecosystem functions: they provide defense against natural disasters, support nutrient cycling, and soil and sand formation; and they contribute to the regulation of climate and diseases. Islands are home to some 600 million people approximately one-

tenth of the world's population. Many islanders are endowed with unique cultures and derive much of their economic, environmental and cultural well-being directly or indirectly from the rich natural resources in their immediate environment. Biodiversity is a crucial component of food security in many small, isolated islands, especially Small Island Developing States. Small islands comprise a high proportion of marine and coastal areas, which are important sources of income. Coastal ecosystems also fulfill many ecological roles, ranging from shoreline protection to buffer zones from land-based activities and pollution, to feeding, breeding, and nursery grounds to many marine species. Coral reefs provide an estimated Rs. 24000 billion per year in goods and services to the world. This includes support for marine fisheries, which provide the principal protein source for many island populations. Biodiversity loss is a particular concern on islands. It is also important to note that the Third International Conference on Small Island Developing States will take place from 1 to 4 September 2014 in Apia, Samoa, providing an ideal forum to highlight the important work being carried out in the context of the programme of work on island biodiversity by parties and stakeholders.

Islands are repositories of genetic information whose present-day biodiversity stands as a

record of millions of years of evolution. This biodiversity has an inherent value to humankind the world over. The legacy of a unique evolutionary history, these ecosystems is irreplaceable treasures. They are also key, to the livelihood, economy, well-being and cultural identity of 600 million islanders. Many island species have become rare or threatened, and islands have a disproportionate number of recorded species which are extinct when compared to continental systems. Of the 724 recorded animal extinctions in the last 400 years, about half were of island species. At least 90% of the bird species that have become extinct in that period were island-dwellers. Current climate change estimates predict increase in temperatures of 1.4°C to 5.8°C by 2100. This will further affect species in several ways such as: changes in distribution; increased extinction rates; changes in reproduction timings; and changes in length of growing seasons for plants.

Vana Premi wishes that all its readers will whole heartedly take part in this year's Biological diversity day celebrations and protect species which we have borrowed from our elders and promised to hand them over to the future generations for the wellbeing of all the living organisms on this planet. **QMK**

ERRATUM :

On the front cover page of the April issue "Good Friday" was inadvertently printed instead of EASTER. The error is regretted - Editor.

LETTERS TO THE EDITOR

Sir,

Greetings, this is to appreciate your efforts in putting your esteemed magazine- VANA PREMI- on the web-site. Today, I could able to rush through the April, 2014 issue by opening your web-site on the advice of Dr. B. Raghotham Rao Desai, the Chief Editor of Vana Vikas. It is really a good move to throw open your magazine to the readers in the world.

April, 2014 issue shows that you have put in your heart and soul in collecting many news-specially under- News and Notes. I was very happy to read about the - Priyadarshini Indira Gandhi Paryavaran Bhavan- the new Hqrs. of the MoEF. It is a proud to forest fraternity to have such a green building as Hqrs. It appears to be better than a green building built by the National Park Service of USA as Office cum reception center to the - Wattawa Birds Refuge in the back water of Erie Lake in Ohio State. It has earned first price as green building in the US in 2012 for having built by using waste and scraps more than 50 %. I happen to visit this in July, 2013.

I am happy to learn that you are from my senior batch in SFRC; I remember only my neighbor Sri Sudhakar Reddy of your batch and none else. Our batch had no candidates from AP.

With Warm Regards

B.M.T. Rajeev, Bengaluru. M-96367 81811

Sir,

Please accept my Hearty Congratulations. Very happy to see that under your able and dedicated Editorship, our beloved "VANA PREMI" is scaling new heights. Really it is heartening to see our magazine in the specially designed attractive website and downloading it. April issue has been very attractive and interesting. Your Editorial on World Health Day has brought to light the importance and the need to celebrate the same. The fact of 'Vana Premi' filling the pages of a Thesis in an American University makes the Association of Retired Forest Officers of AP feel proud. Mr. Kamal Naidu's article "An Appreciation of Vana Premi" had befittingly described the magnitude of Vana Premi and the comment made by him that "this magazine brought out the writing talent of many silent volcanoes amidst to gush out their worthwhile lava" is very accurate. By reading the experiences of our senior officers the young officers of our department can learn a lot and can visualize the real circumstances and tight corners they come across in the department. There are still many more senior and retired officers in our state who excelled in their career and possess a rich treasure of knowledge and valuable and nerve breaking experiences from whom we expect to hear a lot. Probably due to some reason or other they are not coming out to share their experiences. My sincere and earnest request to all such officers is that they find some time and come out with their valuable experiences and advices and share them through our 'Vana Premi' Magazine.

The article "Taming a Herd of Wild Elephants" by Mr. Hithesh Malhotra was very interesting and his presence of mind in tackling the problem should be a guide to the young officers while addressing such delicate situations where there is human and wildlife conflict.

The article "Cardiologist vs Cardiac Surgeon" narrating the personal experience of Mr. K.B. Reddy exposes the changed trends in the Medical profession which was once considered to be sacred and dutiful. – I pray God to wish him *"Shatamaanam Bhavati ShataayuH PurushaH ShatendriyaH Aayushyevendriye Pratitishthati"* *shatamaanam bhavati shataayuH puruShaH shatendriyaH aayuShyevendriye pratitiShThati"*

Lastly but not the least, I have a suggestion in the wake of the Re-Organization of the State of Andhra Pradesh and formation of Telangana State. I suggest continuing our existing Retired Forest Officers' Association duly renaming it as "The Association of Retired Forest Officers of Andhra Pradesh and Telangana States" so that we all could remain under one umbrella. I request all the members through this august Magazine to consider this proposal and keep our "Association" forever.
V. SANTHASEELA BABU

Dear Sir,

Suddenly a thought having occurred that 23rd of April happens to be the birthday of Shakespeare, and which having happened to be the main focus of our discussion over the phone on that particular day, I thought, I should pay a deserving tribute to the legendary dramatist and the greatest poet of English language, through the enclosed Article.

However, I would like to share with your discerning readers an age-old perception, because of certain criticism from a few influential intellectuals (like Robert Greene & Ben Johnson) of the Shakespearean era, that Shakespeare was almost illiterate as there is no evidence of his education, since no records or roaster of school or college survive, and no records of his teachers or classmates are known. And Anti- Stratfordians even state that it was a sleepy, sheeepy market-town, known for slaughtering, selling and distributing sheep to London, some 140 miles away. They even came up with about 80 names, stating that someone among them (like Francis Bacon or Christopher Marlowe) was the writer of those plays, and for unexplained reasons, decided to keep him anonymous and gift his name to an underprivileged actor named Shakespeare! They even went to the extent of criticizing him in the following manner &..there is an upstart Crow & supposes he is as well able to bombast out a blank verse as the best of you: and being an absolute Johannes factotum (meaning: Jack-of- all trades, mediocre, unoriginal, second-rate), is in his own conceit the only shake-scene in a country . And Marlowe went on to state that the Bard is wanted art (meaning: he lacked creative skills).

But if this theory is true, then surely, Shakespeare must have been the world's greatest actor. For, he managed to convincingly fool several jealous play-writes, caustic critics, demanding theatre-audiences, literary scholars, King James I (who gave royal patronage to his Company Lord Chamberlains Men, which then changed its name as Kings Men) and his Courtiers, and the entire literate population of London! So, were these plays really authored by someone else, or is the Anti-stratfordian theory is just 'Much Ado About Nothing'?

Sincerely,
Dr. Raghotham Rao Desai

MINISTRY OF ENVIRONMENT & FORESTS: A MISNOMER

By
J. V. Sharma

Allowing an appeal filed by one Sudiep Shrivastava, the National Green Tribunal cancelled (*The Hindu* – 25th March 2014) Forest Clearance accorded by Central Government to the Parsa East and Kante-Basan captive coal blocks in the Hasdeo-Arand forests of Chattisgarh. The news is very significant for two reasons. Firstly, it confirms that Forest Clearances are accorded by Central Government, more as a matter of routine, than on merits. Secondly, in this particular case, it is (then) Hon'ble Minister for MoEF, Mr. Jairam Ramesh who granted the clearance over-ruling the statutory Forest Advisory Committee.

Observations of the Tribunal throw more light on the details. According to section 2 of Forest Conservation Act, 1980 (FCA), clearance by Central Government is necessary for any diversion of forest land for non-forest purpose. The Act also provides for a statutory Forest Advisory Committee (FAC) which is required to appraise the projects that require forest lands and advise the Environment Ministry to grant approval or reject the proposal. In the instant case, the Minister chose to override the advice of the Ministry's expert panel and gave forest clearance in June 2011 for the two blocks of mining by a joint venture between Adani and Rajasthan Rajya Vidyut Utpadan Nigam Limited. The coal mine has reserves in excess of 450

million tonnes and was slated to produce 15 million tonnes of coal every year. The coal blocks fall in forest area of 1989 hectares of very valuable forest patch classified as 'no-go' area and was initially barred by government.

The Tribunal while cancelling the clearance given, had ordered the Forest Advisory Committee and the MoEF to revisit the proposal from scratch based on all factors including the questions the Tribunal put down in its order.

The Appellant pleaded that material facts had been misrepresented and not considered while giving clearance. The Tribunal held that "mere expression of fanciful reasons relating to environmental concerns without any basis, scientific study or past experience would not render the advice of FAC – a body of experts - inconsequential." It further said "The Minister rejecting the recommendation of such an expert body must bear in mind that he is countering an expert opinion/viewpoint and in doing so, he must meet it with such opinion or viewpoint which it would outweigh both by content and quality as aforesaid."

The NGT went on to comment that the Minister had taken all of one day and relied upon his "understanding and belief" without any "basis in any authoritative study or experience in the relevant fields." The Court added: "From the

records it is not very well understood what made him (the Minister) change his mind overnight after having appreciated the ecological value of the Hasdeo-Arand forests when considering another coal block in the same forest belt." The Tribunal also hauled up the Forest Advisory Committee for not paying attention to all the parameters. The FAC had "failed to give due regard to material issue/questions while tendering its advice to the Ministry." The Minister's reasoning for according clearance that the coal blocks are linked to super-critical thermal power plant, which is imperative to sustain momentum generated in the XI Plan for increasing power production, has not been accepted by NGT holding such 'anthropocentric' considerations were not valid to evaluate the project.

It is common that whenever an order or judgment is passed by the Court/Tribunal, the contending parties would either comply with the order or the aggrieved party would go in appeal or review of the said order. Though the NGT had castigated the Minister, the Ministry and the FAC in no uncertain language, the Minister has been quick to react with a rejoinder the very next day. It is not only unusual but also curious to take its contents seriously.

Mr. Jairam Ramesh's defense in his own words is: "The reasons for my doing so were spelt out in detail in a 4-page speaking order made public immediately after I had taken the decision. Six specific reasons were given to reject the Forest Advisory Committee (FAC) recommendations." Reacting to NGT's observation that he had taken

mere 24 hours to override the expert panel not even giving it a chance to comment on his views, the Minister said: "The NGT makes much of the fact that my speaking order is dated June 23, 2014, which is only one day after I received the final recommendation of the FAC. Perhaps it may not have occurred to the NGT that as a Minister I could have been aware of what the FAC would recommend. Indeed, I had encouraged it to take its own view on the proposals. While the FAC was carrying out its due diligence, I was doing my own assessments enjoined upon me as Minister." In the course of his defense, he revealed that "Raman Singh (Chattisgarh Chief Minister) and Gehlot (then Rajasthan Chief Minister) wrote to me and met me at least thrice to argue for the clearances."

While defending his decision, he invoked the logic: "After having been pilloried for not clearing the projects, now I am being attacked for having cleared the projects. I am being accused of being anthropocentric, while in the past I was accused of being obsessed with trees, tigers, rivers, mangroves, coasts and mountains, apart from elephants, hornbills and other species." This is an obvious response to NGT's remark that the Minister had been wrong in giving weight to "anthropocentric" considerations – the need for power generation, linkage to a super critical power plant and lobbying by States concerned – and not evaluating ecological factors properly. The Minister's final swipe is particularly typical of those in high places who think they are answerable to none and should be seen as

Caesar's wife. He says: "It is not for me to challenge the wisdom of the NGT, a quasi-judicial body that I myself was entirely responsible for envisioning, navigating the legislation through Parliament and then getting it off the ground in every way."

Defense put up by the Hon'ble Minister, Sri Jairam Ramesh, in the face of NGT orders, is not in good taste, to say the least. It certainly does not enhance his stock even a bit in public esteem. Judicial and quasi-judicial forums need to be respected and there cannot be two opinions on this score. Rushing to media on contentious issues settled once by a Court, instead of taking recourse to admissible mode of protest by way of appeal or reviews, is not the wisest of the options. The indiscretion is further compounded by emphasizing upon the invulnerability of the position as Minister. Following argument should drive home the point:

1. If the Minister was earlier accused of being obsessed with trees, tigers, rivers, mangroves, elephants etc., he was only discharging his official duty as Minister. Article 48-A of the Constitution is the guiding factor. Natural resources are National wealth attracting Public Trust Doctrine and the State is the Trustee. Being the Minister functioning in the name of State, he has the constitutional responsibility to preserve, protect and improve the trust placed under his charge. If someone accused him of obsession on this count, the accuser is at fault and not the Minister.
2. To extend the argument further, accusations from any quarters of the Minister being very obsessive of his duties and functions, do not entitle him to retract from his obligations of lawful duty.
3. The Minister saying that "It is not for me to challenge the wisdom of the NGT, a quasi-judicial body that I myself was entirely responsible for envisioning, navigating the legislation through Parliament", is totally unwarranted. Anybody would do the same as Minister in charge. Even otherwise, being the architect of legislation does not confer any powers or authority to interpret the same in implementation. Interpretation of law is the exclusive domain of the judiciary. Besides, the statement smacks of belittling of the NGT by bringing in the element of '*wisdom*' in its functioning.
4. The Minister did not consider favorably a proposal of a coal block in the same forest patch on ecological considerations while he did not have qualms to clear these coal blocks overruling FAC. The area is classified as 'no-go' zone. If ecological considerations did not permit one coal block, the same yardstick should be applicable to the other in the same area. What holds good for goose should also hold good for gander.
5. The Minister said about letters received from Sri Raman Singh and Sri Ashok Gehlot, Chief Ministers of Chattisgarh and Rajasthan respectively. He also said of at

least three meetings he had with them. Does it mean to convey that pressure from high dignitaries prompted him to sacrifice ecological considerations? If the decision was taken on merits there was no need for the Minister take the names of the Chief Ministers. The oath of office for a Minister for the Union mandated in Third Schedule of the Constitution is: "I do {swear in the name of God/solemnly affirm} that I will bear true faith and allegiance to the Constitution of India as by law established, that I will uphold the sovereignty and integrity of India, that I will faithfully and conscientiously discharge my duties as Minister for the Union and that I will do right to all manner of people in accordance with the Constitution and the law, without fear or favor, affection or ill will." It is for legal experts to say anything in this regard.

6. Then the point of the issue being anthropocentric. This high sounding not-so-easily intelligible word essentially means 'regarding humankind as the center of existence' which can be generally understood to mean 'for welfare of general public at large'. It has become common for modern day project consultants to employ fanciful terminology to give an impression of being larger than its intrinsic connotation. This aspect needs larger debate and scientific evaluation.
7. Reacting to the comment of NGT that the Minister hardly had a day to write his order after receiving FAC recommendation, he

said that "..... I could have been aware of what the FAC would recommend..... While the FAC was carrying out its due diligence, I was doing my own assessments enjoined upon me as Minister." It otherwise means that the Minister and the FAC had known each other's mind and the Minister was predetermined to bypass the statutory FAC and clear the proposal in any case.

There is a strong lobby patronized by vested interests who are deadest against the FCA. Governments and bureaucracy and quite often the Forest Departments collude with these elements to show the legislation in poor light. They go to the extent of alleging it to be anti-people and anti-development. The menace increased manifold with Planning Commission's obsession with PPP. False impression is created among the public that abnormal delays occur to obtain forest clearances. It has been conclusively established using the statistics given out by Government itself that Forest Clearances are accorded in 99% of the proposals received (see January & March 2014 issues of Vana Premi) and that the common complaint that projects are held up for want of FC is a myth. What is concealed from public view is huge commercial interests of money bags. In the name of joint venture natural resources of incalculable value are siphoned off. This very case is a classic example of undue favor extended to Private Sector projecting the government run power generation company as *mukhota*. While it is true that power sector is

critical for development but no sector is more valuable than the long term common good of people and public interest. State investments of resources are shown as inconsequential and the State is made to purchase power so generated at prohibitive cost. It is a high stakes game played by politician-businessman-bureaucrat nexus to promote commercial interests of the chosen few.

While developed and developing countries are discouraging thermal power production to contain pollution, it has become a lucrative enterprise in India. Mr. Jairam Ramesh could not have been unaware of this scenario. Carbon dioxide (CO₂), with a share of about 77%, happens to be the largest contributor to the global warming. It is naturally present in earth's atmosphere and in oceanic and terrestrial sinks. But the problem arises when CO₂ concentrations increase beyond a level that can be absorbed by the earth's natural cycle. Since the start of industrial revolution, the world has been heavily depending on carbon based fossil fuels giving rise to rapid increase in CO₂ concentrations. Industrialization, economic growth and better lifestyles result in emission of more and more CO₂ in to atmosphere. It is said that there is 30% more carbon dioxide in the earth's atmosphere than 200 years ago.

Fossil fuels coal, oil and natural gas originated from the decomposition of plant and animal matter are rich in carbon and emit vast quantities of carbon dioxide, nitrogen oxides and sulfur dioxide when ignited. Fossil fuels are extensively used for generating electricity. Even now much

of rural and semi-urban India depends upon coal and kerosene for their energy requirements. Every human activity involving electricity, like watching TV or switching on fan etc. results in emission of greenhouse gases. Renewable energy sources have not yet become popular. Most of the power generated in India is thermal power using coal, emitting largest quantities of carbon dioxide. Energy sector alone is responsible for emission of 21.3 % of greenhouse gases in the world. Industries are mostly dependent on fossil fuels for their energy needs and they consume vast amounts of coal and other fossil fuels and emit huge quantities of greenhouse gases accounting for 16.6% greenhouse emissions annually.

The fact deliberately ignored in this context is that coal-mining causes irreversible damage to the earth and its ecology. There are several examples in India to confirm these fears. Earth is subjected to all kinds' abuses, over ground as well as underground, resulting in loss of its vegetation, fertility, content, quality etc. Soil is hugely disturbed to render it permanently useless for any productive activity, particularly of good environmental value. Because of high degree of labour activity and transportation needs, not only the mining area but even the surroundings up to large distances incur adverse impacts. To cite examples nearer home in AP, coal-mining was stated 100 years ago in Yellandu area. The area once supported excellent forests is now an indelible scar of desolate listless terrain. I have seen in my lifetime how the pristine glory around

Kothagudem, Ramavaram and Manuguru in Khammam District; Ramagundam in Karimnagar District, Bhoopalpally in Warangal District and Bellampally, Mandamarri and Srirampur in Adilabad District, is ruined forever. Even a casual visit to these places will enlighten us of the damage caused by mining to environment. While coal-mining itself is disastrous, open cast mining is many times more harmful as it consumes more spatial extent.

The NGT also had some unsavory comments to make about FAC. Though it is a statutory body, it very often failed to live up to obligations cast over it. It mostly acted as a pocket borough of the Minister in charge or acted as agent of the project proponents. This must be one of the rarest cases where it differed with the Minister. The credit for dissent does not go to the FAC as a body but it could in all probability be the Chairman or a vocal member who could not be overruled by other members. Otherwise, the FAC acted mostly as a rubberstamp looking over shoulders to the Minister to know his mind. That 99% of the proposals were recommended by FAC tells the whole story how small it has been for the shoes it wears and how proud it felt to acquit itself a captive instrument of the Ministry instead of functioning as an independent statutory body.

I am aware of an instance where the FAC recommended Stage-1 and Stage-2 proposals of an eco-tourism project and had also cleared the Management Plan without bothering about what the project contained. When complained, it fell upon a Regional CCF to point out that the

project was objectionable. It was at this stage the DGF became alert and as result the Minister ordered suspension of the project writing a stinking letter to the State Chief Minister. But the State Govt. placed the blame at the door of Central Govt. arguing that it was a project cleared by the Centre. Then surprisingly, following a tete-a-tete between the Minister and the Chief Minister, a process has been initiated to bring the project back to life. The matter of great significance is that the Minister having said that the project is not only objectionable but invites punitive action, made a volte-face and the FAC changed its recommendations at least four times. I have not seen even junior clerks at Taluq level government office committing such blunders. The less said the better about the MoEF.

There was a panel discussion on NDTV 24X7 anchored by Dr. Pranoy Roy on 8th February 2014 and the topic related to coastal zone environment at large and the threats it faces. Sunita Narayanan of Centre for Science & Environment was one of the panelists. Well informed persons were also on the panel. The panelists effectively articulated the perils the coastline is subjected to. It was shocking to learn that 25% of the Coast Line of the Country had been grossly abused from environmental angle. Important points highlighted during the discussion were:

1. Indian coastline is diverted for development at roughly 100 Kms. per year on one pretext or other.

2. Pristine glory of about 25% of the coastline is already lost.
3. Diversion of coastline is mostly for projects under Public- Private Partnership mode.
4. Most of the projects including some ports are patently superfluous with fanciful connotations which do not pass the stringent parameters of justification. Unusually large extent of coastline is passed on to private parties on one pretext or the other.
5. In the process the defense of the country is being seriously compromised.

It needs to be understood that none of the above objectionable activities is possible without clearance from the FAC and MoEF. Evidently the Ministry and its functionaries created to safeguard the environment & forests are working at cross purpose. With such State agencies/institutions within the country sabotaging the very purpose for which they are created, our hostile neighbors do not have to waste their energies and resources.

APPEAL

The Association of Retired Forest Officers, Andhra Pradesh will be 25 years old this year and it has been decided to celebrate the Silver Jubilee in a befitting manner in. The Association also decided to bring out a 'SOUVENIR' to commemorate the occasion and constituted a SOUVENIR COMMITTEE with the undersigned as Convener. We request the foresters –retired and serving, nature lovers and well-wishers to contribute articles for publication in the Souvenir so as to reach the undersigned on the given address by 15th May 2014. Selected articles conforming to the following conditions will be included in the Souvenir

1. *The articles should mainly be in English language. Articles in Telugu and Urdu will also be considered.*

2. *Articles should generally not exceed 1500 words.*

3. *Topics chosen should preferably be relevant to forests and environment and issues connected therewith. Articles on issues of general public welfare will also be considered.*

4. *Educative and informative articles of durable value will be preferred.*

The Souvenir Committee will have the exclusive discretion in selection of articles.

J. V. SHARMA, IFS (Retd.)

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HOW MUCH IS BARD-OF-AVON RELEVANT IN PRESENT-DAY-TIMES?.....A TRIBUTE

By
Dr. Raghotham Rao Desai

Have you noted the stark similarity between what the politicians of today say and what Brutus said in *Julius Cæsar*?

"Censure me in your wisdom; and awake your senses, that you may the better judge" he says, whipping up people's emotions while trying to justify his killing of Cæsar.

If contemporary politicians justify their switching of loyalties from Party to Party by saying that they have the Nation's interest uppermost in their minds, Brutus also said that his "love to Cæsar was no less" "Not that I loved Cæsar less, but that I loved Rome more. Had you rather Cæsar were living, and die all slaves, than that Cæsar were dead, to live all free men?.....but as he was ambitious, I slew him: there isdeath for his ambition. Who is here so base that would be a bondman?.....Who is here so wile that will not love his Country? If any, speak; for him have I offended. I pause for a reply"———(Act II, Scene II- The Forum). We may perhaps aptly modify the last sentence as "I pause for your Vote"!

That life brings both sweet and bitter tidings and no one is exempt from committing mistakes is beautifully brought out in his *Sonnet* (No xxxv)

when Shakespeare says : ".....Roses have thorns, and silver fountains mud; Clouds and eclipses stain both moon and sun, And loathsome canker lives in sweetest bud. All men make faults and even I in this," And where there is a fault, can remedy be far behind? And for remedy, are not mercy and forgiveness the essential ingredients? Portia touchingly drives home this fact to that usurious Shylock in *The Merchant of Venice* when she says "The quality of mercy is not strained; It droppeth as the gentle rain from heaven upon the place beneath: It is twice bless'd; It blesseth him that gives and him that takes"——(Act IV, Scene I- Venice: A Court of Justice)

The heat is oppressive——particularly this year——the humidity hanging like a wet blanket over the still night, sending trickles of sweat down the neck that accentuates the nocturnal misery. The leaves are still, not a stir anywhere. The stray-dogs, rodents appear to have buckled under the heat—— sleep being an elusive luxury, but nevertheless must be sought after. The wandering mind strays afar, alighting on this and that, like a thirsty bird in search of water.

Then, for no particular reason, *A Midsummer Night's Dream* makes its appearance on the mindscape. As the Bard himself said, the play may have been the *most lamentable comedy*, but his warning to the actors:"And most dear actors, eat no onions nor *garlic*; for we are to utter sweet breath ; and I do not doubt but to hear them say it is a sweet comedy. No more words: away! Go; away!"——(Act IV, Scene II-Athens) is like a gentle zephyr on a sultry afternoon.

Four hundred and fifty years after his birth (b. 23rd April 1564——born, baptized, bar-hopped and later buried in the unimportant town of Stratford-upon-Avon——baptized as Guiliamus filius Johannes Shakespeare, a Latin phrase that just means William son of John Shakespeare, who, interestingly, passed away on the same date of 23rd April, 1616), William Shakespeare——one of the greatest poets and dramatists the world has ever seen——continues to inspire humankind with not only *his mastery over the written word*, but equally by his insightful handling of situations that man has to grapple with in his life, exploring the deepest recesses of the human psyche, portraying human emotions and conflicts in the most eloquent prose, *evoking a rich imagery that is as relevant today as it was during his time*.

His dates of birth and death, exactly and surprisingly synchronizing 52 years apart, could it be a case of *Ichchaamaranam* similar to the

one that great warrior of *Dwaaparayug* Bheeshm had (as the Commander-in-Chief of the huge Kauravas' Army (not yet decimated) falls-back, with scores of arrows which pierced his broad-back, shot by Arjuna, as the final hour comes of *Uttaraayana Punyakaal*, as described by Vedavyas in the epic Mahabhaarat), which as they say, only great and blessed ones would have it?

Humans are, after all, humans, with all the foibles and frailties that characterize man. *Moral turpitude, betrayal, greed, power, hunger, double-talk*, justifying evil by invoking lofty ideals, these *are timeless traits that have accompanied man* from the time he first appeared on Earth, *and will cling to him for as long as he is around*. This man of genius reveals himself in a succession of amazements, so that his authority over our minds and love rises from respect to submission——his appeal to the imagination of mankind has in fact steadily increased, in some extraordinary and even inexplicable manner, nourishes the imagination and exalts the spirit more generally and more lastingly than do any of his equals.

Actually, Shakespeare is well known for his philanthropic deeds. For instance, he generously donated more than 1700 common words to the English language. He was notorious for changing nouns into verbs, verbs into adjectives, adding prefixes and suffixes to

existing words, or just inventing whole new original words. If you have ever been single 'Accused' or 'Aroused', been influenced by cheap 'Advertising' or expensive 'Addiction', or at least witnessed an 'Assassination', please note that these are just a few of the 'A' words coined by Shakespeare. And imagine what emotions he could stir up with the rest of the alphabets. Bedroom, Blushing, Courtship, Dishearten, Drugged, Excitement, Fashionable, Generous, Gossip, Invulnerable, Laughable, Majestic, Obscene, Premeditated, Rant, Swagger, Torture, Tranquil, Undress, —How many times have we gone from Accused to Undress, without a thankful thought thrown in the direction of the thoughtful man, Mr. Shakespeare?

And his generosity did not stop with just words. Hundreds of today's clichés were born in the mind of Shakespeare and came to life on the pages of his plays. If you do not understand something and vexedly state "It's Greek to me" you are quoting Shakespeare (Casca to Cassius

in *Julius Caesar*). Why he came up with this line remains one of several Shakespearean mysteries. Did he really not know Greek, or was he simply pretending not to know the language in order to annoy the Greeks? We casually use dozens of expressions today which were gifted by Shakespeare to the English speaking world——vanish into thin air, play fast and lose, tongue-tide, tower of strength, hoodwinked , neither here nor there, fair play, too much of a good thing, seen better days, live in a fool's paradise.

And just mindful so that these witty words and pretty phrases he invented did not go to waste, in his spare time Shakespeare managed to write 38 Plays, 154 Sonnets a few other assorted verses. Logophile Sam (Samuel) Johnson, father of the Dictionary and a huge fan of Shakespeare, would have been poorer by about 2000 words for his lexicon had Shakespeare not been his predecessor!

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- Editor

JUDICIAL FROWN

By
K.B.R. Reddy

As reported recently in the press, the UPA Government received jolts, one from the Supreme Court and another from the National Green Tribunal.

Supreme Court on Black Money:

(Ram Jethmalani & Ors. Vs. Union of India & Ors.)

The Supreme Court took a critical view of the failure of the Government in complying with its order dated July 4, 2011 passed by The Honorable Justice B. Sudershan Reddy. This order came to be passed in a PIL writ petition filed in 2009 by noted jurist, Senior Advocate and former law minister Ram Jethmalani and five other respectable and eminent citizens of the country comprising well known professionals, social activists, former bureaucrats, who have held responsible positions. The matter pertains to black money stashed in foreign banks. The prayer to the court was to direct the Central Government to take steps to retrieve the unaccounted money. The total amount deposited by Indian citizens in foreign banks is not known. However, according to the statement made to the Supreme Court in July 2011, the unaccounted money is estimated at US \$ 500 billion. The court by the order directed the Government to set up a Special Investigation Team (SIT) to work under two retired judges of the Supreme Court, namely Justice B.P. Jeevan Reddy and Justice M.B. Shah.

By an interlocutory application, the Central Government challenged the correctness of the order and it was requested to dissolve the SIT and recall its order of July 2011 on the ground

that it is unworkable mechanism without jurisdiction. This matter came up for consideration before the Supreme Court Bench comprising Justice H.L. Dattu, Justice Ranjana Prakash Desai and Justice Madan B. Lokur. The court was aghast with the stand taken by the Government. The court while reiterating the earlier order felt that by bringing back the money, per capita income of the country would go up and the tax burden on the common man would come down. The court castigated the Government for doing nothing to retrieve black money from foreign banks. The court further said as "nobody thought for 65 years to bring back black money" This is a matter where the Government failed and, if the Government still does not act, the court would try to achieve the objective. It was alleged that the inaction of the Government has resulted in "destroying the economy". Furthermore, the court held: "There is an unusual situation. This court wants the money stashed in foreign banks should be accounted. The court took cudgels. Therefore we kept the matter pending. And we must monitor". It is suspected that there is a nexus between law maker, law keeper and law breaker. The application was dismissed on Wednesday, the 26th March 2014.

NGT on Forest Clearance:

(Sudeep Shrivastava Vs. State of Chattisgarh & Ors.)

With a view to reduce deforestation resulting in ecological imbalance and environmental deterioration, Forest Conservation Act (Central

Act) was enacted in 1980. This is a progressive legislation intended to conserve forests of the country. Under the Act, a panel of experts called 'Forest Advisory Committee' (FAC) is constituted. The Committee is required to give its appraisal of projects that require forest-lands; and advise the Government in the Ministry of Environment and Forests (MoEF) to grant approval or reject the project.

The National Green Tribunal Act is a central Act of 2010. The National Green Tribunal (NGT) is a Fast Track Court to handle the cases pertaining to environmental issues for speedy environmental justice. There are ten Expert Members and ten Judicial Members. The Tribunal is empowered to deal with cases under several Acts including Forest Conservation Act, Environment Protection Act, Biological Diversity Act, Laws relating to Prevention of Pollution etc. Hasdeo-Arand forests in South Sarguja Forest Division of Chhattisgarh are rich in biodiversity and support valuable Sal timber trees. They also have coal bearing areas. Forest clearance was given by the then Minister for Environment and Forests on 23 June 2011 over-riding the advice of the FAC on the two blocks for mining of coal by a joint venture between Adani and Rajasthan Rajya Vidyut Utpadan Nigam Ltd. (Adani Group is a large Corporation formed by merging diverse companies with businesses among others in energy sector, coal mining, power plants etc.) Consequent to the forest clearance orders of the Government of India, the Government of Chhattisgarh issued orders on 28.03.2012 diverting the forest land for non-forest use favoring the user agency. This decision was challenged by an appeal before the National Green Tribunal (Principal Bench) at New Delhi

by Sudiep Shrivastava against the Government of Chhattisgarh, Union of India and two others. The block requiring 1989 hectares of forest-land fell in an area that had been initially barred as it was considered a valuable forest treated as 'no-go' area. The Minister rejected recommendation of the expert panel and passed order granting forest clearance. The NGT of five members comprising Justice Swatanter Kumar (Chairman), Justice U.D. Salvi, Dr. D.K. Agrawal, Prof. A.R. Yousuf and Dr. R.C. Trivedi, took exception to the decision of the Minister for Environment & Forests merely on his 'understanding and belief' without basis in any authoritative study or experience in the relevant field.

The Tribunal elaborately discussed the provisions of the FCA and its Rules and adverted to several case-laws. The Tribunal not only passed scathing comments against the Minister but the FAC was also hauled up for not paying attention to all the parameters. The Tribunal noted that the FAC has failed to give due regards to material issue while tendering its advice to the Ministry. The Ministry was largely overtaken by anthropo-centric reasons ignoring material and relevant eco-centric issues.

The Minister was carried away by the notion that the coal blocks are linked to a super – critical thermal power plant, imperative to sustain the momentum generated in XI plan to increasing power production. The NGT held that anthropo-centric considerations are not valid to evaluate the project. In the facts and circumstances of the case, the Honorable Tribunal remanded the matter to the Ministry with a direction to get advice of the FAC afresh.

STRESS MANAGEMENT

By

V. Santhaseela babu

In the present system of life, stress has become very common in all walks of life. Stress has become universal and every human being is no exception for that. Sometime or other everybody must have felt stress and there could be nobody leading a stress free life. It is very common more in employees and business people. (Of course now among the Politicians due to the present Election season). Once the stress is felt, a person will get depressed and his efficiency in all aspects starts dwindling. So 'Stress Management' is quite essential for better performance and a healthy life. For that matter one has to know as to what a stress is and what are the stressors and effects of stress and in order to manage the stress in a well-organized and an efficient manner what are the measures to be taken. I hope the following aspects of stress which will be dealt by me may be of some help to the readers of our 'Vana Premi' magazine.

WHAT IS STRESS?

Stress is our mind and body's response or reaction to a real or imagined threat, event or change.

WHAT IS A STRESSOR?

The threat, event or change is **commonly called stressors**. Stressors can be internal (thoughts, beliefs, attitudes or external (loss, tragedy, change).

TYPES OF STRESS: Stress is of two types i) EUSTRESS (Positive Stress) and ii) DISTRESS (Negative Stress)

Eustress: Eustress or positive stress occurs when our level of stress is high enough to motivate us to move into action to get things accomplished.

Distress: Distress or negative stress occurs when our level of stress is either too high or too low and our body and/or mind begin to respond negatively to the stressors. This is very dangerous and creates adverse effects.

STAGES OF STRESS:

ALARM STAGE: As we begin to experience a stressful event or perceive something to be stressful, psychological changes occur in our body. This experience or perception disrupts our body's normal balance and immediately our body begins to respond to the stressor(s) as effectively as possible.

EXAMPLES:

- Cardiac – When we mentally or physically feel the stress our heart rate increases causing discomfort and anxiety.
- Respiratory – At the same time the speed of our respiration starts increasing and we feel breathlessness.
- Skin – There could be too much of perspiration and the body exhibits decrease in temperature.
- Hormonal – There will be increased stimulation of adrenal glands which produce an adrenal rush.

RESISTANCE STAGE: During this stage our body

tries to cope or adapt to the stressors by beginning a process of repairing any damage the stressor has caused. Our friends, family or co-workers may notice changes in us before we do so. It is important to examine their feedback to make sure we do not reach overload.

EXAMPLES:

- Behavior indicators include: lack of enthusiasm for family, school, work or life in general, withdrawal, change in eating habits, insomnia, hypersomnia, anger, annoyance, fatigue.
- Cognitive Indicators include: poor problem solving, confusion, nightmares, hyper-vigilance.

RESISTANCE STAGE:

MORE EXAMPLES:

Emotional indicators include:

- Tearfulness
- Fear
- Anxiety
- Panic
- Guilt
- Agitation
- Depression
- Overwhelmed.

EXHAUSTION STAGE: During this stage the stressor is not being managed effectively and the body and mind are not able to repair the damage.

EXAMPLES:

- Digestive disorders: Poor appetite, Nausea and gastric problems causing dyspepsia and heart burn.

- Withdrawal symptoms like abandoning from the routine work and pulling out from the normal activities.
- Experiencing severe headache for which there would be no relief with any remedial measures or medication.
- Feeling lot of tension and uneasiness and thereby causing restlessness both psychologically and physiologically.
- Experiencing 'Insomnia' (sleeplessness) in spite of making sincere efforts to sleep.
- Losing of temper thereby shouting on everybody for each and everything.

UNHEALTHY WAYS OF COPING WITH STRESS:

Many people, on the pretext of coping up with the stress they are experiencing, will be resorting to some of the following unhealthy ways to get relief from the stress but practically they will not be getting any positive relief but unfortunately they will get deep in to those dreadful habits and spoil their health, wealth and reputation.

- **Resorting to smoking:** While a person is under stress he goes on smoking continuously expecting some relief from the tension caused by stress. But the relief is only imaginary and unfortunately he would be putting his health at stake.
- **Using pills or drugs to relax:** Some people opt out to the usage of pills and drugs to relax and overcome the feelings of stress. But this obviously leads to disastrous effects on their health.
- **Consuming too much of alcohol:** Certain people start consuming too much of Alcohol thinking that it helps to get rid of the stress they are undergoing. But this again will cause

too many health problems and they land in to another type of stress.

- **Spending time by sleeping too much:** In order to escape from the stress people will spend their valuable time in sleep and try to overcome the stress. But this is not going to be of any help to shed the stress instead they become completely misfit to tackle any situation.
- **Overeating or under-eating:** When a person is under stress either he may feel hungrier and resort to over eating or may feel less or no appetite and will under eat and spoils his digestive system.
- **Procrastinating:** A person under stress will try to procrastinate the decision taking and go on adjourning the doing of important things. This acts on the normal functioning of his routine and will cause adverse results.
- **Zoning out for hours in front of the TV or Computer:** In order to escape from the reality and to forget the stress a person resorts to spend his time in front of the Television or before a computer thereby wasting the precious time.
- **Resorting to involve in wasteful activities:** Some people when under stress start filling up every minute of the day with unnecessary and unimportant works to avoid facing problems. But here also they go on wasting their time on nothing productive.
- **Withdrawal:** Some of them will resort to withdrawing from friends, family and activities and trying to lead a secluded life which again acts very badly on their mental condition.

- **Transfer of Stress on others:** In a bid to escape from the stress they take out their stress on others and create a sort of terror and make everybody around uncomfortable. But this is not going to help them in any way in getting rid of stress.

STRESS MANAGEMENT: The following measures are suggested for the best way of management of the stress so that we can be happy and at the same time we can keep people around us happy.

START A STRESS JOURNAL AND NOTE DOWN THE FOLLOWING

1. WHAT CAUSED YOU STRESS
2. HOW YOU FELT, BOTH PHYSICALLY AND MENTALLY
3. HOW YOU ACTED IN RESPONSE
4. WHAT YOU DID TO MAKE YOURSELF FEEL BETTER

HEALTHIER WAYS TO MANAGE STRESS AND THE APPROPRIATE STRATEGIES FOR STRESS MANAGEMENT:

The following strategies may be adopted for managing the stress after you identify the exact cause of stress.

To manage the stress and thereby to lead a comfortable life do the following Four 'A's

- a) Avoid the stressor
- b) Alter the stressor
- c) Adapt to the stressor
- d) Accept the stressor

STRATEGY – I (AVOID THE STRESSOR):

- **Learn how to say "No":** Sometimes a

person gets in to stress by doing an illegal or unwanted thing against his conscious. The best way to get rid of such things would be a vehement 'No' to such requests or orders. It is inevitable to learn and practice 'No' for such obligations.

• **Avoid people who stress you out:**

There could be some people who can cause stress on you. It is better to identify such stress causing persons and conveniently avoid them.

• **Take control of your environment:** The circumstances and the environment around you should be well within your control so that the stress causing element cannot find its place.

• **Avoid hot-button topics:** Generally the controversial and uncomfortable discussions will definitely cause stress on your mind. So it is always better to avoid such hot-button topics among our friends and neighbors.

• **Pare down you're to – do list:** Once you forget an important thing you are expected to do on time, it may cause you stress. The best way to overcome such stressful event is to organize your to-do list and pare it down with important things.

STRATEGY – II (ALTER THE STRESSOR): Once you identify the stressor you examine the ways and means as to how you can alter the stressor. For altering the stressor the following methods would be helpful so that you can completely come out from the stress.

- Express your feelings instead of bottling them up (communicate your concerns in an open and respectful way)
- Be willing to compromise
- Be more assertive (doing best to anticipate & prevent them)

- Manage your time better

STRATEGY – III (ADAPT TO THE STRESSOR):

Try to adapt to the stressor by visualizing the facts and fine tuning your abilities and looking at the whole episode in a positive perspective by keeping in view the following aspects.

- Reframe problems.
- Look at the big picture
- Adjust your standards (perfectionism)
- Focus on the positive (your own positive qualities, strengths and gifts)

STRATEGY – IV (ACCEPT THE THINGS YOU CAN'T CHANGE):

Once you feel that the stressor cannot be altered and you are unable to control it and you have to live with it, try the following:

- Don't try to control the uncontrollable
- Look for the upside, advantages and positive aspects. (what doesn't kill us makes us stronger, look at them as opportunities for personal growth)
- Share your feelings (with a trusted friend or therapist)
- Learn to forgive

STRATEGY – V (MAKE TIME FOR FUN AND RELAXATION):

When you feel that you are under stress you set apart some time to the following activities and try to relax so that you may not feel the stress.

- Go for a walk preferably with your better half or a close associate.
- Spend time in nature so that you feel the bounty of its beauty.
- Call a good friend and exchange your views

on lighter topics.

- Sweat out tension with a good workout in a gym or at home.
- Write in your journal all your feelings.
- Spend more time in a fragrant bathroom and take a long bath
- Feel the smell of Light scented candles glowing either in your bed room or living room.
- Savor a warm cup of coffee or tea and share with your wife all the sweet nothings of olden days.
- Play with a pet that you love so much.
- Work in your garden and design good landscaping.
- Get a massage of your body with aromatic oil.
- Curl up with a good book and enrich your knowledge.
- Listen to Carnatic or light music according to your choice.
- Watch a comedy film or comedy scene.
- Set aside relaxation time so that you are not in the clutches of the stress.
- Connect with others and express yourself on your favorite topics.
- Do something you enjoy every day and feel light.

- Keep your sense of humor so that all your anger and out of moods are thrown away.
- Constantly observe the movements of fish in an aquarium.
- Look at the flying of love Birds and enjoy their humming sounds

STRATEGY – VI (ADOPT A HEALTHY LIFE STYLE):

- Exercise regularly
- Eat a healthy diet
- Reduce caffeine and sugar
- Avoid alcohol, cigarettes, and drugs
- Get enough sleep

RELAXATION TECHNIQUES FOR STRESS RELIEF:

1. Breathing meditation for stress relief (Pranayama etc.).
2. Progressive muscle relaxation for stress relief.
3. Body scan meditation for stress relief (Feel the parts of your body while meditating in shavaasana (A relaxing posture in yoga).
4. Mindfulness for stress relief.
5. Visualization medication for stress relief.
6. Yoga for stress relief.

NOTICE

The 72nd General Body Meeting of the Association of Retired Forest Officers of Andhra Pradesh will be held on 8th of June 2014 on Sunday at 11:30 A.M. at KBR National Park Hyderabad.

Sri T. Krishna Murthy I.F.S. (retired) will talk on “ROLE OF FORESTS IN ENVIRONMENT”. All the members are requested to attend the meeting along with their spouses.

Sri T. Krishna Murthy I.F.S (R) will host lunch.

-Secretary

THE AMAZING FORESTS

By
V.S. Somasundaram

Forests are amazing, because it is a chamber of many wonders which we never see or can enjoy anywhere on the earth. Forests are blessed with lofty trees and the wild life .worth seeing. I had the opportunity to go into the forests and enjoy nature's gift. I used to spend more and more time in the Forest areas. I liked to travel the length and breadth of the Forest areas as far as possible alone. Beauty of Forests and the wild life could be enjoyed well if we go alone. But as a Forest Ranger, who is the backbone of the Department might be forced to take the help of his Staff for detecting Forest Offences.

Under the vesting and assigning Act 1971, the Kerala Govt. took all the Private Forests after assigning some rights over on these Forest to the individual or Companies. Due to the official delay, there were no men's forests for some period and the people encroached upon forests for various purposes. The Govt. had given Pattayam for the encroachment done before 1977. This was an act that could be considered as regularizing the crime. We lost several good Natural Forests due to this. This was a Govt. Policy and no environmentalists had made any valued objection against this.

There are direct and indirect benefits of the forests, which are either correctly assessed or studied. Some baseless arguments put forward

by some of the so called Environmentalists, made public in utter confusion. Forests are the ameliorator of the climates, Instead of emphasizing this, they said that the Forest bring Rain. But Forests never bring neither S.W nor N.E Monsoons. Sometimes local precipitations would be received in the Forest Areas. The evapo-transpiration of the trees make the atmosphere wet and one could feel cool even during the hottest days under the forests. In sloppy areas during rains the soils are been loosened due to the velocity of rain water and are washed away. This results in soil erosion. The Forest floor prevented this by covering the soil with humus. The leaves and twigs of big trees covered entire forest floor. The trees are established in the soil by tunneling of roots deep in the soil. The water comes down during rains, over the trunk and percolates through the tunnels made by the trees and go deep in the soil. Since no water to be disposed of this restricted the run-off water. Apart from this, the humus act as blotting paper and absorb bulk of rain water which go deep into the soil. This makes the under-ground water table high. These are the indirect benefits of the forests. Getting fuel and fodder from the forests are the direct benefits of the forests.

Forestry is a science subject and as eminent

ecologist Sri. Madhav Gadgil correctly said do not Trust Science Blindly. Though Botany is one of the main subjects in Forestry, a Botanist could not be the authority of Forest science. The classifications are often plainly influenced by chains of affinities. Geographical distribution has often been used in classification of forests. During training we were taught that Genera to Genera are rapidly changing in the plant succession period. I watched these phenomena with greater interest. Wayanad, and Nilmbur Forest Divisions have, Deciduous, wet Evergreen, Pre-Climax Evergreen and Post-Climax Evergreen Forests. The change of Wet-Evergreen Forests towards Post-Climax Evergreen Forests is a slow process. In the onward journey of the plant succession of forests, to Evergreen Forests the Genera and the number of Species are less in numbers. The undergrowth in these Forests was below one degree. The under growths seen are the young recruits of the predominant trees like *Mesua ferrea*, *Cullina excelsa*, *Veteria indica* and *Calaphyllum elatum* etc. The young recruits are shade bearing at the initial stages. Though plenty of recruits were seen coming up under each big tree, nature adopts survival of the fittest theory here. Though filtered sun rays in hot weather seasons reached down, one would feel cool and pleasant in the forests. This was due to the Evapo-transpiration taking place in trees. Gigantic woody climbers could also be seen in these forests. It was not trailing on the ground, but climbed on big trees. Most of the trees were

buttressed to get an anchorage on the ground. In rains the rain water comes down over the trunk of the trees and directly go under the soil. This tunneling of roots help the rain water goes deep in the soil. These tunnels made by the trees elevate water table high and less soil erosions. Instead of telling these benefits, the so called Environment people say the forests give rains, but forests never bring rains. This sort of incorrect statements made public in utter confusion,

In Evergreen Forest very few wild animals could be seen. Only few wild elephants roaming here and there are seen in these forests. The lack of fodder in the underground may be the reason for absence of wild animals like deer bison etc. here. In Nilambur Forests Lion tailed monkeys could be seen on the big tree tops. Cobras and Python's and very rarely King Cobras could also be seen on the ground floor of these forests. The Pythons stretches entire length of its body and lay near the big tree like the root of the tree, after swallowed a prey... I could see plenty of wild animals in the Deciduous and in the wet evergreen forests. I was happy of seeing the wild animals in their natural habitats. Those wild animals never hurt me. Very rarely I could see some lone tiger roaming at a distance of about two to three hundred meters away from me. I could also see herds of Bison and Spotted deer, grazing in the grassy patches almost all the time I inspect the forests. To try to tame them I carry plantains in small bags and threw it towards

them. They refused to eat those plantains. Instead, they simply stare at me but never ran away.

When I was in charge of Karulai Range as Range Officer, ie.1975 to 79 I happened to read an article published in a Malayalam daily about a Tribe lived in Caves known as Chola Naikans. Since they were living in Shola Forest, they were known as Chola Naikans. The Malayalam version of Shola is Chola. They were a peculiar type of people, lived in Caves. Anyway I could manage to get their confidence by regular contacts. I felt that my presence made them happy. The only outsider to whom they talked was with me. I tried to study them well. I gathered what were their habits, and culture .The male members talked to me in broken Malayalam. But the female members never talked . They only smile whenever they saw me or I talked to them. They never made huts for their stay as practiced by other tribes. They spent their night under huge rocks. Those rocks gave them ample protection from the attack of wild elephants and from rains. Even though crystal clear water was flowing in Karimpuzha River adjacent to their caves, they never took bath. If they happened to dip in the river, they dried the water from their body, by sitting on a rock under sun, but never wiped out with cloths. When any family member of them died, they buried the dead body inside cave itself after making shallow pits with sharpened bamboo reapers, since they have no digging or any other implements with them. Those pits

were not deeper than one foot. After laying the dead body inside these pits, the pits were covered with soil collected by hands. In addition they put some more soils collected and made a hump like structure by appearance over it. There were no rituals or any ceremony after that and they continued to stay in the same cave on the very same day. They prepared their food, eat the food and sleep at night in the same Cave.

The Chola Naikan was trustworthy people. They lived in the forests happily like wild animals. Blood relations, were not known even to their children or parents. They never accepted money either in coins or currency notes. One thing I noticed was they protected their spouses well. The members of these tribes were almost naked or half naked. They covered their private parts with small pieces of cloths; they get it from the forest, thrown by somebody after their use. The clothes were used continuously and never washed, the color of the clothes they wear were muddy. They ate rice only 6 months in a year. During six months they used to bring M.F.P (Minor Forests Produce) items to the collecting agent one Athoi Mappila, who put his collecting shed adjacent to the Evergreen Forest to attract these people. When Monsoon starts these Chola Naikkans stay back in their caves. Instead of taking money for the item of M.F.P they brought, they received rice, tobacco and match box. Like a barter system. They never keep rice and other food materials for next day.

They ate at a stretch what they received.

In the Forests the wild animals have their territories, especially large animals like elephants, and tigers. In each territory there is a leader. Intruders are not permitted by the respective leader of the territory. I had experience to see the fighting of two big Tuskers; one of them was an intruder. The fighting continued till one tusker disappeared from the respective territory of the other.

After few days of fighting one tusker disappeared from the sight, and things were normal in the forests. The fighting by two elephants was in the presence of a herd of elephants.

Sex and Musth is interconnected. Musth is a common factor of the tamed captive male elephants. I could not find any wild Tusker was in Musth. Whenever the departmental tusker used to be in Musth, it was chained on a big tree until musth subsided. One of the big departmental Tusker of my Range once had in Musth and it was chained on a big tree. Accidentally one of the female elephant of my Range happened to go near the Musth chained tusker. Then the female elephant was served by the Musth chained tusker. After that incidence the next day onwards Musth of the tusker disappeared. The wild Tuskers would be having plenty of chances to mate in the forests and that may be the reason, in the forests the wild tuskers are not seen in Musth condition. During mating times the wild Tuskers become ferocious and always in attacking moods. It may chase the men, who go

near to it. I had experience of this type of wild Tusker chasing also.

I could watch the delivery of an elephant, in midst of thick forest surrounded by so many wild elephants, as they want to give sufficient protection to delivering elephant. Since the herd of elephants surrounded the delivering mother elephant and were readily waiting to attack if anybody intrudes. I could see the delivery only by hiding myself under big tree available and peeped through it

The new born calf was completely covered by film like material. As soon as the calf felled down, the mother elephant wiped out the filmy coating by its trunk and mouth from the calf's body and the first excreta of the calf eaten by the mother elephant. Then calf was tried to stand erect with wavering legs.

Tribes in the reserve forests are part and parcel of the forests. They are God fearing and superstitious. Usually they would not take modern medicines for their ailments, instead one of the old men act as God and went near to the ailing member, pronounces some penalty, for being getting ill. The penalty was mostly a live fowl. On getting fowl its throat was cut by the God man with his teeth and drank the blood. He also made some announcement about the illness. It was usually something done by the patient against the customs, which their God did not like. For pleasing the God, the God man proclaims the penalty. To see that ceremony the entire colony members, including children

and very old people gathered there. They were all very respectful to the God man.

The hill tribes were using some leaves and roots available in the forest for treatment. But they never show those medicinal herbs to anybody. In Nilambur Cobras and even King Cobras are plenty in the forest area. I was told that when snakes bite they put a particular stone on the spot for one or two days. I was told that the stone absorbs the poison and fell down. I was having another experience also. When I was in the forest a middle aged, tribal person approached me and asked for a pair of shoes. It was a rare thing, a tribal man asking for a shoe. On hearing his request I simply watched his legs. His right toe of his leg was covered with a piece of cloth and the cloth was completely soaked with puss oozing out from his leg. The Forester who accompanied me told that the tribe was having Cancer on his right toe and never took any medicine for it. I assured him to give a pair of shoes. I could inspect the particular site only after three or four weeks, where the tribal requested for a shoe. When I reached the site the same man approached me and told me that his toe was completely cured by applying a medicine prepared by some wild leaves collected from the forests and prepared a decoction with coconut oil. I was wondered to see that his foot had no puss or blisters. Though he lost his toe fingers, no puss or blood was oozing out. I asked him to show me the leaves he collected from the forest. He agreed to show

me the plant, but never did. Actually forests are the store house of medicinal herbs. *Anamayaki*, *Anachorian* (Laportea) is a plant in the forests which frightened even wild elephants, hence this plant known by the vernacular name. This plant is usually available in evergreen forests. If anybody happened to contact the plant then he will suffer with fever. Usually the victims were always the forest staff. Many medicinal herbs and plants are available in the forests. The *adivasis* use these medicinal plants for treating Fever, Jaundice and even aborting early Pregnancy. But they never reveal the name of the plant or show this to anybody. Rare varieties of Orchids are also available in the forests.

The narration given above is not an exhaustive picture of the forest. The study of forests and seeing the forests is not easy. One who can walk in length and breadth in the forests can understand something about the forests. One, who spent his life as a sage in the forests and concentrate to study the forests, is only the authority who could say something on the forests. The others who are writing anything about the forests for getting name and publicity can only be treated as blind man see the elephant. In this regard I believe I am lucky that I could spent sometime in the wonderful world of forests, since I had been selected in the Forest Department and worked as a Forest Officer for thirty years. Those days were my happiest days in my life

PREVENT DIABETES WITH THESE 10 PRACTICAL TIPS

Diabetes has already become a huge epidemic of our times, and the number of diabetics will keep on increasing over the next 20 years or probably beyond that. A lot is being said and written about controlling diabetes and living a healthy life with diabetes, but the prevention aspect of diabetes also needs to be highlighted. The most disturbing part of this disease is that you cannot tell if you're destined to be a diabetic. Therefore, it's better to take the right measures beforehand and keep diabetes at bay.

Change your lifestyle: Sometimes, small changes can make a huge difference. Lifestyle intervention for preventing diabetes is the best example for this. Several studies on diabetes prevention programme have proved that diabetes can be prevented effectively by giving up sedentary lifestyle and adopting healthier changes.

Regular health checkups: There is no evidence that diabetes can be prevented indefinitely. Lifestyle changes can prevent it as long as you stay committed to follow them. Also, as you get older the risk of high blood pressure, heart diseases and other health problems increases, and these are all linked to diabetes in their own way. So, it's best to get a complete health checkup done, particularly after the age of 45 years.

Get sufficient sleep: A good night's sleep of at least 7-8 hours in a day is a must. Adequate sleep

will keep your energy levels high during the day, and most importantly it will minimize your cravings for high-calorie food.

Eat smart: How much you eat and when you eat is as important as what you eat. Reducing portion size and dividing meals throughout the day reduces the risk of obesity and diabetes. Eating proportionately will definitely be more helpful than starving yourself and overeating later due to excessive hunger. Irregularity in pattern of eating also causes drastic changes in blood sugar levels.

Be physically active: The best way to stay healthy is to exercise. It will not only help you to prevent diabetes but also have a positive effect on your overall health and wellbeing. You will feel fresh and energetic. Overweight and obese people should have exercise on the top of their daily to-do list. Here's a complete weight loss guide for you. 30 minutes of exercise whether aerobics or simple activities like dancing, playing tennis, brisk walking can reduce the risk of type 2 diabetes by 30 percent. If you find it difficult to exercise in day time, walk between your mini-breaks or after having meal within your office premises. This will regulate your blood sugar levels and reduce your risk of developing diabetes.

Quit smoking: People who smoke double their chances of developing diabetes. Even if you

follow other healthy habits but still continue to smoke, it's not going to help you. You have to kick your habit, only then other changes can have full positive impact on your health. Read more about different ways that can help you to quit smoking.

Limit your alcohol intake: A good night's sleep of at least 7-8 hours in a day is a must. Adequate sleep will keep your energy levels high during the day, and most importantly it will minimize your cravings for high-calorie food.

Eat healthy: Eat a healthy diet that has low calories, especially low saturated fats. Trials have shown that fat intake should not exceed 30 percent of the total calorie intake, whereas saturated fats should be restricted to just 10 percent. Include more of vegetables, fresh fruits, whole grains, dairy products and sources of omega 3 fats. Also, increase your fiber intake. Read more about fiber can help you to prevent diabetes.

Get your sugar levels checked: A lot of people have pre diabetes (fasting sugar: 100-125 mg/dl) and are totally clueless about it. A blood sugar test will help you to understand whether you're pre diabetic and what are, your chances of developing diabetes. If you get diagnosed with pre diabetes, then you can take the right steps and prevent it from transforming into irreversible diabetes.

Exercise is the key: One suffers from diabetes when the blood cells do not respond to insulin produced in the body. When you follow a regular exercise regimen, your body starts responding

to insulin, helping to reduce your blood glucose. Exercise also helps improve blood circulation in your body, particularly in the arms and legs, where diabetic patients most commonly encounter problems. It is an excellent way to fight stress, both at the body and mind level, which in turn helps keep one's glucose levels down.

Surya namaskar and kapal bhati pranayama are some of the most effective yoga poses that aid weight loss. Since obesity is a major contributing factor for diabetes, doing yoga to keep your weight in check is the key

Manage stress: The more you will get stressed, the more you will tend to follow unhealthy habits. Studies show that stress hormones alter blood glucose levels directly and increase the risk of the diabetes. To lower your stress levels practice meditation, do yoga, listen to music or do any activity that makes you happy and stress free

Pranayam: Breathing in deeply and breathing out helps oxygenate your blood, and improves circulation. It also calms the mind and gives your rattled nerves some much needed rest. Steps to do this pose: Sit on a yoga mat on the floor. Fold your legs in either padmasana or sit cross legged. Now straighten your back, keep your chin parallel to the floor, place your hands on your knees with your palms facing upwards and close your eyes. Breathe in deep and hold your breath for five counts. Exhale slowly. Repeat this process at least ten times. Once you are done, rub your palms together till they are warm, and

place them on your eyes. Now slowly open them and smile

Setubandhasana: This pose not only helps keep one's blood pressure in control it also helps to relax the mind, improves digestion, relieves the symptoms of menopause in women and stretches the neck and spine. Steps to do this pose: Lie flat on your yoga mat, with your feet flat on the floor. Now exhale and push up, and off the floor with your feet. Raise your body up such that your neck and head are flat on the mat and the rest of your body is in the air. You can use your hands to push down for added support. If you are flexible you can even clasp your fingers just below your raised back for that added stretch. The key here is to not overexert or hurt you while doing this pose. Tip: Avoid doing this pose if you have a neck or back injury

Balasana: Known quite aptly as the child's pose this is a great stress buster. It gently stretches the hips, thighs and ankles, calms the mind and helps relieve stress and fatigue. It is also a great remedy for that lower back pain you might have from long hours of sitting. Steps to do the pose: Sit on the floor with your weight on your knees. Now flatten your feet onto the floor and sit on your heels. Spread your thighs apart a little. Exhale and bend forward from your waist. Let your stomach rest on your thighs and extend your back. Now stretch out your arms in front of you to elongate the back. You can also rest your forehead on the floor. This may require flexibility, so don't push your body beyond its limit. You will get better with time. This is a resting pose so you should ideally breathe at a normal pace.

You can stay in this pose for as long as three minutes or as little as five counts. Tip: If you are pregnant, have a knee injury or have diarrhea do not do this pose. Shavasana and yoga nidra are also very helpful in controlling hypertension.

Vajrasana: This is a simple pose that is great to relax the mind, improve digestion and massages the kanda. According to Ayurvedic principles, kanda is a spot about 12 inches above the anus that is the point of convergence for over 72,000 nerves. Steps to do this pose: All you need to do is place a yoga mat on the floor. Kneel on the mat, and let the top surface of your feet touch the mat, such that your heels are pointing upwards. Now gently place your buttocks on your heels. It is important to note that your heels are on either side of your anus. Now place both your palms on your knees, facing downwards. Close your eye and breathe in deeply at a steady rate

Sarvangasana: This pose is essentially known for its ability to regulate the working of the thyroid glands. These glands are responsible for the proper functioning of the entire body including the digestive, nervous, reproductive system, regulating metabolism and respiratory system. Apart from that, it nourishes the spine with a good supply of blood and oxygen, helping you beat nervous system disorders, and improving your all round health. Steps to do this pose: Lie on a yoga mat with your legs extending outwards. Now slowly raise your legs either by first folding them at the knees or by lifting them straight. Place your palms along your back and

hips to support it, and raise your body while pointing your toes to the ceiling. All your weight should be on your shoulders. Make sure you breathe slowly and lock your chin into your chest. Your elbows should be touching the floor and your back should be supported. Hold this pose for as long as you are comfortable. To return to the lying position, slowly lower your body. Do not fall back to the lying position. Tips to keep in mind: Do not do this pose if you suffer from any neck or spinal injuries. If you do have high blood pressure, perform this exercise only under supervision.

Halasana: This pose is great for those who sit for long hours and tend to have bad posture. It stimulates the thyroid glands, parathyroid glands, lungs and abdominal organs, therefore helping the blood rush to your head and face, improves digestion and keeps the hormonal levels in check. Step to do this pose: Lie flat on the floor with your feet flat stretched out. Place your arms by your side and bend your knees so that your feet are flat on the floor. Now, slowly raise your legs from the hips. Place your hands on your hips as you raise them and use your hands as support. Now slowly bend your legs at the hips and try to touch the floor behind your head with your toes and straighten your hands so they are flat on the floor. Breath out while going up. To return to the lying position gently roll your back onto the floor, breath in while you come down. Do not drop down suddenly. Tip to keep in mind: If you suffer from liver or spleen disorders, hypertension, have diarrhea, are menstruating or have suffered a neck injury, avoid doing this pose

Dhanurasana: This pose is great to strengthen your back and spine, stimulate the reproductive organs, beats stress and fatigue, relieves menstrual pain and constipation [6]. Steps to do this pose: Lie on your stomach with your feet hip-width apart and your arms by the side of your body. Fold your knees and hold your ankles. Breathing in, lift your chest off the ground and pull your legs up and back. Look straight ahead with a smile on your face. Keep the pose stable while paying attention to your breath. Continue to take long deep breaths as you relax in this pose. But don't get carried away! Do not overdo the stretch. After 15 -20 seconds, as you exhale, gently bring your legs and chest to the ground. Release the ankles and relax. Tip: Do not practice this pose if you have high or low blood pressure, hernia, neck injury, pain in the lower back, headache, migraine or a recent abdominal surgery or if you are pregnant.

8. Chakrasana: This pose is great to stretch the spine and relax the muscles of the back. Moreover it helps relax the mind and make it stress free Steps to do this pose: To do this pose start by lying on your back with your arms horizontally stretched out in line you're your shoulders. Bend your knees and bring your feet close to your hips. The soles of your feet should be fully on the ground. Swing your knees to the left until the left knee touches the ground (the right knee and thigh should rest on the left knee and thigh). Simultaneously, turn your head to the right and look at your right palm. Make sure your shoulder blades touch the ground. While the body is twisted, there is a tendency for one

of your shoulder blades to lift off the ground. You must work against this tendency for the stretch to be effective. Feel the stretch in the thighs, groin, arms, neck, stomach and back as you hold the pose. With each exhalation, relax deeper into the pose. After a few minutes, you may slowly turn your head back to the center, and straighten the torso and legs. Mirror the pose on the other side. Tip: Avoid this posture if you have any spinal injuries.

9. Paschimotāsana: This is a forward bending pose that helps the blood to flow to the face. Apart from that, it helps the stomach function better, strengthens the thigh muscles and relaxes the back and arms. Steps to do this pose: Sit with your legs stretched out on the floor. Next hold the big toe of your feet with your index finger and thumb. Now, exhale and slowly bend forward and try to touch your forehead to your knees. The key is that your elbows should touch the floor. Do not breath in. Stay in this position for five counts and inhale as you rise back to the sitting position. Tips to keep in mind: If you have any type of back pain or complaints with your spine, do not do this pose. Moreover, be easy on yourself, you might not be able to touch your knees with your forehead. Know that if you keep at it you will regain your flexibility and be able to do the pose properly

10. Ardha Matsyendrasana: This asana is specifically designed to increase the capacity of your lungs so it can inhale and hold more oxygen. It also loosens up the spine and relieves backaches and discomfort in the back. Steps to do this pose: Sit up with your legs stretched out

straight in front of you, keeping your feet together and your spine erect. Bend your left leg and place the, heel of your left foot beside your right hip (optionally, you can keep your left leg straight). Now, Take the right leg over your left knee and place your left hand on your right knee and your right hand behind you. Twist at the waist, shoulders and neck in this sequence to the right and look over the right shoulder. Hold and continue with gentle long breaths in and out. To come back to the starting position, continue breathing out, release the right hand first (the hand behind you), release the waist, then chest, lastly the neck and sit up relaxed yet straight. Repeat to the other side. Breathing out, come back to the front and relax. Tip: If you have a back injury, do this pose only in the presence of a certified trainer.

Meditation: A few minutes of regular meditation practice also acts as an excellent stress-buster for the mind and body. Interestingly, while stress is the major cause of diabetes, the condition in turn results in patients getting highly stressed about it, which further aggravates the problem. It has also been observed that most diabetics lose self-confidence and end up brooding over their condition. This is where meditation can help – restoring their confidence levels so that they gain the strength to fight the condition and live well. Craving for sweets is a common occurrence in diabetes. Regular practice of meditation can help drop such cravings to a large extent

WALKING WALKING WALKING

- ◆ The human body is made to walk.
- ◆ Walking 30 minutes a day cuts the rate of people becoming diabetic by more than half and it cuts the risk of people over 60 becoming diabetic by almost 70 percent.
- ◆ Walking cuts the risk of stroke by more than 25 percent.
- ◆ Walking reduces hypertension. The body has over 100,000 miles of blood vessels. Those blood vessels are more supple and healthier when we walk.
- ◆ Walking cuts the risk of cancer as well as diabetes and stroke.
- ◆ The human body works better when we walk. The body resists diseases better when we walk, and the body heals faster when we walk.
- ◆ Men who walk thirty minutes a day have a significantly lower level of prostate cancer. Men who walk regularly have a 60 percent lower risk of colon cancer.
- ◆ For men with prostate cancer, studies have shown that walkers have a 46 percent lower mortality rate.
- ◆ Walking also helps prevent depression, and people who walk regularly are more likely to see improvements in their depression.
- ◆ Walking strengthens the heart. Walking strengthens bones.
- ◆ Walking improves the circulatory system.
- ◆ Walking generates positive neurochemicals. Healthy eating is important but dieting can trigger negative neurochemicals and can be hard to do.
- ◆ Walking generates positive neurochemicals. People look forward to walking and enjoy walking.
- ◆ And research shows that fit beats fat for many people. Walking half an hour a day has health benefits that exceed the benefits of losing 20 pounds.
- ◆ Walking reduces the risk of blood clots in your legs.
- ◆ People who walk regularly have much lower risk of deep vein thrombosis.
- ◆ People who walk are less likely to catch colds, and when people get colds, walkers have a 46 percent shorter symptom time from their colds.
- ◆ Walking improves the health of our blood, as well. Walking is a good boost of high density cholesterol and people with high levels of HDL are less likely to have heart attacks and stroke.
- ◆ Walking significantly diminishes the risk of hip fracture and the need for gallstone surgery is 20 to 31 percent lower for walkers.
- ◆ Walking is the right thing to do. The best news is that the 30 minutes doesn't have to be done in one lump of time. Two 15 minute walks achieve the same goals. Three 10 minute walks achieve most of those goals.

(Contributed by Sri K.B.R. Reddy)

MY SPECIAL PROJECT IN SCHOOL

By
Ellora K. Khandekar

The subject of my project is: I can eat ice-cream, but my mom can't; Why? My testable question is - why can some people eat ice-cream, yet some can't? Why?

I chose this project because I asked my mom, why she couldn't eat ice-cream. She said she was lactose intolerant. I didn't know what that meant. So, I figured out; lactose is a sugar that some people cannot digest because they don't have the enzyme 'lactase' in their body.

Lactase is an enzyme that breaks down the lactose into glucose. Glucose is a sugar people can digest. Through my research I figured out how lactase works.

I took two empty cups and put lactose free milk

(Lactaid) into one cup; and did the same with regular milk in another. I dipped a glucose strip, one after the other, in both of the cups filled with different kinds of milk. The color on the glucose strip changed into brown which means there was a full level of glucose in the lactose free milk. In the case of regular milk, there is no change in the color of the glucose strip because there is no glucose in that milk.

Through this experiment, I was able to prove that in order to eat or drink dairy products, you need lactase. And that that is the conclusion of my research.

Note: The author is a student of grade 5 in Edgemont School, Calgary, Alberta, Canada

INVITATION

The Association of Retired Forest Officers, Andhra Pradesh, Hyderabad Congratulates the following Forest Officers, who are retiring from service on attaining the age of superannuation on 31-05-2014 and cordially invites them to join the Association of Retired Forest Officers to keep in touch with their old colleagues and to keep themselves occupied.

Name of Officer

- | | | |
|---------------------------|--------|-------------------------|
| 1. Sri B.Somasekara Reddy | I.F.S. | 3. Sri K.Sekhar Reddy |
| 2. Sri Faujdar | I.F.S. | 4. Sri P.V.Ramana Kumar |

For further details they may contact the following –

Sri. B.M.Swamidass,	Secretary	Mobile Number - 9000817781
Sri. A.V.Govinda Rajulu,	Jt.Secretary	Mobile Number - 9440764611

-Secretary

6 FACTS YOU SHOULD KNOW ABOUT VECTOR-BORNE DISEASES

Most of us would have suffered at least one type of the many vector-borne diseases in our lifetime. Unfortunately, even though scientists have developed nuclear bombs that can wipe off a whole city in no time, they are still struggling to tackle the menace that small insects can cause.

Here we'll tell you six facts you should know about vector-borne diseases.

1. Malaria and dengue are not the only diseases caused by insects: - Most of us living in cities, would have heard of malaria and dengue as they are extremely common. However, there are more types of this disease, some of which are extremely dangerous.

2. Millions Of people worldwide are affected: - In 2012, malaria caused an estimated 627,000 deaths across the world despite being curable. Dengue, another notorious disease, affects around 50-100 million people across the world every year. Besides this, numerous cases of kala azar, chickungunya, japanese encephalitis, etc. have also been reported.

3. You don't have to use harmful chemicals to keep the insects at bay: - While you may use mosquito repellants that have chemicals, it is advisable that you opt for healthier alternatives. These repellants can cause allergic

reactions and are usually harmful. You could instead use healthier alternatives like *tulsi*, *neem* oil, eucalyptus and lemon oil, mint, etc. Here are some natural ways to keep insects at bay.

4. Anyone can get affected: - While poor people are more likely to get affected since they live in unhygienic conditions, even rich people are not spared by the mosquito bite. Last year, Ranveer Singh – a famous Bollywood actor who is also an epitome of male fitness, was affected by dengue.

5. Dr. Ronald Ross first found out that malaria was transferred through mosquitoes: - Imagine if you didn't know that mosquitoes could cause dangerous diseases, would you suspect them of causing high fever and shivers? Dr. Ronald Ross though had the intelligence and the insight to suspect and test them. This led to a path breaking discovery that has saved many lives since. For his effort, Ross was given a Nobel Prize in medicine.

6. Keeping your environment clean can help a lot: - It is important that you don't just make an effort to keep your house clean. Keeping your environment clean is important too, as a drain, pothole or open space where water can get stagnated can breed mosquitoes.

MINUTES OF THE 71ST GENERAL BODY MEETING, OF THE ASSOCIATION OF RETIRED FOREST OFFICERS-A.P HELD ON 2-3-2014

Sri B.M. Swami Dass, Secretary of the Association, welcomed the Ladies & members to the 71st General Body meeting. The Vice President, Jt. Secretary and Editor, Vana Premi were requested to occupy their seats on dais. President Sri. S.K. Das could not attend the meeting due to unavoidable circumstances. The Vice President Sri T. Narayana Swamy presided over the meeting. The agenda was placed before the President of the meeting with a request to conduct the proceedings. Before taking up the agenda, the Vice-President informed the members that today being the Birth day of Sri V.V.Rajam on behalf of the association he wished him many happy returns of the day

1. **SHRADHANJALI** The members and ladies paid homage to the departed soul of late Sri K.K. Nair, I.F.S (Retd), former Prl. Chief Conservator of Forests, Kerala State , who expired on 12-1-2014 by standing and observing silence for two minutes

2. **ACTION TAKEN REPORT OF THE SECRETARY-** Secretary explained to the members the action taken by him on the decisions of 82nd E.C.meeting held on 16th January, 2014, and 70th GB meeting held on 29th December 2013. The General Body approved the same.

3. **SILVER JUBILEE CELEBRATIONS.** The Silver Jubilee Celebrations of the association was discussed and it was decided by the members present to celebrate in the month of September 2014. The appointment of Sri J.V. Sharma as convener of the souvenir and the expenditure

for the same from VANA PREMI funds as resolved by Executive Committee were approved unanimously by the members present. The Presiding Officer requested the members to send articles, topics for publication in the Souvenir and send them to the convener Sri J.V. Sharma.

4. **TALK on GENERAL ISSUES** by Sri T.NARAYANA SWAMY- Sri T. Narayana Swamy garu has enlightened the members on various subjects, which are as follows.

a). **SILVER JUBILEE CELEBRATIONS-** The Association of Retired Forest Officers was formed on 29th May, 1989 with (18) members and will be completing 25 years in 2014, The Celebrations proposed in June 2014 stands postponed to September 2014

b). **VANA PREMI-** Sri Qamar Mohammad Khan Editor Vana Premi informed the members about the mentioning of the name of the magazine Vana Premi in the thesis of Dr. Forrest Daniel Fleischman who earned his Ph.D. (Doctor of Philosophy) degree from the School of Public and Environmental Affairs, Department of Political Science Indiana University. His topic was "Public servants behavior and forest policy implementation in Central India". Dr. Forrest Daniel Fleischman discussed Forest and wild life Acts including Forest Rights Act. He mentioned it in his thesis on Page number 101 and said that, Details of this opposition, as well as debates among forest officers about the merits of the law, are regularly reported on in

the monthly magazine, Vana Premi, the Journal of the Association of Retired Forest Officers, Andhra Pradesh, edited by Qamar Mohd. Khan, and published out of the Principal Chief Conservator of Forests office in Hyderabad."

c). CONDUCTING TOURS- Sri Narayana Swamy has explained the details of various tours taken up in the past and informed about future plans. The members requested him to explore various tour operators to get good deals & to inform them in advance for taking necessary action. A tour to Malaysia and Singapore is organized by six members with families during third week of March 2014. Some other 21 members from Tamilnadu, Mumbai and Delhi joining the group at Kuala Lumpur

d). ENROLLING NEW MEMBERS- Sri Narayana Swamy opined that about (50) retired officers have not yet joined our Association and requested every member to enquire & enroll their friends in large numbers, as the efforts of the association alone is not sufficient in solving this problem.

e). PENSIONERS DAY- Sri Narayana Swamy enlightened the members, the significance of pensioners day which falls on 17th December, commemorating the land mark judgment of Supreme Court in favor of pensioners. It was decided to fix up the future General Body meetings falling in December to be fixed on 17th December.

f). PRINTING of DIRECTORY- Sri Narayana Swamy has informed the members that the directory of the Association was brought out in 2012 and some members have expired and some more

new members have joined making it necessary to bring out a updated directory in 2014. The General Body agreed and authorized the Secretary to take necessary action in printing the Diary by meeting the expenditure from association funds.

g). STATE GOVT. EMPLOYEES HEALTH SCHEME & CGHS- Sri Narayana Swamy has explained briefly the salient futures of these schemes and also pointed out the inadequacies existing in these schemes. The members requested to intimate future developments through VANA PREMI.

h). VII CENTRAL PAY COMMISSION- Sri Narayana Swamy has dealt at length the injustice done to the Sr. Scale & Jr. Ad. Scale officers and other cadres by the VI Central Pay Commission & requested members to suggest the items to be included in the representations to be submitted to the VII Pay Commission to rectify these anomalies.

CHIEF GUEST: Sri T. Narayan Swamy introduced Dr.K.Madhukar Reddy, MS (Ophthalmology) son of Sri. K. Mohan Reddy a member of our association. He said that Dr. Madhukar Reddy is a specialist Doctor in Corneal Disease, Corneal transplantation and Laser Refractive Surgery. Dr. Madhukar Reddy gave a elaborative lecture on "Eye Care ". He interacted with members and clarified their doubts.

The Association thanked Dr. Madhukar Reddy for sparing his valuable time and giving a useful lecture on Eye Care. Sri T. Krishna Murthy, a senior member of the association honored Dr. Madhukar Reddy with a Shawl and bouquet



Birth Day Greetings



We wish the following born on the dates mentioned
"A very Happy Birth Day"

S.No. Name of Members

	Sarva Sri	
1.	Munawar Hussain	09-04-2024
1.	G. Gurunathudu	10-05-1949
2.	S. Kishan Das	10-05-1955
3.	Qamar Mohd Khan	11-05-1947
4.	P. Laxma Reddy	13-05-1929
5.	M. Purushotham Reddy	14-05-1952
6.	K. C. Augustin	21-05-1930
7.	Shaik Noor Ahmed	22-05-1946
8.	S. Rama Rao	25-05-1950
9.	B. S. Yousuf Sharief	23-05-1953
10.	K. Pradeep	28-05-1954
11.	T. Shamboji Rao	01-06-1948
12.	Y. Ram Mohan Rao	02-06-1941
13.	Gunturu Satyanarayana	04-06-1954

S.No. Name of Serving Officers

	Sarva Sri	
1.	B. Soma Sekara Reddy	10-05-1954
2.	S. Ramesh	21-05-1978
3.	Mohammad Diwan Mydeen	21-05-1978
4.	Chinmay K Misra	25-05-1957
5.	Faujdar	25-05-1954
6.	B. Murali Krishna	25-05-1955
7.	M. Ramaprasad	25-05-1955
8.	C. Sarvanan	01-06-1978
9.	S. S. Sreedhar	04-06-1966
10.	Smt.S. J.Asha	07-05-1975
11.	M. Babji	08-05-1968

12.	B.Saidulu	09-05-1974
13.	N. Nageshwara Rao	10-05-1971
14.	G. Ravi	15-05-1962
15.	Smt. G. B. Rekha Banu	15-05-1984
16.	K. Sekhar Reddy	16-05-1956
17.	P.V.Ramana Kumar	16-05-1956
18.	Ch. Ganga Reddy	19-05-1966
19.	Y. Ramesh	20-05-1959
20.	G.N. Pavan Kumar Rao	20-05-1967
21.	D. Asha Kiran	20-05-1980
22.	K. Mahaboob Basha	21-05-1986
23.	J. Gopal Rao	22-05-1963
24.	N. Joginder	24-05-1965
25.	P. Balaswamy	25-05-1960
26.	V. Krishna	25-05-1966
27.	K. Ramkishan	01-06-1963
28.	D. Chandrasekhar Rao	01-06-1959
29.	Smt. N. Kshitija	01-06-1976
30.	SK. Khaleelulla	01-06-1956
31.	T. Chakrapani	01-06-1966
32.	D. Ravindranath Reddy	02-06-1982
33.	P. Ramakrishna	02-06-1972
34.	M. Prabhakar Reddy	02-06-1956
35.	K. Srinivas	04-06-1977
36.	V.S.R.K.Appanna	04-06-1963
37.	Shaik Salaam	04-06-1963
38.	Y.V.Narsimha Rao	05-06-1980

14 SHORT STORIES WORTH READING.

1. Fall and Rise: Today, when I slipped on the wet tile floor a boy in a wheelchair caught me before I slammed my head on the ground. He said, "Believe it or not, that's almost exactly how I injured my back 3 years ago.

2. A father's advice: Today, my father told me, "Just go for it and give it a try! You don't have to be a professional to build a successful product. Amateurs started Google and Apple. Professionals built the Titanic

3. The power of uniqueness: Today, I asked my mentor – a very successful business man in his 70's – what his top 3 tips are for success. He smiled and said, "Read something no one else is reading, think something no one else is thinking, and do something no one else is doing.

4. Looking Back: Today, I interviewed my grandmother for part of a research paper I'm working on for my Psychology class. When I asked her to define success in her own words, she said, "Success is when you look back at your life and the memories make you smile.

5. Try and U shall know: I am blind by birth. When I was 8 years old, I wanted to play baseball. I asked my father- "Dad, can I play baseball?" He said "You'll never know until you try." When I was a teenager, I asked him, - "Dad Can I become a surgeon?" He replied "Son, you'll never know until you try." Today I am a Surgeon, just because I tried!

6. GOODNESS & GRATITUDE: Today, after a 72 hour shift at the fire station, a woman ran up to me at the grocery store and gave me a hug. When I tensed up, she realized I didn't recognize her. She let go with tears of joy in her eyes and the most sincere smile and said, "On 9-11-2001, you carried me out of the World Trade Center."

7. LOVE CONQUERS PAIN: Today, after I watched my dog get run over by a car, I sat on the side of the road holding him and crying. And just before he died, he licked the tears off my face.

8. A DOOR CLOSES TO OPEN ANOTHER: Today at 7AM, I woke up feeling ill, but decided I needed the money, so I went into work. At 3PM I got laid off. On my drive home I got a flat tire. When I went into the trunk for the spare, it was flat too. A man in a BMW pulled over, gave me a ride, we chatted, and then he offered me a job. I start tomorrow.

9. LOOKING BACK: Today, as my father, three brothers, and two sisters stood around my mother's hospital bed, my mother uttered her last coherent words before she died. She simply said, "I feel so loved right now. We should have gotten together like this more often."

10. AFFECTION: Today, I kissed my dad on the forehead as he passed away in a small hospital bed. About 5 seconds after he passed, I realized

it was the first time I had given him a kiss since I was a little boy.

11. INNOCENCE: Today, in the cutest voice, my 8-year-old daughter asked me to start recycling. I chuckled and asked, "Why?" She replied, "So you can help me save the planet." I chuckled again and asked, "And why do you want to save the planet?" "Because that's where I keep all my stuff," she said.

12. JOY: Today, when I witnessed a 27-year-old breast cancer patient laughing hysterically at her 2-year-old daughter's antics, I suddenly realized that I need to stop complaining about my life and start celebrating it again.

13. KINDNESS: Today, a boy in a wheelchair saw me desperately struggling on crutches with my broken leg and offered to carry my backpack and books for me. He helped me all the way across campus to my class and as he was leaving he said, "I hope you feel better soon."

14. SHARING: Today, I was traveling in Kenya and I met a refugee from Zimbabwe. He said he hadn't eaten anything in over 3 days and looked extremely skinny and unhealthy. Then my friend offered him the rest of the sandwich he was eating. The first thing the man said was, "We can share it." Cheers to life.

Killer English by Teachers:

PT Teacher: You three of you, stand together separately.

Geography Teacher: Will you hang that map or else I'll hang myself.

Principal: Tomorrow call your parents, especially Mother and Father.

And the terrific one:

English Teacher: Why are you looking at the monkeys outside when I'm in the class!

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NEWS AND NOTES

Are crows the most brilliant of birds? : - The animal kingdom is full of intelligent, strategic and empathetic animals. From Killer Whales and Dolphins, to Chimpanzees and Elephants, we have heard, and sometimes seen, how their complex minds function, whether it is in matters of problem-solving or strategizing to get food.

But do not underestimate the bird kingdom. If you remember that Aesop's Fable about the crow and the pitcher, you will know exactly what we mean.

However, how can we determine how smart the bird actually is? This brings us to the question of the hour, are crows the most brilliant of birds?

Dr. Alex Taylor is a specialist who studies wild birds for a period of three months before releasing them in the wild. He set up this complex 8-level task for a crow. Of course the crow is familiar with each of the tasks separately, but has never approached all of them at the same time, in sequence. This is the first test of its kind.

Watch what happens when the crow is released into the test enclosure. It will blow your mind.

A watermelon a day can keep BP away: - New York, April 4 (IANS) Summer is here, so are watermelons. Do not miss to pick one today as a new research has found that watermelon could significantly reduce blood pressure in overweight individuals both at rest and while under stress.

"The pressure on the aorta (largest artery in the human body) and on the heart decreased after

consuming watermelon extract," said Arturo Figueroa, an associate professor at Florida State University.

The study focused on 13 middle-aged, obese men and women who also suffered from high blood pressure.

The study started with a simple concept. More people die of heart attacks in cold weather because the stress of the cold temperatures causes blood pressure to increase and the heart has to work harder to pump blood into the aorta.

To simulate cold weather conditions, one hand of the subject was dipped into 39 degree water (or 4 degrees celsius) while the team took their blood pressure and other vital measurements.

Meanwhile, the group was divided into two. For the first six weeks, one group was given four grams of the amino acid L-citrulline and two grams of L-arginine per day, both from watermelon extract.

The other group was given a placebo for six weeks.

Participants also had to refrain from taking any medication for blood pressure or making any significant changes in their lifestyle, particularly related to diet and exercise.

The results showed that consuming watermelon had a positive impact on aortic blood pressure and other vascular parameters.

Notably, study participants showed improvements in blood pressure and cardiac stress while both at rest and while they were exposed to the cold water.

"That means fewer overloads to the heart, so the heart is going to work easily during a stressful situation such as cold exposure," Figueroa said in a paper published in the American Journal of Hypertension.

5 reasons why eating brinjals or baingan is a good idea: - Brinjal or *baingan* as it is called in India is a vegetable that is extremely high on nutrients and has many health benefits which makes it something you should try and eat at least once every week. A lot of people don't like the taste, but if you cook it well, it can be extremely delicious too. Here are some of its top health benefits.

1. Brinjals prevent cancer: Fiber and antioxidants are just two of the nutrients that make brinjal a food that can keep cancer at bay. Fiber helps clear the toxins present in your digestive tract and has been found useful in the prevention of colon cancer. Additionally, the antioxidants help in fighting free radical damage to your cells which helps keep cancer at bay. Read more to find out the diet changes that can help keep cancer at bay.

2. Brinjals are great for weight loss; Brinjals are great for weight loss as they are low in calories with 100g of the vegetable containing just 25 calories. It is also rich in fibre which helps in promoting the feeling of satiety which means that eating a small serving will make you feel full and prevent you from overeating.

3. Brinjals prevent heart disease: Like most fruits and vegetables, brinjals too are great for your heart. Along with many nutrients, they contain bioflavonoids which controls hypertension and releases stress. Also, they have cholesterol busting properties thanks to a substance called chlorogenic acid.

4. Brinjals can keep your skin looking younger: As we age, our skin undergoes free radical damage which can cause the appearance of wrinkles and fine lines on our faces. The antioxidants and vitamins present in brinjals can prevent this from happening. Additionally, it is also high in water which flushes toxins from your body and gives your skin a nice and healthy glow.

5. Brinjals are good for your brain: Eating brinjals can help keep prevent damage to your brain as it contains phytonutrients that can protect your cell membranes. These phytonutrients are also known to boost memory function and aid in transferring messages from one part of your body to another. Apart from these benefits, brinjal is also known to have nicotine and thus helps in quitting tobacco. However, you'll have to eat 10 kg of the vegetable to get as much nicotine into your body as a cigarette.

11 complications of malaria you should know: Malaria is a serious disease that can kill people if it is not diagnosed and treated quickly, particularly pregnant women, babies, young children and the elderly. We spoke to our experts Dr. Pradip Shah, consultant physician, and Dr. Bela Sharma, senior consultant, internal medicine, FMRI about why malaria is a serious

disease and what could be the resulting complications.

Dr Pradip Shah: In India, the most common species that cause malaria are *Plasmodium falciparum* and *Plasmodium vivax* and most cases of complications are seen in falciparum malaria. It may also happen that a patient directly presents to a doctor with a complication due to delayed diagnosis.

Here are some common complications of malaria that he highlighted.

1. Cerebral malaria: In some cases, the malaria parasite can affect the brain and cause brain damage. This is known as cerebral malaria and can lead to paralysis and even permanent damage to the brain.

2. Acute Respiratory Distress syndrome (ARDS): Most common complication of malaria is respiratory distress or breathing problems. It is seen widely in children who suffer from severe malaria.

3. Convulsions: Convulsions can be associated with cerebral malaria. But high fever can also contribute to it.

4. Hemolysis: The malaria parasite is capable of destroying the RBCs completely. This leads to severe hemolysis in some patients. Hemoglobin released from the destroyed RBCs can even enter organs like kidneys and cause kidney failure.

Dr. Bela Sharma: All cases of falciparum malaria are potentially severe and life threatening, especially when managed inappropriately. A major reason for progression of mild malaria to complicated or severe disease is missed or delayed diagnosis.

Apart from the common complications

discussed above, Dr. Bela also highlighted other consequences of severe malaria.

5. Low sugar levels: Very low levels of blood sugar can be caused both by malaria and by drugs being used to treat it.

6. Fluid imbalance: Patients can become salt deprived due to excessive loss with sweating and vomiting, coupled with decreased intake.

7. Black water fever: Some patients can suffer a massive hemolysis (destruction of red blood cells). Hemoglobin from the broken RBCs is also eliminated through urine resulting in its dark color, ('black water fever'). Black water fever in itself does not indicate severe kidney impairment but the presence of massive hemolysis. If it is presented with kidney failure, then the consequences are far worse.

8. Splenic rupture: Enlargement of spleen especially in people who have recurrent malaria is common. Splenic rupture is possible in any patient with falciparum malaria who develops abdominal pain and/or shock.

9. Anemia: Due to destruction of RBCs by malaria parasite, severe anemia occurs.

10. Acute renal failure: In some cases, the destroyed red blood cells can even enter the kidney and cause kidney failure. Kidney failure occurs especially in adults as a component of severe disease with multi organ failure and a poor prognosis.

11. Secondary infection: Patients with severe malaria have compromised immunity. So they are at a risk of developing a secondary bacterial infection (septicemia, bacterial pneumonia, urinary tract infections or meningitis). This can even lead to shock and multi organ failure.

Lion Attacks Elephant: Brutal Kill Caught on

Camera: - This is the moment a powerful lion took down an African elephant - by itself. The juvenile male, estimated to be seven years old, was caught alone as it quenched its thirst at a watering hole. The rare footage shows the young elephant attempt to scare the predator away by mock charging before quickly turning on its heels. However, the lion easily catches up and leaps on its back and riding it until it tires and collapses into the dusty ground. The clip was caught on camera by Heidi and Kurt Haas in the Hwange National Park in Zimbabwe.

(Please see last cover page for Photo)

A bioscope scratches itch for fast allergy testing:

- Swiss researchers have developed a portable device that can detect common allergens in a drop of blood within half an hour. Called the A bioscope, its developers say the machine provides a fast, accurate and non-invasive alternative to conventional allergy testing. Jim Drury reports.

Famous Los Angeles mountain lion exposed to poison:

- A mountain lion that appeared strong and healthy when it was photographed as it roamed a wilderness park in the middle of Los Angeles has been exposed to rat poison and is suffering from mange, officials said.

Scientists noticed the big cat known as P-22 was sickly when they recaptured it last month to replace batteries in its GPS tracking collar, National Park Service spokeswoman Kate Kuykendall said Thursday.

The 4-year-old cougar probably ate animals exposed to poison from residential rodent traps, she said.

"When people put these bait traps outside their homes or businesses, they may not realize that the poison works its way up the food chain, becoming more lethal as the dose accumulates in larger animals," said Dr. Seth Riley, an urban wildlife expert at Santa Monica Mountains National Recreation Area.

Tests revealed the animal had been exposed to anti-coagulant rodenticide, commonly known as rat poison, and was suffering from mange, a parasitic disease of the hair and skin.

P-22 was treated and returned to the 4,300-acre Griffith Park, where it continues to successfully hunt its natural prey of mule deer. Biologists said it's unclear whether the cat will fully recover.

There's no indication the poisoned cat is a threat to residents, Kuykendall said.

P-22's image famously appeared in the December 2013 issue of National Geographic Magazine, with the Hollywood sign as a backdrop.

The National Park Service has been studying mountain lions in and around the Santa Monica Mountains since 2002 to determine how they survive in an increasingly fragmented and urbanized environment.

The connection between exposure to anti-coagulant rodenticide and mange is still not fully understood, researchers said. Mange in wild cats is rare and only two other mountain lions in the 12-year National Park Service study have developed mange — with both ultimately dying of rodenticide poisoning.

Soon, cheap computers and 'throwaway' cell phones: - Washington, April 18 (IANS)

Inexpensive computers, cell phones and other systems that substitute flexible plastic for silicon chips may be one step closer to reality.

A proposal by University of Iowa researchers describes a way for overcoming a major obstacle to the development of such plastic devices - the large amount of energy required to read stored information.

Although it is relatively cheap and easy to encode information in light for fibre optic transmission, storing information is most efficiently done using magnetism, which ensures information will survive for years without any additional power.

"So a critical issue is how to convert information from one type to another," said Michael Flatte, a professor of physics and astronomy at the College of Liberal Arts and Sciences (CLAS).

Although it does not cost a lot of energy to convert one to the other in the silicon-chip-based computers, the energy cost is very high for flexible plastic computing devices that are hoped to be used for inexpensive "throwaway" information processors.

"Here, we show an efficient means of converting information encoded in magnetic storage to light in a flexible plastic device," Flatte added. Flatte and his colleagues successfully accomplished information transduction (or transfer and conversion) between a magnet and an organic light-emitting diode at room temperature and without electrical current flow. "The magnetic fields from the magnetic storage device directly modify the light emission from the device."

"This could help solve problems of storage and

communication for new types of inexpensive, low-power computers based on conducting plastics," said Professor Markus Wohlgenannt, from the department of physics and astronomy. Professor Andrew Kent of New York University noted that while these studies were conducted on relatively large devices, miniaturized devices would operate on the same principles and enable new types of high capacity storage technologies.

The paper was published in the journal Nature Communications.

10 Tips to Cut Your Electricity Bills in Half: -

24 degrees is cool enough: A/Cs help us survive the scorching summer months but they are also big time electricity suckers. The cooler it gets, the more power is being consumed. So instead of shock frosting your home at 18 degrees settle for a very comfortable 24 degrees and save some power.

Switch it off: Even though you have switched the TV off after watching your favorite program it's still eating up electricity in the 'stand-by mode'. As a matter of fact all devices kept on 'stand-by' account for a whopping 5 percent of the city's power consumption. So make sure to switch off these devices completely

Right lights: you might not see a difference in the way they light up the room but the right choice of bulbs shows on your electricity bill. Compact fluorescent ones are four times more energy efficient than incandescent bulbs but provide the same lighting.

Iron dry: Even getting those wrinkles out of your clothes can turn into an act of electricity saving. For that, select iron boxes with an automatic

temperature cut off and neither wet the clothes while ironing them nor start working on them after you've just retrieved them from the washing machine.

Cool and covered: There's a whole bunch of things you can do to cut down on the power supply your fridge requests. To start with set the thermostat in medium cooling position and make sure there's enough space between the wall and the fridge so that air can easily circulate. Don't overload it and also don't put any hot or warm foods straight into it. Always cover liquids and wrap foods because otherwise they'll get moist and make the compressor work harder.

Wash'n'save: Your washing machine works most efficiently if you fill it up nicely with dirty clothes and use the requested amount of detergent only. If your clothes are not too dirty, using cold water is fair enough. If possible use a timer facility and dry your clothes naturally instead of using an electric dryer.

Energy-friendly shower: Give your geyser a break after 10 am or keep it switched off all together because cold showers are way more refreshing. If you need hot water, reduce the thermostat setting to 50 degrees. If available use a solar water heater, which is the eco-friendly alternative to your regular electric water heater.

Smart waves: Compared to a regular, stove a microwave oven consumes half as much energy. Except for baking breads and pastries, you do not have to preheat the microwave. Of course you want to check if your food's ready to be eaten. But don't check too often because each time you open its door the temperature drops by 25 degrees.

Concerned cooking: For preparing your favorite foods use a pressure cooker as much as possible because it saves time and energy. If you own an electric stove, turn it off several minutes before the specified cooking time and make use of the remaining heat. Before you start cooking any items you've kept in the fridge, let them sit for 10 minutes on the counter to adapt to room temperature.

Green shade: Stock up on pretty potted plants and shrubs or plant some trees in front of your house if possible and position them in such a way that they block the sun from shining straight on your A/C. A unit operating in the shade needs up to 10 percent less electricity than one exposed to sun.

India's first double-decker flyover opens in Mumbai: - Mumbai, April 18 (IANS) India's first double-decker flyover was opened for public use in this west coast mega polis and the country's commercial capital Friday.

The project - Santacruz-Chembur Link Road (SCLR) - will provide a critical east-west suburban link in the city and has slashed travel time from the earlier 90 minutes to barely 20 minutes now, entailing huge savings in time and fuel costs for commuters.

The main flyover spans a total length of 3.45 km, and one 1.8 km long double-decker flyover also crosses above the Central Railway and Harbor Line tracks, giving a speedy access from the Western Express Highway to Kurla, Tilak Nagar, Chembur and Eastern Express Highway. Planned in 2002 and under construction since 2006, the Santacruz-Chembur Link Road missed

around a dozen completion deadlines and cost around Rs.4.54 billion before it finally became operational Friday.

The long delay resulted in huge cost overruns - from the original estimated Rs.1.15 billion to Rs.4.54 billion at completion stage.

The World Bank-funded SCLR gives not only the crucial east-west link within the city, but also provides a faster access for onward destinations like Pune, Goa and Nashik from the state, an official said.

Mumbai Metropolitan Region Development Authority (MMRDA) officials attributed the delays mainly to the rehabilitation of around 3,500 families residing on the route of the flyover at Gazi Nagar, Buddha Colony, Indira Colony, Rahul Nagar and other slum pockets.

Significant time was also lost in securing permission by the Indian Railways to construct the double-decker part of the flyover, the officials pointed out.

Besides the SCLR, Mumbaikars have been given a whole lot of mega infrastructure goodies in the past few weeks, including the swank, world-class four-decker Terminal II at the Chhatrapati Shivaji International Airport, the Eastern Freeway Project with two long tunnels - the first ever in an urban set-up in the country.

There is also the new Sahar Elevated Access Road, including a flyover and subway outside Mumbai Airport, the sea-plane services, India's tallest ATC tower, besides several other smaller projects in and around the country's commercial capital.

Mahindra all set to launch electric scooter

GenZe in US: - Mahindra & Mahindra (M&M) is planning to launch an electric scooter in the US

this year. Named GenZe, the scooter promises to be 'the new fun, fast way to get around'. Expected to debut with a price tag of USD 3,000 (Rs. 180,000), GenZe can achieve a top speed of 48 km/hour and is operated by a 4.5 kg battery that offers a range of 30 miles. The scooter comes with weather-proof touchscreen and a Bluetooth-enabled control unit that monitors charge status, range, diagnostics and route. Mahindra hasn't divulged any further details on the possibility of launching GenZe in India.

Orangutan Conservation Programme: - In this photograph taken on April 16, 2014, a veterinary staff member of the Sumatran Orangutan Conservation Programme center conducts medical examinations on a 14-year-old male orangutan found with air gun metal pellets embedded in his body in Sibolangit district in northern Sumatra island. The orangutan was rescued by Indonesia's ministry of forestry personnel and Orangutan Information Center on April 15, 2014 in nearby Langkat district in a small patch of forest and agricultural plantation. The center has cared for over 280 orangutans rescued from palm oil plantations, poachers and pet owners and over 200 have been reintroduced in the wilds. The critically-endangered primate's population are dwindling rapidly due to poaching and rapid destruction of their forest habitat that is being converted into palm oil plantation.

(Please see last cover page for Photo)

16-year-old survives in wheel well of Maui

flight : - A 16-year-old boy is "lucky to be alive" and unharmed after flying from California to Hawaii stowed away in a plane's wheel well, surviving cold temperatures at 38,000 feet and a lack of oxygen.

"Doesn't even remember the flight," FBI spokesman Tom Simon in Honolulu told The Associated Press on Sunday night. "It's amazing he survived that."

The boy was questioned by the FBI after being discovered on the tarmac at the Maui airport Sunday morning with no identification, Simon said. "Kid's lucky to be alive," Simon said.

Simon said security footage from the San Jose airport verified that the boy from Santa Clara, Calif., hopped a fence to get to Hawaiian Airlines Flight 45 on Sunday morning. The child had run away from his family after an argument, Simon said. Simon said when the Boeing 767 landed in Maui, the boy hopped down from the wheel well and started wandering around the airport grounds.

"He was unconscious for the lion's share of the flight," Simon said. The flight lasted about 5½ hours. Hawaiian Airlines spokeswoman Alison Croyle said airline personnel noticed the boy on the ramp after the flight arrived and immediately notified airport security.

"Our primary concern now is for the well-being of the boy, who is exceptionally lucky to have survived," Croyle said.

Simon said the boy was medically screened and found to be unharmed.

His misadventure immediately raised security questions. A Congressman who serves on the Homeland Security committee wondered how

the teen could have snuck onto the airfield at San Jose unnoticed.

"I have long been concerned about security at our airport perimeters. #Stowaway teen demonstrates vulnerabilities that need to be addressed," tweeted Rep. Eric Swalwell, a Democrat who represents the San Francisco Bay Area's eastern cities and suburbs.

A Mineta San Jose International Airport spokeswoman said airport police were working with the FBI and the Transportation Security Agency to review security at the facility as part of an investigation.

"Our concern is with this young boy and his family. Thank God he survived and we hope his health is OK," spokeswoman Rosemary Barnes said.

Officials at Kahului Airport referred questions to the State Department of Transportation, which did not return a phone call seeking comment. A Transportation Security Agency spokesman, who declined, to be named, referred questions to the FBI and airport authorities.

The boy was released to child protective services and not charged with a crime, Simon said.

In August, a 13- or 14-year-old boy in Nigeria survived a 35-minute trip in the wheel well of a domestic flight after stowing away. Authorities credited the flight's short duration and altitude of about 25,000. Others stowing away in wheel wells have died, including a 16-year-old killed after stowing away aboard a flight from Charlotte, N.C., to Boston in 2010 and a man who fell onto a suburban London street as a flight from Angola began its descent in 2012.



For Details Please see page No. 46



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