

Health checkup camps organized for Delhi Traffic Police

From a Correspondent
New Delhi, June 24

As the depleting Air quality and changing lifestyle has made the Delhi traffic police personnel highly vulnerable to a number of diseases, regular checkups and timely treatment can assist in betterment of their health.

With an aim to spread awareness about the number of health ailments traffic police department is succumbed to, Saroj Super Speciality Hospital conducted a free health check up camp in DCP office, Rohini, New Delhi.

Around 100 Police officers participated in the health check up camp that included medical consultations, Blood pressure tests, ECG monitoring, blood sugar measurement, pulmonary function tests.

"Occupational hazards have made traffic personnel life difficult. With the harsh weather conditions, dust, pollution, heat and cold, they are high risk of developing health problems. A large number of policemen were not even aware about the deterioration of their health condition. The pulmonary function tests revealed that around 30% of them suffered from some kind of breathing ailments like asthma, lung congestion, throat irritation which were commonly detected.



We mainly found the patients with high cholesterol problems, hypertension and some of them suffered joint pains due to long standing hours," said Doctor of Saroj Super Speciality Hospital, New Delhi. It has been told from years over and over again by medical professionals that one needs to have regular medical check-ups to keep track of their health and ensure that they are not having any unknown disease. Saroj Super Speciality Hospital, New Delhi has always been a front runner in providing a helping hand to any public initiative and community service.

"Periodic health check-ups and screenings are keys to maximize your chance of living a longer and healthier life. As per the age bracket and health conditions, such checkups should be done frequently.

individual in identifying the risk of potential problems which can be treated or prevented with some medication or modification in lifestyle. He added Patients were assessed, advised and counseled. Traffic personnel were advised to take medications and go for some other tests for the better treatment and care. Other than medications they were advised to adopt lifestyles such as yoga, regular exercise & wear good quality pollution masks while performing the duty in view of rising poisonous vehicular emissions.

monthly, quarterly and annually. Early diagnosis and screening plays a vital role for any

US Secy of State Mike Pompeo to be on 3-day visit to India

Agency
New Delhi June 25,

US Secretary of State Mike Pompeo will be on a three-day visit to India from today.

This will be the first high-level engagement with the US after the General Elections in India. Mr Pompeo's visit will be an important opportunity for both sides to explore ways to further strengthen the India-US Strategic



Partnership. It will also continue the high-level engagement on matters of mutual interest including bilateral, regional and global issues. The visit will deepen and broaden the bilateral relationship and kick-start a dialogue towards the resolution of some of the key issues in trade ties. During the three days visit, Mr Pompeo will hold talks with External Affairs Minister S Jaishankar and call on other dignitaries in the government.

As home minister, Amit Shah prepares for first visit to J-K

Agency
Srinagar June 25,

Union Home Minister Amit Shah will visit Jammu and Kashmir for two days beginning June 26, the sources said. Earlier, Shah was scheduled to visit the Valley for a day on June 30. "The visit has been advanced due to the home minister's busy schedule connected with the Union Budget. The Home Minister will chair a high level security meeting in Srinagar during his visit. He will also address BJP workers and Panchayat members separately during this visit.

"He will also meet the state governor, Satya Pal Malik and discuss the prevailing security scenario in the state with the

governor. "Amit Shah will pay obeisance at the Shri Amarnathji Shrine during his visit. This will be his first visit to J&K after he

took over as the home minister of the country", sources said. Shah is not visiting the Jammu or the Ladakh divisions of the state during tomorrow's visit.

Centre to provide CNG, PNG infrastructure in 406 districts

Agency
New Delhi June 25,

The Centre has chalked out a plan to provide CNG and PNG infrastructure in 406 districts of the country. Replying to supplementaries in the Lok Sabha, Petroleum and Natural Gas Minister Dharmendra Pradhan said, till 2014, only 66 districts of the country were covered under Compressed

Natural Gas and Piped Natural Gas infrastructure.

He said the government is expanding it in other cities. Mr Pradhan said, after expanding this facilities, 70 per cent of the population will get clean energy. Mr Pradhan also informed the House that one lakh twenty thousand crore rupees will be invested in the next eight years in the energy sector.

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LEARNING HOW TO LEARN: Unlocking THINK OF YOUR LEARNING

ARE YOU A RELUCTANT LEARNER?

It sounds WEIRD, right? How can you say I'm a reluctant learner? If I'm reluctant, why will I learn? I'm sure these questions pops in your head; let us accept it without further argument. In most cases we have this habit of I will do it later, I still have time, I'm tired today, today I've got headache, my mom asked me to cook today, and on and on... the excuses continues. As a result when you have less time and more books to study say during the year-end nearing final examinations, you are being mentally swamped and literally weighed down. You are overloaded with informations. Let me introduce you a technique to help you solve this procrastination, the Pomodoro Technique.

In 1980s Francesco Cirillo came up with this technique. The steps are: i. No interruption, decide the task, make your room a favourable place to study. Arrange a tomato shaped timer, set the timer for 25 minutes; ii. Focus for 25 minutes. Never be in hurry to complete the task, stay calm and work out normally; iii. Reward with a 3-5 minutes break (diffuse mode); iv. After the 4th Pomodoro reward with 15-30 minutes break; v. reset the checkmark count to zero, go to step one

Note: If you are a 10 to 12 years old or below; you may want to start with 10 or 15 minute pomodoros, you have the freedom to choose based on your mental focusing power but not beyond 25 minutes.

The best thing about Pomodoro Technique is, it makes your mind active by helping you get regular breaks. Regular breaks recharge your brain and enable you to refocus more efficiently.

STUDY TOOL

What effective learning techniques you use? Almost everyone may say, I don't know! How do you expect to learn effectively when you don't even know how to learn? Don't be panic! Even many teachers don't know. Not because they have weakness but because like you they also didn't learn when they were like you today. First you need to be physically and mentally prepared and then get ready for its application. The following steps may help you learn better:

The PQRS method, it is an acronym for Preview, Question, Read, Summary, and Test.

Preview: Have a picture walk, look briefly at all the pictures, captions and diagrams, and then, look at the topic to be learned by glancing over the major headings or the points in the syllabus.

Question: Formulate questions to be answered following a thorough examination of the topic(s) i) Should I study this content? ii) Why should I study? iii) What should I study? iv) How much should I study? v) How to study?

On finding answers to these, you can select specific areas and you can structure your study. Now prepare questions that you need to go in-depth to extract the idea so that you can associate further.

Read: Read through the related material, focusing on the information that best relates to the questions formulated earlier. Highlight the key-words, but avoid too many.

Summary: Summarize the topic, bringing your own understanding into the process. This may include written notes, spider diagrams, MindMaps, flow diagrams, labeled diagrams, mnemonics, or even voice recordings. If you are unable to get the proper understanding take help from peers or teachers.

Test: Now find answers to the questions drafted earlier, avoiding adding any questions that might distract or change the subject.

ACTIVE RECALL

Active recall is easy if programmed well. Most of the student finds it critical. The simple step is: Look away from the page and see what you can recall. What are the key ideas on the page? Play them back in your mind. Or say them out aloud to yourself. Repeat it until you can form a mental picture. This helps your neural pathways clearer. Tony Buzan's five times revision formula is the best way to store your information in the long term memory. The technique is: The first review should be an hour or so after you've read or learnt something, for example when you get home. The second the day after (so

take another look the next day after school). The third should be about a week later, the fourth one month later and the fifth and final time six months later.

EXAMINATION

Exams are opportunities. Be happy to go for an examination; enjoy the given moment of 1, 2 or 3 hours time.

I frequently heard of examination blues, examination phobias, and examination pressure. Remember you can't perform your best and recall your learning if you are mentally depressed. Such mental pressure causes examination phobias and that's how examination becomes a blues. Sleep well before you go for an examination; meditate before you write your answers. If you are looking to score better overall grades, focus on the subject you find easy. Example: *Isabel, a class 10 student is bad at numbers, and so she is weak in Maths. For one whole year she prepares to improve Maths, she even took extra tuitions. She kept struggling but unable to master on it. She ends up getting 45 in Maths out of 100. She too got stuck in all her easy subjects, English, Science, Social, and Language II. She only got 55, 60, 52 and 70 in her easy subjects too. Had she focus on her easy subjects and have only a regular review in Maths she would have scored letter marks in all her easy subjects.* The moral here is simple: Never get stuck to a difficult subject only. Put equal efforts in all your easy subjects too. Another simple tips yet a powerful tool to write examination: No examination instructions tell you to answer the questions in order. Begin with the question that you fully understand. Check the marks allotted for the question and use the appropriate number of words based on the allotted marks. There is no harm if you have a bad handwriting but neatness adds attraction to the examiner.

Remember you can be good at your difficult subjects within a short period of time. Dr. Barbara Oakley was bad at numbers, Maths, but end up becoming Professor of Engineering at Oakland University. All you need is our practical Brain training on Learning How to Learn.

Assam Rifles Distributes Sports Kit

IGAR (South)
Imphal June 25,

Insync with the Central Government initiative of Khelo India, Sajak Battalion of 28 Sector Assam Rifles under the aegis of IGAR (South) distributed sports kit to T Jangnum and neighbouring villages of Chandel district on yesterday.

Sajak Battalion provided sports kit under Assam Rifles Civic Action Programme as a gesture to motivate the youth. These remote villages do not

have adequate means and facilities for sports and hence youth from the villages had requested Assam Rifles for provision of sports items. A total of 14 footballs, 04 football Nets, 32 pairs of football boots, 05 pairs of goalkeeper gloves, 14 volleyballs, 06 volleyball nets, 12 badminton racket, 04 badminton nets and 03 Carom boards were provided by Assam Rifles.

The officers of Sajak Battalion also interacted with the members of the village

authorities and youth committee and conveyed to them the importance of playing sports especially for children and explained about the available opportunities for youth for a career as sportsmen, coaches, physical trainers and other support staff. The efforts taken by the battalion for organizing the above event and the assistance being provided for furthering sports culture in the area was deeply appreciated by all the villagers.

A R organises medical camp at little drops Life orphanage home cum Organises Medical Camp For Special Children

IGAR (South)
Imphal June 25,

Chandel Battalion of 26 Sector Assam Rifles under the aegis of IGAR (South) conducted a medical camp at 'Little Drops Life' Children Home, Hnatham village, Chandel District on yesterday. Medical team provided free medical aid and free medicines to the students and orphanage staff. A total of 45 students and staff were given medical aid. A musical performance was also organised by the Chandel Battalion Band for the students and staff. The relentless endeavors of Assam Rifles in providing a healing touch to the students was widely appreciated by all and Thoubal Battalion of 9 Sector Assam Rifles under the aegis of IGAR (South) organised a medical camp for special children and children of various orphanages of Thoubal District at Integrated Rural Development and Educational Organisation (IRDEO) Wanggal, Thoubal. The medical camp commenced with an informative lecture on Hepatitis, Malaria, Water-borne diseases and Hygiene



and Sanitation by Regimental Medical Officer followed by an interactive session in which various queries raised by the attendees were clarified. As part of the camp, a dedicated medical team including doctors from District Hospital, Thoubal, IRDEO medical staff and Regimental Medical Officer provided medical assistance to the children of the area. In addition, to the medical checkup, consultation on various diseases and health related issues as well as free medicines were distributed to the needy patients. During the medical camp, a wheelchair

was also handed over to the family members of a physically disabled child by Commandant Thoubal Battalion. The campaign witnessed the attendance of over 500 special children and children from various orphanages of the area.

The series of activities undertaken by the Battalion as part of the medical camp was appreciated by the orphanage faculty and the local populace. All the attendees conveyed their heartfelt gratitude to the Assam Rifles for facilitating the outreach of the medical facilities and requested for more such camps in the near future.