NITTTR Bhopal: Where the proud tricolor flies day and night

At NITTTR Bhopal, Independence Day transcends a mere celebration on August 15; it embodies a spirit of patriotism and unity throughout the year.

The installation of a magnificent 100-foot high tricolor flag serves as a powerful symbol, inspiring not just the staff and students of the institution but also the surrounding community.

This towering emblem of national pride stands as a reminder of the sacrifices made for freedom and the importance of upholding democratic values.

It fosters a sense of belonging and encourages citizens to reflect on their responsibilities towards the nation, making every day a tribute to independence.

A 100 feet high national flag is installed in NITTTR Bhopal. The lights installed in the institute are also of the tricolour.

Institute Director Prof. C.C. Tripathi said, "This is not just a flag, but a living symbol of our national values, unity and cultural heritage.

We are proud that NITTTR Bhopal is painted in the colours of patriotism day and night." He called upon the NITTTR family to actively participate in the Har Ghar Tiranga Abhiyan and put the tricolour on social media profiles.

It is a great achievement for the institute that the 100 feet high national flag and the campus painted in the colours of the tricolour attract not only national but also international participants, which they save in their cameras through photographs and videos.

According to NITTTR Bhopal's Dean Corporate and International Relations Prof. P.K. Purohit, this national flag of the institute has become a major place for taking photographs on the smart road.

Not just a flag but a symbol of our unity, freedom, and national honor

The NITTTR Bhopal organized a grand Tricolor Rally on the occasion of Independence Day within its campus premises. Under the leadership of Director Prof. C.C. Tripathi, the entire NITTTR family, including faculty members, officers, employees, their family members, and children, participated enthusiastically in the rally.

The atmosphere was filled with patriotic songs and the fluttering Tricolor, creating an extremely enthusiastic and inspiring ambiance.

The rally commenced from the institute campus, where participants carried the Tricolor and chanted slogans like "Vande Mataram" and "Bharat Mata Ki Jai" as they marched through various paths within the campus. On this occasion, Prof. C.C.

Tripathi encouraged everyone to actively participate in the 'Har Ghar Tiranga' campaign, stating, "The 'Har Ghar Tiranga' campaign is a unique celebration of national pride.

We should all proudly hoist the Tricolor, as it is not just a flag but a symbol of our unity, freedom, and national honor."

The national flag is a symbol of respect and pride for every citizen of a country. Understanding its significance and importance and passing it on to the new generation is our duty. On this occasion, Smt. Vandana Tripathi, Prof. R.K. Dixit, Prof. Sanjay Agrawal, Prof. P.K. Purohit, Prof. Subrata Roy, and other officers and employees of the NITTTR Bhopal family were present.

United action is warranted for antimicrobial resistance which threatens everyone

BOBBY RAMAKANT – CNS

A collage of people speaking into microphones AI-generated content may be incorrect.

When misuse and overuse of medicines is making infections difficult or impossible to treat, then are not we all at risk? rightly asks Bhakti Chavan, a survivor of extensively drug-resistant TB or XDR-TB (one of the severest forms of TB which has very limited treatment options) and a member of World Health Organization (WHO) Task Force of antimicrobial resistance Bhakti had no prior history of TB disease but got infected with TB bacteria, which was extensively drug-resistant. If infection prevention and control had been optimal at all healthcare settings, society, community and homes, then no one should get infected with a preventable disease like TB. Bhakti is cured now and risen to help raise awareness and protect others from AMR.

If we do not act now, we can go back to pre-antibiotic era

"Antimicrobial resistance (AMR) occurs when bacteria, viruses, fungi and parasites change over time and become resistant to (or no longer respond to) medicines, making infections harder to treat and increasing the risk of disease spread, severe illness and death. As a result of drug resistance, medicines become ineffective, and infections become increasingly difficult or impossible to treat. AMR is a problem driven by misuse and overuse of antimicrobial medicines - including antibiotics, antivirals, antiparasitics and antifungals - and results in critical medicines losing effectiveness to treat infections," said Dr SS Lal, a distinguished global health leader who serves as Director of ReAct Asia Pacific.

"AMR is associated with around 5 million deaths a year. Besides this, there is the huge burden of morbidity and healthcare expenditure that can affect household welfare severely. We all need to realise that if we do not act now, we could go back to a pre-antibiotic era, when even simple infections become untreatable," said Dr Lal.

Dr Lal reminded that first antibiotic was discovered in 1928 – almost 100 years ago, which has saved several millions of lives. But first sign of antibiotic resistance became apparent soon after the discovery of penicillin. The spread of penicillin resistance was already documented by 1942, when four Staphylococcus aureus strains were found to resist the action of penicillin in hospitalised patients.

We all are at risk of AMR

"Antimicrobial Resistance (AMR) affects each one of us – directly or indirectly – and all of us are at risk of AMR. AMR is among top 10 global health threats as well as an emerging threat to food security and SDGs. Economic toll of AMR is astronomical too. There is no excuse for inaction but to save the medicines that protect us," said Shobha Shukla, SDG-3 Lead Discussant at the United Nations

intergovernmental High Level Political Forum (HLPF 2025). Shobha leads CNS and is also the Chairperson of Global AMR Media Alliance (GAMA).

Shobha commended journalists and other communicators from the Global South nations who, despite limited access to resources, have covered AMR consistently and helped raise awareness and increase accountability in health responses. GAMA is majorly led by journalists from the Global South nations. Indian chapter of GAMA, formally called as India Media Alliance on AMR, was also launched at Press Club of India in a national media workshop organised by ReAct Asia Pacific. Dr Ijyaa Singh of ReAct Asia Pacific stressed that media engagement remains one of the key priority action areas for strengthening AMR responses at all levels.

AMR is a brewing pandemic

AMR is a pandemic in making, said Dr Narinder Saini, former Secretary General of the Indian Medical Association (IMA) and Chairman of the IMA AMR Standing Committee. "If we do not act now to prevent AMR, then by 2050, every year almost 10 million will die due to it."

Change is possible when people unite and lead

Over 1860 young people living with HIV in India know their status, receive lifesaving antiretroviral therapy and continue to remain virally suppressed with viral load undetectable since at least last one year, said Pooja Mishra, Coordinator of Youth Lead Voices and General Secretary of National Coalition of People living with HIV in India (NCPI Plus). This means all of them had the right diagnosis and are adhering to daily therapy diligently - thereby minimising their risk of developing AMR or HIV virus becoming drug-resistant. Undetectable viral load means they are healthy and infection stops spreading too - so treatment works as prevention.

Dr Vinay Mishra's corner...

Question- My teenage son has a lack of trust on everyone in his life. He says he does not trust the family and his friends. As a result he is withdrawing from everyone. What can be done?

SJ

Answer- Your teenage son's lack of trust in family and friends, leading to withdrawal, is a serious concern that calls for patient and thoughtful intervention focused on rebuilding trust and connection. Open Dialogue with Patience: Encourage your son to share his feelings by asking non-judgmental questions. Choose low-pressure settings for these talks such as during car rides or shared activities—to make conversation feel natural rather than confrontational. Show genuine interest in understanding the reasons behind his distrust without interrupting or dismissing his feelings.

Model Trustworthiness Yourself: Build trust by being honest, consistent, and reliable. When you make mistakes, acknowledge them openly and apologize sincerely. Demonstrating accountability teaches him that trust is a two-way process, Give Opportunities for Independence: Allow your son chances to make decisions and demonstrate responsibility within safe boundaries. This shows your confidence in him and can improve his self-trust and trust in you. Be Consistently Supportive: Always be on his side regardless of challenges. Reassure him that support and love remain constant even when mistakes happen. When he feels supported rather than judged, he's more likely to open up. Respect Privacy and Space: Respect his need for privacy and keep confidential conversations private. This respect fosters mutual respect and trust.

Focus on Positive Interactions: Engage in activities he enjoys, share laughs, and create positive moments together. Avoid constant criticism or pushing him too hard, which can deepen withdrawal.

Seek Professional Help if Needed: If distrust persists and withdrawal intensifies, consider involving a counselor in adolescent issues to support both your son and the family in rebuilding relationships.

7 Signs You Might Be Experiencing Gestational Diabetes

Pregnancy is a joyous journey, but it comes with its share of challenges. One such challenge is gestational diabetes, a condition that can be managed effectively with proper attention. However, if left untreated, it can impact the health of both the mother and the unborn baby. It typically develops in the second or third trimester, experts warn that it is often asymptomatic and detected through routine screening between 20-24 weeks of gestation.

"Undiagnosed or poorly managed gestational diabetes can lead to noticeable symptoms and potential complications," says Dr Vahid S. Bharmal from Bhailal Amin General Hospital, Vadodara, who highlights the following warning signs to watch out for.

Persistent Thirst

High blood sugar levels can absorb water from your tissues, leaving you dehydrated and feeling constantly thirsty.

Frequent Urination

To flush out excess glucose from the bloodstream, your kidneys work overtime, resulting in frequent bathroom visits.

Unexplained Fatigue

Gestational diabetes affects the body's ability to use glucose for energy, leading to feelings of extreme tiredness and exhaustion.

Increased Hunger

Even after eating, gestational diabetes can trigger excessive hunger, as insulin resistance prevents the body's cells from absorbing glucose effectively.

Frequent UTIs (Urinary Tract Infections)

Elevated glucose levels in urine create a favourable environment for bacteria, increasing the likelihood of urinary tract infections.

Excessive Amniotic Fluid

Gestational diabetes may cause abnormally high levels of amniotic fluid, which can raise the risk of preterm labour and other complications.

Blurry Vision

Though less common, fluctuating blood sugar levels can temporarily affect your eyesight, causing blurry vision.

The Importance of Screening

Gestational diabetes often shows no symptoms, making routine screening between 20–24 weeks of pregnancy essential. Early detection allows for proper management, which typically includes:

Dietary Changes: Eating a balanced diet tailored to stabilize blood sugar levels.

Regular Exercise: Engaging in safe, doctor-approved physical activities.

Blood Sugar Monitoring: Keeping track of glucose levels to ensure they remain in a healthy range.

Timely intervention helps manage blood sugar levels and minimises potential complications for both the mother and baby, ensuring a healthier pregnancy journey.