

SNV machines being installed in 153 schools in Kupwara

KUPWARA: Under the chairmanship of District Development Commissioner, Kupwara, Anshul Garg, a workshop was conducted today in the meeting hall of D.C. Office Complex regarding the use of Sanitary Napkin Vending (SNV) machines to be installed in 153 High Schools, Higher Secondary Schools and five Degree Colleges of the district.

The Assistant Commissioner Revenue, District Panchayat Officer, Chief Education Officer, Principals of High and Higher Secondary Schools and other concerned participated in the programme.

During the workshop, it was informed that under Swachh Bharat Mission – Gramin (SBMG) and Aspirational District Programme (ADP), Kupwara district is installing SNV machines in 153 schools and five colleges. The machines have been commissioned to minimize the school dropout rate of girl students.

Meanwhile, experts who had come from Delhi gave a detailed training to the participants about the handling of SNV machine.

Student Exchange Programme to Ahmedabad Organized by Dolphin Intl School



PULWAMA: Dolphin International School Pulwama organized 7-day educational tour from 3rd February to 10th February for their students at GEMSGenesis International School, Ahmedabad. The program began with a high energy process of understanding culture exchange and diversity at various levels of schooling.

The main aim of the program was to provide students an immersive platform beyond the four walls of the classroom where they can learn to communicate, co-exist and learn from a diversified context. This event also helped students to enhance their all-round personality so that they can strongly face the turbulent road in the future.

The entire experience served to inculcate a sense of sportsmanship, empathy, leadership, acceptance of diversity, self-confidence and critical thinking.

"Being selected for this education trip to GEMSGenesis International School was a golden opportunity for us. We learned how to adapt ourselves within diverse culture and tradition. This six day programme helped us in learning about hospitality and social interactions." Said group of students from Dolphin International School.

The week also gave chance to students for a better understanding of how to manage their time efficiently and also increased their interest in academics. Activities performed included: participation in debates, drama, music, sports, etc. that helped students to arrive at a sense of responsibility and exposure to new activities in the world. Dolphin International School has organized various such programs in the past and is determined to continue doing so for effective growth of its students.



Financial Inclusion: DC Finalises Action Plan For Implementation In Srinagar

Observer News Service

SRINAGAR: To finalise the action plan for implementation of the financial inclusion outreach programme of the government, a special district level review committee meeting was held here Friday.

The meeting held under the chairmanship of District Development Commissioner Srinagar Dr Shahid Iqbal Choudhary discussed the plans for coverage of all farmers identified under the Pradhan Mantri Kisan Samman Nidhi or PM-KISAN scheme in the district under the Kisan Credit Card or KCC scheme.

It is informed that Rural Development, Agriculture and Horticulture departments will reach out to PM-KISAN beneficiaries in the district - which add up to total of 11,475 beneficiaries - and ensure that all eligible beneficia-

ries are covered under the KCC scheme.

It was said that a mechanism has been set up at Lead Bank Srinagar to monitor tracking progress of enrolments under the KCC scheme in the district. Giving details it was informed that currently there are 3157 KCCs active in the district.

It was informed that special camps will be organised at various places for reopening of KCC accounts in the district.

The meeting also discussed plans for enrolments under the Pradhan Mantri Suraksha Bima Yojna or PM-SBY and Pradhan Mantri Jeevan Jyoti Bima Yojna or PM-JJB.

It was informed that total targets set under these schemes in the district include 9936 under PM-SBY and 9720 under PM-JJB adding that each business unit of a bank has been assigned tar-

gets of 46 enrolments under the former and 45 enrolments under the latter.

It was said that the Lead Bank and FLCs will hold 50 awareness camps across the district as part of enrolment efforts under these schemes adding that all business units of all banks will also hold similar awareness camps.

It was also informed that the Rural Development Department in coordination with concerned Sarpanchs and banking correspondents will source applications for registration under these schemes. The meeting also reviewed enrolments under the Atal Pension Yojna or APY scheme in the district. It was informed that total enrolments targeted under it include 10,800 adding that each business unit of a bank has been assigned a target of 50 enrolments.

The DDC while speaking on the occasion highlighted the benefits of government's financial inclusion outreach programme launched recently and emphasised the importance of achieving hundred percent enrolments under all these scheme.

Dr Shahid directed all the concerned agencies and departments to coordinate and ensure full coverage of beneficiaries within the stipulated deadlines.

The meeting also discussed other relevant areas including extension of banking services to all unbanked areas and opening of new banking outlets in the district. It was informed that efforts are already underway in this regard.

Officers from all departments and financial institutions of the district attended the meeting. Joint Director Planning and Lead Bank Manager were also present.

Chronic kidney disease killing over 1mn people worldwide

Agencies

NEW YORK: Researchers have revealed that chronic kidney disease caused 1.23 million deaths worldwide in 2017 and the rates of people needing dialysis have increased more than 40 per cent since 1990.

According to the findings, published in the journal The Lancet, there were 697.5 million cases of chronic kidney disease in 2017 and nearly one-third of those patients lived in two countries - China, with about 132 million cases, and India, with about 115 million.

"Chronic kidney disease is a global killer hidden in plain sight. The evidence is clear: Many nations' health systems cannot keep pace with the dialysis demand. Cases far exceed and are well beyond the ability of those systems to handle. The consequences, literally, are deadly," said study researcher Theo Vos from University of Washington in the US.

In addition to deaths resulting from organ failure in chronic kidney disease, impaired kidney function also puts individuals at higher risk of developing cardiovascular disease, the researchers said.

Globally, chronic kidney disease directly resulted in an estimated 1.23 million deaths in 2017, with an additional 1.36 million deaths attributable to cardiovascular disease resulting from impaired kidney function.

Chronic kidney disease was the 12th leading cause of death globally in 2017, up from 17th in 1990.

According to the study, 10 other nations - the US, Indonesia, Russia, Japan, Brazil, Pakistan, Mexico, Nigeria, Bangladesh, and Vietnam - each had more than 10 million cases in



2017.

In total, 79 of the 195 countries included in the study exceeded 1 million cases.

Those cases and deaths in 2017 led to an estimated 7.3 million years lived with disability and 28.5 million years of life lost, the study said.

There was a more than 15-fold difference in the burden of chronic kidney disease among countries: American Samoa, El Salvador, Federated States of Micronesia, Marshall Islands, and Mauritius had the highest estimated rates of years lost to ill health (disability-adjusted life years or DALYs) with more than 1,500 per 100,000 population.

In contrast, Andorra, Finland, Iceland, and Slovenia had the lowest burden with fewer than 120 DALYs per 100,000 population.

The primary cause of chronic kidney disease varies, with hypertension and diabetes being the most common.

The link between kidney disease and other major non-communicable diseases highlights the importance of preventive care and public health policy in limiting the progression of chronic kidney disease.

HIV and exposure to toxins or heavy metals play an additional role in developing countries, while in some areas of the world the cause remains unknown, the researchers said.

SHORT TAKES

Canon announce development of the EOS R5 mirrorless camera

NEW DELHI: Canon Inc. announced today that the company is currently developing the EOS R5 full-frame mirrorless camera—containing CMOS sensor, image processing, optical and other state-of-the-art technologies the company has cultivated through its long history of camera development. What's more, during 2020, Canon plans to release a total of 9 RF lenses currently in development. Through the addition of competitive cameras and lenses to its lineup, Canon will continue to strengthen the EOS R System. The EOS R System enables greater freedom in lens design thanks to a wider lens mount diameter, short back focus and high-speed system for transmitting data between the camera and lens, resulting in an imaging system that delivers higher image quality and greater ease-of-use.

The new full-frame mirrorless camera currently under development will fully leverage the advantages of the EOS R System to realize high-speed continuous shooting and 8K video recording and expanding the boundaries of visual expression. In addition, it can contribute to more efficient workflows thanks to improved transmission functionality, operability and reliability. These enhancements and more will help the new camera elevate the EOS Series concept of "Speed, Comfort and High-image-quality" to a higher level.

Canon's EOS R5, the first of the next-generation full-frame mirrorless cameras in the company's EOS R System, will include a newly developed CMOS sensor that makes possible such advanced features as high-speed continuous shooting—up to approximately 20 frames per second (FPS) using an electronic shutter and up to approximately 12 FPS using a mechanical shutter—to facilitate shooting of athletes at sporting events and other fast-moving subjects. In addition, the camera's 8K video capture capability will enable users to extract high-resolution still images from video footage as well as process 8K video into higher-quality 4K video, opening up new possibilities for visual expression. What's more, the EOS R5 will be the first Canon camera equipped with a high-performance coordinated image stabilization (IS) system that integrates the camera's in-body IS with IS systems on attached RF lenses. The camera will also feature dual media card slots and will support automatic transfer of image files from the device to the image.canon cloud platform.

Alongside the EOS R5, Canon is also developing a total of 9 RF lenses scheduled for release during 2020, including the RF 100-500mm F4.5-7.1 L IS USM, Extender RF 1.4x and Extender RF 2x.

Growing gems in their farm

NEW DELHI: As the sun rose, vibrant shades of purple, pink and yellow glimmered, playing hide and seek from the protective husks of the glass gem corn. City-based sustainable farmers Abhinav Gangumalla and Renu Rao rejoiced as they harvested the corn after years of trial and error at their farm at Kaukuntla, near Vikarabad in Hyderabad.

For Renu Rao, a designer by profession, who is Abhinav's partner at the farm, holding the corn in their hands for the first time was quite a momentous affair. Glass gem corns, a crop native to North America, are vibrant-hued corn kernels that look like gems. "We have been trying to crack the process since 2013 but finally managed to grow this rare species of corn. We are ecstatic," says an excited Renu.

The duo had planted the crop's seeds in November last year and harvested it in February this year. "Initially, we waited imagining that the final crop will be of the normal size of corn. But despite being fully grown, the corn was only one-third the size of the corn we usually get in India," Abhinav explains.

As regards their repeated failed attempts to grow the glass gem corns, "Telangana soil is very different from that of the native environment of these corns, so to grow them here, we had to use raised beds of black soil," explains Renu. "But from now on, we plan to plant the seeds in both red and black soils to check if they grow in the same manner or not."

BRINGING BACK BIODIVERSITY

Since their inception in 2014, the farm 'Beyond Organic' has been conserving native seeds and growing new varieties in a seasonal manner. Abhinav and Renu, who travel for extensively their respective works, get seeds of plants and veggies local to the regions they travel to, hoping to can grow them at their farm, too. With the latest addition of glass gem corn, both Abhinav and Renu are all gung-ho about working together towards biodiversity in the future, too. As we come to the end of our interaction, Abhinav tells us that all the produce from the farm are for personal consumption. "We distribute them to our near and dear ones, too. Sometimes, we get calls from chefs asking if we can produce specialty crops, which is when we produce and sell commercially. For the future, we are looking forward to expanding our horizon of biodiversity while raising awareness among others about it," he says concluding.

10K STEPS
A DAY
MAY NOT
PREVENT
WEIGHT GAIN



NEW YORK: Contrary to the common belief that walking 10,000 steps a day prevents weight gain, the researchers have found that it doesn't actually prevents weight gain rather it may decrease your sedentary time. For the findings, published in the Journal of Obesity, the research team studied 120 freshmen in the US over their first six months of college as they participated in a step-counting experiment.

"Exercise alone is not always the most effective way to lose weight, if you track steps, it might have a benefit in increasing physical activity, but our study showed it won't translate into maintaining weight or preventing weight gain," said study lead author Bruce Bailey from Brigham Young University in the US. Participants walked either 10,000, 12,500 or 15,000 steps a day, six days a week for 24 weeks, while researchers tracked their

caloric intake and weight. The goal of the study was to evaluate if progressively exceeding the recommended step count of 10,000 steps per day would minimize weight and fat gain in college freshmen students. In the end, it didn't matter if the students walked more than even 15,000 steps; they still gained weight. Students in the study gained on average about 1.5 kg (roughly 3.5 lbs.)

over the study period; a one to four kg average weight gain is commonly observed during the first academic year of college, according to previous studies. Although weight was not affected by the increased steps, there was a positive impact on physical activity patterns, which "may have other emotional and health benefits," the researchers said. One positive outcome of the study was that

sedentary time was drastically reduced in both the 12,500- and 15,000-step groups. According to the researchers, in the 15,000-step group, sedentary time decreased by as much as 77 minutes a day. "The biggest benefit of step recommendations is getting people out of a sedentary lifestyle. Even though it won't prevent weight gain on its own, more steps is always better for you," Bailey added.