

Preserving our Planet for future generations



Every year on July 28th, people around the globe come together to observe World Nature Conservation Day. This day serves as a reminder of the importance of conserving our natural resources and protecting the environment for future generations. It's a call to action, urging individuals, communities, and governments to take proactive steps towards sustainable practices that ensure the well-being of our planet.

Why world nature conservation day matters- The significance of World Nature Conservation Day cannot be overstated, especially in the face of escalating environmental challenges such as climate change, biodiversity loss, deforestation, pollution, and habitat destruction. These issues threaten not only wildlife and ecosystems but also human health,

economies, and overall quality of life. Conservation efforts aim to mitigate these threats by promoting responsible consumption, sustainable development, and biodiversity preservation. We can create a more resilient and harmonious relationship between humanity and the environment by safeguarding natural resources and reducing our ecological footprint.

KEY THEMES OF CONSERVATION

Biodiversity Preservation: Biodiversity is crucial for ecosystem stability and resilience. Conservation efforts focus on protecting endangered species, preserving habitats, and promoting sustainable land use practices that maintain biological diversity.

Climate Action: Addressing climate change requires concerted efforts to re-

World Nature Conservation Day

duce greenhouse gas emissions, promote renewable energy sources, and adapt to changing environmental conditions. Conservation plays a pivotal role in mitigating climate impacts on ecosystems and communities.

Sustainable Practices: Adopting sustainable practices in agriculture, forestry, fisheries, and industry is essential for ensuring the long-term viability of natural resources. This includes responsible resource management, waste reduction, and promoting eco-friendly technologies.

Community Engagement: Conservation is a collective endeavor requiring active participation from individuals, communities, businesses, and governments. Education, awareness campaigns, and community-based conservation initiatives empower people to make informed choices and take meaningful action.

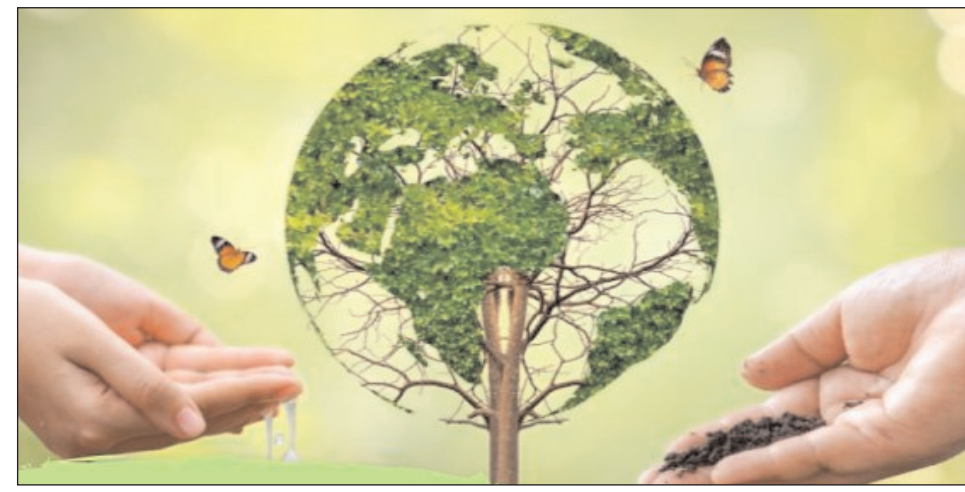
WAYS TO CELEBRATE AND CONTRIBUTE

World Nature Conservation Day encourages everyone to get involved and make a positive impact. Here are some ways to celebrate and contribute:

Educate Yourself and Others: Learn about local ecosystems, biodiversity, and environmental issues. Share your knowledge with friends, family, and colleagues to raise awareness.

Reduce Your Ecological Footprint: Conserve water, energy, and resources in your daily life. Practice recycling, composting, and using eco-friendly products.

Support Conservation Organizations: Donate to or volunteer with organizations dedicated to environmental conservation



and wildlife protection.

Advocate for Policy Change: Advocate for policies that promote conservation, sustainable development, and environmental protection at local, national, and global levels.

Engage in Conservation Activities: Participate in tree planting events, beach cleanups, wildlife monitoring programs, and other conservation activities in your community.

THE FUTURE OF CONSERVATION

As we celebrate World Nature Conser-

vation Day, it's essential to recognize that our actions today shape the world of tomorrow. By prioritizing conservation and sustainability, we can create a healthier planet for future generations to enjoy. Each contribution, no matter how small,

contributes to the collective effort to preserve Earth's natural heritage and ensure a sustainable future for all.

Together, let's commit to protecting and nurturing our planet's precious resources. Let's embrace a culture of conservation that respects nature's intrinsic value and fosters a harmonious coexistence between humanity and the natural world. This World Nature Conservation Day, let's reaffirm our commitment to conservation and inspire positive change towards a more sustaina

7 Hours To Island Life: Take A High-Speed Ferry To Lakshadweep



It used to take 13 hours to get to Lakshadweep from India by sea; now Parali, a high-speed ferry, has whizzed 160 passengers from Lakshadweep into Mangalore old port in just over half the time. The seven-hour run was on an experimental basis but the administration is looking into offering the service on a regular basis.

Passengers on the journey reported that it was a different experience and relatively smoother than in the earlier vessels that used to be cargo carriers modified to carry passengers.

The visit of Prime Minister Narendra Modi in early 2024 to Lakshadweep served

as an impetus to improve the connectivity to Kochi and Mangalore on the mainland.

Lakshadweep is 32 square kilometres spread across a cluster of 36 islands and the 4200-square-kilometre lagoon surrounding it is a marine treasure house. The trial runs were conducted by the Lakshadweep Islands Tourism Development Authority (LITDA, formed under the Central Tourism Ministry, which has also developed facilities at the receiving point in Kad-matt – the closest port of arrival for the islands.

The new service might be impacted by the monsoon – the administration is looking to work out if the seas will be too rough for safe and smooth passage – and the environmental impact of coastal tourism is also being carefully monitored.

A service between Mangalore and Kochi will not only help bring tourism to the islands, but will also make it easier for the people of Lakshadweep to travel to the mainland.



Can Keratin Treatments Cause Kidney Problems?



Are the summer months leaving your hair frizzy, prompting you to schedule a keratin treatment at the salon? However, recent findings circulating online suggest that keratin treatments could potentially harm your kidneys. This newfound information has sparked some concerns. According to this recent study which was published by The New England Journal of Medicine, a 26-year-old woman with no previous medical history had developed kidney damage. Let's take a closer look at this new study and explore the potential risks you need to know before getting a keratin treatment.

Speaking to Dr. P N Gupta, Director & HOD, Nephrology & Kidney Transplant, says "Keratin treatments are popular for making hair smoother and easier to manage. But some of these treatments can have chemicals that might be harmful to your health, like

formaldehyde." Formaldehyde is a strong-smelling gas that can cause problems if you breathe it in or get it on your skin or eyes. "It can make you cough, wheeze, or have trouble breathing, especially if you already have lung problems like asthma.

Using products with formaldehyde in salons can irritate the skin, making it red, itchy, or causing a rash. Salon workers who use these products a lot might have more skin problems. Formaldehyde can also make your eyes burn, turn red, or water if you're exposed to its vapors. That's why it's important for salon workers to wear gloves and goggles to protect themselves," he explains.

Studies show that formaldehyde is known to cause cancer in people. Although Dr Gupta feels the risk of getting cancer from these treatments is low, it's still something to think about.

"That's why it's smart to look for treatments without formaldehyde or with very little of it to lower the risk," he adds. He advises that it is always a good idea to read the labels on products and ask the salon workers about what they're using on your hair.

Dr. Vikram Kalra, Consultant Nephrologist at CK Birla Hospital, Delhi suggests the following precautions to minimise the potential health risks associated with keratin treatments:

Choose a reputable salon: Opt for salons that prioritise safety and use formaldehyde-free keratin treatments or those with reduced formaldehyde content.

Ensure proper ventilation: Adequate ventilation in the salon can help dissipate fumes and reduce exposure to harmful chemicals. Requesting the use of fans or open windows during the treatment process can help mitigate risks.

Use protective gear: Both clients and salon staff should wear masks and gloves to minimise direct exposure to chemicals and fumes.

Follow post-treatment guidelines: After undergoing a keratin treatment, it is essential to follow any post-care instructions provided by the stylist. This may include avoiding excessive heat styling and using sulfate-free shampoos to prolong the effects of the treatment while minimising potential health risks.

Consult a healthcare professional: Individuals with underlying health conditions, such as kidney disease, should consult their healthcare provider before undergoing a keratin treatment to assess any potential risks and determine the best course of action.

Impact Of Lifestyle Factors On Fertility



If we had a rupee for each time we heard about how poor lifestyle choices lead to adverse effects on your health, we'd be rich! Right? Well, money wise, perhaps, but the statement does ring true.

And when saying this, very often, the consequences of lifestyle choices on fertility are often overlooked. Drastic lifestyle changes cause infertility among

both, men and women.

Hence, the need of the hour is to embrace a healthy lifestyle and preserve fertility. Dr Ritu Hinduja, Fertility Consultant, Nova IVI Fertility, Mumbai, explains how to do it.

What kinds of foods are you eating? Are you able to get a good night's sleep? Are you getting enough exercise? These and other aspects affect fertility, including poor nutrition, weight gain, lack of exercise, physical and psychological stress, environmental and occupational exposures, drug abuse, and medication.

- You will also be shocked to know that obesity is also the culprit. It can be associated to lower sperm count and quality in men. Many obese women are diagnosed with polycystic ovarian syndrome (PCOS). Thus, cutting down those excess kilos will improve one's chances of ovulation and pregnancy.
- Being underweight can lead to ovarian dysfunction and infertility in women.
- Do not go overboard while exercising as it takes a toll on one's ovulation and fertility in women.

- Women who smoke on a daily basis experience early menopause and infertility. It also leads to miscarriages and birth defects.

- Planning a child at a later stage that is after 35 years of age, late working hours, endometriosis and premature ovarian failure reduce fertility in women.

- Chronic alcohol consumption leads to hormonal imbalance in women, causing irregular ovulation or early menopause.

How To Preserve Fertility?

- Exercising every day and maintaining an optimum weight will improve your chances of ovulation and fertility. Also, try to get a sound sleep at night.

- Bid adieu to smoking and alcohol to slash down your chances of facing infertility.

- Eat meals rich in fibre and dark green leafy vegetables for proper ovulation.
- Avoid foods with trans fats, highly processed foods and reduce your intake of sugar and carbs.

- Women should take folic acid, vitamin E, D, and iron supplements as rec-



ommended by the doctor.

- De-stress by doing yoga and meditation as stress is a contributor to infertility.

- If you are struggling with infertility, you need to consult a fertility expert who will help you understand about the right kind of ART treatment for you to improve your chances of conceiving.

