



Joint Assistance Centre

BULLETIN

(Monthly Newsletter of JAC)

Founder Late Shri N.K. Jain

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Greetings for Independence Day, 2011

Editorial

Functioning of JAC

JAC Bulletin and JAC are not functioning properly for the last 10-11 years. This is due to nil support of foreign volunteers. Now JAC is almost functioning to meet commitments only. The hope for future depends upon effective and young volunteers to join and run JAC properly and make possible to the Govt. support through implementing the Govt. Projects. I appeal all JAC friends to motivate young volunteers to join JAC for effective support to rural and urban society in terms of empowerment education, environmental protection and sustainable rural-urban development.

The plus point is that now JAC has its website : www.jacindia.org. It's credit goes to JAC USA team leader Shri Krishna Gopalan. JAC India is grateful to him.

After launch of website 2 foreign volunteers have used email to JAC India in July, 2011 and a letter has been received from Ahmadabad (Gujrat).

Delhi a disaster prone city, says Sheila

'Adherence to building by-laws must in the Capital'

- 'The entire region falls in seismic Zone-IV, which indicates high risk to earthquake'.
- 'Man-made hazards such as acts of terrorism, fires, building collapse, etc. too have to be tackled'.

The building by-laws must include disaster management concerns and due importance should be paid to them since Delhi is extremely vulnerable to natural disasters like earthquakes and floods as well as man-made ones such as bomb blasts, acts of terrorism, fires, industrial and chemical hazards, building collapse, road accidents and water-logging, Chief Minister Sheila Dikshit said at a workshop on role of media in disaster risk education organized at Delhi Secretariat last month.

The Chief Minister said the adherence to the by-laws was all the more important because Delhi has a very high population density and in the event of any calamity the loss of life and property can be high.

Ms. Dikshit said Delhi being the Capital city is also the hub of the Central Government and business. At the same time, she said, it faces several risks. The entire region also falls in seismic zone-IV, which indicates high risk to earthquake. Besides, its densely populated areas with large amounts of unsafe building stock, non-engineered structures, the sizeable number of unauthorized colonies and urban slums only add to its vulnerability.

Cautioning that "an earthquake can cause unprecedented and colossal damage to Delhi," the Chief Minister said: "Disasters can happen at any time and anywhere and when disaster strikes one may not have enough time to respond. Hence it is essential to concentrate on preparedness and training."

The Chief Minister said a Delhi Disaster Management Authority has been constituted to ensure coordination between all stake-holders. Nine emergency operation centres have been set up under it at the district levels and a 24-hour helpline No. 1077 has been made functional.

Delhi Revenue Minister A.K. Walia said disaster management means a continuous and integrated process of planning, organizing, coordinating and implementing measures which are necessary or expedient for prevention of danger or threat of any disaster. "Disaster risk reduction is a systematic approach in identifying, assessing and reducing the risk of disaster. It aims to reduce socio-economic vulnerabilities to disasters as well as dealing with the environmental and other hazards that trigger them."

Dr. Walia said the local bodies can play an important role in disaster management and prevention and it was essential to ensure their preparedness to meet an exigency.

During the interaction, Divisional Commissioner Dharmendra gave an account of various activities of DDMA. UNDP Assistant Country Director Dr. J. Radhakrishnan and Prof. Santosh Kumar from the National Institute of Disaster Management also interacted with the media.

Metabolism Boosting Foods

- **ALMONDS** have essential fatty acids which help raise the body's metabolism. Don't eat too many since they are calorie dense.
- **BROCCOLI** contains a highly effective metabolism-boosting team of nutrients: calcium and vitamin C. Calcium acts as a metabolic trigger, while vitamin C helps your body absorb more calcium.
- **GRAPEFRUIT** lowers the insulin levels in your body that trigger your system to store fat. It is rich in fibre, and your body burns extra calories in order to break it down.
- **GREEN TEA** is the main source of epigallocatechin gallate, also known as EGCG. This healthy catechin speeds up your nervous system, causing your body to burn more calories.
- **JALAPENOS** contain capsaicin that lead your body to burn extra calories for hours after you have them, speeding up both your heart rate and metabolism.

- - Rekha Sharma, President, Indian Dietetic Association

सूरज की रोशनी के अभाव में डायबिटीज के बढ़ते मरीज

ज्यादा शहरीकरण और जीवनशैली में बदलाव के कारण लोगों को सूरज की रोशनी कम मिल पाती है लेकिन रोशनी की यह कमी लोगों को मधुमेह के खतरनाक जाल में फंसा रही है। एक ताजा अध्ययन की माने तो सूरज की रोशनी की कमी के कारण लोगों में टाइप-2 मधुमेह की बीमारी बढ़ती जा रही है क्योंकि पर्याप्त विटामिन ही नहीं मिल पाता है। आस्ट्रेलियाई वैज्ञानिकों ने अपने अध्ययन में 5000 लोगों के खून के सैंपल की जांच में यह पाया कि जिन लोगों में विटामिन डी पर्याप्त मात्रा में थी, उनमें टाइप-2 मधुमेह होने के कम संकेत मिले। इस खोज से डायबिटीज पर काबू पाने में महत्वपूर्ण सफलता मिल सकती है। मेलबर्न पैथोलॉजी के शोधकर्ताओं ने यह अध्ययन किया है। हालांकि पर्याप्त व्यायाम और खान पान डायबिटीज को रोकने में बेहद मददगार साबित हो रहे हैं लेकिन सूरज की रोशनी की कमी इस मामले को बढ़ाने पर आमादा है। अध्ययन के मुताबिक डायबिटीज के लिए विटामिन डी बहुत बड़ा कारक साबित हो रहा है। अध्ययन में पाया गया कि जिनके खून में विटामिन की मात्रा सामान्य से 25 नैनोमोल अतिरिक्त थी, उनमें डायबिटीज होने की आशंका 24 प्रतिशत तक कम हो गई। प्रमुख शोधकर्ता डॉ. केन सिकारीज ने बताया कि विटामिन डी की कमी को नजरअंदाज करना खतरनाक हो सकता है। अगर जांच में यह साबित हो जाए कि व्यक्ति में विटामिन डी का स्तर कम है तो उसे सप्लीमेंटरी डायट देकर डायबिटीज की आशंका को कम किया जा सकता है। एक अन्य अध्ययन के मुताबिक सूर्य की रोशनी की कमी और विटामिन डी की कमी के कारण हर साल स्किन कैंसर के 6 लाख मामले सामने आते हैं।

AN ESTIMATED 3.7 million people in Somalla – around a third of the population – are on the brink of starvation, and millions more in Djibouti, Ethiopia, Kenya and Uganda have been struck by the worst drought in the region in decades.

Many are fleeing to neighbouring Kenya and Ethiopia, but up to one lakh people have arrived in Mogadishu in the past two months, according to the UN refugee agency UNHCR.

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Excessive TV watch can make you a diabetic

IF YOU are a couch potato and like to watch TV for long hours, here's a warning. You run a greater risk of suffering from heart disease and diabetes.

A clinical review of several studies relating to health risks of TV viewing- has revealed that spending time in front of the idiot box for two to three hours a day or more is linked with a higher risk of diabetes, cardiovascular diseases and overall mortality.

TV viewing is the most commonly reported daily activity, apart from working and sleeping in many populations around the world. In some countries like the US, people watch TV for almost five hours a day. It is considered the most prevalent and pervasive sedentary behaviour globally.

Besides promoting physical inactivity, it is associated with unhealthy eating. Both children and adults tend to gorge on unhealthy food such as fried stuff and sugary drinks while watching their favourite programmes.

Physical inactivity, dietary factors and smoking are well-established risk factors for diabetes, cardiovascular disease and all-cause mortality. After adjusting for all such risk factors, researchers found that prolonged TV viewing is an independent risk factor.

It was found that two hours of TV a day could increase the risk of diabetes by 20 per cent, cardiovascular disease by 15 per cent and the risk for all-cause mortality by 13 per cent.

Anders Grontved of the University of Southern Denmark and Frank B. Hu of the Harvard School of Public Health analysed eight large studies conducted between 1970 and 2011, involving over 2.35 lakh individuals.

Some experimental studies have suggested that reducing TV viewing time may lead to improvement in diet and physical activity.

However, researchers said, more studies are needed to determine if reducing prolonged TV viewing can prevent chronic disease morbidity and mortality.

A smaller study conducted among heart disease patients in Delhi and Bangalore a few years ago had found that most of them spend much of their sedentary time – an average 3.6 hours – in front of the TV set.

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