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Education is what remains after one has forgotten what one has learned in school.mI

Albert Einstein

EDITORIAL

Distinction between Output & outcome

Subtleties lie between 'output' and 'outcome' at the hierarchy performance maintained by the bureaucrats of this vast country, so long, kept under stale and archaic system of working—that is what the Prime Minister Narendra Modi pointed out to the arm-chaired authority. Much logic shown on those terms as the PM digged into make it clear not to rest assured with the satisfaction that 'output' has been achieved. Nevertheless, India as Country has a strong and wide strong young shoulders to have matured brains in punishing 'odds' and praising 'evens' at the time of critical moments by these versatile mandarins. But, at the same time, the rut of monotonous functioning went on without showing springing changes at the administrative levels.

"We have to bring them on one wavelength and when we run these three: political will, performance by bureaucracy and public participation on one wavelength, then we get good results", the PM said. Addressing civil servants, Mr. Narendra Modi said they did not need to be afraid of any consequences for taking fast decisions as he will stand behind the officers taking honest decisions in public interest. "If a decision is taken with honest intention, truth fullness and the welfare of public then there is nobody in the world who can raise fingers at the CAG, CBI and the CVC—as stumbling have referred to three 'C's'—the CAG, CBI and the CVC—as stumbling blocks in decision making and ultimately resulting in policy paralysis.

What the Prime Minister's demagogic utterances meant to explain, is the futuristic aim of his party, the BJP, more than the performances of the bureaucrats, not that they donot know what they are supposed to know. At the grassroots levels and on the ground—realities, they ought to have knowledge, sometimes, more than the PM ought to have and they also in the knowledge of political highhandedness as regards to the interference by the affected ministers. Truly speaking, we have a system where on only a counted few educated ministers have a little 'savvy' of the problems in the matters to be rectified. So ultimately it is the politicians that bungle at the stream of consciousness to act with the changing circumstances on the problems.

Spiritual Umbrella

Transcending Karma With Sadhana

When the mind is influenced by sattva guna, the sentient principle, Atman, soul or Self is reflected upon the mind. When the mind is influenced by tamoguna, the static principle, it gets embroiled in the mundane world; and when it is influenced by rajoguna, the mutative principle, it reaps the consequences of its actions. When people are goaded by the propensity of mundane enjoyment they become desperate for uninterrupted pleasure, and end up drifting in the flow of the static force. Since this flow is unrestrained, with no opposing force, it directly hits the vashanbhandu or pot of desires, causing a mutative reaction. We undergo reactions according to the nature of our original actions. If someone harms a sick person, a saint, a refugee, or an honest person, he will immediately undergo a reaction of the same intensity. This is because sick, infirm and saintly people never obstruct the original actions of wrongdoers. Whatever the original actions of a person may be, good or bad, samskaras, reactive moments, are created. Until all these potential reactions are expressed, liberation is impossible.

As long as one has a physical body, one cannot be free from action. Hence sadhakas or spiritual aspirants need to be ever vigilant to ensure that new reactive moments do not enter their vashanbhandu. Through proper cosmic ideation, sadhakas can be filled with Consciousness. No new bundle of samskaras will be created while their old samskaras will be exhausted more quickly. We often notice that after initiation a sincere sadhaka suddenly experiences tremendous pain or pleasure. Those who suddenly feel tremendous happiness become so absorbed in this blissful state that they completely forget their ideology, and those who suffer immense torture sometimes leave the path due to their inability to face such difficulties. A true sadhaka needs to remain unaffected by both pain and pleasure for it is only through pain and pleasure can one's samskaras be destroyed and a new karmashaya — bundle of samskaras — dominated by Consciousness can be created.

MESSAGE

I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality... I believe that unarmed truth and unconditional love will have the final word.

Martin Luther King, Jr.

Generics move-Better Late than Never

By Dr. Manishankar Chakraborty

The good news for all Indians was when the federal government pushed for generics and put in place necessary laws and regulations for the beneficiaries, especially the poor segments of the society are being prescribed and sold the expensive branded formulations (Refer-http://timesofindia.indiatimes.com/india/mandatory-code-for-doctors-and-chemists-to-ensure-generics-get-precedence-over-branded-drugs/articleshow/58270497.cms). It would definitely have ceased foreheads to many, notably those from the healthcare industry who are involved in vested interests related activities. But millions across India would welcome this move, which should have brought in practice since a long time back, especially when Indian pharmaceuticals giants have mastered the art of producing quality generics which can have similar results like that of branded formulations at a much lesser price. Reverse engineering and process patent's advantage should be shared with all Indians across the length and breadth of the country.

How can Tripura Gain?

A state like Tripura can derive a lot of benefit from having such a regulatory body as the residents of this state spend a lot towards healthcare either in their native or by looking for greener healthcare pastures elsewhere in the country, so as to compensate for the lack of advanced treatment and rehabilitation of the state. Although there has been changes in terms of infrastructure, in the form of two medical colleges and one corporate hospital, there are still incidents that impacts and impinge the common man, due to the absence of a Pan Indian Healthcare Regulatory Authority. Any unethical practices carried out by any of the stakeholders involved in the value chain on the healthcare industry goes absolutely scot free due to the absence of a parent body that makes them accountable to it for the decisions taken therein. The same holds true for even other states, but the landlocked state of Tripura happens to spend a substantial amount towards healthcare and still end up being the loser in the whole game.

The Necessity for a Pan Indian Regulatory Body

Being a stakeholder who has always been closely related (both directly and indirectly) to the healthcare industry of India, it is evident for yours truly to feel happy like any other common Indian. However, if one wishes to see the bigger picture, then the job accomplished through generics usage is only a part of the

whole episode. This could be the first step to bring in stringent rules and regulations followed by close monitoring of the same so that the hapless customer does not suffer at the hands of unethical nexus of various stakeholders calling the shots in the healthcare industry. In fact, if the country wants to witness a revolution in the industry, which would not only provide quality services to its citizens but also metamorphose the country into a global health tourism destination, there is an urgent need to have a healthcare regulatory body resembling the ones in telecommunication and insurance sectors! Merely having half-baked measures in bits and pieces although appreciable as compared to no decisions of yesteryears, would still only cure the symptom and not the cause that is plaguing the healthcare industry as a whole. Healthcare like education forms the bedrock for every nation and therefore, it is even more vital to have healthy citizens by ensuring the global best practices are customized and then implemented under the watchful eyes of a pan Indian regulatory body. Every one starting from the doctor, the paramedics, the pharmaceutical company, the chemist, should be made accountable of the decisions they make and negligence on their part owing to whatever reasons should be punished in the strictest possible terms, so that it acts as a deterrent in the future. Furthermore, the beneficiary should have access to all information pertaining to his or her treatment and every stakeholder should necessarily explain the pros and cons in easiest possible ways to the beneficiary so that he/she can take a concerned and informed decision regarding the treatment. Standard prices for all services and medical equipment's should be the order of the day so that customer exploitation from helpless, ignorant and illiterate patients and dependents are stopped once and for all. Surprise and regular audits of all the stakeholders should be made a necessity so as to know the details of the money earned, vis-à-vis the services meted out as well as the success rate of the same. Beneficiary ignorance should not be used as a tool to dupe the hard earned money of the patients and their dependents. It's high time when the demi-god status given to the major drivers of the healthcare industry becomes a thing of the past, as Indians are definitely changing in all regards and therefore, they need to know more about their health, rather than depending on a handful few stakeholders of the healthcare industry. As someone rightly said, HEALTH IN INDEED WEALTH!

25th April is World Malaria Day

End Malaria for Good

Ranjank Baruah

Malaria is one of the common diseases in many parts of the world. Though it is preventive but still it is affecting millions in present day. Malaria is caused by parasites that are transmitted to people through the bites of infected mosquitoes. It is caused by plasmodium parasites that are spread to people through the bites of infected Anopheles mosquito vectors. Of the 5 parasites species that cause malaria in humans, Plasmodium falciparum is the most deadly. The World Malaria Report, published annually by World Health Organisation (WHO), tracks progress and trends in malaria control and elimination across the globe. The 2016 report draws on data from 91 countries and areas with ongoing malaria transmission. According to the report, there were 212 million new cases of malaria worldwide in 2015 (range 148-304 million). The WHO African Region accounted for most global cases of malaria (90%), followed by the South-East Asia Region (7%) and the Eastern Mediterranean Region (2%). In 2015, there were an estimated 429 000 malaria deaths (range 235 000-639 000) worldwide. Most of these deaths occurred in the African Region (92%), followed by the South-East Asia Region (6%) and the Eastern Mediterranean Region (2%). Between 2010 and 2015, malaria incidence rates (new malaria cases) fell by 21% globally and in the African Region. During this same period, malaria mortality rates fell by an estimated 29% globally and by 31% in the African Region. Other regions have achieved impressive reductions in their malaria burden. Since 2010, the malaria mortality rate declined by 58% in the Western Pacific Region, by 46% in the South-East Asia Region, by 37% in the Region of the Americas and by 6% in the Eastern Mediterranean Region. In 2015, the European Region was malaria-free; all 53 countries in the region

reported at least 1 year of zero locally-acquired cases of malaria. Children under 5 are particularly susceptible to malaria illness, infection and death. In 2015, malaria killed an estimated 303 000 under-fives globally, including 292 000 in the African Region. Between 2010 and 2015, the malaria mortality rate among children under 5 fell by an estimated 35%. Nevertheless, malaria remains a major killer of under-fives, claiming the life of 1 child every 2 minutes. World Malaria Day which is observed on 25th April every year is an occasion to highlight the need for continued investment and sustained political commitment for malaria prevention and control. This year's global theme for World Malaria Day is End Malaria for Good. Governments, international organisation, donor agencies, media, civil society organisation must work together to end malaria from the world. Malaria is a major public health problem in India but is preventable and curable. Presently, 80% of malaria occurs among 20% of people classified as "high risk", although approximately 82% of the country's population lives in malaria transmission risk areas. These populations at high-risk for malaria are found in some 200 districts of Andhra Pradesh, Chhattisgarh, Gujarat, Jharkhand, Karnataka, Madhya Pradesh, Maharashtra, Odisha, West Bengal and seven north-eastern states. India has developed National Framework for Malaria Elimination in India 2016-2030. Its vision is to eliminate malaria nationally and contribute to improved health, quality of life and alleviation of poverty. All of us may participate in ending malaria for good. From awareness to action, we may involve ourselves with our limited capacity to end malaria. Let us all take up the challenge to end it as we can be the generation that ends malaria - one of the oldest and deadliest diseases in human history.

End of Red Beacons : A big blow to VIP culture

*Nivedita Khandekar

"Well begun is half done." That was what the famous Greek philosopher said. Union Cabinet's decision of doing away with the Lal Batti culture is a good start for a battle that can prove to be a long one. On Wednesday, April 19, 2017, the Union Cabinet decided to amend the Motor Vehicle Rules to end the use of red or any coloured beacon by all, including the President, Vice President and the Prime Minister. "Every Indian is special. Every Indian is a VIP." Prime Minister Narendra Modi tweeted soon after. "The Union Cabinet, in its meeting chaired by Prime Minister Shri Narendra Modi today decided to do away with beacons of all kinds atop all categories of vehicles in the country. The government is of the considered opinion that beacons on vehicles are perceived symbols of VIP Culture, and have no place in a democratic country. They have no relevance whatsoever. Beacons, however, will be allowed on vehicles concerned with emergency and relief services, ambulance, fire service etc. In the light of this decision the Ministry of Road Transport & Highways will make necessary provisions in the law." was the brief statement by the Ministry of Road Transport & Highways. Immediately, the next day, i.e. on Thursday, April 20, 2017, gazette notification was issued. Soon after, the television channels and news portals were flashing the breaking news even as the social media was full of gleeful messages. The wide spread joy at the news that had a direct bearing on few thousand people – those whose cars were allowed beacons, red, orange or any other colour – sent a message to the scores of tens and thousands of others. The message that can be seen as assurance. The message that can be seen as promise. The message that signifies a change. The message that can be seen to end discrimination.

The Supreme Court Ruling

The government has taken forward a Supreme Court ruling of December 2013. It had sought to restrict the use of red beacons even with an amendment in the relevant law. The Supreme Court, while hearing the petition on VIP culture, observed, "One of the issues highlighted in the note was that if the instinct of power is concentrated in few individuals, then naked greed for power will destroy the basics of democratic principles. But, what we have done in the last four decades would shock the most established political systems. The best example of this is the use of symbols of authority including the red lights on the vehicles of public representatives from the lowest to the highest and civil

servants of various cadres. The red lights symbolize power and a stark differentiation between those who are allowed to use it and the ones who are not". The Amicus Curiae in the case had informed that the red beacon had actually become a status symbol and those using such vehicles treat themselves as a class different than ordinary citizens. He also told the Court that "the widespread use of red lights on government vehicles in the country is reflective of the mentality of those who served British Government in India and threatened the natives as slaves."

Cabinet Announcement brings cheers

Soon after the announcement by the Union Cabinet, Chief Ministers of several states announced removal of beacons from their cars. These included Chief Ministers of Maharashtra, Madhya Pradesh, Uttarakhnad to name a few. Several other states too followed suit. It was an attempt at redemption so to say. Some others like the Chief Ministers of Tripura and Delhi have not been using red beacons earlier too. More recently, soon after their swearing in as Chief Ministers of Punjab and Uttar Pradesh, both Amarinder Singh and Yogi Adityanath declared that they will not be using any red beacon cars. Newspaper reports indicate that the Supreme Court Judges and the Election Commission of India have also ordered removing of beacons from their cars.

'Every Indian is special. Every Indian is a VIP'

The Union Cabinet's decision to do away with the Lal Batti culture is indeed a welcome step in right direction. Prime Minister Narendra Modi tweeted: "Every Indian is special. Every Indian is a VIP." After this, one can hope that the access or the privileges that come with the VIP tag would soon be gone and each Indian would have opportunities on par. One can hope the poor is not deprived of good education for his child because of some VIP quota snatched away his ward's admission to good schools funded by government. One can hope that a patient from remote hamlet will get treatment for a rare heart problem and not be sent away because some people with influence are to be given preference at public health facilities. We can take pride in the fact that it is the Prime Minister who has himself promised: "Every Indian is special. Every Indian is a VIP." Let us hope that this step will bring an end to the clout that red beacon symbolized.

ASTRO TODAY

Aries: Communications coming your way today may be more plentiful than usual, Aries. You could receive lots of confusing phone calls. At first you will be excited by the mailbox full of letters, but then you'll find that some are junk while others are addressed to people you've never heard of. Hang in there. This tendency should pass by tomorrow!

Taurus: A friend may ask to borrow some money today, Taurus. You may feel that he or she is asking for more than is really needed, and certainly more than you're willing to give. You might think this puts you in an awkward position. Try to talk to your friend and explain your situation. If you have to say no, just say it. A real friend will understand and look elsewhere for the money.

Gemini: Some of your job responsibilities are too much for one person and they might weigh you down today, Gemini. The pile of work seems to get steadily bigger no matter what you do. Delegate if you can. Put the least urgent tasks aside and work your way steadily the rest. Your employer may or may not expect too much of you, but you're entitled to your sanity no matter what.

Cancer: A sudden fascination with metaphysical or spiritual concepts could have you wanting to read as much as you can on the subject, Cancer. Your enthusiasm could lead you in a dozen different directions, which could eventually lead to mental overload. It might be a better idea to take one subject at a time than try to learn about them all at once. Stay focused!

Leo: A business enterprise with a friend might seem a little shaky today, Leo. You could alternate between enthusiasm and gloom regarding this project. It's probably a good one and could lead to the success you want. Don't make any negative judgments about its future based on what happens today. All should be progressing again within a few days. Hang in there!

Virgo: A business deal that you may have been working to finish could require you to tie up a lot of loose ends today, Virgo. You might be pulled in a lot of different directions. Don't panic! Get some help if you can. Make a list of what you have to do and cross each task off as it's completed. Stay focused and all should go well. You will achieve the results you want.

Libra: Accomplishing some important business might require a tough base with many people who live and work far away, perhaps in other countries. This might require that you spend a lot of time on the phone, and it also would require allowing for the different time zones, which could be a drag. You will eventually make the contacts you need, even if they don't come until tomorrow.

Scorpio: If you've been thinking about investing, Scorpio, this isn't the day to commit to anything. This is a great day to consider your options, study economic trends, and analyze what you want from investing. It isn't a good day to hand over the money. Land could be a strong possibility. Consult with professionals, read the papers, and look into all kinds of opportunities before committing to one.

Sagittarius: Working at home could be difficult today, especially if you're finalizing a business deal, Sagittarius. Other household members will be coming and going, slamming doors, asking questions, bringing their friends in. If you're doing household chores, forget it for now and return to it when it's quieter. If you're approaching a deadline, close the door and tell others to leave you alone for a while.

Capricorn: Today you might feel the urge to get all unfinished work done, Capricorn. You could suddenly be in a frenzy to work quickly but perhaps not as conscientiously as you should. You may spend a lot of time going through paperwork and discarding what's outdated. It might be a better idea to slow down a little and look closely at what you're doing. You won't want to throw out something you may need later.

Aquarius: This is no ordinary day for you, Aquarius, certainly not one in which you should sleep late. Get up and get moving. There are opportunities on your doorstep just waiting for you to grab them. Put away the issues of the past and focus on the future. There are great forces at work today that are coming together in your favor. Stick to what resonates with your soul.

Pisces: Too many people may be vying for your attention today, Pisces, both at work and home. You will want to make all happy, so you may feel a little frazzled. Your temper might also be on edge. It would be better to put off the less urgent demands than work yourself into a frenzy. Those who matter would rather have you enjoy life than tire yourself out for their sake.

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