

KERALA IS GRAFT-FREE ■ BEAT THE HEAT ■ ARISE FROM THE CAGE

KERALA CALLING

₹ 12

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2020 MARCH 01



NO MORE PALM-GREASING

Corona Virus Disease 2019 (COVID 19)

ESSENTIAL FACTS

Corona is a group of viruses which can infect both human and animals. The spectrum of infection ranges from common cold to acute respiratory distress syndrome. However the new strain of corona virus which causes Covid19, is a novel virus to humans.

IS THERE A TREATMENT OR VACCINE FOR COVID 19?

Supportive medical care is the mainstay of treatment. So far there is no specific antiviral drug to treat COVID and no vaccine to protect against this virus.

WHAT ARE THE SIGNS AND SYMPTOMS OF THE NEW CORONA VIRUS INFECTION?

Cough
Fever
Shortness of breath

Sore throat
Head ache
Vomiting
Diarrhoea

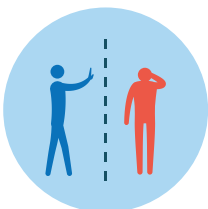


HOW IS COVID19 TRANSMITTED ?

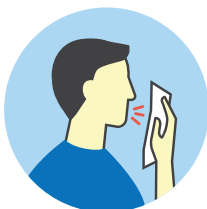
1. Primarily via respiratory droplets while coughing or sneezing, through close contact
2. Touching face, especially mouth nose and eyes with unwashed contaminated hands.

HOW CAN WE PROTECT OURSELVES FROM COVID19?

1. Maintain good hand hygiene by frequent hand washing using soap and water / hand sanitizer
2. Maintain strict cough hygiene. If you have cough or cold, cover your face with tissue/ kerchief/ inner elbow
3. Avoid touching your mouth, nose and eyes with unwashed hands
3. Avoid unnecessary hospital visits.
4. Avoid close contact with people who have respiratory symptoms. Keep a distance of 6 feet/ 2metres



Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.

**PREVENTION
IS THE BEST WAY TO PROTECT
YOURSELF FROM COVID 19**

A BIG 'NO' TO CORRUPTION

Living in a world-order where one's rights are kept intact is not mere fortune. When it comes to Keralites it is happening to them in its full. That's where our State stands tall among others, where righteousness is considered and enacted right earnestly. Corruption is near perfectly wiped out here. The State Government's resolute decisions in this regard helped a lot in curtailing the omnipresent menace – Graft.

Each and every department has initiated concrete and effective steps to curb corruption. Periodic inspections, digitization and speedy service made this possible. Natural justice was denied to none. Those found guilty were dealt with corrective and stringent action. Once corruption got contained, what followed was unhindered development. Quality assured development is the hall mark of re-modelled Kerala.

The State's unrelenting efforts to contain COVID- 19 have been lauded globally. The BBC's discussion on the widespread menace mentioned the State's efforts as a model for the rest of the world to follow for taming the virus.

One does not have to wait till April to face the cruelty of nature these days. Already scorching heat is testing the tolerance level of people from all walks of life. Now the heat-wave has been declared as a state disaster. Drought challenges normal life. Scarcity of water is more than an adversity these days.

The Government, after declaring drought – heat wave condition as a state disaster, has started several steps to find answers for the difficult days ahead; Funds has been set aside towards this end already. Sufficient supply of water will be ensured all through the summer season. Precautionary steps that have to be taken to tide-over sun-affected ailments have been taken and people are made aware of the same. Working hours of labourers has been rescheduled. The state is more than ready to face any such tough weather conditions now.

The world now belongs to women in equal terms with men. If the world proclaims this with a little scepticism, then Kerala has made these possible sans compromise. Premier institutions in the State is being led by women exemplifies the steadfastness of the Government in this regard.

Those who go through the pages of March issue of Kerala Calling will find fervent and thought-provoking pieces of writing all through. Wish you all a good reading and good days ahead.

U. V. JOSE. I.A.S
Editor-in-Chief

CONTENTS

MARCH 2020

- 06 The Re-Modeled Graft-Less Kerala
No More Palm - Greasing
- 08 Corruption-Free Transport Department
- 10 The Counter Corruption 'Steps'
- 12 The Corruption-Free Public Service
- 14 Transparent Service to Oust Graft
- 16 For Corruption-Free Water Supply
- 17 Sand At Reasonable Price,
Effective Dredging Policy...
- 18 Futuristic And Timely
- 19 Business Ambience
- 20 Healthy Clean-Up
- 21 In Corruption Resistant Mode
- 22 Corruption Free Supplyco and
Civil Supplies Sans Graft
- 24 Not Just a Claim, Kerala is Graft-Free
- 24 Vox Populi on Anti Corruption Measures
- 28 Dealing with the "New Normal" – Heat Stress...
- 30 Beat the Heat
- 32 Building Construction in Hot Weather
Conditions Problems and Solutions
- 34 Animal Summer Too...
- 36 Summer Disease Threat
- 40 Arise from the Cage of Inequality
- 42 Sree Chitra's 'Sree' - Woman
- 44 Kerala Police: for the Safety
of Women Folks; Always
- 46 Interview with
Rekha A. Nair, Director, RCC

MARCH 01, 2020_VOL 40_NO.05



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Cover Design & Layout	:	Anil D. Prakash
Printing	:	St. Joseph's Press Thiruvananthapuram
Photo Credits	:	I&PRD Photography Division

Views expressed in the articles published in Kerala Calling are not, necessarily, those of the government. Kerala Calling welcomes free expression of divergent views and exchange of ideas through its pages.

ENQUIRIES

Editorial	:	0471 251 8648
Subscription	:	0471 251 7036

TO SUBSCRIBE

Send Rs. 120 as money order to The Director, Information & Public Relations Department, First Floor, Secretariat Annexe, Thiruvananthapuram - 695001

The subscription amount will also be received at the State Information Centre, Press Club Building, Thiruvananthapuram. Phone: 0471 251 8471 and at all District Information Offices

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EDITORIAL MATERIALS

Articles/features appearing in this magazine are either commissioned or assigned. Nevertheless, other articles are also welcome. A maximum of 750 wordage is appreciated. Such items should be addressed to The Editor, Kerala Calling, First Floor, Secretariat Annexe, Thiruvananthapuram Pin 695001

Total number of pages: 48 + Cover

TOGETHERNESS WILL KEEP US SAFE - CM



When Corona threat engulfs entire populace there is one reassurance on which they are pinning their hopes at. This comes from none other than The Chief Minister of Kerala. Excerpts from Chief Minister's Press Conference.

STRONGER AND MORE EFFECTIVE MEASURES TAKEN

On the backdrop of having reported new cases of COVID-19 in the State, the Cabinet has decided to take a stronger and more extensive preventive intervention.

SCHOOLS REMAIN CLOSED TILL MARCH 31

Schools (up to 7th standard) and all colleges including professional ones remain closed till March 31 with a view to preventing the infection. CBSE, ICSE and

unaided schools also come under the purview of the restriction. But, the SSLC examination and examinations for classes 8 and 9 will be conducted accordingly.

SEPARATE ROOMS FOR THOSE SHOWING SYMPTOMS

Separate rooms will be provided for the students who show symptoms.

NO TUITION PLEASE

Tuition classes, special classes and vacation classes must be avoided until March 31.

The closure will apply to Madrasas, Anganwadis and Tutorials also.

FOOD WILL BE PROVIDED AT HOME

Food for the children who go to the Anganwadi centres will be provided at their home.

NO ACTIVITY EXCEPT EXAMS

It has been decided that there must not be any kind of learning activity in the educational institutions other than the exams.

AVOID GATHERINGS AS MAXIMUM AS POSSIBLE

Festivals of all kinds and events that attract crowd must be avoided and held just as rituals.

People must avoid participating in programmes which attract mass gathering.

NO INTERRUPTION FOR RITUALS AT SABARIMALA

Poojas and rituals will be conducted at Sabarimala, but it is best for pilgrims to avoid going for the darshan at this time.

MARRIAGES CAN BE SIMPLE & THEATRES GO CLOSED

Extreme care must be taken to conduct weddings. Let them be as minimal as possible. Movie theatres must remain closed until March 31st.

Art and cultural events, like dramas, where more people assemble, must be postponed.

FOOD TO THE NEEDY ONES

Arrangements will be made to provide food to the needy in the families under surveillance.

NO PUBLIC FUNCTIONS

All public functions related to the government will be postponed.

These include programs attended by ministers also.

EXTREME CARE AT GOVERNMENT OFFICES

Preventive measures will be introduced in all government-related offices. Sanitizer will be made available everywhere.

People coming from Italy, Iran, South Korea, China and Singapore must voluntarily take precautions. Such people must stay in homes or hotels without any contact with the public and inform the Health Department

BE MORE CAUTIOUS

People who are in contact with the infected ones are susceptible to the infection., So those who have

symptoms and have had contact with the infected (or prone to infection) people or area must be more cautious. Our experience is that even the mildest carelessness will put the entire state in crisis.

TIGHTENED SECURITY AND HEIGHTENED FACILITIES

The assistance of private hospitals will also be sought apart from government hospitals. As more patients arrive, more facilities will be provided.

Surveillance will be strengthened at the airport and other public transportation. More staff will be provided for this.

With the help of local bodies, ward members and ASHA workers, the monitoring system will be strengthened. This will be supported by the Residence Association in the urban area.

The Medical Colleges of Thiruvananthapuram and Kozhikode have been sanctioned for testing the samples in addition to the Virology Institute in Alappuzha.

REQUEST TO THE CENTRE

The Center has been requested to increase the number of testing labs and issue guidelines for providing the certificates for entry(in connection with the infection) to Saudi Arabia and Kuwait.

Instructions of the government and official institutions must be followed. Stringent action will be taken against spreading fake news.

Keralites working abroad are facing a difficult time today. The Central Government has been requested to resolve such issues.

INTERNET WILL BE STRENGTHENED

In today's situation, the use of the Internet is much more. Given the situation, the necessary steps will be taken to strengthen the Internet network.

TIME TO SHOW OUR UNITY

Governmental agencies throughout the State are being cautious.

However, normal levels of vigilance and intervention are not sufficient to control the spread of Covid19.

The Government, the people and all the mechanisms need to come together to control the situation. The CM also requested all organisations to come forward to tackling the menace. ■

CORRUPTION

END OF A DARK ERA

Corruption! The word had been synonymous with everything associated with governmental organisations once. But the Government's unfailing commitment and stringent measures to wipe out this plague from public sphere have helped Kerala emerge one of the least corrupt states in the country. Now, the focus is to trace out the particles left and wipe out them forever.

The Re-Modeled Graft-Less Kerala No More Palm - Greasing **06**

Corruption-Free Transport Department **08**

The Counter Corruption 'Steps' **10**

The Corruption-Free Public Service **12**

Transparent Service to Oust Graft **14**

For Corruption-Free Water Supply **16**

Sand At Reasonable Price, Effective Dredging Policy... **17**

Futuristic And Timely **18**

Business Ambience **19**

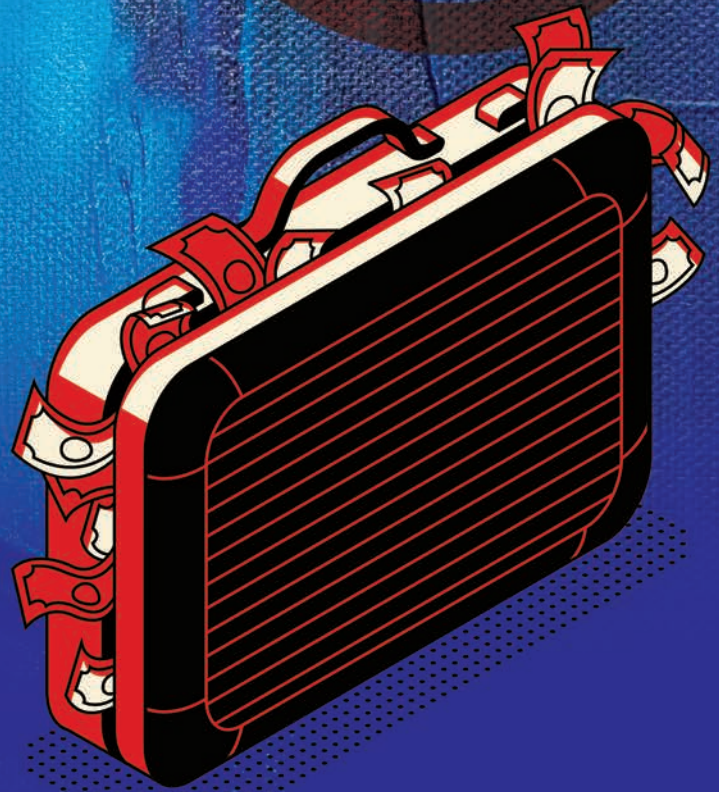
Healthy Clean-Up **20**

In Corruption Resistant Mode **21**

Corruption Free Supplyco And Civil Supplies Sans Graft **22**

Not Just A Claim, Kerala Is Graft-Free **24**

Vox Populi on Anti Corruption Measures **24**



THE RE-MODELED GRAFT-LESS KERALA; NO MORE PALM-GREASING

PINARAYI VIJAYAN
CHIEF MINISTER, KERALA



Our Government took office with a mandate to transform Kerala for the better; to realize a NavaKeralam. We have been upholding that mandate ever since. The change is palpable in our society. The tremendous progress that we have achieved in this three and a half years is best understood when you

compare it with the time of the previous government, or with past governments. The progress made during this period has been a comprehensive one. The State has made impressive gains in education, health care, poverty alleviation, environment protection, IT, infrastructure, housing for poor, gender equality, e-governance, digital

equality, disaster preparedness, disaster management and anti-corruption; this is by no means an exhaustive list but an outline of the transformation underway. The model we are advancing is an inclusive people-centric one. A determinant factor behind this success has been the absence of corruption in governance.

Kerala was ranked as the least corrupt state in India in the India Corruption Survey 2019 conducted by the Transparency International India along with Local Circles. The survey was focused on the corruption experienced by the 'Common Man' in getting services from various service-providers, i.e., Government departments. The ranking is a proof for the fact that our efforts in eradicating corruption from government machinery are bearing fruits. The study also testifies that 90% of the respondents in Kerala never had to experience any kind of corruption. This has been achieved through various measures that we have undertaken in these last few years; including public awareness campaigns.

We have strengthened our Vigilance & Anti-corruption Bureau, which is responsible for the investigation and prevention of corruption in the State. This bureau also gives residents the opportunity to file complaints, check status of complaints as well as file FIR on an online portal. In addition, an e-petition (www.publicvig.in) for registering the complaints through the website is in place and the complaints are forwarded to the IAPS (Internal Administrative Processing System) of Vigilance and Anti-Corruption Bureau Unit Offices for speedy processing.

Vigilance & Anti-Corruption Bureau registers cases under the Prevention of Corruption Act 1988 act on finding prima facie evidence of criminal misconduct by Public Servants, after conducting Vigilance Enquiry/Confidential Verification/Surprise Check/Quick Verification and on receipt of information of demand and acceptance of bribe by Public Servants. Vigilance Cases are registered by the Unit Officers, after getting sanction from the Director of the Bureau, based on the evidence available. In Trap Cases, the Unit Officers are authorized to register Cases Suo-moto. The Bureau also collects intelligence about

corrupt officials and proceeds. During this government's tenure so far we have registered 591 cases.

The cooperation on the part of our civil servants is yet another reason for this reduced corruption rate. I had earlier urged the officers' association to take a strong stand against graft in the civil services. We have strengthened our e-governance systems and soon we will be a fully e-governed state. This has also helped us



to reduce the delay in file movements and helped to streamline the process.

I had said this earlier on various occasions that our aim is not to reduce corruption but to eradicate it completely. I hope that with the help of the people and the officials, it will be a realistic and achievable goal. ■

COVER STORY

CORRUPTION-FREE TRANSPORT DEPARTMENT



As part of the anti-corruption activities of the Government of Kerala, the Transport Department has taken several measures.

Online Payment of Motor Vehicle Tax

With this facility, tax payers need not approach agents and no other illegal means is possible in the payment of tax.

Automatic Driving Testing Track

The Department has introduced this system in eight centres in various Districts. The ground test for obtaining driving licence is conducted in these centres. Candidate's test will be video-recorded. The result is marked through online process. No agent or representatives of the driving school or officers can interfere in the test. Thus, the possibility of corruption in issuing driving license is avoided.

Automated Vehicle Testing Centres

This system has been introduced in eight centres. With this, manual test of vehicles for granting Fitness Certificate can be avoided. The mechanical and other conditions of the vehicle will automatically be recorded in computer and the Fitness Certificate is issued without delay.

Renewal of Driving License

Facility to upload the Doctor's Certificate for renewal of driving license will be introduced soon. Once this certificate is uploaded along with the online application, the applicant need not approach the office to get the driving license renewed.



Facility to upload the doctor's certificate for renewal of driving license will be introduced soon.



Candidate's test will be video- recorded. The result is marked through online process.



No agent or representatives of the driving school or officers can interfere in the test.

Job rotation of staff

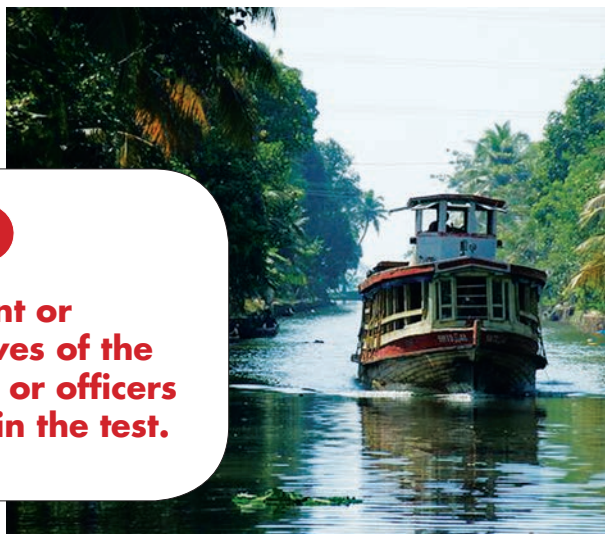
Now, the Government have introduced job rotation among various categories of officers in the Motor Vehicle Department. Zonal and seniority basis appointments are permissible now. A committee consisting of the Senior Administrative Officer, Law officer, the Deputy Transport Commissioner and RTO manage the new system, the employees in the check post remain in duty only for three months. Moreover, as per the Government order, the Deputy Transport Commissioner concerned shall audit the Registers and accounts in the check post once in every three months.

Reservation of Fancy numbers

Online auction system has been introduced to avoid malpractices in granting fancy registration numbers for new registration.

Online General Transfer through SPARK

In order to avoid the possibility of any malpractice in conducting the general transfer of employees and to strictly comply with the conditions of general transfer, online transfer through SPARK has been implemented from the year 2019.



THE COUNTER CORRUPTION 'STEPS'

In the Public Works Department, the quality control section was strengthened by employing more number of people as a part of ensuring good quality. Two regional offices were also set up at Ernakulam and Kozhikode. The three-tier examination system too was strengthened.

The number of employees in the Vigilance section of the Public Works Department was increased. Quality Control officers were given the charge of district vigilance officers.

The mammoth corruptions that were figured out were handed over to vigilance. The revised estimate, which used to secure approval for projects by increasing the project funds, has been stopped completely.

The unauthorized and illegal residents that occupied government staff quarters were evicted and a fine which equals three times the rent amount was collected as fine for the period which they resided.

Measures were taken to constitute district wise special team for examining the bills. E- M book system implemented. Tablets were distributed to assistant engineers. E-Tenderer for better transparency has been implemented.

The online booking system will be implemented to end the irregularities relating to the booking of PWD rest houses. Actions were taken against the offenders following proper investigations and enquiries along with a revision of the rest house rents.

A toll-free number is introduced to register the complaints regarding the Public Work Department. A phone – in programme has been started wherein the PWD minister would listen to and receive complaints regarding the department once in every month. The system of social auditing too was implemented.

Measures adopted in the Registration Department.

The registration D.I.Gs was appointed as Vigilance officers in the three regions of Thiruvananthapuram, Ernakulam and Kozhikode in addition to the chief Vigilance officer of the registration department. The corruptions on which complaints were received and those that were found out were handed over to the vigilance.

The online system introduced to avoid the delay in various services provided by the department. Online facilities employed for the common people, to check the fair price of land. Facilities for providing the details for documentation and also for availing tokens by prefixing the date and time of documentation via online also has been implemented.

E – Payment system for remitting the documentation fees online, for application of liability certificates, payment of fees, and there are also modes to collect several certificates online, without approaching the offices has been implemented.

'CORRUPTION- CLEAN' TOURISM DEPARTMENT



The Government of Kerala is taking various steps to complete the infrastructural expansion projects of the Department of Tourism in a time-bound manner, and to weed out corruption in their implementation. The most significant among such measures is the constitution of a Monitoring Committee in every constituency, with the local MLA as the Chair.

Members of local self-governing bodies associated with the project and officials of various departments will be part of the committee.

The Tourism Regulatory Authority will be constituted to prevent exploitation of tourists who visit the state, guarantee better services, and check corruption. The Authority is expected to start functioning this year.

DEVASWOM BOARD TO WEED OUT CORRUPTION

As soon as this government took over the administration of the state, it reconstituted a seven-member Recruitment Board, reducing the number to three. It also speeded up measures for the appointment of candidates chosen by the Kerala Devaswom Recruitment Board to various temples that come under the jurisdiction of the state's Devaswom Boards. An online portal named "Devajalaka" was created, following the PSC template, for submission of applications to various posts in the Devaswom Boards. Recruitments to various posts, including those of priests, were done through this system. 19 candidates belonging to the Scheduled Castes were appointed as priests in temples that are under the Travancore and Kochi Devaswom Boards.

A total of 133 candidates belonging to Other Backward Classes were also appointed as priests.

A draft bill has been drawn up for the creation of a special Devaswom Tribunal that will be entrusted with the responsibility of retrieving landed properties of temples that have gone into other hands.

The government has given instructions to the Travancore Devaswom Board to create an inventory of all the gold and silver ornaments preserved in the strong rooms of temples under its control.

MAKING CO-OPERATIVE SOCIETIES CORRUPTION-FREE

Joint Registrars at the district level, Assistant Registrars at the taluk level, and Inspectors at the unit level have made sudden and detailed inspections of co-operative societies more effective. Investigations were carried out on complaints received against certain co-operative societies, and follow-up measures were taken in cases where allegations were proved right.

The investigations were done through the agency of the Co-operative Vigilance Office.

Appointments were made to the posts of police officers who are Investigating Officers in the Co-operative Vigilance Office.

Irregularities related to gold mortgage, including pawning of fake gold ornaments, being detected in certain co-operative societies, guidelines for preventing such cases have been issued.

Guidelines have also been issued for the examination of computerized accounts related to the audit of co-operative societies.

Steps have been taken to strengthen the co-operative audit department and to make the audit of co-operative societies more effective. The auditors were instructed to inform the administrative departments about cases of serious irregularities, and submit a special report on them.

The Vigilance and Anti-Corruption Bureau has registered cases against societies for irregularities, and investigations are underway.



THE CORRUPTION-FREE PUBLIC SERVICE

When the LDF government came to power, the greatest expectation of the electorate was getting rid of the stinking memories of shameless corruption and scams which had reach astounding proportions during the past. In his first address to officers of the state government, The Chief Minister made it clear that the Left Front government's policy towards corruption is of Zero Tolerance.

The approach was two pronged. The first one was that of warning erring officers of the consequences they will have to face. The second one was to strengthen moral

and ethical practices among civil servants. Multi - level measures are being taken to bring in a more people friendly and corruption free work culture in Revenue Department. During the tenure of this government a drastic decline in corruption among civil servants has been observed by various independent agencies. The entire Revenue Department has been divided into three vigilance zones and a Deputy Collector has been given charge of each zone. Inspection and Vigilance units are functioning efficiently in all districts under a senior superintendant. At Taluk level another inspection wing headed by a Deputy Tahsildar carries out

Multi - level measures are being taken to bring in a more people friendly and corruption free work culture in Revenue Department.

anticorruption initiatives.

Deputy Collectors (Revenue Vigilance) meet every month to review the progress of action taken in cases of reported corruption. They are required to conduct surprise inspections in at least ten village offices a month and reports submitted to competent authority. Remedial measures are proposed to District Collectors on the basis of the findings.

The entire Revenue Department has been divided into three vigilance zones and a Deputy Collector has been given charge of each zone.

In addition to this, inspection wing in District Collectorates mandatorily makes inspections in at least 10 Village Offices spread across different Taluks of the districts. All inspection reports are filed before the District Collector before the 5th of every month. These reports are checked and analyzed by a committee headed by the Additional District Magistrate.

Posters bearing telephone numbers, addresses and names of authorities whom the public shall contact in incidents of corruption have been displayed in every Revenue office right from the village office to the District Collectorate.

Clear instructions have been issued to all officers of the department to provide quick and corruption free service to the public. District level anticorruption committee



meets on the first working day of every month to look into petitions received against erring officials. Action on these petitions is contemplated by a Vigilance committee chaired by the District Collector and convened by the Deputy Superintendant of Police (Vigilance).

Three separate inspection teams coordinated by Assistant Commissioner of Land Revenue (Disaster Management), each led by a Senior Superintendant functions from the office of Land Revenue Commissioner. These high level inspection units regularly scrutinize functioning of officials in District Collectorates, Revenue Divisional Offices, Taluk Offices and Village Offices. Since June 2016, 173 such inspections have been conducted and disciplinary action has been initiated in a significant number of cases.

Systematic inspection and regular monitoring has done much towards attaining the goal of graft - less service. The same has gained acceptance and more measures are there in the pipeline to eradicate this social menace – Corruption.

Deputy Collectors (Revenue Vigilance) meet every month to review the progress of action taken in cases of reported corruption.

TRANSPARENT SERVICE TO OUST GRAFT

Contract System for forestry works

Kerala Forest Department introduced contract system in place of the earlier convener system for awarding forestry works more transparently.

Online module for distribution of compensation to victims of wildlife attack

The payment of compensation to victims of wildlife

attack is directly remitted to the beneficiary's bank account through e-district project on a priority basis.

E-auction for sale of timber

The introduction of e-auction system for sale of all types of timber in Kerala Forest Department made the sale procedures more transparent and corruption free. The number of bidders registered for e auction was raised to 3200. Forest Department is also conducting retail sale of timber for speedy and hassle free availability of timber.

Classification and Retail Sale of Sandal wood

Department has introduced a new classification of sandal wood sapwood which was earlier disposed as

system.

The wages of daily wage watchers/ fire watchers paid directly to their bank accounts

The wages of Forest Watchers/ Fire Watchers engaged by Forest Department on daily wage basis is paid directly to their bank accounts from the Treasuries concerned.

Purchase of computers and peripherals through Government e-portal system

The purchase of all type of computers and peripherals for Forest Department is done through online web-portal of KELTRON/ GEM.

Time bound enquires was conducted in the irregularities reported against the officials of Forest Department and disciplinary proceedings were initiated

The sand sold through Kalavara System by Forest Department has put completely under online sale system.

The introduction of e-auction system for sale of all types of timber in Kerala Forest Department made the sale procedures more transparent and corruption free.

sandalwood waste. The new class of sandal wood is sold along with the e auction of other sandalwood classes thus reducing the chances of unauthorised use of sapwood.

Department has also introduced retail sale of sandalwood through timber depots outside Marayoor.

Online services for ecotourism

Online ticketing has been introduced in the ecotourism sites managed by Kerala Forest Department for efficacy and transparency.

Kalavara Sand

The sand sold through Kalavara System by Forest Department has put completely under online sale

The activities of Forest Vigilance

Time bound enquires was conducted in the irregularities reported against the officials of Forest Department and disciplinary proceedings were initiated against those found guilty.





FOR CORRUPTION-FREE WATER SUPPLY

Concrete and effective measures are being adopted in the offices under the Kerala Water Authority to prevent corruption. Efforts to bring forward the official proceedings to the E – File platform are in the final stages. It is expected that the functioning of the authority could be made more transparent and efficient through this.

Lightning inspection named ‘Operation Purse String’ was conducted in 90 subdivision offices. The offices accepting water tax were subjected to this inspection. Online payment method is being encouraged and initiated to avoid instances of irregularities in the collection of water tax. An incentive of One per cent has also been provided for those who use this platform.

The Vigilance wing is conducting timely investigations and inspections on the complainants that arise from the government and the public. Lightning inspections are being conducted in various offices by the internal Vigilance wing and various aspects such as office proceedings, manner of managing files, and various activities and so on are being examined.

Procedures to convert the administration pattern to E- File platform for pacing the movement of files are in the final stages. Strong measures are adopted in

the irrigation department also to prevent corruption. Lightning inspections headed by vigilance officials are being conducted in various offices.

Timely enquiries on the complainants on corruption are also carried out and actions are being taken. Reports are being submitted in time to the government by incorporating facts collected from Vigilance and Anti-corruption Bureau / Chief Technical Examiner when complaints are received regarding various projects. Departmental actions are also taken against faulty officials on justifiable and reasonable complaints.

Decisions are made to change the pattern of movement of files as the delay in the same paves way for criticisms and allegations. Unified software is being developed to implement E- File platform throughout in the irrigation department. Tender proceedings have already been transformed into E-Tender method.

E – Monitoring technique has been implemented to avoid the delay in project execution. This helped make the implementation of projects efficient and also in ending the possibilities of corruption. Farmers Association was constituted to ensure and accuracy in the field of irrigation.

SAND AT REASONABLE PRICE, EFFECTIVE DREDGING POLICY...

Department of Ports, have taken various effective measures to eradicate corruption. Implementation of Manual Dredging policy is a notable one in this regard.

There is 580 long coast line and 17 Non-Major Ports in Kerala. Here local populace is being involved in manual dredging, which is done to maintain the depth of channels and basins of Ports. It has become a source of livelihood for traditional manual dredging laborers.

The Port Department determine the participation of Local Self Govt. Institutions {L.S.G.I} under the jurisdiction of each port. Jetty and Kadavu are allotted to each L.S.G.I, inside the Port Limit. L.S.G.I should register the existing traditional sand mining workers. In the absence of sufficient workers L.S.G.I can avail the service of additional workers with the consent of the District collector.

A monitoring committee under the Chairmanship of District Collector has been formed to monitor sand mining. Port Officer finalizes the existing amount at each port and the total quantity of sand to be extricated. L.S.G.I has to arrange for disposal of waste material through open tender method, as decided by

**Implementation
of Manual
Dredging policy is
a notable one**

**Local populace is
being involved
in manual
dredging**

**Dredged/cleaned
sand is sold through
the e-manal
system of the Port
Department**

**Supply of sand
at reasonable
rates has been
welcomed by
customers**

L.S.G. Department.

Through this procedure the dredged/cleaned sand can be sold through the e-manal system of the Port Department. Passes issued through e-mail shall be considered as valid pass by the Port Authorities. All the sale proceeds shall be distributed by the Port Department. Supply of sand at reasonable rates has been welcomed by customers, as well as the transparency of the system. Room for graft or malpractice is completely ruled out here.

Rules are strictly followed in issuing registration of House Boats and In - land vessels and water service vehicles. Based on the study reports of CWRDM, no new house boats in Kumarakam in Kottayam District and Alappuzha will be given registration. Vehicles/Boats without registration will not be allowed.

In the Department of Archaeology, Museums and Archives, earnest and effective measures are taken to eradicate corruption. Almost all financial transactions made through Bank Accounts. Internal Audit Systems made effective throughout the department. For those who seek the wonderments of archeology, a system that functions in a near perfect manner is there.



FUTURISTIC AND TIMELY

Fisheries Department has initiated quite a lot of decisions to curb graft. Most of them were planned according to the demands of today and for a safer tomorrow.

Protection of Marine Wealth

- Steps taken to protect marine wealth helped in increased fish production, which was 4.82 lakh metric tonnes in 2015 rose to 6.42 lakh metric tonnes in 2018.
- Timely revision of Kerala Marine Fishing Regulation Act and Rules. The Act was amended in 2017.
- Special squads were set up at fisheries stations to prevent unscientific fishing.
- The trawling ban period has been extended from 47 days to 52 days.
- Catching juvenile fish would hamper the natural habitat of the fish and also pose a threat for the very existence of fishermen. Hence the state has issued notification on the minimum legal size (MLS) of 58 varieties of fish widely available along the state's coast to prevent fishing of fingerlings below a stipulated size, and has effectively implemented them.
- The overall size of all nets has been restricted and the minimum size of mesh fixed.
- To reduce the pressure of coastal fishing (up to 12 nautical miles), fishing license has been restricted to vessels with a maximum length of 20 meters and fuel efficiency of 250 hp.
- Unscientific fishing practices such as purse seine nets, pelagic trawl (pair trawl), use of explosive substances such as dynamite, mixing of poison and chemicals for fishing, fish aggregating devices such as coconut spadix, poisonous branches, plastic bottles tied together using worn out nets have been totally banned.
- Boat building companies and net factories are to compulsorily get themselves registered with the Fisheries Department.
- Vessel tracking device, automatic identification system made compulsory for motorized boats. Vessel tracking system was installed in a total of 300 motorized boats.
- Steps taken to bring the project of installing satellite-

based vessel monitoring system in 750 motorized boats in the plan of 2019-20.

- Holographic registration plate made mandatory for mechanized boats. As many as 300 motorized boats are in the final phase of installing holographic registration plate; while steps are under way to affix holographic registration plates on 1,500 boats.
- Life-saving equipment, navigation and fire-fighting devices made mandatory in all fishing vessels.
- Color coding for fishing vessels made compulsory. The color coding of motorized boats has been completed, while that of traditional boats is under way.
- Steps have been taken to install CCTV cameras at Neendakara, Puthiyappa and Beypore harbors by including the project in 2019-20 plans.

Special focus to detect adulteration in fish

- The paper strip technology was devised to detect adulteration in fish as per the requirement of the Fisheries Department.
- Widespread raids conducted in all districts in collaboration with the Food Safety Department.
- 2,103 raids conducted across the state, 1,584 samples of fish collected and sent to three analytical laboratories under the Food Safety Department in connection with Operation Sagar Rani initiated by this government.
- 2100 kg of contaminated fish and 2 boxes of non-usable ice seized during the raids were destroyed and slapped a fine of Rs 1, 04,500. Besides, a consignment of 2.5 tonnes of contaminated fish were detected at Aryankavu checkpost and not allowed to enter the state.

14 'Anthipacha'

- Fish procured directly from the harbours sold through Matsyafed mobile units in the prominent spots in the capital city.
- Five units became operational in Thiruvananthapuram and Kollam districts.

BUSINESS AMBIENCE SANS GRAFT

There has been a widespread notion that Kerala was not an investor-friendly state. Red-tapism and corruption were the two major deterrents that kept investors at bay. Investors from within and outside the state developed a strong feeling against Kerala that the state is not conducive to start projects. This negative feeling was also deep-rooted in the mind of the common man. It was a common practice for people from Kerala to invest in projects in other states.

LDF government led by Chief Minister Pinarayi Vijayan took up the matter with due weightiness and implemented several constructive and effective measures to elevate the state into an investor-friendly one. Procedures related to getting approval to kick start investments and related matters were made online to make things happen in no time. Avoidable clauses and rules were eliminated. New rules were framed to make them highly encouraging for investors. Irrelevant practices that prevailed in public sector and other institutions were discarded and the appointments were conducted with due transparency.

As part of 'Ease of Doing Business' the procedures related to investments were simplified through Kerala Investment Promotion and Facilitation Act 2018 by

amending seven laws and 10 rules. An online system - Kerala Single Window Inter- phase for Fast and Transparent Clearance (K-Swift) was put into effect to expedite the license process and other approvals required to start a project. K-Swift handles the unified application form to get approvals from various departments. The decision for the application has to be taken within 30 days, failing which the application would be deemed approved and the aspiring industrialist can go ahead with the venture. The investor would be able to track the status of his application.

Kerala Micro Small Medium Enterprises Facilitation Act 2019 that came into effect in December 2019 brought about a revolutionary change in the field of investment. Prior permission was not required to start Micro Small Medium Enterprises (MSMEs) in the state after the new law came into force. The investor needs to submit only a self-attested form and he can start any venture that demands an investment up to Rs 10 crore.

All procedures related to recognition and verifications need to be completed in six months after three years of starting the project. K-Swift makes available the provisions to start a new venture as per the new law.

HEALTHY CLEAN-UP



Kerala has now become a state that gives greater importance to eradicating corruption. Corruption has been successfully restricted from health, social justice and the Department for women and child development with the initiation of tangible steps.

The implementation of an integrated fee structure and entrance based admission schemes of the medical students can be cited as examples of the right kind of move from the State Government. The enactment of the Clinical Establishment (Registration and Regulation) bill aims at registering all the clinical institutions by ascertaining the quality of services rendered by these institutions both at the government and private sectors.

The government thus far had no control over the private institutions. Now it is notable that it is possible to ensure the quality of treatment and the excellence of basic infrastructure can also be ascertained. This government right from its inception has put in efforts to make the storage and distribution of medicines more transparent. As a result of which it was possible to ensure the availability of quality medicines and also to blacklist the medicines of sham companies according to convinced criteria. The Kerala Medical Service Cooperation is functioning with a resolve to ensure that no patients are facing any scarcity of medicines. The corporation succeeded in ensuring the transparency in collecting and distribution

of the medicines. The corporation was also successful in installing, purchasing and distributing the life-saving pieces of equipment through authorized agencies in time.

Food safety is yet another department on which the state has huge expectations. This government after assuming office has initiated novel and wide-ranging measures in this department. New posts were created to enhance the functioning of this department. Activities aimed to prevent adulteration of food are now being carried out. The vegetables, fish and meat that are brought from other states which are contaminated by harmful chemicals that are damaging to the human body are thoroughly checked at check posts. A statewide project named 'Operation Sagar Rani' is being initiated and implemented. This project aims at seizing and destroying the fish that is being mixed with chemicals and sold in the markets of the state. The vegetables that were sprayed with large amounts of pesticides were also destroyed likewise. Similarly 'Operation Panela' to figure out adulteration in jaggery and 'Ruchi' to find out adulteration in bakery products are also being implemented.

The government was successful in checking large scale corruption through these measures. Thus our state is adorned with the fame of being the state to be ranked foremost in the list of corruption-free states. ■



IN CORRUPTION RESISTANT MODE

There are very low chances of corruption in the government system of higher education. Even if it is so, the Department has taken the measures to eliminate even the far chances of corruption by making most of the possible procedures online. The digitization of the file movement in the universities and the appointment of non-teaching staffs through the PSC have all gained acclamation from the society.

The online facility has been introduced in the Higher Education Department to help the students out with their complaints regarding universities and the higher education institutions. The various services that the students are to be availed from the universities are now made available online following the government recommendations that all services to the students are to be made available online. This has proved helpful in eliminating the intermediaries and also to reduce the delay in these services.

The manner in which the aided/ unaided colleges

were allotted with courses was subjected to allegations of many kinds earlier. Now the courses are being allotted based on the study conducted and report given by RUSA(Rashtriya Uchchattar Shiksha Abhiyan) considering the NAAC accreditation of the college and the educational requirements of the area. The mandatory following of the UGC norms for the appointment of Teachers in aided colleges have helped the capable common candidates to get employment on merit basis.

Criticisms were also prevalent about the unjust collection of funds without any fixed criterion from the students of aided colleges. This area has been made more transparent by making the admission procedures online and by making PTAs compulsory in colleges. Wakf board employments have been given to the PSC. A survey commission has been constituted to recover through survey those Wakf properties that are replicated. A three-member Wakf tribunal has been set up exclusively for related cases. This has helped in making the proceedings more transparent.



CORRUPTION FREE SUPPLYCO AND CIVIL SUPPLIES

Supplyco has devised numerous programmes to effectively check corruption and to make its operations transparent. The novel strategies introduced have in fact redefined the face of public distribution system.

Anti-Corruption Mechanism in Supplyco

- Commodities are purchased through e-tender.
- Vigilance flying squads, each functional in every five regions centrally headed by a Police Officer of the rank of Superintendent of Police.
- Junior Managers for Outlets/ Depot inspection.

**COMMODITIES
ARE PURCHASED
THROUGH
E-TENDER.**

- Subsidy benefits are transferred to the actual beneficiaries through an online billing system linked with Ration Card.
- CFRD Laboratories function to ensure Supplyco products' fullest compliance of quality norms and standards.
- GPS Mechanism for monitoring the movement of food grains will be functional shortly.
- The Internal Audit wing continually examines the accounts in a phased

manner.

- Supplyco acts as the Nodal Agency of NFSA implementation in the state
- Supplyco protects the poor farmers in the state

from the exploitation of middle men by its capacity as Nodal Agency in the procurement of rice with financial aid from both the state and the central governments.

- Surprise inspections as well as stock verification are duly conducted in every Supplyco outlet/depot .
- Erring employees detected in raids are imposed with model punitive measures.
- The digital software that can manage all its commercial activities is underway.
- CCTV surveillance of Supplyco go downs will be functional in the near future.

Steps taken by food and Civil Supplies Department

The National Food Security Act (NFSA) which was passed by the parliament to ensure the food security for all was implemented in the State from November-2016.

End to End computerization project in PDS food delivery has been successfully implemented by the Department by digitization of the following four components.

Digitization of details of the beneficiaries (RCMS)

The new ration cards have been issued as per the NFSA-2013 by identifying the beneficiaries.

Supply Chain Management and Online Allocation

The Supply Chain Management ie. of lifting of food grains from FCI and CMR Mills, Storage at intermediary go downs of Supplyco and the doorstep delivery to the Fair Price Shops has been fully computerized.

Computerisation of Fair

Price Shops (EPOS)

To ensure that the genuine customer is receiving the food grains from the fair price shops as per his/her entitlement and also to prevent the possibility of black marketing and diversion of food grains from the FPS, Government had installed Adhaar E-POS Machines in all FPS. Proxy system has been introduced for the people who cannot buy the ration articles due to old age, illness etc.

Grievance redressal mechanism and creation of Transparency Portal

A system has been implemented to submit online the grievance of the public/ beneficiaries in the portal pg.civilsupplieskerala.gov.in. Also a transparency portal has been created to give the details of ration cards, distribution of PDS food grains etc to the public in the websites civilsupplieskerala.gov.in, epos.kerala.gov.in

Purification of Priority list

As envisaged in NFSA-2013, steps have been taken to identify the rightful beneficiaries in priority list by eliminating ineligible families who crept into the list.

Doorstep Delivery of Food Grains

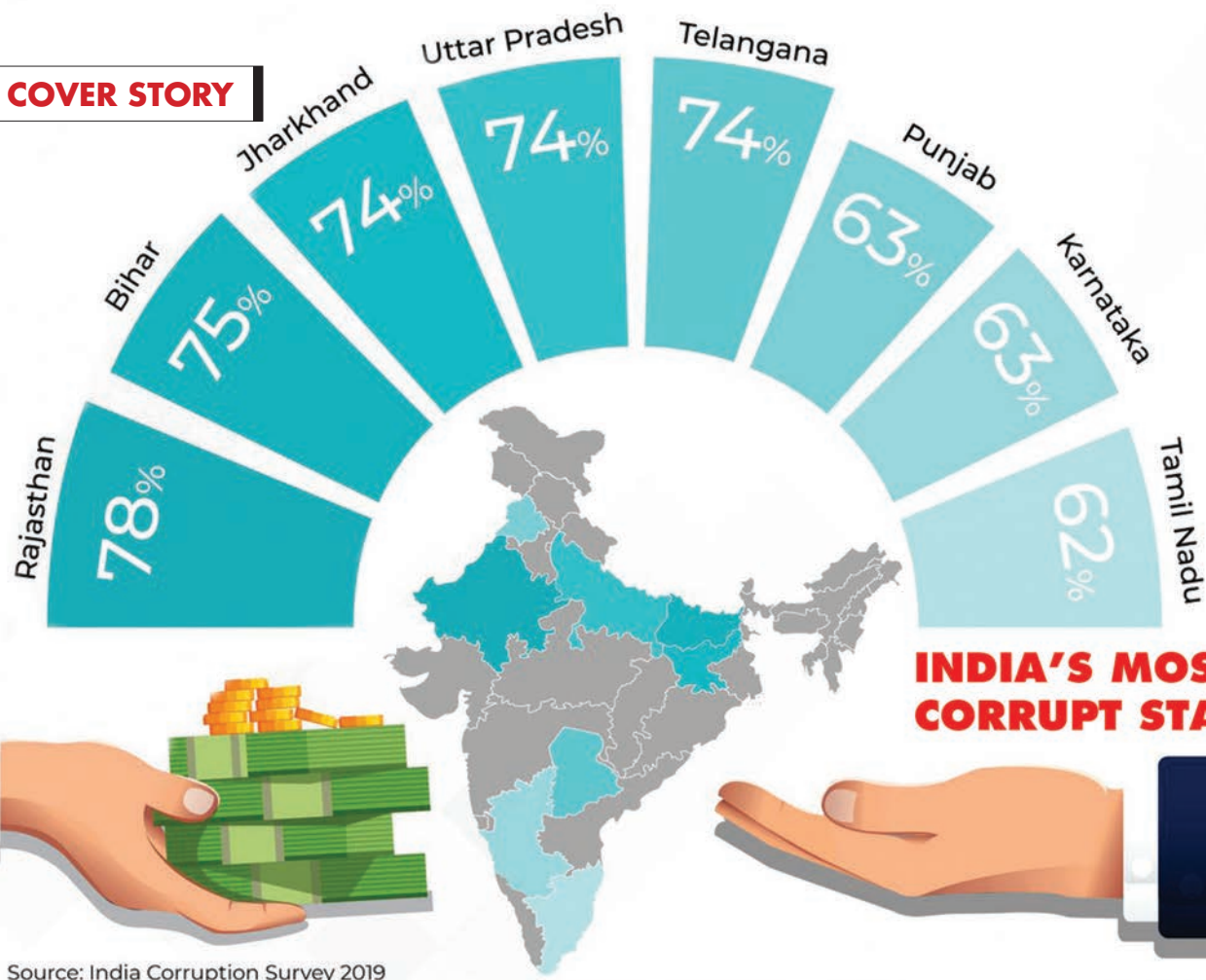
In order to eliminate the corruption in distribution of PDS food grains, 333 existing private wholesalers were removed and the doorstep delivery was entrusted to Supplyco. Supplyco has established NFSA Depots in all 75 taluks in the State with more than 200 go downs for Doorstep delivery.

Social Audit

In order to ensure that the beneficiaries receive their rightful quota of PDS food grains as per his/her entitlement (in quality and quantity) a social audit has been conducted as per NFSA.

**END TO END
COMPUTERIZATION
PROJECT IN PDS
FOOD DELIVERY HAS
BEEN SUCCESSFULLY
IMPLEMENTED**

**SUBSIDY BENEFITS
ARE TRANSFERRED
TO THE ACTUAL
BENEFICIARIES**



NOT JUST A CLAIM, KERALA IS GRAFT-FREE

Shri Rama Nath Jha

Executive Director
Transparency International India

(Transparency International India along with Local Circles had conducted India Corruption Survey 2019 for the consecutive third year, to ascertain the level of domestic corruption in the country and gather citizen pulse on corruption.)

The corruption-free world order is still considered as a Utopian thought, but Kerala has achieved this status, thanks to the efforts from the Government of Kerala, as this survey simply establish the kind of change that has happened here...

India's tryst with corruption continues as it is unfortunate that corruption has become a part and parcel of the life in India, legitimized strangely by public tolerance and blind-eyed political ambition. Ever since its establishment, the Lokpal is flooded with complaints resulting in 'pendency' undermining the purpose for which the institution was established in the first place.

The Anti-corruption watchdog-Central Vigilance Commission is failing to fulfil its respective role. The premier investigation agency- Central Bureau of Investigation is facing "trust deficit" of stakeholders mainly due to recent controversy within the bureau and

allegation of political vendetta. Demonetization was no doubt an ambitious attempt to clean economy; however, the attempt fell flat because of poor planning and ended up having a crippling effect on the Indian economy.

India Corruption Study 2005 was the first comprehensive study conducted by Transparency International India to sensitize the people of India against all-pervasive corruption faced on a day-to-day basis by the Common Man in the eleven Public Services in twenty major States. The study aimed to recognize the good work being done in particular Departments/States where corruption levels have decreased and to share those success stories with other departments. This study focuses only on corruption experienced by the 'Common Man' in getting services from various service providers, i.e., Government Departments. Citizens are entitled to receive these services hassle free but are not only served poorly but very often have to pay a bribe to the service providers.

Kerala – One of the Least Corrupt States in India

According to the study, Kerala turned out to be one of the states out of the 20 states in which citizens reported low instances of corruption. The instances of corruption/ bribery in Kerala are the least, according to the vote of around 90% of 1,089 respondents from the state.

Municipal Corporation and Police were the least corrupt local authority receiving 14% of votes respectively from the 1,098 respondents followed by Property Registration and land issues authority receiving 29% votes. Government departments like tax office, transport office, electricity boards etc. of Kerala have been voted the most corrupt according to the vote of around 43% of 1,098 respondents from the state.

Kerala turned out to be one of the states out of the 20 states in which citizens reported low instances of corruption.

E-governance which is on the rise can be a powerful weapon against corruption

According to the NCRB data, the number of corruption cases registered under the Prevention of Corruption Act & related Sections of IPC in Kerala has been reducing from 377 cases in 2015 to 142 cases in 2017.



According to the NCRB data, the number of corruption cases registered under the Prevention of Corruption Act & related Sections of IPC in Kerala has been reducing from 377 cases in 2015 to 142 cases in 2017.

Another initiative taken by the Kerala government that is worth mentioning is the establishment of a separate department called the Vigilance & Anti-corruption Bureau which is responsible for the investigation and prevention of corruption in the state.

Forced Bribery in India: National data versus Kerala data.

E-governance which is on the rise can be a powerful weapon against corruption as it empowers the public, removes middlemen and advances citizen vigilance. But e-governance must be supplemented with improving access and quality of

technology available. Political willingness on the part of the government in power really matters as well. Lessons available from different parts of the world and positive trends need to be incorporated in the transparency measures in order to fight corruption tooth and nail.

VOX POPULI ON ANTI CORRUPTION MEASURES

Angel

B.A Economics,
Maharajas College,
Ernakulam



Welfare pensions are being distributed on time. The dream of having one's own home is getting realised through the LIFE Mission. After this Government assumed office, corruption has come to an end.

There is a massive decline in corruption after this Government came into power. Mega projects and schemes for the flood-affected are being implemented successfully. They are being carried out in a 100 % transparent manner.



Devaraj M. Subramanyan

B.A. Economics,
Maharajas College,
Ernakulam.

Reshma Chacko

Idukki



Services are being rendered at a faster pace to people during this Government's governance. The age-old concepts about receiving people at government offices have changed a lot. Much has been achieved in eliminating corruption.

The Government has been able to expose corrupt incidents and those who were responsible for the vicious acts. The unrelenting fight against corruption by this Government is really laudable. I am confident that the corrupt ones will be brought to book very soon



Geethu Unnikrishnan

Thrissur

Krishna

Thrissur



I feel government offices have become more people-friendly. It is a great solace that many things a person needs are being rendered to him in a day. The changes that have been brought forth in the educational and health sectors are worth mentioning.



FOCUS

DROUGHT

HEAT WAVE

Soaring temperature adversely affects all walks of life. It has become a reality that one has to cope-up with testing weather conditions. A bird's eye view on the current Heat Wave that raises umpteen questions....Solutions and more....

Dealing with the “New Normal” – Heat Stress...

28

Beat the Heat

30

Building Construction in Hot Weather Conditions Problems and Solutions

32

Animal Summer Too...

34

Summer Disease Threat

36



G.S. Pradeep
Hazard & Risk Analyst,
Kerala State Disaster Management Authority



Dr. Pratheesh C. Mammen
Co-coordinator,
UNICEF – KSDMA

DEALING WITH THE “NEW NORMAL” – HEAT STRESS...

Being a narrow strip of land, landlocked by the ‘Western Ghats’ – the extensive mountain ranges in the East and the Arabian Sea in the west with coastline of 580 km, the 44 rivers and 54 dams, more than 50 reservoirs, 13 forest types and 13 agro-ecological zones with more than 10 soil types, more than 33.4 million people with more than 860 people per Km², the normal life of daily Kerala is indisputably dependent on climate, land and waters.

The above-mentioned factors decide normals or routine. Changes in these affect normal life. Floods and landslides of 2018 and 2019 were an aberration to the normal.

Increasing temperature with greater extents of time and space has become the new normal globally which is unimaginable after the great deluges in the Kerala context. According to the World Meteorological

organisation, 2019 is the second warmest year on record after 2016. This trend is expected to continue because of record levels of heat-trapping greenhouse gases in the atmosphere.

Temperature rise is just the tip of the iceberg but there are other highest records like sea level, ocean temperature, retreating sea ice and ocean acidification which are pretty much connected with the rise in temperature.

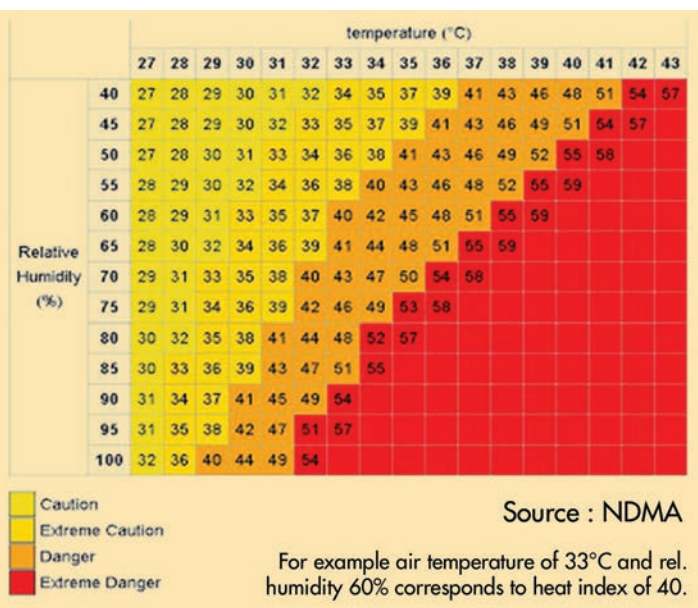
The major factors affecting human health in a heatwave scenario is the relative humidity and wind characteristics. Soaring temperature and heat-related health adversities have become the new normal in the case of Kerala summer from 2016 onwards.

Integrated Disease Surveillance Programme (IDSP), 1671 heat-related health issues were reported in the year 2019, out of which the larger share is 875 cases of sunburn. Most of these adversities were reported from the coastal regions of Kerala.

High temperatures are well known to result in a rise in deaths, as is cold weather. When the body is subjected to extreme heat, it struggles to maintain its ideal temperature of 37°C. The body attempts to do this by sweating and pumping blood closer to the skin, but high heat and humidity can confound these cooling mechanisms.

If the internal body temperature rises above 40°C, vital organs are at risk and if the body cannot be cooled, death follows. The heat-related adversities are heat cramps, heat rashes, heat exhaustion, heat syncope and heat stroke.

Government of Kerala (State executive committee of





**According to the
World Meteorological
organisation, 2019 is the
second warmest year on
record**

the State Disaster Management Authority) had declared heatwave, sunburn and sunstroke as state-specific disaster in March 2019, availing financial assistance to those who have impacted by the rising temperature. Kerala State Disaster Management Authority is involved in a process in consultation with all related departments, formulating a heat action plan consisting of definite protocols for various departments at the time of heat waves which will be published soon.

There is a range of Do's and Don'ts from individual level to state level and for short term and long term considering the spatial and temporal aspects. Drinking sufficient water even if you are not thirsty, wearing loose, light-coloured cotton clothes and avoid going out in the sun between 12 pm and 3 pm are some of the personal level precautions to be taken to beat the heat.

Long term measures such as conserving water resources and adding greenery/vegetation can be considered sufficient measures to tackle the heat stress. This year (2020) we are experiencing the brunt of rising temperature much before the summer months. We cannot reverse the changing climate, but we can change our habits and build resilience for better survival.

**Temperature rise is just
the tip of the iceberg but
there are other highest
records**



Dr. Saji Prasad
C. E. O., Sanjeevani Ayurveda Medical Center,
Ooninmoodu, Kollam.

BEAT THE HEAT



According to Ayurveda summer season (March, April, May) comes under the title of “GreeshmaRitu” which is in uttarayana. This is the season which reduces the strength of body so it is called “Aadanakaala” which minimise the immunity of body.

So, we should maintain the immunity of body by balancing with right the diet and activities. This procedure protects us from the upcoming contagious diseases in monsoon.

COMMON DISEASES IN SUMMER

For hair: Hair falling, dandruff.

For eyes: conjunctivitis.

Upper and lower respiratory tract infections like sneezing, rhinitis ,cough, bronchitis etc due to excess dust and some in atmosphere.

For skin: diseases like rashes, allergic itching, sun burn, hyper pigmentation, eczema, fungal infection etc.

Urinary tract infection, kidney and ureter stone due to low intake of water.

Hepatitis-A or jaundice is a common disease during summer season due to contamination of water sources

and also drinking juices and cool drinks which are stale and unhygienic.

In ayurveda there is mentioning of Greeshma Ritu Charya or summer regiments which protect us from ill effects of summer.

Some of them are mentioning below:

1. Cold water bath twice daily.
2. External application of medicated oil (prepared out of drugs with cooling properties) half an hour before bathing.
3. Wash head with green gram powder to prevent dandruff.
4. Use green gram powder for washing body.
5. Drink plenty of water which is boiled with coriander (coriandrum sativum) or Ramacham (vetiver zizanol) which should be made cool in room temperature and can keep in mud pot or kooja. This water will suddenly reduce our thirst and will make us fresh. One should take 14 to 18 glass of water during summer.

FOOD TO BE TAKEN DURING SUMMER

Bottle guard, bitter guard, pumpkin, watermelon, litchi, banana, papaya, mango, rice, dal, milk and milk products, green salad etc. Butter milk, sugar cane juice, tender coconut water and Lessi.

FOOD NOT TO BE TAKEN

Millets, fried food, spicy food, alcohol, beverages like tea, coffee (excess intake), carbonated drinks and flavoured drinks, regular use of chicken, beef, fast food, junk food, excess intake of food.

DRESS

1. Wear light weight, loose, light coloured and cotton clothes.
2. Use cotton inner wears and cotton socks and change them daily.
3. Use hat or umbrella when exposed to Sun
4. Use Sun glass to protect eyes from UV rays while exposed to Sun (especially during bike ride)

ACTIVITIES

Sleep in well ventilated place.
Sleep minimum 6 to 7 hours at night

Avoid excessive physical exertion in Sun.

Long distance bike riding should be avoided between 11.30 am and 3 pm.

Employees and workers should provide plenty of water. Work should be restricted between 11.30am and 3 pm in direct sun.

Stressful activities should be scheduled according to the cooler time of the day.

PRECAUTIONS

1. Do not consume uncovered food, water etc.
2. Wash all vegetables and fruits before cooking or eating.
3. Practice good hygiene and keep our premises clean.
4. Use cotton hand kerchief to cover nose and mouth while sneezing and coughing.
5. Wash hands and face with mild soap after travel, before meal and also before and after using toilet.

SPECIAL CARE

Special care should be taken in old people, pregnant women, diabetic patients and kidney stone patients.

SPECIAL ADVICE

Use cotton bed sheets, pillow cover and thick curtains which will reduce the intensity of heat inside the room. Keep windows open and provide cross ventilation. Use indoor plants in balcony and sit out, which will reduce room temperature. Clean the water tray once in week to prevent multiplication of mosquito larvae. Plant more trees and plants in our premises

SAVE WATER AND ENERGY...

This is the season which reduces the strength of body so it is called "Aadanakaala"

We should maintain the immunity of body by balancing with right the diet and activities

Hepatitis-A or jaundice is a common disease during summer season

In ayurveda there is mentioning of Greeshma Ritu Charya or summer regiments which protect us from ill effects of summer.



Prof. B. Abi Basheer

Associate Professor, Dept. Of Civil Engineering, M. E. S Institute of Technology and Management, Chathanoor, Kollam

BUILDING CONSTRUCTION IN HOT WEATHER CONDITIONS PROBLEMS AND SOLUTIONS



The rising temperature is affecting all walks of life. Due to global warming and the likelihood of warmer temperatures occurring more frequently, it affects the industries as well as the economy. In the construction industry, most of the activities are conducted in an open atmosphere by manual workers and are prone to extreme weather events.

Utmost care must be taken for all construction activities during summer, to ensure a hassle-free structure. The major problems associated with construction activities in hot weather are rapid evaporation and absorption

of water, both in concrete and in masonry. In a freshly placed concrete, the rate of moisture loss is exponentially high during hot weather and the presence of heat waves will enhance the process. This can lead to Thermal cracks and Plastic shrinkage cracking, ultimately reducing the load-carrying capacity of the structural members.

It is highly imperative to avoid the direct exposure of sunlight during hot weather to the masonry units. This will lead to the premature setting of the Mortar. Masonry units bonded with premature mortar will not

Utmost care must be taken for all construction activities during summer, to ensure a hassle-free structure.

have enough bonding between the masonry units, due to shortage of water in the mortar. Eventually, this will lead to an overall reduction in the bond strength and can cause leaks in the structure.

Another challenge faced during summer is the formation of dust clouds, due to the absence of moisture in the atmosphere. This will affect the health and safety of the workers and can cause problems with equipment and machinery. In hot weather conditions, a fair amount of body fluids is lost to outdoor construction workers, when performing the construction activities. This will lead to heat-related health and safety issues, which in turn affects the labour productivity and target completion dates. Elevated temperatures can also reduce the Elastic property of the seals and sealants, leading to the damage and failure of the hardware components.

In Engineering, problems are always expected. Engineers are, by definition problem solvers and innovators. The problems associated with hot weather construction can be dealt with by adopting appropriate and judicious techniques.

One of the best ways to overcome the major difficulty in hot weather construction is to make the Concrete cool. This can be achieved by replacing a part of the mixing water with ice. Use of Low heat cement, Pozzolanic cement and chemical admixtures for controlling the evaporation loss will reduce the moisture loss from the concrete surface. Sprinkling water on concrete surface after the final setting time will keep the surface moist, in turn, reduces the plastic shrinkage and temperature

The surface temperature of concrete can be controlled by providing sunshades and erecting temporary windbreaks.

cracks. Moisten coarse aggregates and formwork will control the temperature. The surface temperature of concrete can be controlled by providing sunshades and erecting temporary windbreaks.

Manual workers and are prone to extreme weather events...

Health and safety of employees at work should be given prime importance. Construction workers, working in the open atmosphere are often affected by heat stress produced due to the metabolic heat generated by the physical activities. Excessive heat stress

will result in reduced productivity, injuries and even fatalities. It is highly important to give regular training session to construction workers regarding heat stress hazards and how to manage them. The construction workers must wear light coloured and loose-fitting clothes. Use of sunglasses will arrest the direct contact and the neck must be covered with a light scarf. Construction workers should avoid sugar-based drinks and must use plain water throughout the day. Consumption of Drinking water every 15 minutes and taking regular breaks to cool down in the shade will make the employees comfortable. When the summer rolls around, adjusting the work schedules will keep the employees' health in good condition.

Judicious selection and use of appropriate construction materials are also important in making the structure strong and durable

In short, implementation of good construction practices will keep the structure safe and durable. Judicious selection and use of appropriate construction materials are also important in making the structure strong and durable. With the hot summer season at our doorsteps, outdoor construction workers will be exposed to health risks. The concerned authorities must take effective steps to minimise the health risks associated with outdoor construction workers.



Dr B. AJITH BABU
Asst. Director, Animal Husbandry Dept.

ANIMAL SUMMER TOO...



The extreme climatic variations pose immense stress to animal life too. Amongst the environmental factors, hot ambient temperature has a significant impact on the productive and reproductive performance of all livestock and poultry species. The effect will be more significant in commercial farms where more animals are confined in a small area.

Farmers and pet owners have to be accordingly vigilant to take care of their animals in order to lessen the stress on the animals. Implementing the proper breeding plan, cooling approach at the farm with superior feeding programs can help to minimize some of the negative effects of heat stress.

Common symptoms of heat-stressed animal

- Grazing animals and tethered animal tends to move to the shade.
- Animal prefers standing than lying down.
- Increased respiration rate, enhanced body temperature.
- Increased production of saliva
- Open-mouth panting
- Reduced milk production, animals won't show heat symptoms.

Strategies to reduce the negative effects of heat stress

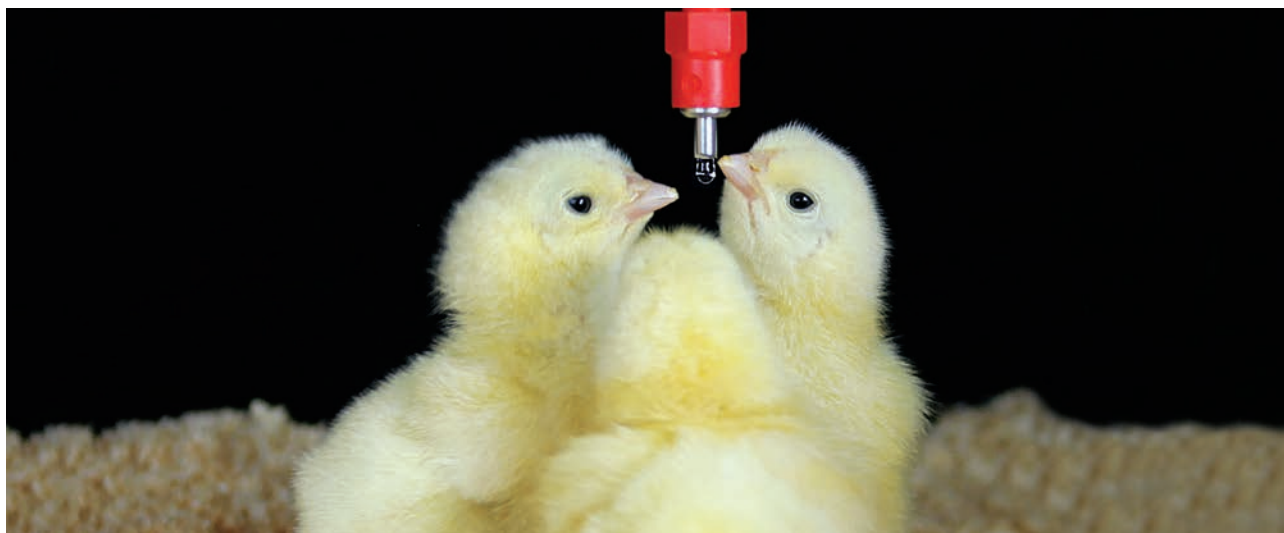
- The farm should be well ventilated.
- Fans in combination with water sprinkling facility have to be provided. Provide high quality feeds like total mixed rations
- Providing natural or artificial shade area.
- Increase the frequency of feedings.
- Feed during the cooler time of the day.
- Keep fresh feed as much as possible.
- Provide high-quality forage.
- Provide adequate fibre.
- Intake of adequate cool water is most important. The detrimental effects of heat stress are more in poultry species than in livestock. Environmental stress causes adverse effects on the performance of poultry. It has been shown that heat stress negatively affects the welfare and productivity of broilers and laying hens. Understanding and controlling heat stress in poultry is crucial to successful poultry production and welfare.

Common symptoms of heat-stressed poultry

- Panting/rapid respiration
- More intake of water, reduced appetite.
- Reduction of egg production
- Poor eggshell quality
- Less body weight gain in broilers
- Reduced feed efficiency
- High body temperature
- Sudden death of birds

Steps to Combat Heat Stress in Poultry Farming in summer

- Avoid direct sunlight on birds
- Use side curtain in shed which should be
- sprinkled with water
- Provide good roof insulation with coconut leaves, paddy straw or gunny bags.
- Use cooler fans/exhaust to produce a wind chill effect which will cool birds
- The roof should be painted with white to reflect light.
- Roof overhangs should be sufficient (3-5 ft) to protect the birds from strong sunrays.
- Ensure plenty of clean and cool water during the summer season.
- Cover water tanks with wet gunny bags to avoid direct exposure to the sun.
- Feed and water should be given in cooler hours of the day.
- Addition of 0.25% of salt to drinking water increases water consumption.
- Cover overhead water tanks with wet gunny bags to avoid direct exposure to the sun.
- Do not offer feed during the day time in broilers.
- Extra vitamins and trace minerals should be added to feed.
- Supplementation of vitamin C is advantageous.
- Curd or lemon juice can be provided.
- 10% extra floor space should be provided in summer.
- Overcrowding of birds should be avoided.
- Severely heat-stressed birds may be dipped in cold water for 2-3 minutes keeping their neck and head above water level.
- Ice cubes can be put in overhead tank to provide cool water.



Dr Aparna Mohan
Department of community medicine, GMC, TVM

SUMMER DISEASE THREAT



This year, during summer, though our prime concern is COVID-19, we should never forget about other communicable diseases which peak around the months of March-April-May. Diseases of summer range from mild headache, prickly heat etc to more severe diseases like diarrhoea, chickenpox and measles. All these summer diseases can be prevented and controlled to a great extent if each one of us follows simple precautionary steps

in our day to day activities.

Most common disease of summer is the diarrhoeal disease which is mostly caused by bacteria, viruses, toxins, or chemicals present in contaminated food or water which cause symptoms like fever, stomach pain, nausea, diarrhoea or vomiting. In case of Hepatitis A symptoms like yellow discolouration of the skin, mucous mem-



branes and the whites of the eyes, light-colour stools, dark-colour urine and itchy skin might come out.

Chickenpox is a common viral disease of summer primarily affecting children. It is characterised by high-grade fever and fluid-filled rashes, transmitted through droplets produced during sneezing or coughing by an infected person. Best way to prevent is to avoid close contact with any diagnosed case. Frequent hand – washing, using soap and water is the best means to prevent the spread of disease.

Two other viral diseases mainly affecting children are mumps and measles. Symptoms of measles are cough, high fever, sore throat, and reddening in eyes, while that of mumps are swelled salivary gland, muscle ache, fever, headache, loss of appetite and weakness. Since both these diseases are transmitted in the same way as of chickenpox. MMR vaccine included in routine childhood immunisation gives protection against this disease.

Heatstroke is the most threatening of all. The first sign of heatstroke is dizziness followed by other symptoms like headache, drying of skin, nausea, vomiting, seizures. If early measures are not taken, it can progress even to coma or death. While sunburns are due to direct exposure to UV rays for a prolonged period which causes burns and blisters overexposed body parts. 4 important points to prevent heat stroke and sun burn -

1) Always wear light coloured dress covering the maximum part of the body

- 2) Avoid exposure to direct sunlight**
- 3) Always carry a bottle of water and drink water frequently.**
- 4) Apply sunscreen.**

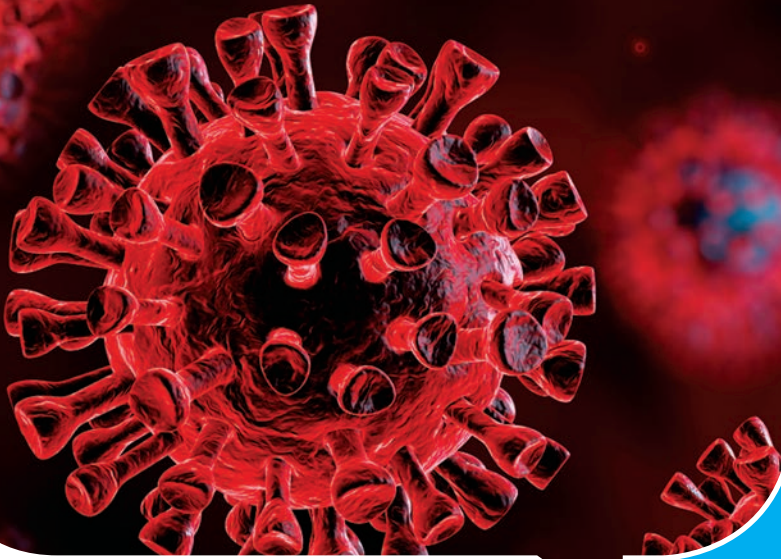
Another threat during summer is mosquito-borne diseases like dengue, chikungunya etc which occur when intermittent rain happens, it can be prevented by observing “dry day” once in a week, which means removing any sources or containers inside and outside of our houses which allows the breeding of mosquitoes

TIPS TO PREVENT SUMMER DISEASES

- **Frequent hand washing using soap and water a habit**
- **Avoid touching face**
- **Use towels while coughing or sneezing**
- **Never spit on open spaces**
- **Drink about 2-2.5 litres of boiled water daily**
- **Consume well-cooked food and boiled water**
- **Avoid direct exposure to sunlight**
- **Avoid activities outside the home during peak sun hours**
- **Use sunscreen with SPF>30 to prevent sunburn**
- **Keep your surroundings clean**
- **Observe dry day once in a week**

Always remember “Prevention is better than cure.”

KERALA: THE RIGHT MODEL FOR CONTAINING DEADLY DISEASES



In a discussion about the COVID-19 outbreak in the BBC programme “Work Life India” Kerala’s Health Care System was highly praised by the panellists. Previously, Kerala’s healthcare system was widely lauded for containing NIPAH AND ZICA. The fast-spreading corona virus was no exception as the state’s healthcare system seems to have contained it as well.

During a discussion about the corona outbreak, the anchor Devina Gupta mentioned Kerala’s achievement in containing the deadly diseases. Chinese media person Qian Sun, Subodh Rai and Dr. Shahid Jameel were the panellists. Dr. Shahid Jameel said Kerala has developed its health infrastructure with a futuristic approach. Excellent healthcare centres are the hallmark of this state – he added.

EARN WHILE YOU LEARN

The Cabinet decided to implement a policy that allows students aged 18-25 to earn honoraria through part-time work while they study. “Work as you study” is part of the chief minister’s 12-point development programme.

The scheme aims to involve government departments, local bodies, public and private enterprises. Students will be allowed to work part-time, following a schedule that does not hamper their studies.

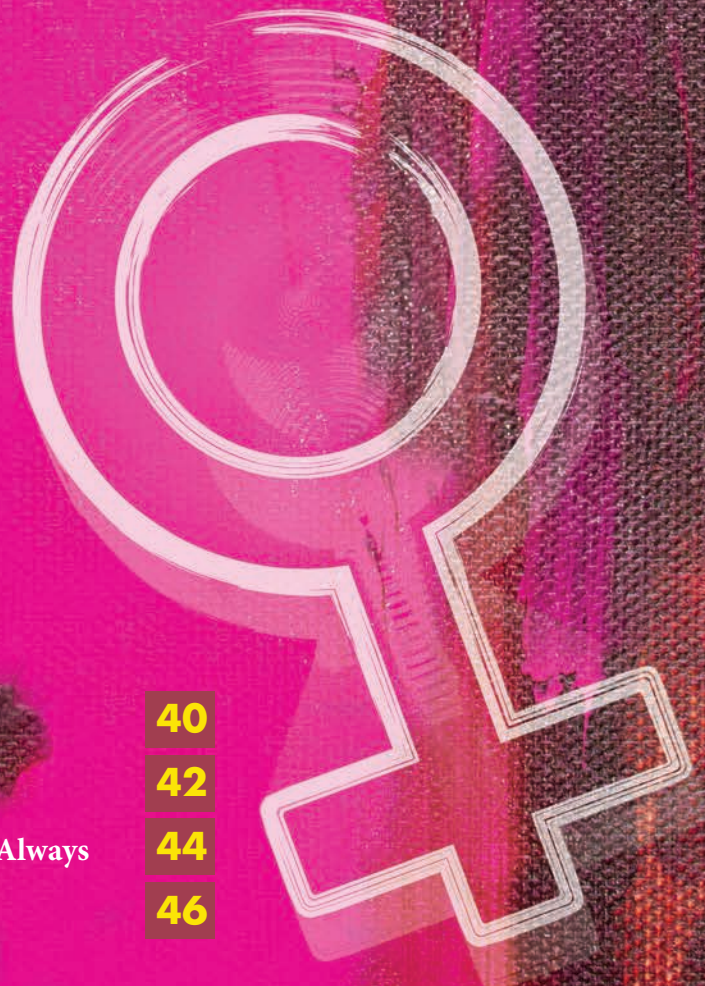
The cabinet also decided to allow the agencies and establishments that implement this programme to earmark 15 per cent of their expenditure on wages to pay honoraria to these students. The Department of Labour and Skills will be the nodal agency for implementing it.



SPECIAL

WOMEN...

Women at the helm of affairs in premier institutions are not that unfamiliar these days. Still the element of curiosity lingers on how good they are leading such firms of importance. When it comes to Women's Day Celebrations, there is every reason to celebrate the way these women of eminence are performing.



Arise from the Cage of Inequality

Sree Chitra's 'Sree' - Woman

Kerala Police: for the Safety of Women Folks; Always

Interview with Rekha A. Nair, Director, RCC

40

42

44

46

ARISE FROM THE CAGE OF INEQUALITY



Manju Rose Mathews
(HOD, Media Studies, CNC Thiruvananthapuram)



“In my dream
He held my hand
We flew together
We cooked together
We worked together
We laughed together
We cried together
In my life
He held my hand
I flew alone
I cooked alone
I worked, laughed,
Cried...alone
In a cage...
Cage of Inequality.”

Emma Watson, the famous English actress had put forward the campaign ‘He for She Campaign’ inviting the men to become allies for gender equality, during her speech delivered at United Nations. She asked the men to commit to speaking out the real violence women facing, also the gender discrimination faced by them around the world.

Gender equality can be achieved only through an inclusive responsibility in which both men and women have important sensible roles. It is a movement to build a beautiful world of harmony and safety.

The rights, responsibilities, opportunities, power, benefits etc. are equal for man and woman. Empowering women, educating girl child and teaching them to face the society boldly is very much essential to attain gender equality. Men need to understand the issues women are

facing and should have a heart to resolve the challenges.

Gender equality can be achieved only through an inclusive responsibility.

Women of Kerala can be considered as a progressive workforce. We have a very good literacy rate, compulsory education system with high participation and a gender-friendly work environment. The state provides a very good education support system to excel in academic empowerment. one of the best models other states in the matter the role of women's participation in all sectors of employment, especially the healthcare and service sectors.

Kerala has equal economic opportunities and resources which can be used for bridging gender inequality, in turn, benefitting to enhance economic growth. Worker participation in NREGA scheme, and innovative models of empowerment and capacity building through Kudumbashree Mission Kerala, has demonstrated great success.



Men need to understand the issues women are facing and should have a heart to resolve the challenges.

The democratic approach of our state policy helps to develop an efficient approach for women

empowerment with a practical strategy which is important to achieve gender equality with inclusive participation of both men and women.

Women empowerment will be a dream which will never be possible without the support and efforts of men. The attitudes and perception toward gender equality should change and need a new approach. Let our men be a strong supporter, facilitator who understands the requirement of empowerment and equality. Let her fight for her rights, be supportive to solve her issues, exercise her rights and be colourful in her society. Let the new concept build-up, let we all together discuss the issues to achieve our goal, the gender equality... to win a dream...

The democratic approach of our state policy helps to develop an efficient approach for women empowerment

DR. ASHA KISHORE SREE CHITRA'S 'SREE'-WOMAN

Parvathy Vijayan, Information Assistant, I&PRD



What has been your experience as the first woman head of Sri Chitra?

The gender preference is not an important one. Ability is what counts. Women should show the willingness to work towards that goal and come forward on their own. Sri Chitra has all the facilities for a woman to rise.

What were your reasons for choosing a field as challenging as Neurology and Movement Disorder? Can you tell us something about the journey you have made?

In those days, a few persons took up medicine. I passed my MBBS course in flying colors. And after MD, there

was nothing more to pursue. But I was interested in Internal Medicine, especially Neurology. That was how I entered this field.

A lot of women these days find it hard to juggle with domestic and professional responsibilities simultaneously, and opt to stay at home. How have you been able to manage it, working as you are in the field of health service?

It is true that a lot of women face this problem. But I must admit that I have not had such difficulties. My family has been very supportive. While I was in service, I took leave in order to study at the British Columbia University. The environment at my workplace was also very encouraging.

Can you elaborate on your academic accomplishments abroad?

I went to Canada in order to study Movement Disorder. The first two-and-a-half months were extremely difficult. The subject was utterly new. But gradually I learned to overcome the challenges. The very fact I could start a Movement Disorder Clinic here, and am able to take its activities forward in a creditable way now is the result of my overseas study.

What makes Sri Chitra different from other institutions?

We have three wings here – research, hospital, and bio-medical device manufacture. Such institutions are rare. Patients find it helpful that a bio-medical device like the Sri Chitra valve is manufactured here. As they are available at a moderate price, common people are able to handle the expenditure on surgery.

Can you shed some light on the latest research going on at Sri Chitra?

What is being developed now at Sri Chitra is ASD closure device in the atrium of heart. This will help close holes in the heart without surgery. Many such kinds of research are going on here.

What are the courses offered at Sri Chitra Thirunal Institute?

SCTIMST offers post-doctoral courses in Cardiology, Cardiovascular and Thoracic Surgery, Neurology, Neurosurgery, Cardiac and Neuro anaesthesia, Cardiovascular Imaging and Interventional Radiology,

Interventional Neuro-radiology; doctoral programme in Transfusion Medicine; PhD in Biomaterials Science & Technology, Bioengineering, Chemical and Physical Sciences, Life Sciences, Medical Sciences and Health Sciences; M.Tech in Clinical Engineering; and MPhil in Biomedical Technology and various diploma programmes.



What can Sri Chitra do to help resist long spells of communicable diseases in our state?

Our State and our health care services are of very high quality. Although Sri Chitra is an autonomous body that works under the Central Government, we maintain a good relationship with the Government of Kerala, especially the present government, as well as the State Department of Health. I believe that whenever our services were required, we were able to extend it in a time-bound manner.

What kind of challenges did you face when you shifted gear from the position of a doctor to that of a top-level administrator?

I have always had only the interests of the institution in mind. That is something that anyone in my place will do, be it a man or a woman. Perhaps when it comes from a woman, it may cause more resentment. But I don't worry about such things. Discharging my responsibilities in the best possible manner is my only concern.

As a woman occupying a high position what message do you have for women, especially in these times when women are gaining greater importance?

Let us learn to face challenges, work hard and do our job with self-confidence. Only then will we be able to rise to positions of leadership. If we are prepared to take up responsibilities, positions that we deserve will actually seek us out.

KERALA POLICE: FOR THE SAFETY OF WOMEN FOLKS; ALWAYS

V. P. Pramod Kumar
Dy. Director, State Police Media Center



Policing with a heart can be a surprise element when it comes to conventional thinking. But the Kerala State Police spring surprises every now and then. This time the Force comes with a women-safety-friendly face...

Kerala Police has a reputation of being one of the best-managed state police forces in the country. Thus Kerala became one of the top-ranking states in terms of maintenance of law and order. The State Police Force has already implemented many projects for the safety and security of women. Self Defense Training for Women, Pink Patrol, Surakshitha etc. are the projects implemented with a view to improving the women empowerment in the State.

Women Safety Year

The State Police Force observe this year (2020) as Women Safety Year. The State Police Chief has directed all the ranges to set up women crime investigation wing incorporating Inspectors and women police personnel and entrust them with investigations of major criminal cases in which women victims are included. Women

patrolling groups will be there at bus stops, markets, school-college premises, public places by beat or two-wheelers.

The project titled 'Surakshitha' which allows women to roam freely at night was started in Kollam City. The same will be extended to other districts as well. The nightlife project of Kerala Police encourages the women to walk anywhere in the city at night without fear.

Women Self-Defence Training Program

Women Self Defense Training Program is a unique initiative of Kerala Police under its Community Policing Project. This project aims at empowering women through comprehensive awareness and practical training program on self-defence. Training has been formulated and implemented by the Kerala Police to provide Self Defense Training to women and girls across the State.

Women self-defence trainers have been selected from

Kerala Police has a reputation of being one of the best-managed state police forces in the country



among different wings of Police Department and adequate training on martial arts and self-defence training techniques have been given to them. These trainers are now deployed in all police districts. These training programs provide self-defence tips to tackle various threat situations like bag snatching, chain snatching, sexual attacks, eve-teasing, life attack, ATM attack, domestic violence etc. More than five lakh women have been trained under this mammoth initiative so far in our state.

Pink Police Patrol

The Pink Police Patrol has been introduced by Kerala Police for enhancing the safety and security of women and children through specially trained women police personnel. These police personnel patrol in and around KSRTC Bus Stops, Schools, Colleges and other public places. The team is deployed in areas where the presence of women is high. The pink patrol cars are equipped with GPS tracking systems and cameras which continuously send images to the respective control rooms.

The State Police Force observe this year (2020) as Women Safety Year

Other initiatives have also been declared considering the safety of women. A woman beat officer will visit physically and mentally challenged women and will ensure

The Pink Police Patrol has been introduced by Kerala Police for enhancing the safety and security of women and children through specially trained women police personnel reputation of being one of the best-managed state police forces in the country

their welfare. System of women helpline will be strengthened and with the help of the Social Justice Department and other stakeholders, various campaigns will be conducted against the dowry system, women rights etc. Women entrepreneurs will be

located from among the women groups with the help of the interested groups and other private institutions which empower women to face all situations strong and bold in life.

DR. REKHA : THE HEARTLINE OF THE RCC

Parvathy Vijayan, Information Assistant, I&PRD



Let's start by hearing from you about your functioning at The RCC?

It's been past one year since I took charge as the director of RCC. It is a very challenging post. I have tried to

strike a balance in implementing the main objectives of RCC namely patient care, research, human resource development and cancer control activities. In 2019 RCC has been an important player in formulating Cancer treatment guidelines for the State of Kerala and also



in the formation of the Kerala Cancer Control board. Construction of our new 14 storey building started in early 2019 and is progressing. State of the art equipments have been purchased utilising our plan funds to upgrade various departments. We have become more patient friendly by opening additional pharmacy counters, food court etc.

Could you please comment on the time when you were a student and how you started your career as a doctor?

When I started my MBBS course, women were coming to the medical field sans inhibitions. But women surgeons were a rarity then and post graduate courses in surgery too reflected the same. So I had to drop my ambition of becoming a surgeon.

How was the journey in RCC? What was the instinct behind the decision of joining RCC?

My inquisitive nature and willingness to take up challenges prompted me to opt for Pathology as my speciality which gave me ample scope for diagnosis, teaching and research. I was working as a faculty in Medical College, Trivandrum for seven years when I felt the need to move to RCC to get further opportunities for training in cancers related to blood and the immune system in international institutes of excellence.

How many women were at the entry-level at that time and how long did it take you to reach the top of the organisation? How has gender representation changed in the RCC since then?

Gender representation among staff was always good in RCC. Climbing up the ladder here has nothing to do with gender. If you have the talent and willingness to work with dedication, you have opportunities. It took me 23 years to reach here. The director is selected based on a national level procedure. I am the fourth director

of RCC and all my predecessors were very illustrious personalities and are a testimonial to their long years of service here.

What is your message to the girls entering the field of science and medicine?

In the field of medicine there is no existing gender disparities in Kerala but any barrier can be overcome with strong determination and hard work.

What are your visions of the future for RCC?

RCC is one of the top 3 cancer centres in the country. My vision is to develop RCC to an institute of international stature. We have a new campus at Pulayanarkottawherewe will have an exclusive centre for women and pediatric cancers. Establishing a Proton beam therapy for treating cancers especially children with brain tumours and a centre for preventive oncology are other dream projects. Setting up free housing for our patients is also on the anvil. We are planning to launch a cancer screening and early detection program in Thiruvananthapuram district this year.

How do you manage with the role of being a mother, wife and daughter along with the role of a leader?

Family is also as important as your career. I try to balance everything. A supportive family system is important and fortunately I have one.

Which role you prefer - a doctor or an administrator?

I do miss my work as a full time pathologist but I still manage to get time to see difficult cases. I like the job of an administrator better because it is challenging and I love to take challenges. I consider this as a rare opportunity given to me to make life better for patients coming to RCC.

CHALAI SPORTS A NEW LOOK

The Chalai market in Thiruvananthapuram, the intrinsic element in Travancore's culture, is all set to become the cynosure of international attention. The facelift begins with the heritage street, which start from East Fort and end up at Killippalam. Aryasala junction will get a different look. A comprehensive scheme for waste management with the aid of TRIDA, Suchitwa Mission and the Corporation will add to the charm to the premises.

Apart from these, the developmental activities that will be done as part of the Smart City project will elevate Chalai to the international level. Smart roads, Gardens, underground cables pedestrian walkways will also be realised. Tourism Minister Kadakampally Surendran inaugurated the first phase of the renovation activities of the Chalai heritage street activities. Once the project is fully completed, it will be a matter of pride for the whole of Kerala.



STATEMENT ABOUT OWNERSHIP AND OTHER PARTICULARS OF KERALA CALLING MONTHLY

1. Place of Publication	:	Thiruvananthapuram
2. Periodicity of Publication	:	Monthly
3. Printers Name	:	UV Jose IAS
Whether citizen of India	:	Yes
Address	:	Director, Information Public Relations Department, Govt.Secretariat, Thiruvananthapuram
4. Publisher's Name	:	UV Jose IAS
Whether citizen of India	:	Yes
Address	:	Director, Information Public Relations Department, Govt.Secretariat, Thiruvananthapuram
5. Editors name	:	UV Jose IAS
Whether Citizen of India	:	Yes
Address	:	Director, Information Public Relations Department, Govt.Secretariat, Thiruvananthapuram
6. Name and Address of Individual who own the newspaper	Government of Kerala. I, UV Jose IAS declare that the particulars given above are true to the best of my knowledge and belief.	

Sd/

Thiruvananthapuram
01-03-2020

UV Jose IAS
publisher



Be Alert

#breakthechain

കൈവിടാതിരിക്കാം
കൈ കഴുകാം

Break the chain
കൈവിടാതിരിക്കാം... കൈ കഴുകൂ...

Elderly people should take extra care to get protected

COVID 19 is a self-limiting infection with the symptoms of fever, sore throat, cough, shortness of breath etc. In normal case, it can be managed with proper care and treatment. However there are chances of serious complications of COVID 19 infection among people above 60 years.

Ensure the following for health and safety of elderly among us



Take care, keep away from relatives and friends returned after long distance travel, especially from COVID 19 affected areas



Avoid attending public gatherings, cinema halls, marriages, festivals etc



Do not mingle with people having fever, cough, sore throat



Have healthy food and continue the on-going medications, if any



Regularly and thoroughly clean your hands with soap and water or with alcohol based hand rub at least for 20 seconds

The following health challenges also increase the severity of complications in COVID 19 infection

Post-transplant patient	Chronic kidney disease	Heart and lung diseases
Immunocompromised conditions	Chronic liver disease	Malignancies under chemotherapy

For details contact DISHA Toll free Number
1056/0471 2552056
"OUR HEALTH OUR RESPONSIBILITY"

Health & Family Welfare Department
Information-Public Relations Department
Government of Kerala



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FEVER



COUGH



SHORTNESS OF BREATH

and get all the **FACTS** and
LATEST NEWS on
COVID 19 in Kerala



കോവിഡ്-19
ബോധവൽക്കരണ
അറിയിപ്പുകളും

പ്രധാന സന്ദേശങ്ങളും
SMS-ലൂടെ അറിയിക്കും....

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Information Public Relations Department



Information & Public Relations
Department, Government of Kerala

Printed and Published by U.V. JOSE IAS, Director, Information & Public Relations Department on behalf of Government of Kerala and Printed at St. Joseph Press, Thiruvananthapuram and Published at Publication Wing, Information & Public Relations Department, Government Secretariat Annexe, Thiruvananthapuram, Kerala. Editor-in-Chief: U.V. JOSE IAS. Enquiries: Phone- 0471 2517036 Email- icirculation@gmail.com