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Busting the myths around plastic surgery

Aasline Dsouza

Bengaluru: Plastic surgeries are life-changing procedures for trauma and cancer patients, said Dr Pradeep Kumar N, a practising surgeon, on Sunday clarifying myths around plastic surgery.

Plastic surgery is a surgical speciality which involves the restoration, reconstruction or alteration of the human body. "Plastic Surgery has its roots in India and is not a western method. It is safe and operable in any hospital with good surgical equipment and well-trained staff. It has a quick recovery rate and is mostly inexpensive. Most reconstructive procedures are covered by insurance," explained Dr Kumar.

Plastic surgeons operate on cosmetic surgeries, congenital deformities, cranio-maxillo-facial surgeries, hand surgeries and peripheral nerve surgeries with the help of silicone-based materials, transplants or their body parts.

In the case of transplant surgeries, a legal notice will be sent to the court before the procedure, which will proceed only when the court approves the change of identity of the individual in the new form;

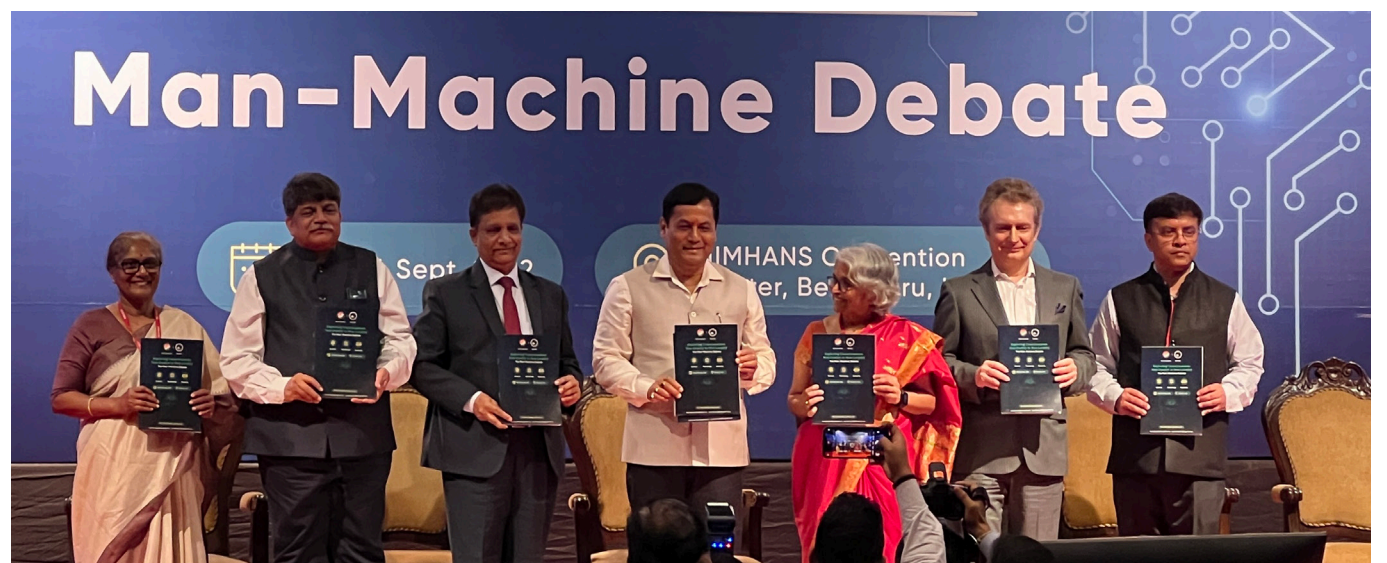
"We make sure that the surgeries are always completely legal. Ideally, plastic surgeries are not allowed until 18-20 years of age as it might hinder their development process, the exception being the organ deformity surgeries," he added.

Amalgamation of medical science and meditation

Jesbilin & Parnika

Bengaluru: Stressing the relevance of respecting nature which has infinite medicinal properties, Sarbanda Sonowal, the Union Minister of AYUSH, at the inaugural three-day conference on consciousness, said, "India is an ideal meeting ground in the field of consciousness". Praising the efforts of Prime Minister Narendra Modi, Sonowal said India's traditional medicinal system has global recognition as the World Health Organization's (WHO) strongest wing. The United Nations has established its first extension office in India in Jamnagar Gujarat. AYUSH is in search to preserve and cultivate various systems of medicine which have flourished in the Indian subcontinent.

This event was a collaborative effort by the National Institute of Mental Health and Neurosciences (NIMHANS)



Release of a souvenir

Parnika

and the India Foundation, New Delhi. The aim was to explore consciousness from 'Non-duality to Non-Locality: A man-machine debate.' The convention focused on understanding the origin and nature of consciousness and had immense potential applications ranging from fundamental research to clinical

applications, ethics, business, technology and marketing at large, for individual and collective wellbeing. Contributing to the exchange of information and exchange of ideas in this vast domain is of major importance to the scientific community and society.

The keynote address was

delivered by the president of Heartfulness Foundation, Kamlesh D Patel who acknowledged the role of the book 'Astvakra Samhita' which guides consciousness. He said it is made of three fundamental elements- mind, buddhi (intellect) and ahan-kara(ego).

"Meditation is the only

way to improve consciousness, no machine can help you understand what consciousness is, said Patel. The event culminated with an appeal to the young generation to come forward and disseminate India's rich medicinal culture ranging from allopathy, Yoga and Ayurveda to the world.

NLEM: Uncertainty engulfs pharma industry

Joyce

The revised National List of Essential Medicines (NLEM) 2022 will affect smaller pharmaceutical manufacturers with holding stocks, causing them to suffer losses due to the change in selling prices, said Ravindra, the General Secretary of Bengaluru City Chemist & Druggist Association.

After seven years, the Union Health Ministry has modified the NLEM 2015 by removing 26 medicines and adding 36 new ones. The list was released on 13 September 2022 and includes a variety of medicines for the treatment of

cancer, diabetes, cardiovascular diseases and more. The pricing of medicines listed is controlled by the National Pharmaceutical Pricing Authority, a government regulatory agency, ensuring that they are more affordable.

Lohith G Reddy, an oncologist said, "These drugs have been upgraded and are the next generation drugs. The Union Health Ministry has taken an opinion of more than 300 healthcare experts and a panel consisting of doctors. Hence, based on the recommendations of the committee, they have taken a decision to remove it (certain medicines)



Representational image Pexels

from the list."

Reddy also said that the medicines that have been removed from the list are not anti-cancer drugs. Although they are affordable, they are meant for gastrointestinal and infectious diseases. Most of

the anti-cancer drugs are being monitored by the government, he said.

The primary purpose of NLEM is to promote rational use of medicines considering the three important aspects i.e.,- cost, safety and efficacy. It also helps in optimum utilisation of healthcare resources and budget; drug procurement policies, health insurance; improving prescribing habits; medical education and training for UG/PG; and drafting pharmaceutical policies, stated a press release by the Ministry of Health and Family Welfare on 13 September 2022.

Food restriction in action at Cubbon Park

Joyce

Bengaluru: Cubbon Park, an iconic lung space in Bangalore city, attracts thousands of people every day from across the country. However, a spate of restrictions off late seems to scuttle the footfall and sheen of this heritage green spot.

The recent decision banning food items inside the park has saddened the park goers. Speaking to The Beacon, Umesh Kumar, president of the Cubbon Park Walkers Association, said the decision to ban food items is unfair. People who come here enjoy a good time, chat, and in between feel like eating something. The Authorities' decision will hurt them. The park authority should provide a separate space for people to eat, he said. "There are some clubs like Press Club, Tennis Club, YMCA, Secretariat, Century Club who come to the park to distribute food among their members and dump the food packets. If the authority is planning a ban, it should be applicable for them also."

A few tramps sleep inside Cubbon Park during the night and drink, litter and smoke, said Kumar.

'Gita okay, hijab not okay?'

Anjela

Karnataka government's announcement of including the Bhagavad Gita as part of the moral education in the school syllabus from December has stirred up a hornet's nest. Condemning the decision, Ajay Kamath, AIDS state secretary, said that introduction of such schemes will result in religious conflicts, discrimination and inequality in the already polarised milieu of the country.

The organisation stands against this as it believes that

the administration is attempting to smuggle religious topics into education under the guise of moral education by introducing the Bhagavad Gita in schools, he said.

"The government which has taken the stand that religion should not come in education in the matter of Hijab is now proposing to bring Bhagavad Gita in the Curriculum, which smacks of double standards," said Kamath. "In politics and education, religion has no role to play," he asserted.

When asked about the

possible impact of the decision on students who belong to different religions, Kamath said, "Mixing religion and education is not correct. They should be kept separate. Proper education can be delivered only if it is secular and scientific. Our renaissance thinkers started a movement for secular education by fighting against the Vedic system of education. So now if we bring back the Bhagavad Gita, though they are saying it is moral education, it will be directly mixing religion and education".

A scheme to ensure uniformity

Kavya S

As an initiative to attract foreign investment and ease out the bottlenecks that persist in the supply chain, the Central government launched the National Logistics Policy, 2022 (NLP) on 17 September. The NLP is said to introduce a transformative approach to the nation's logistics environment, increasing supply chain efficiency.

"Through the National Logistics Policy, the government has put forth a scheme to ensure that cost of logistics cannot be changed

according to our wish. Now, there will be a uniformity in the cost," said Gopinath, a proprietor at Jaspi, a logistics company in Kerala.

One of the main goals of this policy is to promote the seamless movement of goods and to enhance the competitiveness of the logistics industry. Other components of the NLP include the Unified Logistics Interface Platform (ULIP), Ease of Logistics (E-Logs), System Improvement Group, and Integration of Digital System (IDS).