

Central Chronicle

Founder : Late Shri Ramgopal Maheshwari
Inspiration: Late Shri Prafulla Kumar Maheshwari

EDITORIAL

More caution needed

Life is beginning to become normal with the nationwide lockdown being withdrawn and the waiver being implemented to prevent coronavirus infection. Life too is back on track. The effect of this discount has started showing since Monday. More than two months later, the market witnessed a rush. Crowds also appeared on the streets. Shops were also more crowded than other days. The silence on the streets also broke after a long time. People had been imprisoned in their homes for more than two months due to the lockdown. People were getting out for urgent work. Many people's work was also being affected by this. Meanwhile, now the central government has started the process of removing the lockdown. The government has given exemption in many things. Most of the shops have opened in the market. With this, now people have started going out.

As far as Madhya Pradesh and some other states are concerned, farmers have also started sowing due to pre monsoon rains. Amidst all this, we should not forget that the risk of corona is not over yet but has increased. India is ranked sixth in terms of corona. It is also worrying that Maharashtra alone has more Corona positives than China. Obviously we need to be more vigilant. This is the time when we have to follow the guideline of Corona completely, considering ourselves as one unit. Our slightest

carelessness or negligence can trouble not only the family but also the city of its locality. We have to maintain honesty and alertness towards ourselves and others. Actually, the war being fought with this great tragedy will last for a long period. In such a situation, citizens also have some important duties. Which they must follow, otherwise this crisis can have a deeper impact. The corona vaccine will be available when it is available, but the only way to fight it now is to maintain a physical distance of two yards and avoid unnecessarily getting out of the house. The real cure for coronavirus is to break its chain.

Such a big battle cannot be won only by the government administration or voluntary organizations. Citizens also have to play an equal role in this. It can be said broadly that right now we need to be cautious for at least 3 months to come. One meaning of normal life is that crowds will increase in religious places, markets and other places. In such a situation we have to be more careful. We must not forget that the corona virus is not eradicated while going to our work place and during other necessary work. A cautious life has been named new normal. We have to understand the concept of this new normal and we have to imbibe it. This is also our duty and this is what the country and society expect from us.

Gandhi's talisman is best guiding light to reform public health

Dr Sandeep Pandey, Shobha Shukla, Bobby Ramakant

Mahatma Gandhi's talisman is perhaps the best guiding light to reform the public health system in the wake of coronavirus disease (COVID-19) pandemic: "I will give you a talisman. Whenever you are in doubt, or when the self becomes too much with you, apply the following test- "Recall the face of the poorest and the weakest man [woman] whom you may have seen, and ask yourself, if the step you contemplate is going to be of any use to him [her]. Will he [she] gain anything by it? Will it restore him [her] to a control over his [her] own life and destiny? In other words, will it lead to swaraj [freedom] for the hungry and spiritually starving millions? Then you will find your doubts and your self melt away."

Our health system must meet the needs of the poorest of the poor and weakest of the weak. And the same quality of service which goes to this person should be a benchmark for everyone else.

COVID-19 pandemic has some blessings-in-disguise too. For example, it is evident that there is no role of private sector when we are confronted with a public health emergency. Only public services, no matter how weak they may be, are to be relied upon. Nationalization of private health sector is one of the most important political decisions that a government can take in the wake of this public health calamity. This step will immediately increase the public health infrastructure, trained and skilled healthcare workers, and will also curtail the unbridled damage privatisation has brought to the public health sector over the years in myriad ways.

But the manner in which we invest and foster a sense of national pride in our military and army, is it the same way we treat our public

health service workers and others who are risking their lives in this grave time of crisis (such as, farmers and vegetable sellers, grocery shop workers, police, community kitchen workers, social workers, journalists, and others)? Can we survive if farmers stop working? Should not our national pride recognize these primary essential workers too?

India's health spending has drawn global concern since years as it

salam, Papua New Guinea, Lao PDR, Qatar, Gabon, Angola, Eritrea, Pakistan, Republic of Congo, Indonesia, Equatorial Guinea, Kazakhstan, Bhutan, Ghana, Gambia, Djibouti, Vanuatu, United Arab Emirates, Fiji and Ethiopia.

Countries that have weaker economies than India are spending more on health (such as Afghanistan 11.78%, Cambodia 5.92%, Democratic Republic of Congo 3.98%, Cuba

should we feel with being among the lowest spenders on health? If the real 'enemy' is health problem, then how ill-prepared are we to tide over this pandemic, with as less as possible human suffering and untimely deaths!

Just an increase in health spending is not enough. Ensuring that we 'fight the real enemy' is also important. Perhaps the real 'enemy' is not the virus or bacteria, but inequality of different kinds and at different levels.

Rich and poor alike, all are at risk of infectious diseases like COVID-19. But diseases that do not affect the rich and mighty the same way that make the poor suffer and die, do not make us take such radical steps to curtail it. Pneumonia which is preventable, and curable, continues to be the biggest killer of children under five in India. Over 70% of deaths happen because of non-communicable diseases (heart diseases and stroke, cancers, diabetes, chronic respiratory diseases, etc), but a significant number of this disease burden is preventable and untimely deaths could have been averted.

Tuberculosis (TB) is world's biggest killer infectious disease, but the slogan of our national TB elimination programme of government has been 'Pakki Jaanch Pakka ilaaj' (accurate TB diagnosis is possible and TB is curable). As TB is preventable, and curable, then why did 26.9 lakhs of people in India suffered through active TB disease, and 4.49 lakhs of people died because of active TB disease in one year (as per latest WHO Global TB Report). India has the highest burden of TB in the world. So let us also recognize the inequalities that put people more at risk of TB. Malnutrition is the biggest risk factor for TB. No prizes for guessing who will be suffering more from TB.

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stands around 1.25% of our GDP. Our National Health Policy 2017 is aiming to double the health budget to 2.5% of GDP by 2025. We take pride in being 'third largest military spending after US and China' but on health spending, are we aspiring to be the world's top spenders which guarantees health for all in letter and spirit, where 'no one is left behind'?

China spends about US\$ 847 billion every year on health. India's health spending for financial year 2020 is US\$ 34 billion (2.6 trillion, or 1.29% of GDP). If we combine public and private spending on health in India, then it stands at 3.53%.

If we look at data from the World Bank of total health expenditure (public and private spending on health) as part of GDP, then India ranks 24th in the world from the bottom. Only the following 23 countries spend less than India: Venezuela, Monaco, Bangladesh, Brunei Darus-

11.71%, Kenya 4.80%, Libya 6.05%, Maldives 9.03%, Myanmar 4.66%, Nepal 5.55%, Philippines 4.45%, Rwanda 6.57%, South Africa 8.11%, Sri Lanka 3.81%, Sudan 6.34%, Thailand 3.75%, Uganda 6.19%, Vietnam 5.53%, Yemen 4.23% of their GDPs).

Richer nations are spending many times more than India on health (North America 16.56%, China 5.5%, Canada 10.57%, Australia 9.21%, Finland 9.21%, France 11.31%, Germany 11.25%, Japan 10.94%, South Korea 7.60%, Norway 10.45%, Sweden 11.02%, Switzerland 12.35% of their GDPs).

On an average, high income nations spend 12.53% of their GDP on health, low and middle income countries (India is part of this group) spend 5.39%, and low income countries are also spending more than us on an average 5.25% of their GDP.

If we take pride in being the third biggest spender on military then how

Do not cry over spilled milk

TK Nandanam

Interestingly, there are many offshoots being sprouted from the Covid-19 pandemic fight and the latest one being the home delivery of alcohol. Leading food ordering and delivery platforms Swiggy and Zomato on Thursday said they have started home delivery of alcohol in Ranchi and plan to expand it to other cities. This facility is being implemented by various state governments under the excuse of Covid-19 pandemic. So, alcohol distribution comes in an easy way even in the most difficult situation. Boozers have nothing to lose heart, but for them

cheerful days are ahead.

It may be recalled that with the lockdown declared by the government in connection with the Covid-19, the beverage's outlets had been closed and boozers were under the intoxication of despair and for some binge boozers the decision to shut-down of beverages outlets was suicidal and thus many took refuge in suicide.

Yes, heavy drinking leads to a chronic state wherein a drunkard feels withdrawal shakes when alcohol decreases in the blood level. When one regular drunkard abstains from alcohol, he develops

some general effects like hangover, blackouts, memory problems, blood alcohol concentration etc.

Regular consumption of alcohol makes a person addictive to alcohol and this is the main problem of alcohol consumption.

Average quantity of alcohol taken into the body of a person makes his critical thinking muddled and from this comes up a blind courage that prompts him to commit any heinous act. That is why criminals consume alcohol or drugs to perpetrate crimes.

So, alcohol aids and abets crimes, and the government wants alcohol to stay in the society means

government helps crimes to increase in the society. During the last two months when liquor outlets remained shut down, nothing happened except some drunkards committed suicide in the country following the non-availability of alcohol and even crimes were reduced considerably.

Even if alcohol is allowed as medicine for people, how many would use it as medicine? As stated earlier, prolonged consumption of alcohol will make a person sick and addictive and daily consumption cannot be advised at all.

Home delivery of alcohol will bring more people

to alcohol consumption than the existing practice of purchasing directly from the outlets.

A number of people in the society do not take in alcohol as the procedure of buying liquor is much more harrowing and taxing let alone standing in queue before the beverage's outlets in the country. Now everything is made easy and anyone can buy at the comfort of one's home and drink as much as he can. Undoubtedly, the graph of the consumption of liquor would surely go up and so would go up the crimes, and therefore, it is better for government not to cry over spilled milk.

Satire



Pakistan's plan to catch locusts and earn money

Neighbour said to me: To many farmers in southeast Pakistan, an impending locust attack when summer crops of cotton, sugarcane and rice are being sown, and fruit and vegetables are ready to be picked is a much bigger problem than the coronavirus pandemic. If the crops are eaten up by the locusts, farmers will have a dire food security issue on hands. The price of flour and vegetables will sky-rocket, making staple foods hard for some to afford.

I said: Pakistan PM Imran Khan endorsed an out-of-the-box proposal for dealing with the locust threat in the country under which people would be given financial incentives for catching locusts and encouraged to sell these insects to poultry farmers who could use them as poultry feed at a rate of Rs15 per kilogram. Pakistan is facing its worst locust infestation in a generation as marauding swarms have caused widespread damage in the Middle East, East Africa and

South Asia. The United Nations has warned that fresh swarms are on their way from Iran or East Africa. Federal Information Minister Shibli Faraz told that Imran Neighbour said to me: Imran Khan wanted to turn the crisis into an opportunity, therefore, he approved a plan of catching and selling locusts. He was apprised that recently the plan of catching and selling locusts for Rs 15 per kg was implemented in Okara. Locust swarms have attacked 31 districts in Baluchistan, 10 in Khyber Pakhtunkhwa, four in Punjab and seven in Sindh.

I said: Poultry feed is normally made from mashed soya beans, but locusts provide a far higher level of protein. But Imran Khan's government has endorsed a plan to help tackle Pakistan's locust plague by encouraging people to catch the voracious pests & sell them as chicken feed. Last year, Pakistan suffered its worst attack of locusts since 1993, for which the country was largely unprepared.

Science Fact

An average cloud weighs 1.1 million pounds, and an average storm cloud weighs 105.8 million pounds.

Weighing a cloud might seem like an impossible task, but all you need is its approximate volume and density which can be easily determined. Scientists have measured that the cumulus clouds, the white fluffy clouds that we see on days with good weather, have a density of 0.5 gram per cubic meter. Measuring the shadow a cloud casts on land at midday will give us its width, which, according to Peggy LeMone, a researcher at the National Center for Atmospheric Research, is typically a kilometer.

Cumulus clouds are roughly cubical and a kilometer high on an average. So, the average volume of a cumulus cloud is roughly one billion cubic meters. That makes its weight 500 million grams or 1.1 million pounds. That's about equivalent to 100 elephants, 2,500 donkeys, or 33 apatosauruses. Storm clouds are much denser than cumulus clouds and weigh as much as 105.8 million pounds. A typical North American hurricane weighs 108 billion pounds.



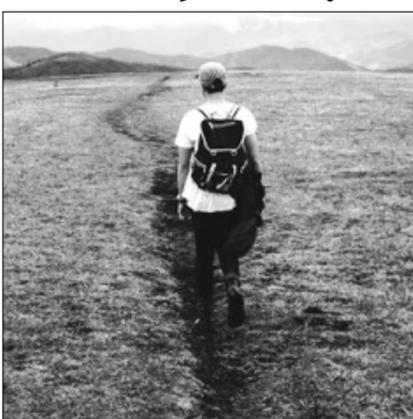
Spiritual

Thinking of spirituality as a destination, not a journey

I have met many spiritually enlightened gurus, and none have claimed that they're done with improving themselves. Spirituality is a long, ever-changing journey.

I used to believe that if I were spiritually awakened, no bad things would ever happen to me again. I would never feel sad, only be surrounded by nice people, and from there on life would always feel positive.

I could not be more wrong. Spirituality is not about suppressing or diminishing your dark side. Spirituality is about raising your mindfulness to a level where you can always make the conscious choice to do the right thing, in spite of what happens and what you're feeling.



Speak



From food safety to food security - the focus must remain on ensuring responsible consumption and production.

Vasundhara Raje



Up-skilling women, up-skills economy 26.75 lakh women trained under Pradhan Mantri Kaushal Vikas Yojana between 2016 and 2020. 97% increase in annual enrolment in ITIs in 2018 compared to 2014.

Prakash Javadekar



Govt is actively destroying our economy by refusing to give cash support to people and MSMEs.

Rahul Gandhi

Tech

Relative humidity & disinfection



Dr. Manas Ranjan Senapati

and the disinfection action is maximum and may occur within a matter of few seconds.

Disinfection plays an important role in the outbreak of Severe Acute Respiratory Syndrome (SARS) COVID-19. Control of the relative humidity in the environment is necessary for effective use of germicidal vapours for aerial disinfection. The action of any water soluble germicidal vapour depends upon the relative humidity and the inherent toxicity of the germicide for metabolism. At a high relative humidity, the equilibrium concentration of germicide, which is attained by condensation on the bacterial particle, is low because of the high water content, and hence disinfection action is decreased. At an extremely low relative humidity, the water content of the particle containing the infectious agent may be so low that negligible condensation of the germicide would occur resulting less disinfection. At moderate humidity conditions, lethal concentrations of germicide accumulate on the particles and the disinfection action is maximum and may occur within a matter of few seconds.