

THE BEST OF INDIA



Talk Time
with

Francis Farias

EXCLUSIVE INTERVIEWS

Soumya Guguloth

International Football star

In focus...

Dr. N. Murali Mohan

Sr. Environmental Scientist

Writes About Issue in

FOREST CONSERVATION

Dr. Deiva Oswin Stanly

Integrated Ecosystem Mgt. Specialist

A REVIEW ON MANGROVES

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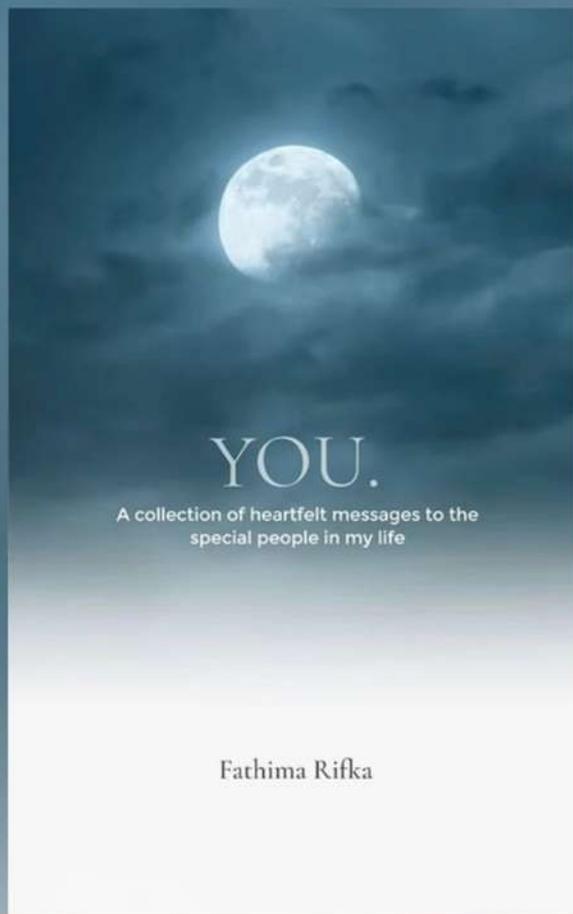
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Debut Poetry Book : You



by Fathima Rifka



ABOUT THE AUTHOR

Rifka is a writing enthusiast who has shown tremendous interest in the art of crafting beautiful words woven to perfection since her school era. With her debut poetry book: You, she delves deep into this glorious world of writing books stepping into an adventurous journey hoping to soothe broken hearts and connect with souls aching for a touch of love. When not writing, she's stuck to her desk creating beautiful pieces of artwork or journaling the day.

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This book celebrates the connections that make life worth living and the memories that make us who we are. It's a token of appreciation to all those special bonds that are nothing short of extraordinary.



This book has been a labor of love, and I truly believe there's something in it for everyone.

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*From
the Editor's
desk*

Dear Readers,

A nation is not built in just one year but built over many years, through the hard work, guidance and vision of many people. The wholesome picture will be clear as one reads or watches their contributions and achievements every day.

*With a view to showcase the visionaries and super-achievers of our nation, we present to you this edition of **"THE BEST OF INDIA"** which I am confident would go a long way in grooming younger generations.*

It is said that success is not an overnight phenomena, it is rather a exhilarating journey which culminates into success.

A tete-a-tete with personalities of "Yesteryear's" and "Today's" in sports, Bureaucrats, and others from various other fields who have made this nation proud with their contributions is presented in this edition and many more series of interviews conducted will be presented in the future editions....

These short but insightful conversations surely will be a source of inspiration for the younger generation.....In addition to this,

COVER STORY..Dr Murali Mohan Writes about...Issue in...FOREST CONSERVATION...AND...Dr Oswin Stanly Writes...A REVIEW ON MANGROOVE.. ...Which has been publishedin FOCUS...

*If you have any suggestions, comments or queries, please email me at:
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Best Wishes....

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TALK TIME with FRANCIS FARIAS

EXCLUSIVE INTERVIEW.....

with **Soumya Guguloth..**

International Football Star

...From the Football Field to Life:

Drive to Push Beyond Limits

What factors have influenced you to choose the game of Football being a woman?

When I was in my schooling I played a urban school games in that I participated in 200 mtrs, 400 mtrs and 800 mtrs in that I secured second place , My school PET sir saw me and he impressed by my performance and asked me for join in football Academy (CARE FOOTBALL ACADEMY), he is my first Coach and also for Academy (G.NAGARAJU).

How are you feeling after playing the international match? Are you comfortable and satisfied? Was this very challenging?

Playing an international match was a dream come true. I felt extremely proud representing my country. It was challenging - the pace, the pressure, and the expectations - but it also pushed me to grow stronger mentally and physically. I'm satisfied, but I always aim to improve.

Playing an International match was a dream come true.I felt extremely proud representing my country .It was challenging-the pace the pressure and the expectations

Why did you choose Football over other popular sports like Cricket or Hockey?

I did enjoy watching cricket and other games, but football had my heart. The speed, team coordination, energy – everything about the game fascinated me. Once I started playing, I just knew this was my calling.

At what age did you take up football? When did you start representing at state and international levels?

I started playing football when I was 12. By 14, I was selected for the state-level team. My international debut came at the age of 14, year of 2015 and it was a milestone I'll never forget.

Who was your inspiration to take up this sport?

My biggest inspiration was my Coach (G.Nagaraju). He believed in my talent even when others doubted me. Among athletes, I admire Cristiano Ronaldo from Portugal – his journey and consistency truly motivate me.

How did you feel during your first international match for India?

I had goosebumps when I wore the national jersey for the first time. Standing for the national anthem brought tears to my eyes. It was a mix of pride, nervousness, and pure joy.



What awards and rewards have you won in your career so far?

I have been awarded the Best Player award in several national-level tournaments and recently a recognition from the All India Football Federation for (PLAER OF THE YEAR) Award in 2025, my international contributions and also I received (WOMEN OF THE YEAR) from my Current Club East bengal fc.

Can you share the most memorable moment from your childhood?

I had goosebumps when I wore the National Jersey for the first time, Standing for the National Anthem brought tears to my eyes..

One unforgettable moment was when I was the only girl selected for the Nation. I scored First Goal for my Country (India vs Bhutan) That match changed how others saw me — not as a girl, but as a player.

What are your strengths and weaknesses? Any notable achievements?

My biggest strength is my speed and strategic thinking on the field. As for weaknesses, I used to get emotionally affected by criticism, but I'm working on it. A highlight of my career was scoring a decisive goal in an inter-national SAFF TOURNAMENT against pakistan, it's my first International Goal in Senior Women's Team.

I started playing football when I was 12, By 14,I was selected for state level team. My international debut came at the age of 14



What do you like to do in your free time? Any favorite hobby?

I love reading autobiographies of sports personalities and listening to music. Off the field, I also enjoy dancing – it relaxes me.

What is your favorite holiday destination – in India or abroad?

In India, I love visiting Kedarnath (Uttarpradesh) for its peace and Coolness. Internationally, I'd love to visit Maldives someday.





How do you look at life from a broader perspective? Is it challenging?

Life is indeed challenging, especially as a woman in sports. But every challenge is a stepping stone. I believe that with the right mindset, any obstacle can be turned into an opportunity.



What is your motto in life?

“Push beyond limits. Play with heart.” That’s what keeps me going, both in life and on the field.

Who is your favorite sports person?

Cristiano Ronaldo. His discipline, work ethic, and never-give-up attitude inspire me every day.

What is your advice to the younger generation who want to enter Football or any sport/career?

Believe in your passion, no matter what others say. Stay consistent, train hard, and don’t fear failure. Always respect your coaches and teammates, and never stop learning.

secured First Goal for my Country..India VS Bhutam...That match changed how others saw me ..Not as a girl but as a PLAYER..





SUNIL ACHARYA
Astrologer Pandit

Showcases his knowledge on Astrology

How are you feeling in the hot seat as ASTROLOGER? Are you Comfortable? You had Chosen this profession by chance or else you always wanted to be an ASTROLOGER?

I feel very happy when people look at me as a renowned astrologer. I never had any wish of becoming an astrologer from childhood. My father was a very famous astrology guru. My grand-father too was an astrologer. Once, after writing my 10th class examinations, I went to my father at Assam, where he used to reside during holidays. A wish of becoming an astrologer got birth in my mind after looking at the difficulties of the people visiting my father.

ASTROLOGER Means what? You as An ASTROLOGER RAIL Could you explain to us your Nature of Job as an ASTROLOGER? In detail for a better understanding?

Astrology is part of Vedas and was discovered by sages. Astrology is about 12 constellations and 27 stars situated in the space and their influence on the living creatures of the Earth. One who knows Astrology is called Astrologer. My activity is to study the placements of planets and show a right path to the people by suggesting them remedies to be followed to eradicate their difficulties and

My activity is to study the placements of planets and show a right path to the people by suggesting them remedies to be followed to eradicate their difficulties and problems.

problems.

It is learnt that you are a very tough ASTROLOGER? Is this TRUE?

Yes, people say that and it's correct.

How are you enjoying your Job As an ASTROLOGER Getting into ASTROLOGY PROFESSION was this your Childhood dream come true or it was just by accidental? Please could you throw some light?

Yes, I am satisfied with my work, and I feel happy in removing sorrow from people's lives. I feel more happier when my client says that he got solution due to my effort.

What Inspired you to get into ASTROLOGY PROFESSION? Who was your Inspiration? OR Any other reason?

got motivation from my father. I got motivated with his scholarly knowledge.

Before getting into ASTROLOGY and After getting into ASTROLOGY you must have had a dream? That I will do this? I will do that? Has your dream /desire being cherished? Fulfilled? If so Please could you share with us?

Before entering into this profession, my dream was to become famous and people should know me. Which got true, and want to become more famous. I want to still more forward in the field of astrology and study the field extensively.



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Welcome to the amazing world of **PH.D. ASTROLOGY**

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Icons: Career (man in suit), Money (stack of cash), Medical (first aid kit), Love (heart), Family (couple), Child (child in school uniform), Property (house).

So far you being an ASTROLOGER ? you must have had good and bad days ? Could you share some of your vast experiences with us ? Any regret?

Yes, it was the time when I could not protect my father in spite of having medical knowledge. I regret the same.

As an ASTROLOGER People come to you for the predictions of their problems? You must have had a close and direct Personal Interactions with the people? please could you share your experiences with us?

A client of mine used to do a small job. He was facing financial distress when he arrived at my place. I studied his horoscope and said that he should enter into a production activity. He didn't had enough capital. He sold his wife's jewellery and established a small unit. Today, he is a famous industrialist in Ludhiana.

Could you share your most memorable moment of your childhood days? Which is the most unforgettable moment ? which has become a memory to you?

I went to watch second show of a movie "Sholey" without informing at home. I fell asleep in the middle of the movie and got struck in the theatre till 9 in the morning. It was a terrible night.

It is learnt that people always look forward for the Best ASTROLOGERS to ask their Questions about Love, Marriage, Career, Business, Abroad Fly, Predict Child Birth, Marriage Compatibility, Predict Love Marriage, Predict Job or Business Health Wealth Finance? Is this TRUE? Please could you throw some LIGHT?

Yes, people always search for a renowned astrologer. It's only a proficient astrologer can provide solutions and correct advice for the problems. An ignorant astrologer can show you a wrong path.

An Astrologist will be aware of palmistry, horoscope, forehead reading, face reading, vastu shastra, numerology, etc. A numerologist will only do number calculation.

It is learnt that Some times SOME People sayPlease suggest me some best genuine astrologer or astrologist, or even any numerologist who has the knowledge of astrology and numerology ? with whom you have got already good experience positive results?

Numerology too is part of Astrology. One can obtain 100% result with proper calculation, I don't say that as I don't have an in depth knowledge of the same.

ASTROLOGY & NUMEROLOGY ? Whats the difference? Could you explain it in detail?

An Astrologist will be aware of palmistry, horoscope, forehead reading, face reading, vastu shastra, numerology, etc. A numerologist will only do number calculation.

It is learnt that Astrologer also offer best Palmistry, Numerology, Vastu consultancy services? Is this TRUE?.Please Explain in detail?

Astology means knowledge of entire shastra, which I had mentioned in my answer for question number 12.

It is learnt that ...Times When Consulting An Astrologer Is A Must ? Events in our life don't just happen randomly but follow definite patterns and cycles? Is this TRUE?

Once in a year, on every birthday, one should get their horoscope checked so that you will come to know about



My goal is - After getting relieved from my family responsibilities, to establish a Gurukul, in which only Astrology will be taught.

It is said that some of the ASTROLOGERS have become very commercial ? Do you agree with this?

An astrologer too will have a family, he too will have responsibilities. It's not wrong if he charges a fee for the maintenance of his family. Doctors and Lawyers too take their fee. Education is all the more important. It's true that few astrologers are becoming more commercial, which is not

good and bad incidents that might be taking place in that year, so that remedy for the same can be done.

What are your Strengths & Weaknesses? Any Achievement so far in your career so long ?

Sincerity in my knowledge (Astrology) is my strength. I'll get drifted in emotions very easily. I am an emotional person. This is my weakness.

What are your Hobby's ? What's your Favorite Hobby?

Moving all over the world, meeting different kinds of people, knowing their systems and traditions, getting involved in their happiness and sorrows.

Where is Favorite Holiday destination in India? /Abroad?

Shimla in India.

How do you look at LIFE ? from broader angle PROSPECTIVE?

Human gets an opportunity to take birth as a human due to result of his deeds in previous lives, which is very difficult. This life gets fulfilled only if one works for others benefit and serving God. In future, I want to train an astrologer, who will work for the benefit of people faithfully after me.

What's your Main MOTTO in LIFE ?

The people who do wrong Media is very bad for them...But for good people Media is a very big Support.....

good.

What is your sincere advise to the younger generation who would like to become an ASTROLOGER or any other services or any career?

Astrology can be adopted as a means of livelihood but, this is not an easy job.

Hard work, sobriety, principles, abstinence, honesty, truthfulness and clarity are very important. Only then, one can achieve success.

In your Career of Astrology so far So long you must have been Interacting with various mediapersons How did you find them to be? They are the Good the Bad or the Ugly? Comments?

In my through the long career Media is having a very Significant role, Media is having a very Important role in every successful person or Company And in my Life also Media has a Very Important role ...The people who do wrong Media is very bad for them...But for good people Media is a very big Support.....

How did you find Francis Farias as a Mediaman ? Be very frank your Sincere Comments?

Francis Farias is a very good person once I received a call, I asked him from where You received My mobile No, He said from Internet...Since then we both became good friends ..Now as a result he is my good friend and he also respects me



**ANMISH VARMA,
Mountaineer**

*Explains the memorable moments
of the mountaineering expedition*

What factors have influenced you to choose the adventure sport mountaineering How are you feeling after climbing several mountains across the world ? Are you Comfortable & Satisfied? Was this very Challenging?

When I was 9 years old ,i always love to climb near by hills in Visakhapatnam to enjoy the top view of our city and finding caves sleeping there enjoying the time, i feel so proud with my achievements, i was so comfortable with what am doing, i cant say i was satisfied want to reach more heights in adventure field, Everest is soo chalanging because we climbed in peak COVID time may 2021

Climbing the highest mountain sport is totally adventure venture very risky? Then how come you have selected mountaineering venture? Any specific reason you had? Who was your inspiration?

Risks may have every where , i can say it's purely advanture it will adventurous all the time, i love to do adventure so I keep going, no one inspired me in mountaineering it's my self intrest and goal , but i always inspire by seeing some old age people climbing Mt Everest and other deadliest mountains

Mountaineering sport is organized by the Government of India or its on your own? If on your own is this your hobby? Please explain?

Mountaineering has no special funds from govt , it should be by our own or private sponsors , it's not like hobby , it's like a goal to me to inspire others atleast 1

Up to what height you have climbed so far? Have you reached to the Mountain top n planted the

Indian National Flag?

I reach 8849mts it was the heighest point from the sea level and it is Mt Everest and there is no possibility to anyone to plant flag just we can hold our national flag with hands and it's our most happiest moment standing at the top of the world with our national flag (try colour)

“When I was 9 years old ,i always love to climb near by hills in Visakhapatnam to enjoy the top view of our city and finding caves sleeping there enjoying the time”

From where have you taken the formal mountain climbing training? Who was your Inspiration? Please explain ?

I did my basic mountaineering course from HMI (HIMALAYAN MOUNTAINEERING INSTITUTE) DARZLING, I Can say my gurus are my all time inspiration

How did you feel for the 1st time climbing the huge mountains aren't you scared? Then again reaching the TOP n planning the Indian National Flag How did you feel? Please share your experiences for a better understanding?

I feel like I was the most happiest person in the world

Climbing the huge peaks you do it SOLO Or you





have a well trained team?

Especially Some mountains will go solo , especially mountains like Mt Everest wil go with the guide and with team as well

Climbing the huge peaks is done during the day time or also carried out during the night?

Depends on mountains if it's huge mountain obviously will start 12 in the morning some times we should walk day night , some times only day time

So far how many mountains you have climbed so far in the world n which was the highest peak you climbed so far? Would you like to share with us your experiences?

I climbed all the heighest mountains in each continent, heighest mountain i climbed is Mt Everest, i learnt alot from my Mt Everest expedition also learnt from small moutains as well , in big moutains we should be more confident, with small moutains we should be confident enough

What are your achievements so far in mount aineering you got? Any Awards n Rewards you got?

I climbed Mt Everest two times in the same season , i finished seven summits challange , i skieed to the south pole 90°, not yet recieved any awards or rewards

Could you share your most memorable moment of your childhood days? Which is the most unforgettable moment which has become a precious memory to you?

When I was kid i always climb this mountains the only reasons to find treasures I saw some movies and i thought may be i can find gold bags daimond bags in any cave or forest this curiosity made me an adventurer, never found any treasure by i found my self as a good climber

What are your Strengths & Weaknesses? Please list few of your Achievements so far in your career so long?

My strength is my self belief, never found my weakness, i was also an world martial arts champion in 2018 held at Athens Greece

I climbed all the heighest mountains in each continent, heighest mountain i climbed is Mt Everest, i learnt alot from my Mt Everest expedition

What are you sincere thoughts and honest outlook of LIFE? Is it CHALLENGING?

I always feel happy to take challanges so no worry

What are your Hobbies? Any Favorites as such?

I love travelling to new places usually travelling is my hobby, my favourite is my home city Visakhapatnam

Which is your Favorite Holidays destination in India/Abroad?

Meghalaya, India

You must have come across so many MEDIA PERSONS? Both Electronic & Print Medias? How do you feel about the role of MEDIA PERSONS? What's your comment?

The power media is they can show are exhibit good And bad news ,the thing is people will belive in both, but still beacuse of some genuine media ,people like me where coming out as news

What is your sincere advice to the younger generation who would like to get into Adventure Sport like Mountaineering or any Sport or any career?

Should believe in your self and self sufficient for everything





Deepak Sharma

Assistant Superintendent of Police Tihar Jail

.... Pens down his challenging experiences at Tihar

Deepak ji, Asst Superintendent of Police , a well known Tihar Jail Jailor, a very popular personality, no need for introduction as each & everybody knows you by face in India/Abroad ? How do you feel about yourself in this responsible position?

it's really being such a great honour to me that I am a recognise face for the society, motivation for the youths.

I deal with every variety of criminals whether it's terrorist, militant, gangster, psychokillers, habitual offenders and cheaters.

It's priceless wealth for me that many of the youths got inspired and want to be like me. This social acceptance always gives me a boost to be a lively example for others.

What is the factors evolved you to choose a Career in Police Service? When there were so many other careers that you could have chosen? Your Sincere COMMENT?

I belongs to a service class family. My father is an ex govt. officer and my siblings



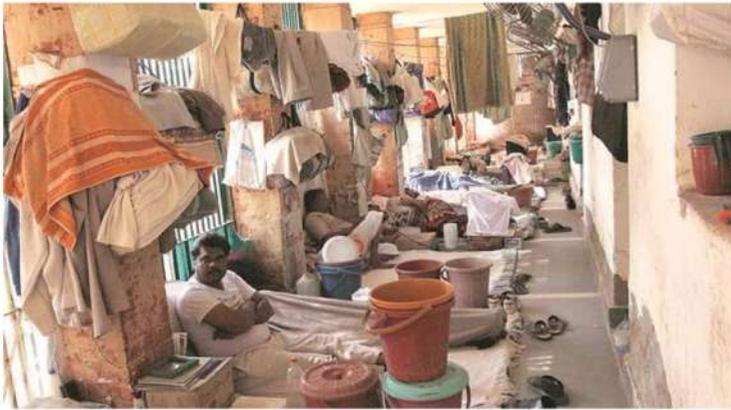
are also into govt. service. They always push me to be like them. My taste and nature is kind of accepting challenges and want to be a active participants to be a warrior of society against the anti-social elements.

Could you explain to us the nature of your job, duties & responsibilities? For a better understanding?

The nature of job is quite challenging and tough as compare to other uniform services being a custodian I deal with every variety of criminals whether it's terrorist, militant, gangster, psychokillers, habitual offenders and cheaters. We have to ensure safety and security of them in a prescribed form of law and guidelines.

Are you Comfortable in Tihar Jail as a Jailor? You were asked to take up this position in Tihar Jail due to your HI MAN Body builder Physique Or you opted for it? Are you given a free hand in your day to day Admn?

I was selected in 2009 and posted ASP tihar jail whereas



industry then I entered into Acting & Films. My journey is still going on you will see me soon in some big reality tv shows very soon.

How did you feel about yourself when you got selected into Police Force as an ASP then Jailer in Tihar Jailer?

It was dream coming true to get selected as ASP Tihar jail out of 1.5 lakh applicants and we only 45 got selected. I focused on my 1 seat only.

When there were so many other Careers due to your HI MAN Physique where you could have been paid huge packets how come you selected ASP in Police? Any Specific Reason? Would you like to share with us?

I started my bodybuilding career in 2014. As we know first appearance is the last appearance Big task has been given to me several times because of my physique as a gud physique matters alot to deal with the criminals. I am famous in jail between the inmates by HIMAN, BOUNCER, DABAANG. It's my sole responsibility to handle the situation in my supervision.

I started my fitness journey in 2014 followed by ASP Tihar jail in 2009.

What factors have influenced you to choose a Career in police as jailor that too in Tihar Jail? You always

As Tihar Jail Jailer you must be having a huge Responsibility's on your shoulders? Please could you throw some light?

Tihar jail has having 15000 inmates population. From admission to release, fitness to I'll, safety and security all has to be maintained by Tihar officer under the guidelines and rules.

Before becoming a Police Office and after becoming you must have had a dream. Please spell out your dream, has it been realized?

I am laborious and oriented by nature. At the time of my graduation I was dreaming for MBA from symbiosis Pune and after completion of my graduation I opted uniform services. After being into job I enlighten myself with goals to get best out from life. I got a good position and name in fitness



My journey is still going on you will see me soon in some big reality tv shows very soon.

wanted to become where you are today or it was just an accidental? Please throw some LIGHT?

I have done my graduation from Ramjas college delhi university in 2007 and after that I was immediately selected in Indian air forces and then delhi police sub inspector, assistant commandant in CRPF, clerical job in delhi government, teacher in delhi government and Kendriya Vidhalya as well. All these selections comes to me back to back in 2 years and then I realise my potential and work hard to get more from life and finally got selected as ASP Tihar jail in 2009.

It is learnt that you are a very friendly Jailer Police officer? Your staff is very friendly with you? They are also very fond of you? Is it true?

Yes, I am very balancing nature and maintain a healthy environment at my work place with my Co workers always. I use to spend gud time with



all in relaxing hours, family and functions get together and other social things.

How are you enjoying your Job as a Jailer that too in Tihar Jail ? Becoming Police Officer that too Jailer in Tihar Jail was it your Childhood dream come true or just accidental? Who was your inspiration? Please could you throw some light?

Being a Tihar officer the nature of the job is quite difficult and give us many lesson day to day as we deal with all variety of crime and criminals. Not a single profession, relation, class, level is refrain from us.

It is learnt that police officers after seeing movies like Dabang, Singham ,etc police Officers got Inspired in becoming Body builders to tackle with criminals Is this TRUE ? Your Comment?

positive and realistic approach in cinemas boost us to deal with the criminals and crime. A good physique always suits uniform to be a handsome officer.

Could you share your most memorable moment of your childhood days? Which is the most unforgettable moment which has become a precious memory to you?

Answer 14 no such memorable moment is being with me but yes I enjoyed my childhood a lot like others with lot of fun, care and family attention and limitations.

What are your Strengths & Weaknesses? Please list few of your Achievements so far in your career so long?

Strength - hardworking , daring, focused, oriented, workaholic and multitasking

Weakness - impatient,allows emotions to show, doesn't like pressure.

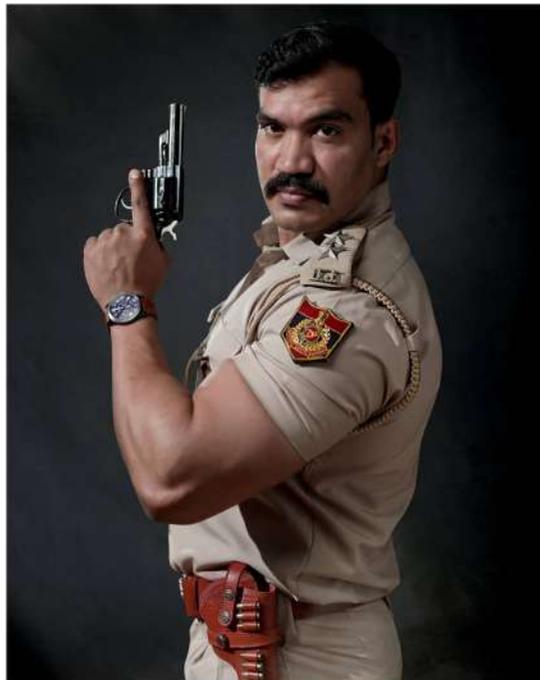
Achievements- Mr delhi, Mr UP, Mr Haryana, Mr India , Delhi Shree, , steel man of India, ironman of India, all india civil services gold medalist

3 short films on OTT platforms, 1 song , 2 reality show signed coming very soon

1 cinematic film to be shoot in January 2022

Brand ambassador with divine nutrition, hunk water, granic goodies, crazybulk, gozip wear and many more.

Youths must introspect themselves recognise their USP, interest and fix the goals accordingly. And then plan a strategy to get it in a stipulated time and work for it.



What is your sincere thoughts and honest outlook of LIFE? Is it CHALLENGING?

I believe in excellence not in perfection. And I believe that life is challenging we have to be adoptable and flexible and keep updated to improvement otherwise we will be obsolete.

What is the secret mantra of your Simplicity?

17 simplicity is the key of success. I have seen failures and under performance in many cases because complexity confuses them. I believe to work hard and focus for my oriented projects and tasks.

What is your Hobbies? Any Favorites as such?

Gym, swimming, motivational books and drive on highway

Which is your Favorite Holidays destination in India/Abroad?

Uttarakhand mountains

NOW, you must have come across so many MEDIA PERSONS? Both Electronic & Print Medias? How do you feel about the role of MEDIA PERSONS? What's your comment?

Media is a fourth pillar and plays a important role in society as a service of information as it relates to info, education, entertainment, advancement and a mirror to the society. Media should be fru itful for society so that it will be upgraded and help our nation to be a develop country.

What is your sincere advice to the younger generation who would like to become s police officer also build their body building like your you? ? or any other services or any career?

I wish them to make there career first. Youths must introspect themselves recognise their USP, interest and fix the goals accordingly. And then plan a strategy to get it in a stipulated time and work for it. Once their career is set then they can enjoy more with other things and passion like bodybuilding3 short films on O...





ANURADHA BHOSLE

Founder of Avani

...states the mission and objective of the NGO.....

What is the VISION, MISSION & Main OBJECTIVES of AVANI which is an NGO (Non Government Organization)? Is this confined only to KOLHAPUR District of Maharashtra or All India ? Please explain in detail for a better understanding?

In everything we do, we believe in informing and sensitizing the government about the implementation of existing laws meant to protect women and children.

The way we affect change is by educating woman and children on their constitutional rights, helping them to become self reliant, and providing protective services to those in need.

We work for the protection, welfare and upliftment of women and children from deprived communities. Our specific focus is the prevention and rescuing young girls from child labor practices, child marriages, and trafficking while providing them with opportunities for education with the active support of the local government.

Our work is based in 10 districts in the state in

Maharashtra. Kolhapur, Sangli, Satara, Latur, Usmanabad, Ahmednagar, Beed, Nashik, Parbhani, Aurangabad.

It is learnt that the AVANI Organization is an NGO which works towards the prevention of child labor, child trafficking and female infanticide etc?

Please could you throw some LIGHT on this for a better understanding?

It is our purpose to work alongside children from the homeless, migrant and nomadic communities.

We do this by conducting surveys to identify children at risk, rescue those children in need and provide them with food, clothes, shelter, healthcare, rehabilitation, and an education up to standard 10 and beyond.

In everything we do, we believe in informing and sensitizing the government about the implementation of existing laws meant to protect women and children.

We run our own Community Awareness Campaigns and Gender Equality classes to promote awareness for protection against female infanticide, address the issues involving the malnutrition of girls, address why girls are not encouraged to attend school by family members, preventing child and forced marriage, and offer free community health education camps.

Since you are the founder Chairman of this AVANI ORGANIZATION? What had inspired you to start this ORGANIZATION for the Children? Please elaborate?

Since I was raised in such extreme poverty and worked as a child laborer at the age of 6, I know what hardship is, how child laborers suffer, but, most importantly, I know the value of and opportunities that come from



completing my education.

My message will always be rooted in the belief that long-term change and growth can only be accomplished by encouraging people to educate and do for themselves.

It is learnt the AVANI NGO is doing a gr8 job? In the protection of the poor children from getting into the wrong hands? Is this TRUE? How do you manage the GOONDAS? Do you have police support?

Yes, every day we go to work to protect children at risk. We do surveys, conduct rescue operations and rehabilitate children.

The Goondas always threaten us. However, we try to counsel them and make them understand the importance of protecting the childhood of these children. Some of them change their attitude and they become positive to help us. Some play against us. However, I am not scared with any of their threats.

Many times police are supportive. However, most of the time, the police do not help us. Child protection is not seen as a priority.

It is learnt that AVANI your NGO is a 2 decade old organization & there are about 70,000 children's ? How do you manage this organization do you get regular funding from organizations?

We do not have any government funding. We are able to continue our work primarily with local support in cash and in kind along with some international help.

Your AVANI NGO also imparts life skill education to your deprived children's? Is this TRUE? What does this mean? Please Explain?

Avani works at the grassroots level and at the community level and with the schools. We work with adolescent girls and boys between the ages of 12-17 on gender equity. We help them understand their roles and responsibilities as a



student to complete their education. We also help adolescent boys realize the importance of respecting women, their mothers and sisters.

You always wanted to start this organization for the under-privileged children or it was just by accidental you had started this NGO? Comments?

I was born in Shirirampur, India. My family was very poor and we were in desperate need of money, so I

became a child laborer at the age of six. For the next three years, I worked as a domestic servant earning enough money to pay my own way through school. This early experience impressed upon me the value and importance of an education as one of the only means to better oneself.

After graduating with a Masters of Social Work degree from Nirmala Niktan College in Mumbai, I was

exposed to the needs of migrant children who crushed rocks used in paving roads. I introduced these families to the principles of micro-finance and assisted in setting up self-help groups for women.

What's your Aim & Ambition in LIFE? You have achieved or YET to achieve for your AVANI NGO?

My ambition is to provide a safe and secure childhood to the children of India.

No, I have not yet achieved this ambition.

Your AVANI NGO especially you being a daring n dashing front line warrior you must be getting LIFE Threats from Big Underworld Dons? Aren't you scared? How do you tackle them & retaliate?

The Goondas always threaten us. However, we try to counsel them and make them understand the importance of protecting the childhood of these children. Some of them change their attitude and they become positive to help us. Some play against us. However, I am not scared with any of their threats.

The Goondas always threaten us. However, we try to counsel them and make them understand the importance of protecting the childhood of these children.



What are the different activities being imparted by your AVANI NGO to make the Children self sufficient? Please Explain?

After successfully completing their standard 10 examinations, we offer hands on experience about the importance of giving back to their community. Avani seeks to INSTRUCT, INFORM, and INSPIRE showing how one person can make a difference and affect positive, long-lasting change.

We help students over the age of 18 either continue their college education, vocational training or finding a job. We have an Earn & Learn program that provides financial assistance for college education.

How come your AVANI NGO is Confined limited to only Kolhapur Children's? Why not All India? Any specific reason for not spreading tentacles all India?

Actually, we are not just working in the Kolhapur district alone. We have been able to gradually expand our efforts and are currently working in nine additional districts in the state of Maharashtra.

As with most grassroots NGO's, it comes down to financial support. Avani operates without any government funding and could not exist without local community participation and much needed donations. Our entire operation is run on donations in cash and in kind from a network of local supporters and a limited number of grants from national and international organizations.

Avani operates without any government funding and could not exist without local community participation and much needed donations. Our entire operation is run on donations in cash and in kind from a network of local supporters and a limited number of grants from national and international organizations.

How does your AVANI NGO Operate? Do you have Social Workers or Informers? Who inform you about the Children's?

Since the year 2000, we have run a special Child Labor Rescue Project team of professional social workers, counselors and experienced field workers. 5 times a month, we conduct our own independent surveys to identify child laborers.

Our staff coordinate the rescue efforts of children from shops, hotels, and worksites. Before the rescue



operation takes place, paperwork must be filed with the proper government agencies and police departments, and coordination of the involved departments must be approved.

Understandably, this is quite a dramatic experience for the child we are rescuing. We counsel the children and explain to them what is going on. We have food for them as this whole process takes many hours. Next, we take the children for a health checkup. Lastly, we take the children to the Child Welfare Committee (CWC) for their further decision, rehabilitation and the safe future housing of them.

Reports and court hearings must be accurately documented and distributed to responsible government departments following a rescue operation.

The majority of our information on child laborers comes from conducting our own surveys. However, we also receive information from concerned local people.

Could you share your most memorable moment of your childhood days?

I have lot of good memories. My father was very spiritual person and every night before we ate dinner, we came together and my father used to conduct prayers. As a child I never liked to pray. So, as soon as I used to see some preparation for prayer was going on, I would hide under a blanket and pretend I was sleeping. Then, after



they finished the prayers, my mother used to distribute the food. I would get up just for eating the food. However, my mother was smarter. She knew I was pretending. So she never gave me food when I skipped the family prayers. Many times, I went to bed without eating any food.

What are your Strengths & Weaknesses on & off the field? Please list a few of your achievements so far your organisation has achieved?

I am very strong person ,good and effective leader. Also very committed and hard working and focused in work.

Weakness- I trust anyone easily can't say No to people easily. I am workaholic

I have been invited speaking tours to talk about Avani's work in the USA, UK and Canada

Since 1995, Avani has been recognized with 54 awards including 3 national and 2 international awards.

International Awards

2020 Global Fund for Children International Courage Award from the United States of American and the United Kingdom recognizing only 2 organizations worldwide that contributed to innovative grassroots organizations around the world that are positively impacting children in especially challenging circumstances.

Women Have Wings Award from the United States of America for special achievement in the fight for women's rights and economic upliftment.

National and State Awards

Kaun Banega Crorepati invited by Amitabh Bachchan to compete on the KBC program. All the winnings went to support Avani's work.

King Shau Award for outstanding educational work with children

Uncha Maza Zoka Award from Zee Marathi State Television Network for significant commitment to social work in India.

What are your sincere thoughts in respect of LIFE? Is it CHALLENGING?

We need to enjoy and make every moment the best in life. Life is beautiful and it is short. We need to make



The media has played a very important role in Avani's work. They have always highlighted our work. Without the active participation of the media, our work and reputation for protecting children would not be known to as many people.

best use of it.

What is the secret of successfully running an NGO with 70,000 children with the aim of for protecting them?

I knew that my goal to protect so many children could not be achieved in a day. This type of work can only be achieved relentlessly day by day. It is a continuous effort and cannot be sustainably achieved quickly.

This work requires the highest level commitment to the work, to the staff and those in need that we serve. It requires the ability to form and maintain effective teams. It requires cooperation and understanding. One must also understand the importance of counseling, truly listening and caring about what those at risk are going through.

What are your Hobbies? Any Favorites as such? Do you get leisure time?

Reading. I read a lot to stay informed with current events. I love listening to old Hindi songs. Working in our gardens is the best relaxation for me.

As an Founder Chairman of AVANINGO you must have come across so many MEDIA

PERSONS? Both Electronic & Print Medias? How do you feel about the role of MEDIA PERSONS? What's your comment?

The media has played a very important role in Avani's work. They have always highlighted our work. Without the active participation of the media, our work and reputation for protecting children would not be known to as many people.

So many of the children we work with have been able to have a voice, raise their voice and have voices heard only because of the active participation of the print and electronic media.

What is your sincere advice to the younger generation who would like to start an NGO or any other services or any career?

To start an NGO, one must have a commitment and vision to see what others may not see as a need.

Starting NGO is easy. But finding the resources, financial support and reaching out to the community is very hard work



KUTTY PADMINI

a strong and successful multi-faced artist

....proclaims that till date women has to fight for her rights.....

Kutty Padmini ji, It is learnt that Maa Vaishnavi Entertainments Company is a one stop solution for all, connected to the Glamour World right from Films, TV Channel, serials, dubbing, Ad films etc ? Could you explain in detail for a better understanding?

Yes,

Vaishnave Mediaa Works is one of the leading Entertainment production companies in India. Its main branch is predominantly in South Indian Series productions. The company stands testament to over 23000 hours of production of Drama, News, Current Affairs, Action, Comedies, Documentaries and events.

Today, Vaishnave Mediaa handles not just Distribution of serials and movies, in-film advertising, events, award and celebrity management, but also deals with dubbing of movies and serials in various languages. Fully Equipped studio with professional Edit Dubbing, Cameras, and outdoor Unit

Vaishnave Mediaa has produced content for many countries including India, Singapore, and South Africa and so on. <http://www.vaishnaves.com/home.html>

You are the Chairman & MD of Maa Vaishnavi Entertainments Company, You have become a successful Business woman in the Glamour World, You are a multi faceted personality. How do you feel? Are you from film background?

Vaishnave Mediaa Works is one of the leading Entertainment production companies in India. Its main branch is predominantly in South Indian Series productions.

Yes, am from the film background as my mother was a dad - producer cum mum - actress. Am passionate about my profession also it runs in my vein.

It is learnt that you have spent more than 2 decades in the Film Industry? How was your Journey? Can you share some of the moments with us?

Am 64 yrs now and am in this industry for over 6 decades. From the year 1984I have been a producer which is around 36 years. I have been acting from the age of 3 months as a child artist. So far have done 175 movies and have won state awards, which are as mentioned in my profile that is attached. From 1971 I have been acting in Television network DD. I did the first TV series for DD in the year 1975 with Dr Shivaji Ganesan called "AmudhaSurabi"

At the age of 8, after your performance on stage, you received an award from the hands of the then Prime





1986 morning show With ravipaswan, In the year 1990 I did 'Sangarsh' based on customs & central excise, then "Dharam Adharam" & "Adharsheela" all in Hindi. I have done about 15 hindi shows so far including "Krishnadasi" in colors. Currently doing two hindi shows with Dangal. I have done international shows for South Africa, Singapore, Malaysia and London. Malaysia series called "Chinta Bollywood" in Malay language gave me 11 nominations and 9 awards which I received from the President of Singapore. Tamil series "Uravugal" got us 3 awards, "best Producer", "Best Director" and "Best Actress".

You are a successful Director, Producer, etc. Before joining the entertainment film world, you must have set a goal? Have you been able to accomplish or still working towards reaching your goal?

My Goal is to start a Channel, which is historical and Mythological genres. I have acquired content for it and in the process of producing more of this kind to achieve my goal.

Minister, Late Smt. Indira Gandhi. Could you please elaborate on that experience? What was your reaction?

After having 3 nominations for the movie "Kulanthayum Deivamum" in tamil, telegu and kannada, were have performed dual role. I went to Delhi and was denied award for tamil. I had the presence of mind and guts to pull the saree of the PM and tell her that if your dad was here, he would have given the award to a kid. Then she watched my movie that day itself and I was given the award the following day with a kiss from her. The kiss was more precious than the award and it was that incident that made me realise that a woman has to fight for her rights.

Was it a long cherished dream or it was by accident that you got into Film world? Who was your Inspiration or was this a Childhood dream?

I was cradled by the then super star Gemini Ganesan and my mom and grandmom being actresses, I was born as an actress to add to reality I started my film career when I was 3 months old. My inspiration is always actress Savithri.

We hear that you have produced films & serials in most of the regional Languages, apart from Hindi. Is it your belief of National Integration that you put into practice? Also you produce International TV Serials. Your comments?

Most of my serials have portrayed women as a strong character. I myself is a fighter to thrive in this World of Male dominance and come thus far both in personal and professional life. I have fought for child abuse, I do counselling in Chennai prison and continuing with such deeds till date.

Can you share some of your contributions and experiences in the field of women empowerment also?

Most of my serials have portrayed women as a strong character. I myself is a fighter to thrive in this World of Male dominance and come thus far both in personal and professional life. I have fought for child abuse, I do counselling in Chennai prison and continuing with such deeds till date.

Can you share your most memorable moments from your Childhood days?

Also after joining the Filmi World? It is said that you are very Hard TASK MASTER? People are very much scared of you? Is this TRUE?

I had the privilege of working with 5 chief ministers of South, N T Ramarao, Dr MGR, Dr Jayalalitha, Kalaignar Karunanithi and Annadurai. I also had the privilege of working with the then president V VGiri. The most memorable of all these experiences was with Kalaignar Karunanithi in Ramanujar (600 episodes) for his Channel, though he being an atheist. I wouldn't call it as Hard Task Master but as a multitasker with humanity as the multi roles in my life as a wife, mother, producer and much more molded me well. Thus, my professional team is an extended family for me and more than task it is the affection that binds us together. People are not scared but some consider me as a threat. If it was fear then once there was a strike in the film industry and it was only my production that went nonstop. This is a clear evidence of the love and respect that the industry has on me.



Can you please tell us some of your hit films and serials, as a producer, Director, which brought you in limelight? Please throw some light up on your contributions to the Film Industry?

Sangarsh gave me a massive boost and support with a TRP rating of 68% in the year 1991. Even after so many years people still ask me when is the sequel of Sangarsh, that is the impact of the series. Not just that I got a mail from the then finance ministry stating that 8% of smuggling has come down as an impact of the series, which I cherish as the best award. 'Manthiravasal' in SUN Network is another huge breakthrough. Above all 'Krishnadasi' is a project that is close to my heart till date, which was based on dasies, who are not prostitutes but are equivalent to the legally wedded wife, which was a huge hit in tamil, telugu&hindi. Another prestigious project would be "Romapuripandian" which I worked with Dr KalaingarKarunanithi, where I had the privilege to work with him as he is the dialogue writer. 'Ramanujar' is another milestone in my career. I did my first web series with Ekta Kapoor, which I cherish till date and become a huge admirer of her skills of getting into details.

What are your Strengths & Weaknesses? Any Achievement so far in your career?

Am very strong and can't be bullied is my strength, am an emotional person, may be that is my weakness. My achievement is being a woman producer I have produced close to 32,000 hrs of programming and this is only up to 2009 and after which I haven't calculated.

How do you look at LIFE from the broader Angle PERSPECTIVE? Is it CHALLENGING?

Am a very balanced person, who can't be swayed to any extremes of happiness or sadness.

What is your motto in life?

To build a home for the under privileged of the film Industry.

What are your hobbies? How do you spend your free time?

I do meditation, read books, listen to motivational speeches, I spend my time at the cancer institute too. Thus, have no spare time. Above all I know the

value of time and once lost can't get it back.

Which is your favorite holiday destination? In India and abroad?

Switzerland



I did my first web series with Ekta Kapoor, which I cherish till date and become a huge admirer of her skills of getting into details.

What has been the most satisfying moment in your career?

The love and affection that I get from my daughters satisfies me as a mother. Then number of people who meet me wherever I go and thank

me for some help that I had done. Such thoughts satisfy me that I have been of some help to others.

Who is your favorite actor/actress? With which artists have you enjoyed working the most?



"KUZHANTHAIYUM DEIVAMUM". In 2019 - Kalaimamani Award - Received from Honourable chief minister of Tamil Nadu k. Edappadi Palanisamy. In 2017- Lifetime Achievement Award by the Tamil Nadu State Government, awarded to her by the current Tamil Nadu Chief Minister. ; Received awards from the Mylapore Academy for Best actress award and also in Recognition for outstanding services for Tamil Stage and TV Serial; In 1971 - RECIPIENT OF AWARDS FROM -

Ekta Kapoor who is a phoenix of the industry turned me into her admirer.

My favorite actor is Surya and all time favorite actress is Savithri. My most favorite artist that I have worked with is Kamal Hasan.

In your Career Span of nearly around more than 2 decades now holding various positions, you must have come across so many MEDIA PERSONS in Both Electronic & Print Medias. How do you feel about the role of MEDIA PERSONS? What's your comment?

The most admirable personalities in the industry are Kalanithi Maran whose impeccable growth made me feel awe always and being a billionaire getting to the roots of the work is a quality that can't go unadmirable, Sameer Nair who was the person behind the success of Star plus, Tarun Katial, who's a go getter and has the Midas touch, Ekta Kapoor who is a phoenix of the industry turned me into her admirer.

What are the Awards and Rewards you have received so far for your contributions to the FILM Industry? Please throw some light?

I won many awards. Some of the important awards to mention a few are In 1968 - Received the Best Child Artiste Award from the beloved mother Smt. Indira Gandhiji - National Award for the film titled



Former Singapore Prime Minister Mr Lee Kuan Yew for 'Best Performer'; In 2013 - felicitated for 50 years contribution in South Indian Film Industry by South Indian Chambers of Commerce;

There are a lot of youngsters who are looking to make it into the Filmdom or any career? What is your sincere advice to them?

Youngsters these days lack patience, they are looking at only the low hanging fruits rather than to toil to get to the top. Especially women in the industry these days have more opportunities than in those days where we were not considered an equal gender. So hard word and perseverance are the qualities needed for them to achieve greater heights and this would be my sincere advice to them.





Dr. N. Murali Mohan,
Senior Environmental Scientist

Writes about the Issues in Forest Conservation

Forest Conservation.

According to the National Forest Policy of India, the ideal percentage of total geographical area under forest should be at least 33% to maintain ecological stability. However, it is currently covers just 24.62 % of the country's land and is shrinking rapidly.

The Forest (Conservation) Act, 1980, have come into force on the 25th day of October, 1980. The Forest Conservation Act 1980 was introduced by the Indian Parliament to control deforestation and conserve forests and their resources. It is also called as the Forest Protection Act, aims to prevent forest lands from being converted for other purposes.

It Protect the forest along with its flora, fauna and other

diverse ecological components while preserving the integrity and territory of the forests.

This Act classified the forests into three – reserved forests, protected forests and village forests. It attempted to regulate the collection of forest produce by forest dwellers and some activities declared as offences and imprisonment and fines were imposed in this policy to establish the state control over forests.

The Ministry of Environment, Forest and Climate Change (MoEFCC) has notified the Forest (Conservation) Rules, 2022. The primary objective of the policy is to safeguard the territory and integrity of the forests and maintain an ecological balance for every flora and fauna to sustain.

It falls under subsection (1) of section 4 of the Forest (Conservation) Act, 1980.

It supersedes the Forest (Conservation) Rules, 2003.

Forest Conservation Rules 2022-Committees and Functions:

Constitution of a project screening committee: The Ministry has directed the formation of a project screening committee in every state or Union Territory for an initial review of proposals involving the diversion of forest land.

Objectives of the screening committee:

The committee will meet at least twice every month and advise the state governments on projects in a time-





bound manner.

The committee will examine every proposal received from state governments or administrations of Union Territories (UTs) without going into the merit of the proposal.

The committee will review whether the proposal is complete in all aspects and its location concerning restricted areas or categories.

It prescribes a time frame for the review of different kinds of projects. All non-mining projects must be reviewed within a period of 60 days, and all such mining projects must be reviewed within 75 days.

In the case of projects involving a larger area, the committee gets some more time; 120 days for non-mining projects involving more than 100 hectares and 150 days for mining projects.

The project screening committee will be headed by a nodal officer but will have a district collector, and conservator of forests who will advise on projects and will have to do the initial screening to save time.

Constitution of Advisory Committee:

The role of the Advisory Committee is to advise or recommend matters related to the conservation of forests referred to it by the Central Government and with regard to grant of approval under relevant sections of different proposals.

It consists of 6 members, including the Chairman.

Constitution of Regional Empowered Committee:

It also provides for the establishment of a Regional Empowered Committee at each of the Integrated Regional Offices.

An important change introduced in the new rules is that all linear projects like roads and highways, projects involving forest land up to 40 hectares, and those that have projected use of forest land having a canopy density up to 0.7, irrespective of their extent

for survey shall be examined in the Integrated Regional Office.

The process has been decentralized by assigning the responsibility of all linear and hydel projects to the integrated regional offices, and all mining projects will be under the central office.

Forest Conservation Rules 2022 and Compensatory Afforestation

The new rules stated that those applying for diverting forest land in a hilly or mountainous state with a green cover of over two-thirds of its geographical area or a state/UT with a forest cover of over one-third of the geographical area would be able to take up compensatory afforestation in other states/UTs where the cover is less than 20%.

Why Forest Conservation?

1. Forests create oxygen: Trees are nature's recycling machines. They take carbon dioxide and transform it into oxygen.
2. Forests filter the air and reduce pollution: Trees not only create oxygen from carbon dioxide, but also acts as natural filters. They remove air pollutants like carbon monoxide, nitrogen dioxide, and sulfur dioxide.
3. Forests provide food security: Besides the nuts, berries, fruits, mushrooms, and seeds that humans eat, the forest supports a huge variety of animal life we also depend on for food.
4. Forests help reduce climate change: Carbon dioxide is one of the greenhouse gases that drive climate change. Trees reduce the amount that's released into the atmosphere. As a result, forests cool the environment around them.
5. Forests are an important part of the water cycle: With their roots, trees pull water from the earth and release it back into the atmosphere. Especially-large forests create their own climates and can trigger rainfall.





trees that are cut by industries and other organizations in the name of development and urbanization. It is planting new trees and taking care of them.

Deforestation is the process of cutting trees and using the area for domestic or industrial purpose. The preservation of all natural resources is absolutely essential for the balance of our ecosystem.

ISSUES IN FOREST CONSERVATION:

There are 8 important issues for conservation of forests

6. Forests protect crops from wind: The wind is a powerful force. Especially strong winds can destroy crops, while constant wind causes plants to lose more water, thanks to evaporation.

7. Forests prevent soil erosion: Soil erosion has dangerous consequences. It causes the loss of fertile land, leads to increased pollution in streams and rivers, and harms the animal population.

8. Forests provide medicine: Throughout history, people have known forests have healing powers. There are several types of trees known for their medicinal properties, like the moringa tree (Munaga/Drumstick). Extracts have shown antibiotic and antibacterial properties.

9. Forests support biodiversity: Biodiversity is very important for the health of our planet. When species are threatened and go extinct, it disrupts the ecosystem.

10. People depend on forests: Over 1.5 billion people depend on forest resources for their livelihoods. These resources provide food, fuel, medicine, shelter, and more.

Conservation of forests is the practice of saving the

Deforestation:

Regulate the cutting of trees in a planned way, only those trees that are either dead or can be replaced should be cut. It helps in keeping track of the number of trees that are required to be planted to replace the trees that have been cut. Designing the policies carefully taking in to account the effects on both forest and local communities may offer sustainable way to use forest without damaging them.

Forest fires:

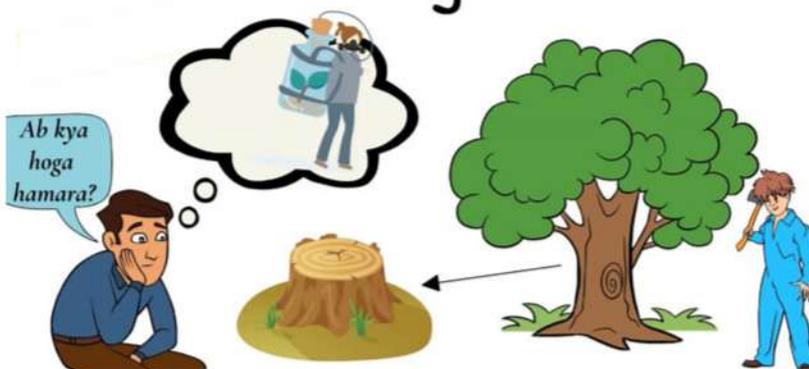
The significant loss of forests is primarily because of forest fires. Valuable forest resources and wild life are lost during fires. A forest fire can be of two types, first, natural fire and second, human-made fire. In the event of a wildfire spreading naturally particularly in summer seasons due to heat waves, the fire should not only be checked but also controlled. On the other hand, human-made fire disturbs the whole ecosystem leading to an increase in global warming. The tribal people-initiated forest fires in the past as a result of Jhum (or Jhoom) cultivation. Tribal people came back to that very land where they set on fire and grew more trees on that land. Un-controlled fires leads to loss of valuable forest resources including wild life.

Afforestation:

It is a moral duty to plant another tree to replace it and compensate the environment loss. The process of creating a forest by planting trees in the barren field is called afforestation. Most of the time people get confused between the two terms- "afforestation and reforestation".

Well, reforestation is a process of planting the specific trees in a native Forests which are gradually reducing in numbers. In simple term, afforestation is a process of creating a new forest whereas

On Killing a Tree



reforestation is a process of increasing the number of trees in a native forest. Afforestation is important to solve the problem of imbalance in the ecology, global warming, soil erosion, greenhouse effect etc.

Afforestation solves the problems of climate change, wildlife habitats, soil erosion, production of timber, food and fodder, better scope to cottage industry, provides employment to rural poor, conserving the rainwater and reducing desertification.

Forest management:

Legislative policies, regulatory measures aimed at preservation, conservation and protection of the environment are the need of the hour. These include environment health, forest development activities, conservation programme, management of afforestation, protection of forests from pests and disease, survey and exploration of natural resources particularly forest, flora, fauna & ecosystems, biodiversity conservation including lakes and wetlands, wildlife conservation, protection, preservation, planning research, education training and awareness activities.

Forest products & Valuation:

Productivity of Indian forests is very low as compared to some other countries. For example, annual productivity of Indian forest is only 0.5 cubic metre per hectare while it is 1.25 cubic metre per hectare in the USA, 1.8 cubic metre per hectare in Japan and 3.9 cubic metre per hectare in France. There are many ways to conserve forests. One way is to use forest products responsibly. For example, when buying wood products, look for those that come from certified sustainable forests. Support companies or organizations that practice sustainable forestry methods. Another way to conserve forests is to value them for all the benefits they provide; This includes not only tangible benefits like timber and paper, but also intangible benefits like clean air and water, climate stabilization, and recreation opportunities. By valuing forests for all they offer, we can create motivations to protect them.

Surveillance of forest:

One of the biggest problems faced by the Indian forests is the lack of proper transport facilities. About 16 per cent of the forest land in India is inaccessible and does not have proper transport facilities. It must be remembered that the major product of the forests is timber which is a cheap and bulky commodity. Surveillance of forest area is a must which help us to identify areas that are in need of protection or restoration or to prevent illegal logging and other activities that damage these vital ecosystems. One way to improve surveillance is through the use of

technology, such as satellite imagery and drones. This can help to identify potential threats and track changes in forest cover over time. By working together to properly monitor forests, we can help ensure their longevity for generations to come.

Categorisation of forests:

Forests can be classified based on their location, species composition, or ecosystem function. Categorizing forests also allows to manage them more effectively. Designing specific conservation plans for each type of forest, which will help to ensure their long-term survival. In addition, categorizing forests helps to identify areas where there may be a higher risk of deforestation or other damage. This allows to take action to prevent these threats from harming our forests. In India most of the forests are meant for protective purposes and commercial forests are badly lacking. Plantation forests are to be encouraged for commercial purposes.

Eco-friendly tourism:

Ecotourism is defined as “responsible travel to natural areas that conserves the environment, sustains the wellbeing of local people and involves interpretation and education”. Another important benefit of Ecotourism is that it can help in environmental awareness. Ecotourism should be developed systematically as it may cause damage to the attractions if ecotourists and ecotourism business operators don't follow prescribed guidelines.

Ecotourism improves the social, cultural, political and economic well-being of several countries. It also has improved the lifestyles of the tribal and backward community since tourism has created jobs, alleviated poverty, improves income and satisfied the needs of the ailing community. Even hundreds of educational institutions which are functioning efficiently teach the importance of ecotourism to the students and take them to ecologically friendly countries that preserve the land wonderfully.





its not a one man army,in fact my entire family is involved. my son looking after all technical aspects my daughter is taking care of input and programming.

**Anil Lad,
Founder Chairman and Editor In Chief
of 24x7 Channel in Goa
...Appreciates team work...**

People say, Anil Lad of In Goa24x7 is a one man army and he is not a professional? Is this TRUE? Your COMMENTS on this Please ? Who had inspired you to start a Channel ? Could you share your long Journey with us?

Its not a one man army,in fact my entire family is involved. my son looking after all technical aspects my daughter is taking care of input and programming. As you asked my inspiration....be frank as on NO ONE....just happened when i was working as a reporter for a Marathi daily,my stories were not published so i start my own video news ...this was in 2004.

It is learnt that you are the Founder, Chairman & Editor In Chief of Goa 24x7 Channel? Is this TRUE? You had started this channel in 2008? Hope we are right? Its almost around 11 years now? Where do you think you stand as on today ? When compared to othet CABLE NETWORK Channels in Goa?

Yes i am Founder, Chairman & Editor In Chief of Goa 24x7 Channel , in the year 2004. and after thirteen long years we are most viewed channel in Goa and Maharashtra border.

It is learnt that - Goa 24x7 is the First News & Entertainment Channel of Goa? Is this TRUE?

No...we are not first ,there was a kokani channel which was started just couple of months earlier the our channel but that channel is close down in 2012 so as on today we are the First Marathi channel of Goa.



It is also learnt that..In Goa 24x7,Channel it offers a strong & professional contents of news & analysis, ranging from Politics to business & social issue to sports & education, it covers the entire ... News also? Top Stories *Crime *World News? Is this TRUE? You mean to say that No other Channel Offers this IN GOA?

Yes very true....and first to deliver any major happenings.

Goa 24x7 is an English 24/7 lifestyle television channel The channel is a free-to-air. The channel is available across all major cable and DTH platforms as well ..? .

Unfortunately its not on DTH but on net yes also we have our Mobile App.

Any Specific Reason for the Goa 24X7. The channel has closed down.? It was a local channel in Goa featuring different Konkani program ,songs, films, local ads, promos and News.?

Goa 24x7 is still doing well in Goa.

It is learnt that In Goa 24x7 Channel...With the help of Its esteemed viewers & advertisers, have successfully completed 11 years in this field.? Is this TRUE? What is the Secret Mantra?

we are completed 13 years.

It is Learnt that In Goa News have recently started news bulletin and a number of programs as demanded by its viewers living outside Goa/India? Please could you throw some light up on this?.

We are also on neighboring states cable network.



THE BEST OF INDIA



It is learnt that you have received a tremendous response for the website from the Gulf Nations, UK and the United States with an average 1,00,000 hits per month? Please Could you explain this in detail?.

There are millions of Goans who settled in Middle east Gulf Counties ,also various other parts of a Glob and they are our subscribers regularly watched ingoanews.

It is said that In Goa 24x7 channel is the first and only news channel in Goa to have a website with LIVE television broadcast which enables the viewers to watch 'In Goa 24x7' from any part of the world through the internet. web address is www.ingoanews.com.? Is this TRUE?

In Goa 24x7 channel is the first and only news channel in Goa to have a website with LIVE television broadcast which enables the viewers to watch 'In Goa 24x7' from any part of the world through the internet. web address is www.ingoanews.com.

It is Learnt that In Goa 24x7 Channel have launched the Android App through which one can watch the channel LIVE on their mobile.? Is this TRUE?

Yes and we are the first channel from Goa to launch mobile App. at the hands of then CM mr. Manohar Parrikar ...it Was in 2012.



Could you share your most memorable moment of your childhood days? Which is the most unforgettable moment ? which has become a memory to you?

in my childhood, i was always trying to do myself a cinema projector...with the help of battery cell and miniature bulb for that i always in hunt of celluloid film ,and try to project it on wall, instead of performing on a stage i always love to do some technical creation. now when i rememberi really laugh on me.

What are your Strengths & Weaknesses ? Any Achievement so far in your career so long ?

Strengths : Hard work & Weaknesses : anger , Achievements : 1) Maharashtra journalist foundations Bhaskar award, and 2)GCCl Felicitated with best electronic media journalist in 2014.

Whats your Favorite holiday destination in India? Abroad?

Favorite holiday destination in India : Swamy Vivekananda memorial. kanyakumari.

What are your Hobbys? Any Favorite?

Hobby ...to learn new technology for transmitting Audio and Video signals.

How do you look at LIFE from broader PERSPECTIVE point of VIEW ? Is it CHALLENGING?

life is not challenging...challenge to LIFE....

What is your sincere advise to the younger generation who would like to get into PRINT/ELECTRONIC Media or any other services or any career?

Do honestly hard work ...delete " NO" from your dictionary.



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Dr. Deiva Oswin Stanley

Integrated Ecosystems Management Specialist

A review on Mangroves

Mangroves are the remarkable tropical plants which along the border of the sea reaching upto the edges of the rivers to the point where the water is saline. In India, the total mangrove cover is 4,992 square kilometres, according to the 2021 Forest Survey Report (FSR). The country lost 40 per cent of its mangrove cover during the last century. Kerala, for instance, lost 95 per cent of its mangroves in the last three decades. The 2021 FSR recorded an increase of 17 square km in mangrove cover relative to the previous assessment of 2019. Odisha, Maharashtra and Karnataka are ranked top in terms of mangrove cover.

The MISHTI, 'Mangrove Initiative for Shoreline Habitats and Tangible Incomes,' comes after India joined the Mangrove Alliance for Climate launched during the 27th Conference of Parties (COP27) to the United Nations Framework Convention on Climate

Change held in Egypt in November 2022. MISHTI envisage to comprehensively explore the possible area for development of Mangroves covering approximately 540 sq. kms. spreading across 11 States and 2 Union Territories during five years commencing FY 2023-24 onwards. The Ministry of Environment, Forest and Climate Change has been allocated Rs 3,079.40 crore in the 2023-2024 Union Budget.

However, reconsidering the restoration practices in India, understanding the ecology of mangroves and creating awareness regarding the ecological mangrove restoration technique is prerequisite. Planting mangroves has been projected as a well-known technique for restoring mangrove ecosystem. However, the greater parts of planting endeavours neglect to re-establish functional mangroves and leave lessons for us to realize which we advantageously overlook. Utilizing confined mangrove species, especially from the families, Rhizophoracea and Aviceniaceae along an uncovered coastline in too-deep water, generally in the lower half of the intertidal system, from mean sea level down to lowest tide where mangroves, do not normally develop are the reasons behind mangrove planting projects' disappointment. Aside from absence of suitable technical appraisal, the lower inter-tidal mudflats or sea grass beds or sandy shorelines are frequently chosen for planting mangroves. These delicate ecosystems are targeted for planting seedlings, because degraded mangroves are oftentimes connected to tenurial issues that require noteworthy effort to address. Converting habitats by planting mangroves





can obliterate the crucial habitats with unique biodiversity and add to their further destruction.

Worldwide restoration endeavours and much cash were spent in creating mangrove seedling nurseries, while minimal expenditure or time is set into deciding the site-particular needs of mangroves at every restoration area. Stripping seeds from a chosen stand for creating nursery year after years to provide seed material for large numbers of hectares of planting plans by government and non-governmental initiatives, meddle with the characteristic recovery of the current mangrove stands and kill the foundation chance of future normal mangroves. India ought to concur upon with the correct approach, the Ecological mangrove restoration [EMR] which has been executed and recorded for decades in new

world mangrove systems and is a best practice for adaptation (Stanley DO. Rehabilitating functional mangrove ecosystem. *J Environ Geol* 2017;1(1):31-32).

Information below are reproduced from mangroveactionproject.org. Mangroves have enormous ecological significance, both to the functioning of the natural environment and to humans. As a coastal species, mangroves act as both barriers, preventing soil erosion and protecting inhabitants from storms, and biofilters for nutrients in upland runoff, such as nitrogen and phosphorous. Mangrove forests form the basis of a detrital food chain, where the fallen leaves provide coastal waters with much of their productivity. This high level of productivity contributes to the wide array of species that inhabit mangroves or use them as refuges, migration sites, and nurseries. Many threatened and endangered species inhabit mangrove forests, such as the Royal Bengal tigers, manatees, and sea turtles. Hundreds of bird species have been identified in mangrove forests, and many species of tropical and sub-tropical marine species, such as fish and crustaceans, spend some part of their lives in mangrove wetlands as juveniles. And the biodiversity doesn't end there! Mangroves are also home to snakes, lizards, and insects – which are actually the most abundant (both in numbers and species) above the tide.





In addition to their adaptation to salty conditions, mangroves have also evolved innovative reproductive strategies. Mangrove embryos grow directly on the parent tree, and are dropped as propagules only once fully developed. Some propagules may take root in the soil beneath the parent tree, but others may float for an extended period of time before anchoring to the shore.

Recent research has also indicated that mangroves are incredible carbon sinks, sequestering more carbon than any of their terrestrial counterparts. Mangrove forests sequester approximately 1.5 metric tons/hectare/yr of carbon, or 3.7 lbs/acre/day of carbon (1336 lbs/acre/yr). Mangrove substrate may contain 20-25% carbon, which may also help explain the high productivity and biodiversity of these ecosystems. Using total economic valuation methodology, the economic value of mangrove resource is estimated ranging from USD 3,624.98 - USD 26,734.61 per ha per year in Indonesia (Rizal et.al., 2018).

The provision of habitat for aquatic and terrestrial fauna and flora cannot be overlooked. Mangrove systems are critically important habitats for a wide range of aquatic species, including fish, shrimp, molluscs and crabs, providing nursery, feeding and refuge areas and underpinning coastal food webs that support

many commercial harvests, local subsistence harvests, and other sustainable uses such as limited timber and firewood harvests, local medicine production and other important local uses.

Mangrove ecosystems are also important habitats for a wide range of birds and insect species, and lesser numbers of mammals and reptile species, providing nesting, feeding, and refuge areas. Other ecosystem services provided by mangroves include: Rhizophora aerial roots protection from strong winds & waves; Mangroves' protective buffer zone helps shield coastlines from storm damage and wave action, minimizing damage to property and losses of life from hurricanes and storms, soil stabilization & erosion protection; The stability mangroves provide is essential for preventing shoreline erosion. By acting





as buffers catching materials washed downstream, they help stabilize land elevation by sediment accretion, thereby balancing sediment loss. In regions where these coastal fringe forests have been cleared, tremendous problems of erosion and siltation have arisen; nutrient retention and water quality improvement through filtration of sediments and pollutants; Mangroves have been useful in treating effluent, as the plants absorb excess nitrates and phosphates, thereby preventing contamination of nearshore waters; flood mitigation; sequestration of carbon dioxide; Mangroves absorb carbon dioxide and store carbon in their sediments, thereby lessening the impacts of global warming; and Protection of associated marine ecosystems-Sea grass beds and coral reefs depend on healthy mangroves to filter sediments and provide nursery grounds for resident species. Mangroves provide innumerable ecosystem goods. Traditional and indigenous coastal populations have found sustenance from mangroves, collecting products and resources in a sustainable manner for hundreds or even thousands of years, including: firewood, medicines, fibers and dyes, food, charcoal and construction materials.

Healthy mangrove forests are key to a healthy marine ecology. Fallen leaves and branches from mangroves contribute to the forest detritus and provide nutrients for the marine environment. Intricate food webs of immense varieties of sea life are supported directly through this detritus. Mangroves are a critical forest ecosystem, dominating coastlines in tropical and subtropical regions of the globe. There are 54-75 species of true mangroves, which are found only in the intertidal zones of coasts, and are taxonomically isolated from terrestrial counterparts. They are highly adapted to their environment, capable of excluding or expelling salt, allowing mangroves to thrive in highly saline waters and soils. Salinity can still limit the distribution of mangroves, however, as can other environmental factors such as climate, tidal

fluctuation, and sediment and wave energy. Mangroves are found worldwide, but the greatest species diversity is in Southeast Asia, with only twelve species inhabiting New World countries, and only four of those are found in the United States along the southern coast.

Mangroves act as refuge and nursery grounds. Many threatened and endangered species are native to mangrove forests, which provide critical habitat for diverse marine and terrestrial flora and fauna, such as: manatees, crab-eating monkeys, fishing cats, monitor lizards, sea turtles, Royal Bengal tigers, mud-skipper fish and others. Mangrove forests also provide refuge and nursery grounds for juvenile fish, crabs, shrimps, mollusks, and other invertebrates. Mangroves are prime nesting and migratory resting and feeding sites for hundreds of bird species.

Mangrove distribution is primarily determined by sea level and its fluctuations. Other secondary factors are: air temperature, salinity, ocean currents, storms, shore slope, and soil substrate. Most mangroves live on muddy soils, but they also can grow on sand, peat, and coral rock. Zonation often characterizes mangrove forests. Certain species occupy particular areas, or niches, within the ecosystem. Some mangrove species occur close to shores, fringing islands, and sheltered bays; others are found further inland, in estuaries influenced by tidal action.

Mangroves vary in height according to species and environment, from mere shrubs to 40 meter (app. 131 feet) tall trees. The prop roots of some mangrove species, such as *Rhizophora* spp., or red mangrove, and the pneumatophores (unique breathing roots) of others, such as *Avicennia* spp., or black mangrove, contain many small "breathing" pores, called "lenticels." These allow oxygen to diffuse into the plant and down to the underground roots by means of air space tissue in the cortex, called "aerenchyma." The lenticels are inactive during high tide.

Lenticels in the exposed portions of mangrove roots are highly susceptible to clogging by crude oil and other pollutants, attacks by parasites, and prolonged flooding from artificial dikes or causeways. Over time, environmental stress can kill large numbers of mangrove trees.

Evolutionary adjustments to varying coastal marine environments have produced some astounding biological characteristics within mangrove plant communities. Certain species of mangroves exclude salt from their systems, others actually excrete the

salt they take in via their leaves, roots, or branches. In species that exclude salt, the mangrove root system is so effective in filtering out salt that a thirsty traveller could drink fresh water from a cut root, though the tree itself stands in saline soil.

Certain mangrove species can propagate successfully in a marine environment because of special adaptations. Embryo germination begins on the tree itself, a process called “viviparity.” The tree later drops its developed embryos, called propagules, which may take root in the soil beneath. Viviparity may have evolved as an adaptive mechanism to prepare the propagules for long-distance dispersal, and survival and growth within a harsh saline environment. During this viviparous development, the propagules are nourished on the parent tree, thus accumulating the carbohydrates and other compounds required for later autonomous growth. Propagules may float for extended periods (depending on the species), up to a year, and still remain viable. Viviparity and the long-lived propagules allow mangrove species to disperse over wide areas.

Mangroves are a critical forest ecosystem, dominating coastlines in tropical and subtropical regions of the globe. There are 54-75 species of true mangroves, which are found only in the intertidal zones of coasts, and are taxonomically isolated from terrestrial counterparts. They are highly adapted to their environment, capable of excluding or expelling salt, allowing mangroves to thrive in highly saline waters and soils. Salinity can still limit the distribution of mangroves, however, as can other environmental factors such as climate, tidal fluctuation, and sediment and wave energy. Mangroves are found worldwide, but the greatest species diversity is in Southeast Asia, with only twelve species inhabiting New World countries, and only four of those are found in the United States along the southern coast.

Spatial variation, or zonation, is a common trait for mangrove forests both horizontally and vertically. Certain species are found in monospecific bands parallel to the shore or in mosaics; however, patterns of distribution vary with location, both locally and regionally. There are many hypotheses about how and why zonation occurs, but no consensus has been reached.

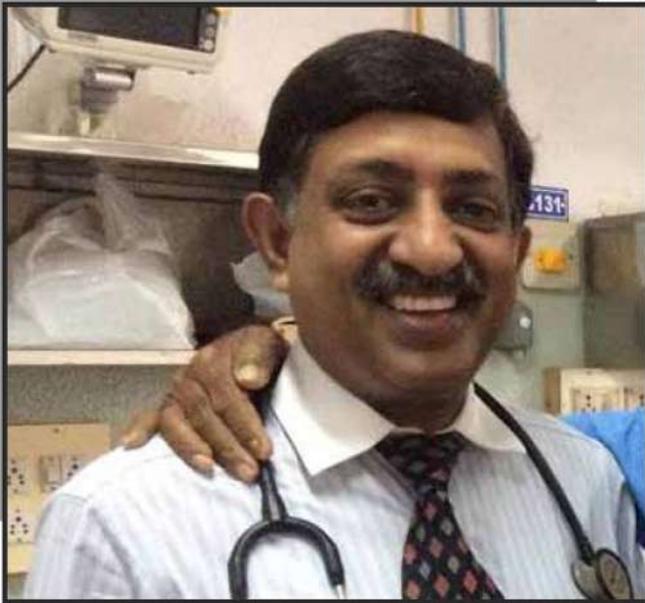
Interspecific variation is also quite high; mangrove height ranges from only a few feet to over one hundred feet and species exhibit different adaptations to salinity.

Mangrove forests are naturally resilient, having withstood severe storms and changing tides for many millenia. But until recently, mangrove forests had been classified by many governments and industries alike as “wastelands,” or useless swamps. This mistaken view has made it easier to exploit mangrove forests as cheap and unprotected sources of land and water. The unsustainable developments are Shrimp Aquaculture, Charcoal Production and Logging, Oil Exploration and Extraction, Tourism, Urbanization and Urban Expansion, Ports and Roads.

There are implications due to mangrove deforestation: fisheries declines, threats to migratory bird species, degradation of clean water supplies, salinization of coastal soils, erosion and land subsidence and release of carbon dioxide into the atmosphere. Today, less than half the world’s original mangrove forest cover remains. As much as 50% percent of mangrove destruction in recent years has been due to clear cutting for shrimp farms.

The major reason behind the loss of mangroves are unregulated and unsustainable developments, lack of clear understanding and recognition of the importance of mangroves, and lack of law enforcement and monitoring to protect from illegal encroachment. Mangrove forests are among the most threatened habitats in the world. They may be disappearing more quickly than inland tropical rainforests, and so far, with little public notice.





Dr KIRON VARGHESE
Professor & Cardiologist

"explains humbly his prestigious proficiencies, value of his family and love towards nature"

It is learnt that you are the best heart surgeon with an experience of over 35 years as a Cardiologist, & a Professor of Cardiology at St. John's Medical College & Hospital, of which you are an alumnus also, with 99.9% success rate? Is this True? How do you feel about yourself? Please tell us something?

I don't think it is true to say I am the best Cardiologist. India is blessed to have a large number of very good and competent cardiologists, which include some of my students. The greatest honor is when one of our students becomes better than the Teacher. While it is true that I have a very high success rate, the credit goes to the brilliant teachers I have had. After my foundational training in Cardiology at the highly accredited Sree Jayadeva Institute of Cardiology, I did a Fellowship in Interventional Cardiology at the acclaimed Cedars Sinai Medical Center, Los Angeles, USA where I further honed my interventional skills.

Why did you choose Medical profession? What factors have influenced your decision to become a doctor? Any reason for having Specialized in Cardiology?

From a very young age, the subjects of Biology and Physics captured my interest. In addition, my maternal grandfather and maternal Uncle and Aunt were very accomplished and well-loved Doctors. Their work also

influenced my decision to take up the Medical Profession as a career. The final deciding factor was a small and gentle suggestion from mother to look at medicine as a profession. As for Cardiology, the Heart always interested me. Understanding the nuances of the heart and the functioning of the circulatory system requires an understanding of the two topics that interested me from school - Biology and Physics.

In addition to this, I have seen the huge burden of Cardiovascular disease in India, and I found that it is a field which not only requires many cardiologists, but it is a field where treatment can make a huge difference to the lives of people. I say people and not patients, since I strongly believe that prevention is so much better than cure. Even more so for a developing nation like India.

You are a PROFESSOR & HOD Cardiology department at St John's Medical College & Hospital? Were you Invited by this Hospital to take up this job? Or you had opted for it?

Being an Alumnus of St John's Medical College, the thought of returning to my Alma Mater after my education was certainly appealing. But since there wasn't much of focus given to Cardiology at that point in time, I was exploring career opportunities at other institutions. It was the then Dean of St. John's Medical College, who reached out to me and

I don't think it is true to say I am the best Cardiologist. India is blessed to have a large number of very good and competent cardiologists, which include some of my students.





sector in being a Service Oriented and non-profit oriented institution.

You must be having a huge Responsibility on your shoulders? Please could you explain to us your Nature of Job as a PROFESSOR & as HOD Cardiology dept at St John's Medical College & Hospital in detail for a better understanding?

Although the designation of Professor gives an impression that the majority of our time is involved in conducting classes and teaching students, rather than taking care of patients, the reality is quite different. Most of our time is spent in patient care, spread across the Out-Patient

St. John's Medical College & Hospital. St. John's has always been a center focused on providing services to the poor.

discussed at length the scope, potential and opportunities that the Cardiology Department at St. John's could have.

I consider it a privilege and pleasure to be able to serve in this prestigious and wonderful Institution which places so much emphasis not only on excellent education, but also on providing top quality medical care to all, especially the underprivileged people of our country.

After taking up a job in St John's Medical College & Hospital as a PROFESSOR & as HOD Cardiology dept., what was your Top priority in the order of your preferences that needed to be more focused regarding the Patient's Treatment etc? About your requirements?

I have been lucky to have worked both in India and abroad at a number of prestigious institutions ranging from Govt to Private, Corporate as well as Service Oriented establishments like St. John's Medical College & Hospital. St. John's has always been a center focused on providing services to the poor. As a result, there are a large number of poor patients with serious and critical illnesses who come to St. Johns. The plight of these people was something that had an impact on me very early on. As a result, a lot of my efforts have gone into finding ways and means of providing quality medical care to all, irrespective of their financial status.

St. John's Medical College Hospital is in a unique position where it has a large pool of committed and trained medical professionals who provide quality care, keeping the patient's interest at heart, and at very reasonable rates. St. John's Medical College Hospital is refreshingly different from other hospitals in the private

Department (OPD), the wards, the Coronary Care Unit (CCU), the Catheterization Laboratory (where procedures like angioplasty, pacemaker etc. are done), or the Non Invasive Laboratory where Echocardiography, Treadmill testing, Holter monitoring etc. are carried out.

The teaching of our students is very often 'on the job' which happens during the care of patients. In addition, we do have didactic teaching sessions a couple of times a week. Some of our time also goes into Clinical Research (including Multinational Trials), and the role of HOD, comes with its own set of administrative duties. Apart from this there are conferences to attend, papers to publish, talks to be given, etc. all of which take up a fair amount of time. All this keeps me fully occupied.

It is learnt that you are a very tough PROFESSOR & DOCTOR & ALSO a tough CARDIOLOGIST? Your Students & staff are scared of you? Is this True?

While I expect discipline from my staff and students, and I never compromise in the least when it comes to patient care, I don't think I am a tough Cardiologist. I think I am friendly and approachable to staff, students and my fellow doctors. I can't recall ever shouting at any of my students, and I wouldn't want them to be afraid of me. I would rather be respected than feared.

How are you enjoying your job as a PROFESSOR & HOD Cardiology Dept? Was becoming a

CARDIOLOGIST was this your Childhood dream come true or was it just accidental?

I enjoy my work and my job as a Cardiologist. I also enjoy teaching. However, my administrative responsibilities as HOD tend to encroach on the time for patient care and teaching. My childhood dream was to become an engineer, since I hated doctors and injections and wanted to stay away from them. However, towards the end of my II PUC course, I realized that this irrational fear was keeping me away from a good profession, so I made a last-minute switch.

The initial years were very hard and strenuous, and my friends who were in other fields had so much free time, were relatively carefree, and started earning well long before I started earning. Looking at them, I did have some pangs of regrets in the early years, but I have absolutely no regrets now, and am very happy with the decision I made.

Before and after becoming a Doctor and a Cardiologist you must have had a dream to do certain things. Has your dream /desire been cherished? Fulfilled? If so please could you share with us

Growing up, I only had modest dreams of leading a happy life. Although money is important, I have never dreamed of making a great fortune. My current dream is to try and help as many poor patients as possible, not only for their medical needs but also other needs, especially education and achieving basic necessities of life. I am in the process of setting up a charitable fund for this purpose, and I hope to achieve some success in that direction.

As a Doctor a CARDIOLOGIST You must have had good and bad days ? Could you share some of your vast experiences with us? Any regret?

Every day in which I have made a positive impact on someone's life or successfully completed an angioplasty or some other procedure is a good day. Unfortunately, we are not infallible and even modern medicine, with all its advancements, is still unable to treat or cure a large number of conditions. We see death and disease so often in our profession, and while we make a positive impact in most patients, it is always distressing when we are unable to reduce suffering or save a life.

Another thing that affects me deeply is seeing patients not being able to afford treatment. As a result, I set up a Poor Fund for Cardiology Patients many years

ago. Thanks to the efforts and contributions of well-wishers, we can now deliver life-saving treatment to many of our patients, especially the younger patients, and breadwinners. I have instructed all my residents not to withhold any kind of emergency or lifesaving treatment for want of money. But resources are finite and scarce, and I would be happy if we could help more poor individuals. There is so much misery and suffering around us, but we often don't see it, because a lot of it may not be obvious. Making a small effort to delve into the lives of those around us, reveals the extent of their want and suffering. While it may be true that money cannot buy happiness, it is equally true that a lack of money can lead to a lot of suffering.

When there were so many Specializations in Medical Field, then why have you chosen only the CARDIOLOGY Specialization? Did you opt for it or just b'coz you got the Seat in CARDIOLOGY Specialization?

In order to become a Cardiologist, one has to first get the MD (General Medicine) degree. At that time, General Medicine was probably the most sought-after field, and the competition was very stiff.

With very few Govt seats, and almost 85% reserved under various categories, I was very fortunate in securing a seat for MD Medicine at Bangalore Medical College, one of the premier Medical Colleges in the country. Thereafter, among the Super specialties, Cardiology was again the most sought-after course. There were only 4 seats (3 Govt seats, 1 Private seat) in all of Karnataka, and again, I was extremely fortunate in securing a seat for

My current dream is to try and help as many poor patients as possible, not only for their medical needs but also other needs, especially education and achieving basic necessities of life.



Cardiology. Since I had secured merit seats, the fees were very low, and I did not have to spend much money on my medical education. Although I did secure admission to the Govt Medical College, I chose to study MBBS in St. John's Medical College, as it was very prestigious and the fees were very reasonable. So, all my decisions were based on my choices and the path that I wanted to take, rather than choosing the path that happened to be available. I was clear in my mind that I wanted to be a Physician, a Cardiologist, and finally an interventional Cardiologist.

Being an Excellent Cardiologist you could have got a Job abroad very easily with a handsome package? Was there any reason why you stayed back in India?

I was offered a job within the very first week of my Fellowship in USA, which I politely declined, much to the surprise of my chief. I have had several highly tempting job offers in India and many more abroad. However, I am the only son to my parents (I have a sister who is in USA) and I wanted to be there for them whenever they needed me. My wife shared my sentiments, as both of us are close to our families, and that is the reason I am in Bangalore, as this is where home is.

Any Achievement, rewards so far in your career so long?

I feel my greatest achievement and reward in my life is my wonderful family, and the blessings of my patients.

You could have very easily got a JOB IN ANY Government HOSPITAL in India In State Government Hospitals or Central government Hospitals? Then, why did you prefer a job in a Private Hospital?

My father was an honest and very upright IPS officer. As a result, our family had to survive on the meager salaries that were given to government servants, unlike today. I have seen and experienced all the sacrifices and daily struggles my parents had to go through to make ends meet. I didn't want to be in a similar situation once I started earning. Additionally, government hospitals at that point in time, severely lacked the means for even basic patient care, and were hampered by unnecessary bureaucracy.

This was why I didn't opt for a position in a government hospital.

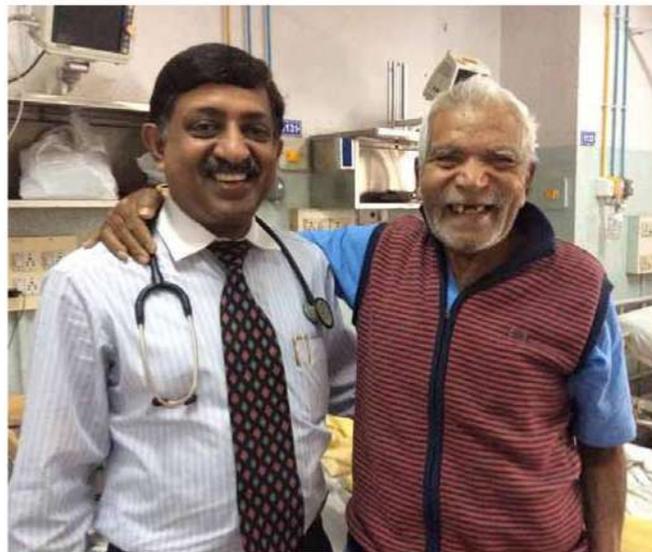
Things however have changed a lot for the better, and I am happy to see that several government hospitals now have the necessary patient care facilities to offer patients and some of them have even surpassed the care in many reputed private hospitals.

I feel my greatest achievement and reward in my life is my wonderful family, and the blessings of my patients.

People say that current days Doctors are very Commercial? What's your Comment on this?

While I agree that more doctors these days are commercial minded while putting patient well-being as a secondary goal, society as a whole is getting increasingly commercially oriented, so why point fingers only at the doctors

I blame the system more than anything else. The cost of medical education is skyrocketing. Starting with MBBS, post-graduation and super specialization from private institutions, the costs often run into several crores. Most doctors spend 10 to 14 years in rigorous and tough medical training before they can even start earning. What mindset can you expect from these doctors, most of whom have huge loans to repay, after struggling for over a decade? Salaries and remunerations for the majority of medical professionals in India are very poor. Patients hesitate to pay a few hundred rupees for a consultation, but will happily pay thousands for investigations.



Doctors start earning late in life, and even then, earn paltry amounts. The system needs to change at a fundamental level, with plenty of scholarships, especially for underprivileged children seeking to become medical professionals. \

\What is your main MOTTO & FOCUS in LIFE?

My main motto is to be Happy and to make others Happy. For this we need to focus on our own health and wellbeing, take good care of our families, and then attempt to bring a smile to other people's faces.

What are your Hobbies? Any Favorite as Such?

My favourite pastime revolves around Music, and I am trying to play the guitar, sing, play the Harmonica etc. I love Nature, birds and animals. I enjoy cycling and walking through wooded or waterfront areas. Reading, travelling and socializing with friends and family are other of my interests.

Where is your Favourite Holiday destination in India? And Abroad?

I am very fond of Nature and so most of my favourite Holiday destinations would be in the midst of Nature, preferably near a water body and very far from crowds. I enjoy solitude and the company of my family and close friends. My favourite destination in India is Lakshwadeep, one of the more remote island lagoons where one can go Scuba diving. Ladakh and the North Eastern states of India also have spectacular natural beauty. There are so many places abroad, each with very different flavours. Some of the memorable places include Singapore, Niagara Falls, Las Vegas, Smithsonian Museums in Washington, Paris, Rome, Caves of Jeitta in Lebanon, to name a few...

What are your Strengths & Weaknesses?

I aim for perfection and this is both a strength and weakness. Beyond that, I feel it is for others to say what my strengths and weaknesses are, as most of us overestimate our strengths and are unable to see our weaknesses.

How do you look at LIFE from the broader Angle Perspective?

I honestly feel that Life should be good and worth living. I find that the greatest happiness comes from making others happy, in mitigating the sufferings of our fellow human beings. Material things rarely bring happiness. It is my observation that the most unhappy people are those who are preoccupied with themselves, and the most contented and happy are those who genuinely care for and help others.

It is learnt that you offer free angioplasty to poor patients, Angioplasty, which involves insertion of a tube or a stent to widen blocked arteries, costs Rs 1-2 lakh at private hospitals? Is this TRUE? From where do you get funding?

For many years we have been doing angioplasty and other procedures at a very nominal or concessional cost for poor patients who cannot afford the regular cost of these procedures. Our rates in St. John's Medical College are in general much lower than many other private or corporate hospitals. Despite which, many of our patients can't afford these procedures. Last year, I conducted a camp for poor patients in which we offered free coronary

angioplasty and stenting using a top-quality stent, and without compromising on quality in any way. We had patients from Jharkhand, West Bengal, and surrounding states who underwent the procedure completely free, including bed charges, medicines, etc.

Funding for this came from many sources.

First and foremost, I have to acknowledge the constant encouragement and support I received from the management of St. John's Medical College and Hospital. The cost of the procedure was reduced for the camp patients, and I spoke to the Director of the Stent company who readily offered to provide free stents. We also received some free medicines. The remaining cost was covered from our Poor Fund and our Medico-Social Department. It was a very fulfilling and satisfying experience, and would be happy to hold more such camps.

It is learnt that you also have private Practice? Is this TRUE? The question is why do Patients visit Dr Kiron Varghese only When there are so many Consultants in Cardiology? Your Comments?

A: Yes, I have a very limited private practice, where I see only a few patients, by appointment. I believe most patients develop a rapport with their primary physician or doctor and then are most comfortable with that doctor. The longer one has been in practice, the more patients one will have, so I don't think that is very surprising. Although we need more doctors, India is fortunate in having a large pool of highly trained and committed doctors.

What is your sincere advise to the younger generation who would like to become a DOCTOR or get into any other services or any career?

My sincere advice to youngsters is to enter the Medical Profession ONLY if they have a passion for it, and not if they just want to make money or if they consider the profession glamorous. It is an extremely demanding profession, and there are easier ways to make money. People don't see the sacrifices that doctors have to make in order to pass the rigorous examinations, and acquire the skills necessary to become a good and competent doctor. It is physically and mentally challenging, and one can be pushed to the limits of one's endurance at times. Family life and recreational activities can take a major hit and even basic necessities like sleep and timely meals can become scarce. On the other hand, I can't think of many other professions which can be as gratifying and emotionally rewarding.



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