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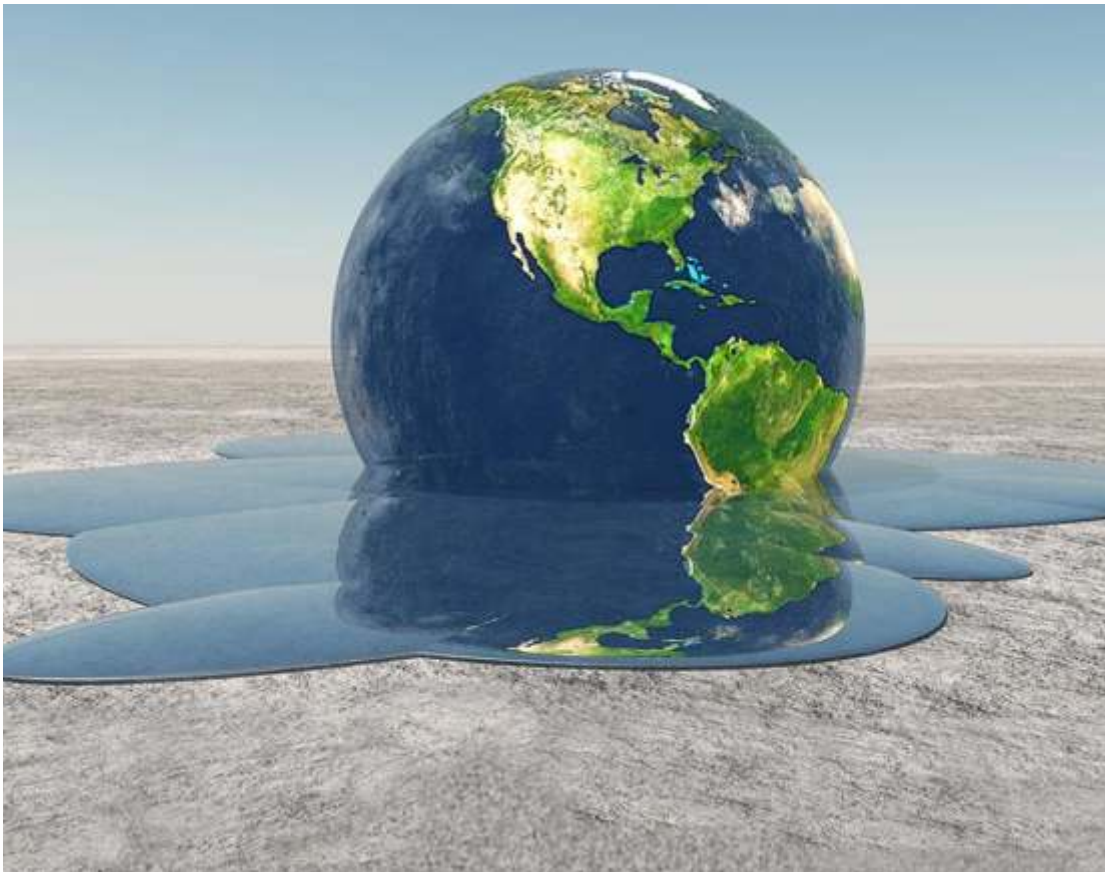
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India and It's Climate Change

-By Dr. Akhilesh Kumar Pandey | Associate Professor, UWSL



Disturbing increment of the normal temperature of the Earth surface and seas has uncovered human populace's effect on environmental change. An expansion in worldwide temperature has fundamentally affected on water assets, nourishment security, beach front areas, organic environment and human wellbeing. Atmosphere variances expanded the recurrence and power of extraordinary climate wonder, for example, serious tempests, floods and dry seasons. Climate and territorial temperature changes made mischief farming area and biological systems, spread malady and unsalvageable harmed wellbeing and nourishment security in numerous districts all through the world. Expectations additionally estimate irreversible icecap softening, the ocean level rising and mass flooding of beach front locales uprooting bits of the human populace. The situation of India and the consequence of environmental change are more awful in the nation. On 31st October 2019 the capital city of the nation, the report by the atmosphere Impact lab in a joint effort with the Tata Center for Development at

Chicago evaluates that by Year 2100; around 1.5 million additional individuals could pass on in India every year because of environmental change. Heat Waves recurrence and power are expanding in India as a result of environmental change. Because of the environmental change it is normal that it will prompt significant medical issues in the nation. A couple of urban communities in India have encountered inconspicuous change in atmosphere throughout the decades. Regardless of whether we fault in on man-made things or the expansion in populace, the truth of the matter is that the expansion in earth's temperature implies that more individuals can't live in it, a case not by and large upheld by other people who anticipate a grim future for the earth if this pattern of hotter atmosphere goes on unchecked.

The climate in India contrasted with earlier years is dry causing extreme warmth wave the nation over. As per the India Meteorological Department (IMD) heat conditions were common in numerous pieces of the nation. In

spite of the fact that India has focused on solid atmosphere activities and is quickly expanding its perfect power generation ability, down to earth proof proposes time is running out for the nation. Earlier year, the IPCC unique report has cautioned that if fundamental and dire advances are not taken by the world inside the up and coming ten to twelve years, there will be calamitous results of an unnatural weather change. Significant medical problems are reflected in India because of the environmental change. Also while a few pieces of the nation desire for rainstorm rains, some are overwhelmed by flooding waterways. The vast majority of the pieces of the nation are deficient with regards to drinking water as the territories have turned dry. The province of Assam saw overwhelming precipitation which brought about influencing a large number of individuals. 63000 individuals almost have been influenced because of dengue. While one state is confronting flood though the urban communities of Hyderabad comes up short on water. Dry spell is being looked by Nagpur and the ranchers are enduring. The emergency of water in urban communities like Bangalore and Chennai involves grave concern and all these are because of the environmental change and its impact. This is a characteristic component of our condition that keeps the planet's surface at an agreeable normal temperature of 15 degree centigrade. The common procedure of carbon dioxide, water fume, methane, nitrous oxide, ozone depleting substances which structure a cover of gases and which doesn't permit the radiation once again into space is the primary impact. Clearly the strength of the primary impact decides if the earth is livable or not inside a fair temperature go. Indeed, even lithosphere isn't saved from the impacts of a worldwide temperature alteration. Truth be told, all segments of the earth are influenced because of the worldwide temperature alteration. The issue is man-made activities influencing the procedure of a worldwide temperature alteration.

Madhuvan

-By Srotaswini Bhowmick | Assistant Professor, USLM



The Beginning

“Amma, koi mujhse nehi khelta”, complained the fair young boy to his mother.

“Hum dono khelenge na Manu.....aa ja apne Amma ke pas?”...

His mother’s inviting lap was all that Manoj ever wanted.

The village of Dhulipur. True to its name, the village is always gray with the dust and sand from the desert that blankets itself from all sides. The village is made almost invisible to the eyes of outsiders by the sand dunes that cover it. Thus, the few rare caravans that pass the village are never aware of its existence. The fence that serves as the boundary of the village, therefore, often drops its guard and takes a slight nap. Let us peep into the village in the meantime.

The village is clearly divided into two halves; while one part is inhabited by the upper-caste well-to-do families, the lower-caste farm workers, woodcutters and herders inhabit the other half. At an isolated corner of the village, separated even from the lower-caste neighbourhood, is Phoolan’s hut, the stage where the aforesaid episode between the

mother and the son was taking place.

The village has only one well of drinking water. The well serves the higher caste families, and the village temple. It also feeds the few plots of farmland the village has, and the camel shed. The lower-caste workers, naturally, are not allowed to drink from this well, though they are the very ones who carry the ‘holy water’ to the farms and the camel shed. For their own use, they have to collect water from a muddy pool that stands outside the village. The very rare rain feeds the pool, and some water also comes from the underground water beds. People say that once there was a great lake at the very point where the pool stands now. Miracles of nature, you know! The well, on the other hand, stands heavily guarded, with ever-alert guards always taking rounds. Now please don’t ask me what caste they are from. Why do you even ask such questions? They are uncomfortable. Listen to the story patiently, will you?

-----1-----

“ Amma, won’t you go to fetch water today? Please Amma..... I am thirsty...”

“I am not well today son. Why don’t you go and collect water from the pool today?”

‘No Amma, you know that the people of the village are always angry with me. They will never let me take water. Why are they always angry Amma? Why do they call me names every time they see me? People love you Amma. They will give you water if you go. And Amma, will you bring the clean cool water you brought the other day from the priest in the temple? Or, the water that the headman gave you last week? Why would we drink the muddy water then? You will go Amma, won’t you?’

Phoolan heaves a sigh and gets herself up from her bed. She has to get ready now to go and bring water. Clean water is what Manoj wants. She must then tie her hair in nice braids, make her lips a little red, and draw her eyes with kajal. She wears a tight choli. Phoolan curses herself for her beauty.

-----2-----

The terrifying desert summer has arrived. As the twenty-year old Manoj carries out his daily chore of sweeping the camel shed, he envies the camels that sit snug in their shed, knowing no thirst. Nature has provided well for them. Why is it so cruel then to man then? The pool has gone dry, as is usual for it in this season. The villagers will go to the pool today, trying to dig out some water. And look at all the water

that is wasted in cleaning the temple. See how Maya washes the white floors of the temple. So much water! See how fast her hands move. Does she feel guilty for wasting so much water? Manoj loves the movements of those hands, the jingling of the bangles, the way she squats on the floor, the way she stoops while working, the way her hair falls on her face and the way she manages her pallu.

Manoj needs some water today. There is not a drop of water at home and people nowadays have stopped giving water to Amma as well. They laugh at her back calling her 'the dry old witch'. Manoj hates it.

Finishing his work, Manoj slowly moved towards the pool, carrying a bucket.

----- 3 -----

"Amma, where is my father? Why doesn't he stay with us?"

Manu asked me the question again today. I wish I knew the answer. I wish I never had to hear the question. I curse myself. I curse the day it all began. I curse the gods to give me this hateful body.

I still remember the day, years ago, when I was brought to Dhulipur as a very young girl, from a faraway land, to work in the temple. My parents were poor, and the money they got as my price was too much to resist. I was so tired travelling such a long distance....and then, it was my turn to get afraid...the village was so dreary...not a drop of water, gray with dust....

And the eyes of the men...the glint in them...I felt them eating into me...

The village became a burning hell for me. It was my body that was against me. After working in the temple for the whole day, I was taken repeatedly by some man or the other...mainly by the priest and the headman. A young girl's fear and shame...ohh...I could not even protest. I prayed to God everyday to reduce the pain, I prayed for comfort... but the devils were so powerful...so relentless.

And then, they called ME witch!! As I got slow and big with Manu, they said that I was impregnated by the devil. Had I known who the father was... Well, what could I have done anyway? It was my fate, I guess.

That day, they would have killed me. I was terrified to see their eyes. The headman...his angry eyes.... No...his eyes gave it all away...he was jealous...

Had it not been for the priest, I would have been burnt alive. He saved me from the mob, and I was sentenced to stay in this blasted corner.

I wish I had died that day. The suffering...this body...it has made every moment a bit of death. I curse the priest with all my soul. With all my

heart. Oh! Had I really been a witch!!

My body has kept me alive. It has given me food and water. My body has made me live through death. Through every breath of death.

----- 4 -----

Manoj had made up his mind. He had to steal water from the village well. From his position in the camel shed, Manoj spent the whole day studying the movements and the turns of the guards. The wait was for the dark night to arrive. "They did not allow me to take water Amma.... I could not even collect the moist soil. They hit me, they drove me away. They called me bastard; they called me "dakan ka put". Why Amma? Where is my father? Why haven't I ever seen him?..."

Amma, pani lene nehi jaogi? What will we drink Amma?"

"So many questions, Manu....oh...let me breathe for God's sake!!! Aren't you ashamed of yourself? What for have you grown up? Don't you see my age now? Can't I ever have some rest? How long Manu? How long? Main aur bheekh nahi maang sakti. Get out now, aur pani lekar hi lautna."

It is ten o'clock now... When does the moon set?

----- 5 -----

Maya...you here? At this hour? You should not...Is it water? WATER? Really? Is it water Maya? Clean water from the well?...aaaaahhhh...Maya.. they beat me so badly...I only would have taken a pot of water...the sound of the pulley is so hateful Maya, so loud...it gave me away...

That well is treacherous Maya. One day, it will not have a drop of water in it.

"Amma, Maya has been called to the panchayat tree tonight.... They say that Gopinath discovered her carrying the holy water to our house..."

----- 6 -----

There was no panchayat here today Manoj. There were only people here to punish me. They punished me for loving you. What could I have done Manoj? I couldn't have let you go thirsty. I cried when they beat you....and...they made me cry Manu. All of them took me...bit by bit...tore me apart...that Gopinath and the headman's son Balbir...it hurt so much Manoj..

Before tomorrow morning, everyone will see my body hanging from the panchayat tree...

That treacherous well...the root of all evil...one day it won't have a drop of water in it...you'll see. Run away, Manoj...

Run away before they kill you.

----- 7 -----

They chased my Manu out of the village today... How will I live without my boy? How? That treacherous well...the root of all evil...one day it won't have a drop of water in it...that's the curse of a mother who had every part of her heart torn off and burnt.

This muddy pool here...It bears the fate of everyone like me who inhabit this village...

Or, does it? Does it show my fate at all? I am not a part of anything... Am I?

See...It doesn't reflect my face... Does my face exist?

Who sits there at the other side of the pool? She seems to be very old.. very very old. What is she doing here? She has a camel with her, and a jholi...

Ajholi of food?
"Old mother, it's a long story. A pathetic story. The story of my village Dhulipur. The story of water and birth, love and hatred.

----- 8 -----

"Beyond the horizon, beyond the mountains that you see, my boy, there is a heaven on earth. Sages call it Madhuvan. A great pool of perfumed, pure water stays at the centre of it. It is so beautiful that it can't even be described in words. Apsaras come to bathe and play there. Every night. It is bounded by a beautiful forest of flowers and fruits. So much colour... So much music...So much of life beta..."

"Budhi Amma, everything will be alright if I can reach Madhuvan.."

"But my dear boy, in the long history of the deserts, no man has ever been able to reach Madhuvan. The journey through the desert and the mountains is impossible for man to finish."

"I can... I will... I have nothing to lose.... You know, everything will be alright once I reach there. EVERYTHING."

"Since you insist beta, who am I to stop you? Your fate calls you. I can only offer you a small help. You can take either this camel or this jholi of food for your journey...."

----- 9 -----

Amma....why in the world did I have to choose the camel? Do I have to go back to the same hell again? The jholi of food...it would have been a better option...hai na Amma? Does anyone ever go back from Madhuvan? Should anyone?

I will tell you a secret Amma. Her eyes...the old woman's eyes...they made me choose the camel. They were Maya's eyes Amma...the same brown softness...they told me, "you have to live". Maya always told me that. Remember? But how will I go on without food? The stupid I am...ohhhh Amma...

She came to me last night Amma...Yes, Maya came to me. It was very cold and I was sheltered against the camel's stinky back when I felt her softness. Don't smile Amma... I can't ever make a mistake there. Never. I felt her warm breasts against me...She held my hand, Amma. Her hand was burning. She made me touch her belly. Amma, I shuddered. Maya was pregnant...she was carrying a child in her womb.

Whose child is it Maya? Who is its father? It can't be me...
Everything will be alright, Maya, when I reach Madhuvan. It can't be far away. See, the mountains...they appear so near now. Maybe tomorrow...

----- 10 -----

I can smell the waters of Madhuvan now Amma. I can feel the moist breeze that ruffles my hair...aaaaaahhh...water...Amma, clear water. It has the smell of heaven. A few steps more, and then the mountains will end...and they will allow me to see Madhuvan. I am so tired Amma. But I know this is nothing. The old woman...she said that a dip in the pool of Madhuvan cleanses everything...EVERYTHING mother.... I am so dusty now...grayer than Dhulipur herself.

Dhulipur...perhaps I will never see it again...who wants to? I wanted to see you, though, Amma. Don't cry Amma...please don't. It makes me go weak...very weak. What could I do mother? I was so thirsty...so so thirsty last night... I had to kill the camel. It meant a little food...a little water Amma... I know it was the burning of the bridge... Don't you worry Amma. Everything will be alright when your Manu reaches Madhuvan. Only a few steps Amma.

Is it you Maya? Again? What are you carrying under that cloth? Food? Let me see it Maya...a child? Is it a girl Maya? She looks just like you... Who is her father Maya? Whose child is it? It can't be me...right?

Don't go Maya...no...don't turn back...the mountain is so steep here Maya...stop...don't run Maya...no...

Everything will be alright, Maya, when I reach Madhuvan. Please...don't... I am so weak today... I can't even run fast enough Maya...MAYA...!!! STOP!!

----- 11 -----

Amma, when you left me, I still had your smell in my air. And the smell of Madhuvan, Amma... it vanished. I breathed hard Amma...yet, nothing...NOTHING. Just as I started vomiting, Amma, I saw it... I saw Madhuvan... a huge nothingness, Amma...a great, dark gorge...a never-ending crater...so very dry...so great, so bereft of colour, so very silent.

I closed my eyes Amma...but then...a touch made me open my eyes again...a touch of your lips on my forehead...no... it was Maya...MAYA!! And there it was...the watery smell of heaven...Madhuvan was there in front of me Amma.How couldn't I see it earlier? How?

Your Manu reached Madhuvan, Amma...aren't you proud? Didn't I tell you everything will be alright once I reach it, Maya? Didn't I? Aaaaah...breathe with me Maya...feel Madhuvan...

Play with my hair as you always did Maya...ahh...I am so tired...I deserve a good sleep Amma... on your lap... You know Amma, it has the same perfume of the temple that Maya has on her..

I am sleepy, Maya.

Epilogue

Dhulipur has become a part of the desert long back. No one stays there now. Years after Manoj's journey, the lower caste villagers revolted against the upper caste masters and took over the panchayat and the well.

Years later, the well went dry. Rock dry.

They still think it was the curse of the old witch who circled the well every day, peeped into it and chuckled...

She stayed to see it all.

Tips to stay safe in the times of Coronavirus



Recently the name Corona has become very popular and everybody is much worried about it globally. Earlier the word corona means, the Sun's corona which is the outermost part of the Sun's atmosphere. But after the outbreak of corona virus in Wuhan city in the month of December, this deadly virus is now known as covid-19 (corona Virus-2019). Covid-19 epidemic is more deadly and dangerous than an epidemic of SARS which affected 26 countries and resulted in more than 8000 cases in 2003. As per the data from worldometers website, currently there are almost 75,216 cases worldwide, having patients affected with this virus in almost 29 countries. Almost 2012 deaths have been recorded till 20th Feb, 2020 and almost 14952 people have recovered from this deadly disease. The symptoms of this disease are cough, running nose, sore throat, high fever, etc. Till date there is no vaccine available for this in the market, many pharmaceutical companies worldwide have started working on it but it would almost take 15 to 18 months to launch this product in the market. Currently, patients are being treated with the primary treatment of viral diseases.

Some Do's & Don't to keep the disease at bay:

Do's

- Observe for good personal hygiene
- Make a frequent habit to wash hands with soap or alcohol based hand rub
- Practice to cover your mouth and nose while sneezing and coughing
- In case of respiratory symptoms such as cough or running nose, make a practice to wear a mask
- In case you feel symptoms pertaining to severe respiratory issues, don't delay in seeking medical help.
- Avoid being in close contact, public gathering and close proximity when you are experiencing cough and fever

Don't's

- Don't travel if not feeling good
- Avoid travelling to cities or countries of epidemic viral infection farms, live animal markets or where animals are slaughtered
- Avoid close contact with people who are unwell or showing symptoms of illness, such as cough, running nose etc.
- Make a distance with live animals who could be the carrier of the virus
- Avoid consumption of raw/undercooked meats for sometime

Dentin Hypersensitivity



If you pass on hot or cold drinks because you know they'll make your teeth hurt, it may be time to talk to your dentist about the possibility that you have sensitive teeth. Asking yourself few questions will elicit a bounty of useful information: Do certain foods create discomfort? Do you avoid certain foods or beverages? To be able to treat these tooth twinges, it helps to know what might be behind them. Once you've nailed down the cause, you can find a solution. While sensitivity can be an isolated single episode, many people have lived with tooth discomfort for years, so what may seem trivial is really a quality of life issue. Undiagnosed or untreated, patients become resigned to avoid a delicious frozen dessert, using a straw for every drink, or trying not to take a mouth breath in near-zero weather.

Sensitive teeth or dentinal hypersensitivity can occur when either tooth enamel has been lost or gums pull away from your teeth at the gumline exposing the dentin layer of your tooth. Dentin is the softer tooth layer that lies beneath the hard enamel surface. Below the gumline dentin is not protected by the enamel that covers the part of the tooth you can see in your mouth. Once dentin is exposed, the microscopic pores called dentinal tubules that lead to the tooth nerve are left unprotected. Hot, cold and sometimes sweet or acidic foods can trigger sensitivity-pain.

Why are my teeth sensitive?

There are several ways that dentin can become exposed leading to tooth sensitivity.

Common causes of sensitive teeth resulting from dentin exposure are

- Gum recession due to gum disease
- Overaggressive brushing or brushing with a hard-bristled toothbrush
- Too many acidic foods and beverages
- Teeth grinding
- Tooth decay or physical injury to the tooth

What can I do to prevent tooth sensitivity?

As we know prevention is better than cure, there are a number of options for prevention of sensitive teeth:

- Brush and floss your teeth twice a day to prevent gum disease.
- Be sure to clean all parts of your mouth, including between teeth and along the gum line.
- Brush gently and use a soft bristled electric toothbrush. This will help prevent overaggressive brushing and protect your enamel from being worn away.
- Avoid acidic foods and drinks.
- Use a tooth-paste designed to help protect your teeth against sensitivity.

What can I do to manage sensitive teeth?

Diagnosis of the cause is the only way to properly manage the symptoms. Your dentist will help determine the cause of the sensitivity, first through examination and x-rays.

With many recent advancements in oral health technology, you might not have to accept sensitive teeth as a fact of life. If you are experiencing sensitivity because of a topical issue such as overly-consuming acidic foods and drinks, or use of whitening products it may be advised to ease off of these activities.

Treatment for clenching or grinding the teeth can vary. Drinking high levels of caffeine can cause grinding or clenching, so your dentist may advise cutting back on stimulants. Stress-management techniques such as breathing therapy, yoga or meditation can help alleviate physical manifestations of stress (such as teeth grinding). Wearing a mouth guard overnight can help reduce impact and protect the surface of the teeth from grinding.

Treating symptoms of gum disease or receded gums first requires treatment for any infection in the gums. A deep dental cleaning consisting of root scaling and planning removes built up plaque and tartar from around the gum line. In severe cases of infection, the dentist may also prescribe an antibiotic. Gum grafting is a procedure that replaces lost gum tissue, tissue that will not re-grow naturally once it has been lost. There are a number of over-the-counter and prescription mouthwashes and toothpastes that alleviate the sensation of teeth whitening.

If you experience tooth sensitivity, use products that are designed to block the tubules and relieve the pain including toothpaste for sensitive teeth and gums. While there are many effective over-the-counter methods of treatment for sensitive teeth, it's always a good idea to consult with your dental professional if you experience ongoing sensitivity as it could be a sign of more serious problems. It's also important not to shy away from dental care because of tooth pain. Ignoring your teeth can make things worse. Brush and floss twice a day to help keep your smile bright and pain-free. And see your dentist for a checkup twice a year. Dental treatments are not costly, your ignorance is!

[Student Corner]

A group of students from the School of Fashion Design, UID have won the runners-up title in the Blithchron's Fashion Show event 'Panache' presented by IIT Gandhinagar.

The fashion divas of UID walked the ramp and showcased collections from UG Sem 6 and UG Sem 8 jointly with PGFSC Sem 2. Heartiest congratulations to all the participants and the esteemed faculty who guided and encouraged these aspiring designers.



[Student Corner]



[Student Corner]



[Student Corner]

UWSL's Student receives Gold Medals for Outstanding Academic Performance

Ms. Mansi Chhaya, Alumna of Batch 2014-19 has received two Gold Medals from the Governor of the State of Gujarat in the 68th Annual Convocation Ceremony of the Gujarat University, namely-

- 1) Sushilaben Baldevdas Pandya Medal- for being the topper in final year
- 2) Shri Samir Niranjan Divetia Medal- for being a topper in all batches of 5 year integrated law course conducted by Gujarat University (cumulative).





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