

9 trekkers of 22-member group dead due to bad weather, 13 rescued

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 The SDRF also dispatched two teams -- one each from Dehradun and Uttarkashi.
 "The 22-member trekking group, including three guides, was expected to leave for the Sahastra Tal on May 29, two of them stayed back at the base camp due to bad health. Twenty of them reached the summit. While trekking down, the group met with the bad weather and lost their way," said SDRF Commandant.
 While 13 members, including the two from the base camp, were rescued, five others were found dead, the official added.
 "We along with other rescue teams rescued 11 trekkers using the choppers. Of the 11 trekkers,

eight were sent to Dehradun in a chopper and three were brought to Bhatwari. Two more were on their way back to Silla village under the guidance of local guides," Mishra added.
 The deceased trekkers have been identified as Sindhu Vakekalam (45), Asha Sudhakar (71), Sujata Mungurwadi (51), Vinayak Mungurwadi (54), Chitra Praneeth (48), Padmanabha Kundapur Krishnamurthy (50), Venkatesha Prasad KN (53), Anita Rangappa (60) and Padmini Hegde (34), all residents of Bengaluru in Karnataka, officials said. The office of chief minister Pushkar Singh Dhama shared on X that he was in regular touch with senior officials for the rescue operation.

Manipur CM congratulates newly-elected Congress MPs from state's 2 LS seats

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 "The public has given its mandate, and what truly matters is that we all aspire for the welfare of all the indigenous people of the state. Under the leadership of Prime Minister Narendra Modi, the BJP government will continue to work with the elected representatives towards the growth and development of all sections in the state."

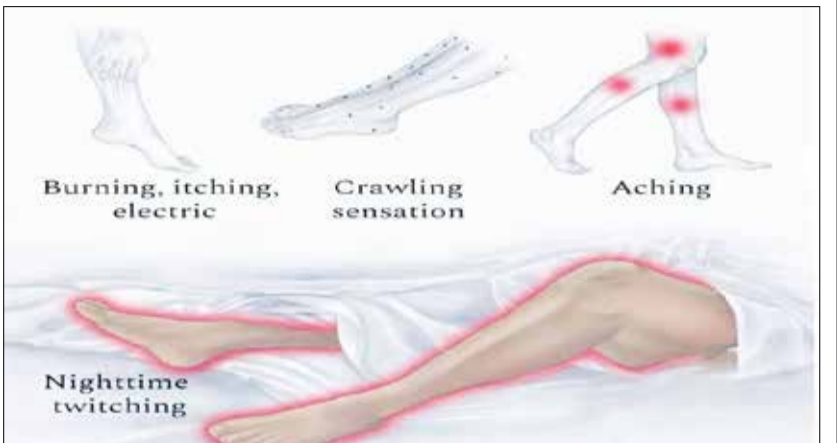
Biren Singh further said that "we remain firm in our commitment to work towards serving the masses and building a better Manipur for the future generations". Angomcha Bimol Akoijam won the Inner Manipur Lok Sabha seat by defeating BJP candidate and state Education Minister Thounaojam Basanta Kumar Singh by a margin of 1,09,801 votes.

Efforts should be made for the revival of rivers and water sources, says CM Dhama

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 For this, the cooperation of UCOST, USARC and other organisations working for water conservation and enhancement should also be sought. He said that public participation is very important in making any campaign successful. Along with those working in the direction of water conservation and enhancement, public participation should also be ensured in this direction.
 The Chief Minister directed the officials to also create baseline data on the rivers and water sources that have been identified so far for revival. For their revival, work should be done with short-term and long-term plans. Special attention should be paid towards rainwater harvesting. The policy made for rainwater harvesting should be followed as per rules. The Chief Minister directed the officials in the meeting that to control forest fires, special attention should be paid towards moisture conservation in such areas. For this, the Forest Department should work by making a complete plan. For the conservation of water sources which are drying up rapidly, work should be done by making a well-planned action plan. Construction of Chal-Khal and Amrit Sarovar should be accelerated further. Effective work should be done for water conservation and conservation in urban areas.
 The Chief Minister also directed the officials to run a tree plantation campaign on a large scale for the upcoming Harella festival. This campaign should be run for a month. More fruit-bearing and shady trees should be planted. Along with tree plantation, their conservation is most important, special attention should be paid to their conservation. CM Dhama directed that the tree plantation campaign should be run up to the Nyaya Panchayat level. Public awareness programmes for water conservation and tree plantation should be organised through seminars at the Nyaya Panchayat level. Fruit saplings should be distributed under a tree plantation campaign at the Nyaya Panchayat level, schools and universities.



Scientists find treatment for restless leg syndrome



New Delhi, June 5 (IANS): An international team of scientists has found genetic clues that can lead to new treatment for restless leg syndrome, a condition common among older adults.
 People with restless leg syndrome face an unpleasant crawling sensation in the legs and an overwhelming urge to move them, especially during the evening or at night time. It can severely impair sleep and also cause depression or anxiety, cardiovascular disorders, hypertension, and diabetes.
 While the reason remains unknown, researchers from the University of Munich (TUM) in Germany and the University of Cambridge pooled and analysed data from three genome-wide association studies with more than 100,000 patients and over 1.5 million unaffected controls.
 The results, published in the journal Nature Genetics, identified over 140 new genetic risk loci, increasing the number known eightfold to 164, including three on the X chromosome.
 The team identified no strong genetic differences between men and women. This is despite the condition being twice as common in women as it is in men, said the team.
 Dr Steven Bell from the University of Cambridge noted that "understanding the genetic basis of restless leg syndrome" can help find "better ways to manage and treat it, potentially improving the lives of many millions of people affected worldwide". Of the genetic differences, two involve genes known as glutamate receptors 1 and 4 respectively -- important for nerve and brain function. The team said that they could potentially be targeted by existing drugs, such as anticonvulsants like perampanel and lamotrigine, or used to develop new drugs.
 Early trials have already shown positive responses to these drugs in patients with restless leg syndrome, they noted.

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SpaceX's Starship gets US FAA nod, to launch 4th test flight on Thursday

New Delhi, June 5 (IANS): Billionaire Elon Musk's SpaceX has received approval from the US Federal Aviation Administration (FAA) to launch the fourth test flight of the Starship vehicle.
 With the licence issued on Tuesday, the 400-foot-tall Starship rocket along with the Heavy booster is expected to fly from SpaceX's Starbase facility near Boca Chica Beach in South Texas on June 6.

Health and Defence Ministry to set up dedicated Tele MANAS cell for armed forces

New Delhi, June 5 (IANS): The Ministry of Health and Family Welfare (MoHFW) and the Ministry of Defence (MoD) on Wednesday signed a Memorandum of Understanding (MoU) to launch a pilot project of Tele MANAS for the armed forces.
 Tele-MANAS, part of India's national tele-mental health programme, was launched in October 2022. It offers comprehensive, integrated, and inclusive 24/7 tele-mental health services with a toll-free number 14416.
 The MoU seeks the collaboration of the two ministries to establish a pilot project for operating a special cell at the Armed Forces Medical College in Pune for two years. The special cell was inaugurated on December 1, last year.
 "There has been a long-standing need for mental health counselling for armed forces personnel,



and now, with the dedicated Tele MANAS cell, armed forces personnel and their families will receive crucial mental health assistance 24x7, addressing their mental health concerns more effectively," said Lt General Daljit Singh, Director General of Armed Forces Medical Services.
 Aradhna Patnaik, AS and MD, National Health Mission, underscored the significance of attending to the mental health concerns of the armed forces, considering their distinct mental health requirements.
 The project will address the mental health and well-being of Armed Forces personnel and their families.
 The ministry noted that the Armed Forces beneficiaries will have direct access to specialised care, ensuring that their unique mental health needs are addressed promptly and effectively.
 Tele MANAS, the digital extension of the District Mental Health Programme (DMHP), currently has 51 operational cells in 36 States and UTs. It offers services in 20 different languages.
 Since its launch in October 2022, Tele MANAS has received over 10 lakh calls and manages over 3,500 calls daily.

How heat waves are intensifying heart health risks



New Delhi, June 5 (IANS): Rising temperatures are increasing the risk of heart health, contributing to a surge in chances of death from cardiovascular diseases, said experts on World Environment Day on Wednesday.
 World Environment Day is observed every year on June 5 to raise awareness about climate change and its effects, both on the flora and fauna, as well as human health. The theme this year is "Land restoration, desertification, and drought resilience".
 The risk of death due to cardiovascular diseases rises with every 1-degree Celsius increase in temperature. Studies indicate that approximately 489,000 heat-related deaths occurred annually between 2000 and 2019, with 45 per cent of these deaths taking place in Asia.
 Recent data from the Health Ministry on heat-related illnesses and deaths in India, reported 605 deaths due to different cardiovascular diseases in May this year.

Bob's Banter

Adulation and Ordinary Man...!



Robert Clements

some form or other, of having people loving them absolutely, praising them constantly, and worshipping them continually, but the moment those wishes start coming through, man cannot handle it, and falls apart.
 Humble, good men when praised about their exceptional talents, lose their humility and think themselves gods.
 The fault is twofold. The first of course is the person who is being worshipped. Right at the beginning itself, he or she needs to be grounded. They need to understand that the talent they have is something they

have been blessed with. They might be exceptional actors, but their talent for acting is a gift equal to someone who has been blessed with the gift of being a great accountant or architect.
 As long as he or she remains grounded and knows the praise they are getting is not for themselves but for their gift, they will be able to handle it, but when they start thinking themselves great or likening themselves to a god, because of a particular talent, the downfall begins.
 Like, I said, the fault is twofold. The second reason for the downfall,

is we the people who give adulation. We have to understand even as we start adulating a person that we are weakening him or her. So instead of praising the person for a good speech or sermon, introduce lines like, "I thank God for giving you the talent of speaking."
 Or it could be writing, cooking or making wise decisions.
 We ordinary mortals are responsible for safeguarding those with exceptional talent.
 We need to know where to draw the line. Something both those adulated and the adula-

tor need to understand is that glimpses of great talent are like windows to what God wants to reveal about himself. Through our talent the creator of our talent wants us to glimpse His ability to create.
 The talent is just a window through which He allows us to get a foretaste to a power a billion times bigger. It's like going online, getting information through the internet and then praising our phone or laptop for being so clever.
 That's exactly what we do when we praise the recipient of our Creator's talent.

That's also the foolishness of the created when he or she thinks it came from their own selves.
 Adulation is a huge and mighty trap, from which most don't escape, and when they fall in, they come out bruised and badly beaten.
 Many powerful men become powerless overnight because of this innocent looking, deceptive, seductive temptation, which lays them low, and reveals them as mere mortals, with cardboard wings sprouting from the edges of their fifty-six-inch chests...!
bobsbanter@gmail.com

Alcohol-based mouthwash may not be good for your oral health: Study

New Delhi, June 5 (IANS): Commonly used alcohol-based mouthwashes may have adverse effects on oral microbiomes -- the community of bacteria that live in the mouth -- raising risks of periodontal diseases and some cancers, according to a study.
 The oral microbiome plays a role in digestion and keeps the mouth healthy.
 The research, published in the Journal of Medical Microbiology, included men who have sex with men, who regularly use mouthwash as a method to reduce the transmission of sexually transmitted diseases.

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