

# Preventing and management is the key to tackle Diabetes

By: Pandurang Hegde  
(PIB feature)



Since 2006 the World Health Organisation and United Nations together worked to pass a resolution to celebrate World Diabetes Day. The main objective is to create awareness on diabetes and to take action to tackle this global health issue. India being home to 60 million diabetic patients, the largest country to have highest

number of patients has launched many programmes to address this non-communicable disease. Diabetes occurs when the pancreas does not produce enough insulin (type 1 diabetes), or when the body cannot effectively use the insulin it produces (type 2 diabetes). This leads to raised blood glucose (sugar) level and over time, serious damage to many of the body's systems, especially the nerves and blood vessels. In India, the type 2 diabetes is on the increase among the younger age group due to intake of high calorie diet and sedentary lifestyle. In our country, diabetes is not restricted to affluent class of people. Even the lower middle class and poor sections of the society are also victims of this disease in large number. Diabetes becomes more complicated as the health care systems are unable to diagnose the presence of the disease at early stage. Almost fifty per cent of the people suffering from diabetes are

unaware of the presence of disease. Early identification of the person suffering from this disease is the key to effective management of the disease. Recognising this fact, the union health and family welfare minister Shri J.P. Nadda has called for implementing the programme to screen the mass population to identify the onset of disease. He has also recently launched the M-Diabetes initiative, which aims at harnessing the mobile network to tackle the disease. With a missed call to 011-22901701 the caller can get basic information about the disease and how to manage it. Why there is such large number of people suffering from diabetes in our country? In addition to life style causes, Indians have high genetic susceptibility towards this disease. It is estimated that between 12 to 18 per cent of adult population living in urban areas are suffering from diabetes. More young people will be joining the ranks in the coming years with high levels of obesity being reported

among the children. Diabetes also leads to complications leading to kidney failure, requiring huge dialysis costs. It also causes retinopathy leading to vision loss in adult working population. It may also increase the chances of cardiovascular disease and heart attacks. According to World Economic Forum, the economic burden of the diabetes alone will be USD 0.15 trillion per year. As the average health costs of diabetes patient is three times higher than a normal person, with an estimated cost of Rs 10000 per annum required for treatment. As poorer patients cannot afford the high costs, non compliance leads to severe complications, adversely affecting the working life of those suffering from diabetes. The National Health Missions launched by Government of India has established special cells at state and district levels to tackle the disease. Early detection using inexpensive technologies and

through affordable medications the government is trying to implement programme to prevent and manage the disease. Adopting a healthy diet comprising of balanced portion of carbohydrates, protein and fats is essential to prevent the onset of the disease. Physical activity, body weight exercise and a regular practice of yoga regime has to become part of everyday life so that the disease is kept away. This will help to keep the blood sugar under control and a diabetic can lead a normal healthy life. There is possibility of reducing 80 per cent of type 2 diabetes through preventive measures. Keeping in view the enormity of situation, Government of India has adopted multi-pronged strategy to combat the menace of diabetes. While celebrating National Ayurveda Day on October 28, 2016 the theme was 'prevention and control of diabetes through ayurveda'. Shri Shripad Naik, Minister of state for AYUSH said "Ayurveda touches the entire way of life and therefore, we should look towards it not only for the treatment but also for the promotion of healthy life". The National Research Development Corporation, a wing of Ministry of Science and Technology is propagating commercialisation of Ayush -82, an ayurvedic formulation for prevention and management of diabetes at affordable price. They are popularising this medicine through giving advices in national newspapers to reach maximum number of people. Thus the Government of India has launched integrated approach to prevent and control the diabetes. However, in order to succeed there is need for many sectors in the society, employers, civil society and private sector to play active role towards achieving this objective. \*Author is an independent journalist and columnist based in Karnataka. Regularly writes on environmental issues.

## More News

### Vice President greets people on Birth Anniversary of Guru Nanak

**PIB New Delhi, Nov 13:** The Vice President of India, Shri M. Hamid Ansari has greeted the people on the auspicious occasion of the Birth Anniversary of Guru Nanak Dev Ji. In a message, he said that Guru Nanak's virtuous life and divine teachings forever inspire us to follow the path of truthfulness and have compassion for all humankind irrespective of caste, creed or religion. Following is the text of Vice President's message: "I extend my warm greetings and good wishes to the people of our country on the auspicious occasion of the Birth Anniversary of Guru Nanak Dev Ji. Guru Nanak Dev Ji is an icon of truth, compassion and righteousness. His virtuous life and his divine teachings forever inspire us to follow the path of truthfulness and have compassion for all humankind irrespective of caste, creed or religion. On this joyous occasion I pray for harmony and peace in our country."

Contd. from page 1

### Personal pain, national gain

Here in this State corruption is so rational that even Councillors carry cash in car boots, Ministers and MLAs have hi-tech counting machines that the RBI can actually borrow and estates, hills etc are made of high denomination bills, not hard rock or sand. Just this past election in TN, the cash haul by EC was an all-time, all-India record with just one seizure yielding around Rs 575 crs (and still unexplained). TN's own J & K problem, if you get the drift, demands a special, strong surgical strike. Instead, the IT dept chooses to raid Nayantara! Oh, this impotent middle-class rage has made me rile for a while. Of course, I am happy because a decisive, now-or-never battle with the black buck was long overdue. Happy that baneful barons might become barren overnight; happy that many politicians are staring down a bottomless black hole; happy that counterfeiterers, for now, have been felled in an economic encounter; happy that hawala operators could go diwaal; happy that terrorist funding may be found wanting for quite some time to come; happy that a clear time-wall has been erected in the present to distinguish past and future money; and finally happy that, with our fateful, fatal parallel economy under check, our real economy can aspire to become one without a parallel. The enforced 'sacrifice' is turning out to be an enduring torture. We only wish all our troubles are worth it. By the way, why not offer some handsome reliefs in personal IT that can come as a soothing balm? (Courtesy: News Today)

## Human Security and Right of Self-Determination: A Perspective on Manipur

**By-Laishram Malem Mangal**  
The movement for right of self determination in Manipur since the 1950s has produced a situation of conflict which informs the social, political and economic existence of the people. The threat perceptions and feeling of insecurity to the extent of immediate deprivation of life resulting out of the conflict situation has permeated deep into the social fabric and the psyche of the people. The paper attempts to critically examine human security in a conflict situation arising out of a sustained armed struggle to exercise the right of self-determination from two dimensions. First, it argues that in an environment of conflict,

conceptual understanding of human security i.e. safety from constant threats of crime and repression and protection from sudden and hurtful disruptions to the patterns of existence (UNDP) is a failed notion. The defenseless humanity is both a victim and hostage of the prolonged conflict situation. It questions whether human security could be ensured in a situation where combatants engage in armed confrontations for over a period of time. Second, adopting a purposive analysis, it examines the commonality of objectives between human security and the principle of right of self-determination, a principles of international law which has attained the status of jus cogens; and it also investigates

whether one complements the other. Human security aims at providing the conditions for people to exercise and expand their choices, capabilities and opportunities free of insecurity, so that they may build a future for themselves and their children (Salih 1998). Security is concerned with 'widening the range of people's choices and the means by which 'people can exercise their choices safely and freely' (UNDP 1999:36). Human security takes a more people - centered focus, particularly the need to create the necessary economic, social and political conditions for people to lead a dignified life (Evans 2001). This understanding of human security with a more people - centered focus produces an immediate linkage with the legal

discourse on the right of people to self-determination. The objective of human security can, thus, be contextualized with the right of Manipuri people to self-determination. Given that the conflict arose due to fundamental political questions being repressed unresolved by the dominant interests of the Indian State, the paper concludes by suggesting that peace and security and an atmosphere want of repression is both an abortive discourse and intercourse as well till the Manipuri people are allowed to determine and choose their own political destiny and pursue their own social, economic and cultural systems according to international rule of law.

### MANIPUR LEGISLATIVE ASSEMBLY SECRETARIAT NOTIFICATION

Dated, the 11<sup>th</sup> November, 2016

No.1/13(11)2016-LA(E) Pt.2: The following are the Roll Nos. of the successful candidates (not in order of merit) who have qualified for interview/viva-voce for appointment to the 2(two) vacant posts of Legal Assistant as per the written examination held on 11<sup>th</sup> November, 2016 at 11am in the Manipur Legislative Assembly Secretariat. Roll Nos. (not in order of merit): 02,04,18,43,44,68,72,80,83,90. The above qualified candidates are, therefore, informed to appear in the interview/viva-voce to be held on Tuesday, the 15<sup>th</sup> November, 2016 at 11am in the office room of the Secretary, Manipur Legislative Secretariat along with their original certificates/testimonials without fail.

Sd/-  
(G Tapankumar Sharma)  
Deputy Secretary (Admn),  
Manipur Legislative Assembly Secretariat

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### Sunday Poetry

#### A TEAR FOR MANIPUR

By-Khaidem Prabita Devi

From a remote and for off vale,  
Echoed a plaintive an them,  
It's not a sweet song of cicada  
or cricket either;  
It's a song themed disillusionment;  
of a generation,  
Sung by a phantasmagoric surrogate mum-  
A lament over life-in-death cadence

Waging war on innocent things,  
on nature's children  
on sons of soik,  
With knives, sticks, stones and guns,  
Fight injustice with injustice,  
Mackingly regeneration invites;  
Belies with solemn tears brought women  
And children who are no longer innocent.

Manipur, once prime lane,  
beneficent and exquisitely fabled,  
Now turned into a playground of black marketeers,  
Heaven of unpatriotic political heavy weight,  
In the dirty political market.  
Forgotten freedom fighters bring to mind,  
Frenzied balmy day like counting chicken hatched,  
For the and for that-Manipur sheds tear.

### Re-Visioning

By:N. Supriya Devi

This scene is of 2011 January, Phesama St. Paul, Institute of Edu-Nagaland

She was a cute slim girl about 20-25 years. But a coach for the teachers' training institute. Her name was Lolia. She was very smart, active and wore many yo-yo dresses. At first we thought she's from Nagaland. But after some days, we became to know that she's from Mao. How happy we were and felt a little closure to her as we're also from Manipur.

She was in-charge for our breakfast lunch, dinner, tea-breaks etc. and extra or co-curricular activities. In short she was an all rounder there. She was very friendly and welcoming towards us Manipurites. (After all we belong to the same state). After observing her activities and talents, we feel if only she works in Manipur. We asked her if she does not want to work in Manipur, either govt. or non-govt. She simply answered that she is quite satisfied with her job there even though it's very tough for in Manipur govt. is very corrupted. One govt. job costs many lakhs and moreover all the employees become idle and inactive after getting the job and most of them are buddhists (fools) as selection is not done rightly on ability and intelligence but on money. It may be true or untrue but we were all speechless and agreed with her. What to say? May god bless you, Lolia!

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