

## Health Care in INDIA

Health care in India leaves a lot to be desired. Public health care is a constitutional duty of the Government of India. The state is required to raise the standard of living of its people with better nutritional intake. People need to be sensitized and made aware of issues like fitness in terms of physical and mental health.

Indian health care policies have largely failed to adapt health-serving measures to issues of wider socio-economic developments. Healthcare is constantly plagued by the menace of poverty, illiteracy, high population growth rate and corruption, which translates into poor sanitation, exploitation, lack of nutritional awareness and poor local participation. Primary health centers are the pivots of health care systems in rural India.

According to a 1991 survey there are 11,200 hospitals in India, 22,400 primary health care centers and 27,400



dispensaries. Primary health care centers with their branches are run by trained paramedics. Alternate health care practices like ancient ayurveda, herbal medicines, home remedies and yoga are very commonly practiced in India. Indian yoga has swept the western world off its feet. Yoga in India is a three-fold path for total human development - physical, mental and spiritual. Its purpose is to bring man to his highest state development on all planes. Regular practice of yoga ensures perfect health and fitness to an individual. Yoga classes and held

across most towns and villages in India. The field of health insurance in India is still in its infancy. There are almost no social health insurance services provided by the government and state. For health insurance needs, an Indian has to take policies from government owned or private insurance companies. A premium is paid by the individual for these at regular intervals. In return the insurer pays for his medical costs in case of a sickness or an accident. This is only for the diseases covered by the policy.

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## AMAZING FACTS ABOUT PLASTIC BAGS POLLUTION

- In 1974 the first single use plastic bags were introduced to stores and presently over One Trillion bags are used each year.
- If you placed one year's worth of plastic bags end to end, they would go around the Earth almost 36,000 times.
- For you Southerners, you could put a year's worth of single use plastic bags flat on the ground it would cover all of South Carolina, North Carolina, Georgia and Florida each year.
- Those from the North, you could cover with a year's single use plastic bags Maine, Massachusetts, Delaware, Rhode Island, Connecticut, Vermont, New Jersey, New York, Maryland, New Hampshire, West Virginia and Washington DC, each year.
- If you placed one year's single use plastic bags end to end, they would go to the moon and have enough bags left to circle the moon several times each year.
- There are 14,000,000 trees cut each year to make paper bags for consumers.
- Single use plastic bags cost the



store ¼ of one cent (.0025) but it cost the store five cents to recycle them (.05). What do you think the majority of stores are doing even if they are collecting the bags?

- A family of four uses approximately 1,500 single use plastic bags each year.
- There is an ever-growing patch

of discarded plastic in the Pacific Ocean the size of Texas and ships must navigate around it. View a video about the Pacific garbage patch here.

- Fish in the Ocean confuse plastic pieces for plankton and scientists have found that they eat more plastic than plankton. Wildlife also die from becoming entangled in plastic.
- In the US alone, it takes 12 million barrels of oil to produce one year's worth of single-use plastic bags.
- If 1,000 sets of Earth Bags were used regularly in your community, it would save 1,000,000 plastic bags each year.
- Many cities in California have banned one time use plastic bags and put a small charge on paper bags, North Carolina has banned the use of plastic bags in the Outer Banks of the state and Seattle, Washington charges. 20 for paper or plastic. China and India have also banned single-use plastic bags.

**Contributed by:**  
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## IMPORTANCE OF SUGAR IN THE HUMAN BODY



### Sugar: The Good, the Bad and the Ugly

Sugar affects the human body in many ways. Some of these ways are good, some bad and some of the effects are very ugly. Energy created from sugar ingested into the body is one of the good ones. Humans need energy to function and the best sugars for this are ones listed on the glycemic index with a low rating. These sugars are let into the blood stream at a slower absorption rate which is healthy for the human body.

The bad and ugly news associated with sugars is that most are processed into all kinds of foods humans eat. These sugars often carry a high glycemic index rating which means that the sugars are absorbed into the bloodstream faster. This causes the pancreas (the organ which maintains sugar levels in the body) to give off insulin. Insulin is used to drop the blood-sugar levels in the body. Not only does this fluctuation in blood-sugar levels put stress on the human body but it also can lead to diabetes, increased chance of coronary disease and also interfere with the absorption of calcium and magnesium in the human body.

### Bad Sugars and Foods They Are Found In

There are three types of sugars that get processed into everyday foods. These sugars are sucrose which is known most often as table sugar, fructose or high-fructose which is corn syrup and dextrose which is sugar derived from corn. Almost all foods have one or more of these ingredients. Common foods such as bread, peanut butter, sauces, jams, syrups and condiments have this type of sugar processed into them often to keep them fresh or to preserve them. Foods that carry more than one variety of sugar can throw the human body out of sync which can then lead to the health complications already mentioned.

### Sugars and Other Health Issues

Diabetes, coronary problems and the interference of other nutrients to the human body are not the only health risks involved with the consumption of too much sugar. Other problems such as obesity, suppression of the immune system, tooth decay, kidney problems, depression and hypertension can occur. There are many other problems associated with eating the wrong sugars or too many sugars too quickly. Reading labels and looking for foods that are naturally processed with low glycemic index rankings can help you eat healthier.

**Danish Chauhan (Urmi School)**



## TIPS FOR HEALTHY STUDENT-ATHLETES

- 1 Breakfast builds better athletes. Eat breakfast to ensure that you are well-fueled for games and training. Try fruit slices with cheese or peanut butter.
- 2 Snack attack. Small, easily digested snacks provide the balanced energy you need throughout the day.
- 3 Better pre-game fuel = better performance. Focus on complex carbohydrates, such as whole-grain crackers and cereals, which are easy to digest.
- 4 Pack post-game protein. Muscles need protein + carbohydrates to stay strong. Low fat chocolate milk, yogurt smoothies or cheese and crackers make excellent choices.



- 5 Good nutrition now = better bones later. What you eat as a teen fuels 15 percent of your adult height and 45 percent of your adult bone structure.
- 6 "D"-liver good nutrition to your bones. Vitamin D (found in milk and yogurt) helps calcium do its job to build strong bones.
- 7 Don't skip meals. An active body needs fuel throughout the day.
- 8 Size matters. Portion control is important to maintaining a healthy weight. Don't make your portions too big or too small.
- 9 Hydrate, hydrate, hydrate. Drink water, especially during and after exercise.
- 10 Find fluid in foods. Low fat milk is about 90 percent water, and fresh fruits and veggies are high in water as well.

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## Do not cross your eyes: They will stick that way

"Don't cross your eyes - they'll stick that way!" That's something most of us have heard from our mothers at one time or another. Can they actually stick? Let's take a look at how your eyes work. Your eyeballs are controlled by six muscles. When you look up, down, left or right, the muscles attached to your eyeballs make this movement happen. When you cross your eyes, you're simply telling your muscles to move your eyes inward together. This is something you naturally do when you look at something that's very close to your face. So was mom's warning just a

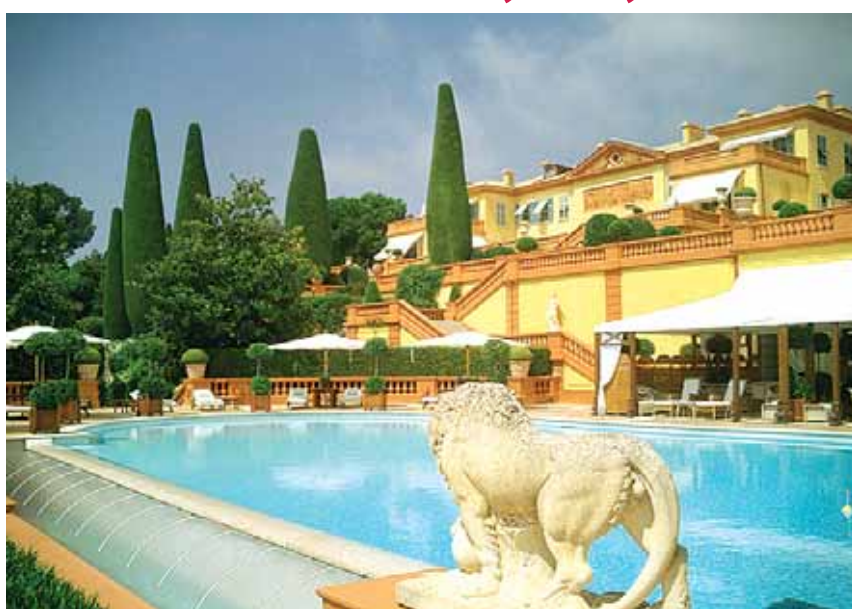
use so you would stop tormenting your younger brother with another one of your gross-out maneuvers? The answer to that question is yes. Although crossing your eyes for an extended period of time might cause a temporary strain on your eye muscles, no medical evidence suggests that they would stick that way. You would most likely suffer from some eye spasms or twitches, and your eyes might feel a bit fatigued, but they would certainly return to normal within an hour or so.

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## COSTLIEST HOUSES IN THE WORLD

**The Villa La Leopolda in Nice, France: \$ 398,350,000**



Formerly the home of Bill Gates, but now belonging to really rather rich Roman Abramovich, the Villa La Leopolda in Nice, France would set you back roughly £250,000,000 (\$ 398,350,000 ). Its 10 acres of lush, garden-filled grounds require an astounding 50 gardeners to look after it along with the best home insurance that money can buy.

**Ira Rennert Mansion : \$180,000,000**



The billionaire founder of the Renco Group, Ira Rennert, owns a place in Sagaponack, New York, and at 63 acres of grounds, is considered by many to be the largest residential compound in the whole of America. The house itself has 29 bedrooms, 39 bathrooms, as well as the usual gigantic dining room, sport courts and bowling alley and contents insurance to cover it all. The property is valued at roughly \$170,000,000-180,000,000.

**Contributed by: Chirag Singh (Urmi School)**