

SHIS Newsletter - January, 2010

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In Place of Editorial:

Dominique Lapierre wishes to see “Ananda Nagari” in AILA devastated Sunderbans

It was 3.35 in the afternoon, the “Saviour” of Sunderbans, Eminent Philanthropist, Author and ‘God Father’ of SHIS, Padmabhusan Mr. Dominique Lapierre, was giving interview to All India Radio in Sardarpara village of Hingalgunj Block in North 24 Parganas district – one of the harshly destructed area in AILA devastation. Here he was accompanied by Smt. Sabitri Pal and Sri M. A. Wohab, the President and Director of SHIS along with Mrs. Dominique Lapierre, and Reporters, Authors, Businessmen, Social Workers from Holland, France, America. His voice was then waving in the air throughout the country by Gold F. M. Radio. He was saying to Mr. Ashish Giri, Reporter of All India Radio that no sooner had I received the news of AILA desolation in Sunderbans from Wohab over phone, than I responded then and there and tried my level best so that my brother and sisters in Sunderbans get relief materials to combat this situation. Mr. Giri asked him ‘Do you have some other plan for the rehabilitation of the AILA affected people in Sunderbans?’ He said “It is not possible to say anything just now. Let me go back in my country then we will sit together to chalk out our plan in what other way we could help these people. I will write another novel ‘The Islands of Joy’- he said”. Hearing this, the villagers applauded highly.

This is the second visits of Dominique & Dominique Lapierre in a year. They first came in February, 2009 as their yearly visit to SHIS and Sunderbans. They again came on 8th December, 2009 especially to see the condition of the AILA affected people in Sunderbans in their own eyes. They donated 20,000 euro which converted to 13,06,000 in INR.

It deserves worth mentioning here that the start of the perpetual bond between Dominique & Dominique Lapierre and SHIS; which has grown from strength to strength in the years. Their unstoppable support helped SHIS to spread its wings with copious activities in the fields of care and control of TB, education, health & hygiene, mobile health care services, mobile boat dispensary, disaster management and so on. This has been become feasible because of our openhanded Dominique Lapierre, who has been incessantly contributing through donated 4 Mobile Boat Dispensaries to help the people of Sunderbans Islands to avail quality medical services in right time at their door steps. Mobile Boat Dispensary is to cater quality health care services for underserved population living in the geologically challenged

area in the far-flung islands of Sunderbans delta. These boats are fully equipped with medical devices and medicines from islands to island with doctors and health staff.

SHIS pays its veneration to them and do hope this bond will remain in the years to come. "Long live Dominique Dada, Long Live Dominique Didi".

Distance Thunder - Global Warming

-By M. A. Wohab, Director- SHIS

Inanimate physical nature through interaction with chemical agents in nature for billions/millions of years gave birth to biological nature, after the creation of water, amino acids, protein molecule etc. Thereafter through million of years of evolution and creation of plants and various kinds of animals, we have reached the present state wherein the latest product of evolution have produced human being and through centuries of process of refinement we have entered the stage of massive industrialization and application of science and technology in every aspect of production process, which sustains our modern civilization.

The progress of human civilization even 100 years back was based on balanced utilization of natural resources with due pause and scope to the nature to make good the loss through the process of recycling of biodegradable outputs.

But today's super fast progress of science and technology and its commercialization at a rat race speed, to meet ever increasing rate of consumption has totally outstripped slow process of natural recuperation of the gap thus created. Balance of nature is tilted adversely and the resulting hiatus between building blocks of nature and sky rise of modern civilization is foredoomed to self -destruction.

Greed and rat race of commercial civilization has injected carbon –dioxide, monoxide etc in the eternally free and clean air and its backlash of pollutants

is making life giving and sustaining water, polluted and unsafe for drinking and even unfit for irrigation. Rampant deforestation is resulting in soil erosion and rise of carbon level in air. Reckless dumping of waste products and inflow of urban sewage water into river is contaminating potable water and causing diseases. Emission of smoke from vehicle is choking the fresh air in urban areas. Rapid urbanization is

denuding the greenery, increasing the carbon content in the air and choking the natural drainage system and river. Hazardous waste like plastic, unused computers and electric gadgets etc is adding to pollution level. Pheon gas is cutting the layer of ozone gas and causing seepage of ultra violet rays leading to skin disease and cancer.

All the above stated factors is resulting in green house effect, enveloping the earth with life destroying carbon-dioxide which holds back the radiated heat of the earth and raising the earth's temperature beyond a safe limit. As a result artic and Antarctic cap of continental size and ice of Greenland is melting fast and is raising the sea level very rapidly. This will result in pushing islands like Fiji, Samoa, Mauritius Hawaii and coastal regions of Bangladesh and Indian Sunderbans area under sea water with catastrophic consequences for millions of human life, and property and inevitable doom for all biological elements from the face of mother earth, even if we do not go for inferno of massive retaliatory and self annihilating nuclear blast.

To talk about Sunderbans- its deltaic structure is a product of millions of years of slow silting process, through deposition of fine rock particles carried by the river from Himalayan region. It is a vast tract of delta basin criss-crossed with mighty rivers, rivulets, streams, slushy channels going into interior of Islands. It comprise of 16 blocks South 24 Parganas (Namkhana, Kakdwip, Patharpratima, Kultoli, Canning-I&II, Basanti, Gosaba, Bhangar-I&II, Sagar, Mathurapur –I&II, Joynagar –I&II) and 6 Blocks of North 24 Parganas (Minakhan, Haroa, Hingalgunj, Sandeshkhali-I&II, Hasnabad) comprising 54 Islands under human habitation and 50 Islands under Reserve Forest and Tiger Reserve. Because of silting process filling up the canals separating two Islands, there are only 34 Islands of 54 Islands inhabited by human beings. There are two ebbs and two tides in 24 hours in the area, the water of the river and other water bodies coming under ebb and tide are salty. Main pre-occupation is fishing. Agriculture is practiced in areas of fresh rain water protected against salinity by embankments. There are 3500 km of embankments around each habitated

Island, to protect the Islands against inundation during tide when water level in river and sea rises, and thus protect the fresh water bodies against salinization. During the storm of AILA on 25th May, 700 km stretch of the embankments were breached, flooding each and every Island, killing over 100 humans, destroying millions houses and dislocating the lives and livelihood of the entire population of 40 lakhs. The failure to desalinate the ponds by removing the salty water and allowing the salt to

seep in the soil, and thus making it unfit for cultivation for about next 3 years. Total livestock, crops were destroyed and trees uprooted, fish stock either ruined or floated away. Livelihood came to a stand still, thousands migrated to nearby urban shelters settlements for earning their two morsels a day.

This is just the beginning of the scenario depicted in Ex-Vice President A. L. Gore's depiction of Nemesis of global warming by depleting the polar ice and raising the sea level by 20 feet and covering up low level islands in the world like Mourisus, Fiji, Sams etc and coastal zones like Sunderbans of Bangladesh and Bengal under sea water. Any amount of scientific planning and its materialization through hard labour viz. repair and reconstruction of embankments, afforestation etc can only mitigate the suffering to an extent and for a short period but cannot stem the surge of doomsday in a period of 20 years from now.

It is a global issue and calls for global measures to tone down global warming by massive cutting down of industrial and vehicle emission, choking up water bodies through rampant dumping of waste, rapid denudation of greenery through unchecked deforestation, total moratorium of nuclear testing (over and under ground), increasing reliance on alternative sources of energy free from fossil fuel, use of alternative technology to switch over from bio non degradable to bio-degradable substitute etc.

With the wisdom of hindsight (Nagasaki-Hiroshima and global warming), the community of nations sat down repeatedly to see reasons and to work out a consensus at Rio and Kyoto conference. But the Most polluting nation USA refused to sign the treaty for fear of loosing the competitive edge of its business venture, since anti-pollution measures costs in terms of technology and recurring cost of materials. China the second largest polluter and largest

coal producer is adamant with its installation of coal based thermal plants to make good its energy requirement. India is representing the third world nations and demanding from the West, transfer of required technology at low cost and subsidy for running anti pollution system. There are talks for carbon trade between most polluting and least polluting nations. With change in US Govt. and with demon of pollution breathing down our neck we are all gearing up with a spirit of accommodation to meet at forth coming

Copenhagen Conference and work out a consensus proposal to save ourselves and save the world, since this might be our last chance for survival through rational spirit and amicable give and take.

Mother Health Care in pregnancy - Dr. Manoj Maitra

A person becomes a mother long before the baby actually arrives. Our first duty as a mother is to make sure that our little one arrives in this world healthy. From the moment a woman first realizes she is expecting she becomes concerned with the growth and development of her unborn child.

Every child who comes into this world must first survive and grow within the womb of its mother. Of course there are unforeseen circumstances that may cause a problem with your pregnancy, but for the normal pregnancy there are only a few things that a mother must do to insure her child's safe arrival. The basic rule is that a healthy mother is more likely to produce a healthy child. So you need to take care of yourself.

Health Care Professionals are an important part in the pregnancy process. Of course some women choose not to go with a medical doctor but would rather have a midwife. That is a perfect option as well. As long as you have a person who is knowledgeable. You should always make sure that your doctor, midwife, or other health care professional is licensed or certified. You want the best care for you and your child. A health care professional will be more likely to spot any signs of a problem in your pregnancy. The sooner a problematic condition is recognized the more likely it is that your

child will be fine. Your health care professional will also be able to prescribe any medications that you may need in your pregnancy and tell you about how current medications may interact with your child.

Nutrition is also very important during pregnancy. You are now eating to nourish two people. You need to be sure that you are taking in the proper amount of vitamins, minerals, and other important nutrients. It is a good time to cut back on artificial sweeteners, caffeine, and stop use of alcohol. You should pay special attention to foods rich in calcium, iron, zinc, and folic acid. If you have nausea you may find that eating more frequent small meals will help. When snacking try to make healthy food

choices.

Physical Activity is also an important part of your pregnancy. Unless you have been placed on an activity restriction by your doctor it is important to remain active. Continued activity makes you stronger and allows for a less complicated delivery. It is important not to over do it though. Don't begin an activity that you weren't previously doing. You shouldn't start up a new exercise program during pregnancy. Just continue with the level of activity that you had before the pregnancy. If you begin to feel any pain or soreness mention it to your health care professional. If you are concerned about a specific activity check with your doctor before doing it.

There are many things to avoid in a pregnancy. Drugs and alcohol are not good for your body and they are definitely not good for your unborn child. It is also important to avoid uncooked meat and fish because of the risk of bacterial infection. If you have a reptile it is important that you not be in contact with it. They may carry the salmonella virus which is harmful to your unborn child. Do not change cat liter box because there is a risk of toxoplasmosis when doing so. It is also important to talk to your health care professional about other things you should avoid as there are always new studies that are finding things that may be harmful to your pregnancy. This list of things to avoid is only a beginning. Your doctor or midwife should have more useful and updated information.

As with all things related to being a mother it is important that you do things your own way, but also keep the safety and well being of your child in mind. We may not all have the same pregnancy and health concerns but we all have the same goal, to bring a healthy child into the world. As mothers we are always united by a similar goal, having happy and healthy children.

I hope this information will be useful in helping you have a healthy pregnancy. I also hope that you remember that a healthy mother equals a healthy child, not just during pregnancy but throughout their life. If you are taking care of yourself you will be a better mother for your children and thus they will be healthy, however if you aren't taking care of yourself it may become difficult for you to continue with all the duties that come with motherhood.

How to teach your children to avoid drug - Uma Maitra

Do plenty of researches on drugs before you talk to your kids about them?
Don't believe anything that public service announcements or government

commercials say about drugs. Also, don't trust news stories. These are known to exaggerate facts about drugs, or just flat out lie.

Make sure that what you tell your child is factual and true. If you tell them that Marijuana can kill you, which it can't, then they are bound to find out eventually that it won't. They will be hurt that you lied to them, and will have trouble believing other things you say.

Do your best to build your child's confidence and self esteem all throughout their life. Adult drug addicts often had troubled childhoods, and weren't happy. Many teenage drug users take drugs because they want to escape their problems. Simply be fair and reasonable with discipline, and make sure your child knows that you love them.

If your child is going through a traumatic experience, such as the death of a loved one, then it's a good idea to put them in therapy to work out their problems. Often adult drug users have had an extremely traumatic experience in their younger years, such as getting raped or molested, a divorce or death in the family, etc.

You should try to tell them about drugs more than once. It's important to start before they hit puberty, at the age of about ten. If they are clearly not interested, then try again some other time. Remember not to lie when talking about drugs. Lying to them is like asking them to do drugs.

There is another very important technique when talking with your child about drugs. Never, ever, ever, EVER tell them not to do drugs. This is especially important in older kids and teenagers. Most teenagers go through phases of rebellion and being "bad". When you forbid them not to do something, especially drugs, it only makes them want to do it more. Tell them that drugs can be harmful, and can be addicting, and they can ruin your life, but don't tell them that they cannot do it.

Your child may become fascinated with drugs, and you may find them researching on the internet and the library about drugs. The knee-jerk reaction is to freak out that they are on drugs, but that is not a good idea. It's a very good thing that they are researching drugs, because that means they are getting the information about drugs you want them to get. Eventually the fascination will go away.

Talk with your child about peer pressure. All children will be pressured at some point, and they should know what to do. Tell your child that if they are in a situation

where they feel pressured, the best thing to do is the right thing to do. Tell them not to do anything they don't feel comfortable doing, and that they should always do the right thing. Don't tell your kids to report their friends' drug use. In most cases, they will get the reputation as a "rat", or a "snitch", and it's not worth it. Most teenagers won't allow a tattler into their circle of friends, and your child could become an outcast. Make sure they know not to tell on people

- Don't lie to your children about the pleasure aspect of drugs. Tell them something like, "When people take drugs they get high, which is when you feel really happy, dizzy, confused, or dazed. But eventually people can get addicted to drugs and it isn't fun to get high anymore."
- If your child is already fifteen or sixteen, then they probably already know about drugs. Make sure that when you give your child a drug lesson that it's in terms they can understand.
- If you smoke, drink, or take drugs yourself then your child is more at risk for smoking, drinking and taking drugs.
- Make sure that your tone of voice doesn't imply you are angry at them. If you are planning on sounding very strict and mad while you give your lesson to try and scare them away from drugs, then don't. They won't respond to you when you are yelling at them. Be calm, but firm.
- Remember to present the positives and the negatives of drug use. Presenting the negatives last can help them make their decision. Don't try to downplay the positives of drug use and don't exaggerate the negatives.

