













## Lung Cancer Awareness Month

breathing, every day, all day and night, is what keeps humans alive. By bringing oxygen through the lungs and supplying it to the cells in our bodies, every breath is life giving. But when the lungs are compromised by disease, they are unable to supply the needed oxygen and, over the long term, the body is unable to thrive or even survive. Lung Cancer Awareness Month is here to educate and empower individuals and families about lung cancer prevention and early detection, so that everyone can breathe easier with healthy and happy lungs!

## #WELL-BEING

## When Stressed Out, Hope Beats Mindfulness

It's important to be hopeful and forward looking.



A recent study finds that hope appears to be more beneficial than mindfulness at helping people manage stress and stay professionally engaged during periods of prolonged stress at work.

The study underscores the importance of looking ahead, rather than living 'in the moment.'

Mindfulness refers to the ability of an individual to focus attention on the present, in a way that is open, curious, and not judgmental. Essentially, the ability to be fully in the moment.

"There's a lot of discussion about the benefits of mindfulness, but it poses two challenges when you're going through periods of stress," says Tom Zagenczyk, professor of Management in North Carolina State University's Poole College of Management.

"First, it's hard to be mindful when you're experiencing stress. Second, if it's a truly difficult time, you don't necessarily want to dwell too much on the experience that you're going through."

"Because hope is inherently forward looking, while mindfulness is about appreciating your current circumstances, we wanted to see how each of these two mindsets influenced people's well-being and professional attitudes during difficult times," Zagenczyk says.

"The COVID pandemic presented us with an unfortunate, but useful, opportunity to explore this topic. And we chose to focus on the performing arts since that sector was particularly hard hit by the pandemic."

For the study, researchers recruited 247 professional musicians from the organization, MusiCares, to take two surveys, one month apart. The first survey was given in September 2021. In addition to collecting broad demographic data, study participants were asked about their thoughts and experiences at the beginning of the pandemic, March to August 2020. They were also asked questions aimed at capturing how open and mindful they were from September 2020 through March 2021.

The second survey was given in October 2021 and asked study participants questions aimed at capturing work engagement, work tensions, how positive their emotions

were, and the extent to which they were experiencing distress. The researchers then used statistical techniques to identify relationships between hope, mindfulness, and outcomes related to their personal well-being and attitudes towards work.

"Fundamentally, our findings tell us that hope was associated with people being happy, and mindfulness was not," says Kristin Scott, study coauthor and a professor of Management at Clemson University. "And when people are hopeful, and happy, they experience less distress, are more engaged with their work, and feel less tension related to their professional lives."

"Being mindful can be tremendously valuable, there are certainly advantages to living in the moment," says Sheri Sheridan, study coauthor and an assistant professor of Management at Clemson. "But it's important to maintain a hopeful outlook, particularly during periods of prolonged stress. People should be hopeful while being mindful. Hold on to the idea that there's a light at the end of the tunnel."

While the study focused on musicians during an extreme set of circumstances, the researchers think there is a takeaway message that is relevant across industry sectors.

"Whenever we have high levels of job stress, it's important to be hopeful and forward looking," says Emily Ferrise, study coauthor and a PhD student at Clemson. "And to the extent possible, there is real value for an organization to incorporate hope and forward thinking into their corporate culture, through job conditions, organizational communications, etc."



Mayan culture

**P**eacons are very symbolic in the Buddhist religion. Because they display their feathers by opening their tails, they are associated with openness and purity, and their feathers are even used in Buddhist purification rituals. They also consume poisonous plants, which some people believe to be symbolic of the Buddhist concept of accepting and overcoming suffering. In the Buddhist tradition,

it is believed that the peacock got his beautiful plumage through the sacrifice of the princess Miao Shan, or Kuan Yin. The story tells that long ago, Miao Shan was a Chinese princess, the youngest child of a cruel king. The king wanted Miao Shan to marry, but she wanted to pursue a life of religious study, and after enduring many punishments, she escaped into the mountains where she

studied for nine years. During this time, the king fell very ill from all the bad *Karma* that he had acquired and was told by the monks that the only way to cure him was to drink a tonic made from the eye of one who is without anger. His men had heard of a spiritual woman in the

mountains, and when they went to her, she was happy to sacrifice her own eye to end the suffering of another person. When the king recovered, he went to thank the woman and was shocked to discover that it was his own daughter who had helped him even after all his cruelty. In front of the king, Miao Shan was transformed into the beautiful Bodhisattva Kuan Yin, and was given the gift of immortality and 100 eyes.

She chose to remain on earth to continue to spread kindness and suffering but realized that she could not see the suffering of the whole world, so instead, she took her hundred eyes and attached them to the feathers of the peacock so that he could fly above the earth and report back to her the suffering that needed to be healed. This is how the peacock got his beautiful eye-like tail feathers.

**F**or the Yoruba people of West Africa, the peacock is a sacred bird and is considered to be the messenger between the people of Africa and the supreme god *Olorun*. The tale of the peacock tells that long ago, the *Orishas* (gods) became tired of following the rules of *Olorun*, so they began to plot to overthrow him. In response, the supreme god stopped the rains from falling, and the earth was plunged into a long and cruel drought. Feeling the effects of the drought, the *Orishas* decided to beg for *Olorun*'s forgiveness, but he was too far away in the heavens for them to reach him. Eventually, the *Orisha Oshun* volunteered to fly to him and beg on their behalf. The other *Orishas* didn't believe that she would be able to make it, but *Oshun* persisted, and, trans-



West African culture

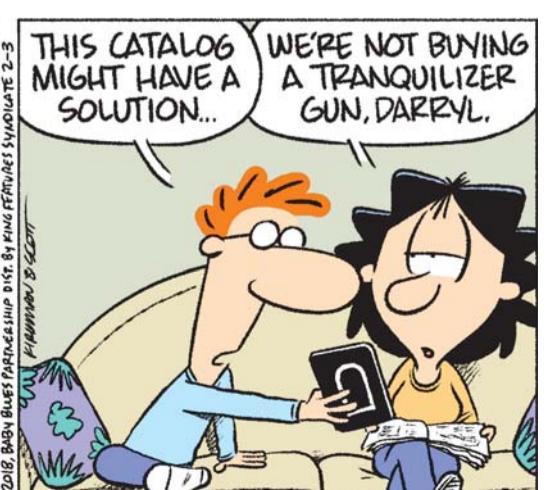
## THE WALL



## BABY BLUES



Rick Kirkman & Jerry Scott



## ZITS



By Jerry Scott & Jim Borgman



## #RESEARCH

## Plan to get rid of plastic pollution by 2050

If policy makers implemented just four policies acting across the plastic lifecycle (from production to use and disposal), we could reduce plastic pollution by 91%.

**R**esearchers estimate that without intervention, plastic pollution is on track to double by 2050. But in a new study, they report that this all can be avoided. Global leaders have the ability to nearly put an end to plastic pollution by 2050 through a United Nations international treaty, set to be completed at a final meeting in Busan, Republic of Korea, taking place from November 25 to December 1.



tor of the campus's Benioff Ocean Science Laboratory (BOSL).

"The problem has grown so large I wasn't sure when we broke ground on this research and whether any kind of treaty could make a dent."

According to the UN, "the high and rapidly increasing levels of plastic pollution represent a serious environmental problem at a global scale, negatively impacting the environmental, social, and economic dimensions of sustainable development." Plastic pollution is also associated with diverse health impacts (such as cancers, cardiovascular disease, and reproductive health problems) and has created significant environmental justice issues for the globe's most vulnerable communities.

In 2021 alone, humankind mismanaged 68 million metric tons of plastic waste. By continuing with a business-as-usual approach, the world would generate enough litter between 2010 and 2050 to cover Manhattan in a pile of plastic 10 times the height of the Empire State Building. There is now an opportunity to fix this, when 190 delegates meet in Busan to finalize the historic international legally binding treaty on plastic pollution.

A break free for people and the planet can be rewritten, the researchers say, if negotiators adopt some of the more effective solutions, brought to light in the paper.

The four key policies that surfaced in this study include, requiring that new products be made with 40% post-consumer recycled plastic, capping new plastic production at 2020 levels, investing



significantly in expanding waste management infrastructure, especially in lower-income parts of the world, and implementing a small fee on plastic packaging.

The new paper is an evolution of the team's ongoing efforts to provide the resources needed to finalize an ambitious treaty at these negotiations. The research is linked with an online, open-source, AI-powered dashboard (the Global Plastic Policy Tool) that allows treaty negotiators to build on their own frameworks, based on ground-breaking regionalized data. The tool lets decision-makers mix and match potential interventions and even customize and change the structure of specific policies, to see what impact they have on plastic pollution and greenhouse gas emissions.

"The science powering this study is really exciting. I wouldn't have dreamed it possible that artificial intelligence and data science would have advanced to the point where we can now forecast the outcomes of dozens of different potential treaty options live for negotiators," McCauley says.

"This is a novel tool that is not prescriptive to policy makers, and they can combine various policies as they see fit," adds Nivedita Biyani, a researcher on global plastic modeling in BOSL.

A significant co-benefit, illuminated by this research, is the win-win opportunity in the upcoming global plastics treaty to reduce greenhouse gas emissions and fight climate change while also meeting the primary goal of reducing plastic pollution.



## शहरी आयुष्मान आरोग्य मंदिर का चाकसू में विधायक ने किया लोकार्पण

**चाक्स।** क्षेत्रीय विधायक राम अवतार बैरवा ने कस्बे के शहरी आयुष्मान आरोग्य मंदिर शीतला चाक्सु शहरी आयुष्मान आरोग्य मंदिर गढ़वाली रोड चाक्सु का लोकार्पण किया।

इस दारान कायक्रम में माजूद  
चाकसू पंचायत समिति प्रधान उग्नाता  
चौधरी लोकार्पण पट्टिका में स्वयं का  
नाम नहीं दिख तो चलते कार्यक्रम में  
भडक गई और बीसीएमओ डॉक्टर  
सौम्या पंडित सीधे सवाल कर बैठी जब  
नाम देना ही नहीं था तो बुलाया ही क्यों।  
एकाएक प्रधान चौधरी की नाराजगी  
देखकर विधायक रामावतार बैरवा और

अतिथि हक्के-बक्के रह गए  
आब बनता दिखाई नहीं दिया।

विद्युत निगम में निजीकरण का विरोध, निजीकरण के विरोध में कार्य बहिष्कार कर दिया सांकेतिक धरना

विद्युत निगम मे कार्यरत कीनीकी और अन्य कर्मचारियों ने जीकरण के विरोध मे राजस्थान विद्युत युक्त संबर्ध समिति के आ न पर्मचारियों ने पावटा विद्युत विभाग वार्तालय परिसर मे धरना प्रदर्शन कर गई बहिक्षार किया। सोमवार को कर्मचारियों ने मुयमंत्री राजस्थान सरकार नाम पावटा उपर्खंड अधिकारी कपिल पाठ्याय को ज्ञापन सौप सरकार से विद्युत निगम मे निजीकरण को रोकने की मांग की है। ज्ञापन में कर्मचारियों का बहाना है कि सरकार हमारी मांगें नहीं नकारन के बल आमजन का अहित कर रही है, बल्कि हमारे हितों का भी हर कर रही है। राजस्थान विद्युत संयुक्त संबर्ध समिति पावटा तहसील अध्यक्ष पंकज गढवाल, उपाध्यक्ष मुकेश चौहान सचिव देशराज रावत ने बताया कि सरकार अलग-अलग नामों से विभाग के कार्यों के टेके दे रही है। जिसके कर्मचारियों के हितों का हनन हो रहा साथ ही इससे जनता को भी कानुकसान हो रहा है। निजीकरण के नाम पर राजस्थान सरकार अलग-अलग तरफ के मॉडल ला रही है कभी एफटीआई मॉडल लागू किया जा रहा है तो कभी जीएसएस का निजीकरण किया जा रहा

प्राप्ति-प्राप्ति

# चिकित्सा व्यवस्था नहीं होने से ग्रामीण परेशान

आबादी पांच हजार से भी अधिक की होने के बावजूद ग्रामीणों को सरकार की और से एक कंपार्टमेंट की नियुक्ति नहीं होने से जहां सर्दी जुकाम बुखार जैसे रोग हो जाने पर भी निजी किलनिक धारकों कि शरण लेनी पड़ रही है। वही इतनी आबादी के बावजूद गर्भवती महिलाओं को प्रसव पांडा हाने पर दूर , विचुन , फुलेरा आदि जगहों पर लेकर जाना पड़ रहा है। गौर तलब है कि करीब पैतीस साल पूर्व तक्तालीन विधायक जयकृष्ण तोषावडा के प्रसायों के बाद गांव में किराए के भवन में उपस्थास्थ्य केंद्र की स्थापना करवाकर वही नियुक्ति करवाई गई थी , तथा ग्रामीणों को काफी सालों तक किसी भी छोटी बिमारी के लिए अन्यत्र नहीं जाना पड़ता था। धरेरे धरेरे गांव मउपस्थास्थ्य केंद्र के लिए सरकार एवं गांव के ही एक भामाशाह के प्रयासों से करीब चालीस लाख रुपए खर्च का एक पांच बेंड़ का भवन निर्माण कार्य पूरा हो जाने के बाद भी गांव में स्थित उप स्वास्थ्य केन्द्र में केवल नौनिहालो व गर्भवती महिलाओं के टिकाकरण हेतु एक मेल नर्स के अलावा कोई सुविधा नहीं होने से ग्रामीण चिकित्सीय सेवाए प्राप्त नहीं कर पा रहे हैं।

Gandhi Nagar Special Awasiya Yojana Rera No. RAJP/2019/1151, Website:<http://rea.rajastran.gov.in>, 4. For further detail please log on <a href="https://lsg.rajastran.gov.in/uikit/#/home/dpthome,Udhonline.rajastran.gov.in (Helpline foronline support-01412560211)</a> सचिव, कोटा विकास प्राधिकरण कोटा





