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VOLUME

6

Excel Medical Campus News Bulletin

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- Excel College of Pharmacy
- Excel College of Physiotherapy & Research Centre
- Excel Siddha Medical College & Research Centre
- Excel Medical College of Naturopathy & Yoga

- Excel Homoeopathy Medical College
- Excel Nursing College
- Excel Institute of Health Sciences
- Excel Multispeciality Hospitals

NH - 544, Salem Main Road, Komarapalayam, Namakkal District - 637303, Tamilnadu, INDIA.

Cell: 08048893377



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Hon. Chairman's Message

In any institution, you'll find rules, rubrics and issuance of regulations from time to time. And there would a hierarchy beginning with the Principal, Dept. Heads, Coordinators and other in-charges and Subject handling faculty.

These limiting factors and hierarchical structures are in place not essentially to limit the freedom of people; but instead to prevent the misuse of freedom. And those who understand the true meaning of rules and regulations show the boldness to go beyond them for better results. There is an old saying in English: "Fences were made for those who cannot fly." Let us not take rules and stipulations as limits to our freedom but as markings of areas telling us where and when to be cautious and then go beyond them to achieve all that can be done by as human beings.

- Prof. Dr. A.K. Natesan
(Syndicate Member, TNTEU)

I



Excel College of Pharmacy celebrated the 75th Azadi Ka Amrit Mahotsav - Independence Anniversary events - in an enthusiastic manner. Flag hoisting with students' march was held. Dr. K. Bommanna Raja, Executive Director of Excel Technical Campus, presided over the function and enlightened the students with his speech.

Various competitions like essay writing, elocution, rangoli and drawing & painting were conducted. Prof. Dr. R. Manivannan, Principal, distributed the prizes to the winners of the events. All the students took the pledge to safeguard our country's culture and heritage.

Year-III B.Pharm students organized the World Drug Abuse Prevention Day in a fitting manner on 13.08.2022. A pledge was taken by all the students to fight against drug abuse – as per the directive of the State Government of Tamilnadu. Various activities like video shows, slides, e-poster presentation, etc. were performed by the students on the theme drug abuse. Awareness posters and charts were exhibited during the session. Prof. Dr. R. Manivannan, Principal, felicitated the participants.





Year-III B. Pharm students of Excel college of Pharmacy organized the World Population Day-2022 on 11.7.2022 in a grand manner. The event was held in the Pharmacy Hall on Floor III. Various activities like videos, slides and mime shows were performed by the students keeping in with the theme. Awareness posters and charts were exhibited during the session. Prof. Dr. R. Manivannan, Principal, felicitated the gathering.



Year-IV B.Pharm students of Excel College of Pharmacy organized the World Hepatitis Day in a grand manner on 28/07/2022. Various activities like videos, slide shows and awareness talks were performed by the students on the various facts of Hepatitis and its prevention. Awareness posters and charts were exhibited during the session. Prof. Dr. R. Manivannan, Principal, felicitated the gathering and other Professors too shared their ideas with the audience.



Excel College of Pharmacy took part in the Inter College Pharma Sports Meet 'Aagama 1.0' organized by JKKN College of Pharmacy on the 22nd & the 23rd of July 2022 in JKKN Stadium Grounds. The Chairperson, Smt. N. Sendamaraai, Mr. S. Ommsharravana, Director, and other faculty members were present for the inaugural programme on the first day.

24 colleges from various districts participated in the sports meet. Accompanied by Mr. M. Karthick, M. Pharm, AP, & Dr. A. Sarathy Varman Pharm.D, AP, 24 students of Excel College of Pharmacy from B.Pharm and D.Pharm participated in two games events - Basketball & Volleyball and reached the Quarter Finals. All the players received participation mementos from the organizing committee. The entire team of participants and accompanying staff expressed their gratitude to the Management and the Principal for their encouragement and support.



Year-I D.Pharm students of Excel College of Pharmacy, in unison with their professors, organized the World Organ Donation Day in a grand manner on 13.08.2022.

Various activities like video shows, slide shows and mime shows were performed by the students on the importance of organ donation. Awareness posters and charts were exhibited during the session.

Prof. Dr. R. Manivannan, Principal, felicitated the gathering and encouraged the students and their professors to continue to take up innovative and educative activities like this.

Excel Homoeopathy Medical College:**Fresher's Day**

On 6th August, 2022, the students of the 2nd year BHMS conducted the Fresher's Day to welcome the 1st Year BHMS students. The programme was held at the Medical Auditorium. It was initiated by lighting of the Kuthuvilakku. It was followed by a welcome speech by Tamilarasan of BHMS - II. An encouraging speech was delivered by the respected Principal Dr. T. Saravanan. Several events were staged by the talented freshers. Challenging items were thrown to the freshers. The events came to an end with a cheerful dance by all the students together.

**Independence Day @ EHMC**

On 11-08-22, the faculty and students of all medical and paramedical colleges gathered at the medical campus to celebrate the 75th Independence Anniversary of India. The National Flag was hoisted by the respected Principal of Excel College of Pharmacy and sweets were distributed to everyone. Students of all the different colleges entertained the gathering through their enthusiastic and informative performances.





A Skit Competition entitled “Honour the Memory of our Freedom Fighters” and a Dance competition entitled “Happy Independence” was conducted by Excel Siddha Medical College and Research Centre on 13th August, 2022 at our Mini Auditorium. 6 teams participated in the event.

The winners of the Skit Competition were:

1st Prize: - BSMS-III (Ms V L. Babishni, Ms S Pavithra & Team); 2nd Prize: BSMS-I (Ms A. Tharakeswari, Ms. B. Vishnupriya & Team)

The winners of the Dance Competition were:

1st Prize: BSMS-II & BSMS-I (Ms S. K. Mennsruthi, Ms Rajalakshmi & Team) 2nd Prize: - BSMS-III (Ms. V. Indra, Ms J. Aishwarya & Team)

Excel Nursing College and Excel Institute of Health Science organized their Annual Sports Meet from 26/09/2022 to 28/09/2022.

Games and Athletic Events, including 100m Dash; 200m, 400m & 1500m Races, Relay, Shotput, Discus Throw, Kabaddi, Volley Ball, Kho-Kho, Cricket, Football, Carrom, Chess, Long Jump & Shuttle were conducted separately for boys and girls with the assistance of Excel Physical Directors. The students participated actively and enjoyed themselves.





Excel Nursing College and Excel Homeopathy Medical College joined together to celebrate the World Breastfeeding Day with an Awareness Rally on 05/08/2022.

The Rally started from Excel College Campus to Muniyappan Kovil Primary Health Centre. Around 320 students participated. Excel Nursing and Homeopathy teams consisted of the staff & students and they spread the awareness about the importance of breastfeeding to the public.



On 02.08.2022, Ms. A. Artheeshwari, B.Sc. Year-II Nursing student of Excel Nursing College, won the First Prize in the Speech Competition conducted at the West Zonal Level on the topic “தமிழ்நாட்டில் பாலப்போக்கு” (VIDUTHALAIPPORIL PENKALIN PANKU), Organized by The Tamilnadu Dr. M. G.R. Medical University Chennai at Arvinth College of Nursing, Namakkal, for the year 2022.





On the occasion of World Hepatitis Day, a Hepatitis Awareness Programme, along with a Health Education Expo was organized by Excel Nursing College. Around 780 students visited “Health Education Expo”. Our Excel Nursing College students spread awareness on the prevention and spread of viral hepatitis and about the management of Viral Hepatitis.

“ESMCRC conducted a Models Exhibition in the field of Biochemistry, Physiology, Microbiology, Pathology, General Medicine, Forensic Medicine, Obstetrics and Gynaecology, Paediatrics, Hygiene, Siddha Maruthuva Adipadaigalum Thathuva Varalarum, Gunapadam, Sirappu Maruthuvam and Aruvai Tholmarauthuvam for 2 days on 7th and 8th July, 2022 at 3 Halls of Medical Block, BSMS Wing.”



The Exhibition was organised by Mrs. K.P. Indumathi, AP, and Year-I BSMS students. The opening ceremony of 3 halls was presided by Prof. Dr. G. Kavitha, Principal, ESMCRC, Dr. D. Dyaneswar, Assistant Professor and Dr. B. Kannan, Medical Officer, Excel Siddha Medical College and Research Centre. Nearly 750 students and 60 staff members of various colleges of Excel Group Institutions visited the exhibition and got benefitted.



Excel Siddha Medical College and Research Centre organised an awareness programme in around Government and Private schools of Sangagiri, Komarapalayam, Pallipalayam and Bhavani from 12th July 2022 to 12th August 2022. Dr. B. V. Thiyagarajan, Medical Officer, gave a lecture about the AYUSH system and the Preventive Measures for Diseases and Life Style Disorders and imparted awareness about the importance of Siddha Medicine.



The programme was conducted at Government schools for Boys and Girls as well as Matriculation schools in the area of Sangagiri, Komarapalayam, Thevur, Chettipatti, Kullamapatti, Ponnampalayam, Konneripatti, Nedunkulam, Aanaikattipalayam, Chinnagoundanur, Akkampettai, Gurusamipalayam, Kachhupalli, V.Mettupalayam, Vadugappai, Vaikunthan, Palliapalayam and Bhavani. Nearly 3000 students and 150 Teachers of the schools got benefitted through this programme.



EMCNY Medical Camp at Surabhi Foundation

Excel Medical College for Naturopathy and Yoga, conducted a Naturopathy & Yoga Medical Camp at Komarapalayam, for the Women's Self-Help Group, Surabhi Foundation, on 05.08.2022. Dr. Muthukrishnan and Dr. Chandrakala organised this camp along with the 3rd Year BNYS students. The camp comprised of consultation for common public and offered free Naturopathy treatments such as Acupressure, Yogic exercises, Steam inhalation and Partial massages. 40 people benefited from this camp.



WORLD BREASTFEEDING WEEK –**Awareness Camp 1**

Excel Medical College for Naturopathy and Yoga, conducted a one-day workshop during the “World Breast Feeding Week” for pregnant and breast-feeding mothers at Excel Medical Campus, in association with Surabhi Foundation, Komarapalayam on 06/08/2022. The chief guests were Mrs. Mahalakshmi, Founder, Surabhi foundation and Mrs. Maheswari, Principal, Excel Nursing college.



Dr. Vibhas, Principal, EMCNY, gave the presidential address and Dr. Muthukrishnan gave a public awareness talk on the “Importance of breast feeding” explained how breast milk serves as natural vaccine to babies. It was followed by free consultation, Naturopathy & yoga treatments, Natural diet distribution and Diet display for the lactating mothers and to prevent anemia in pregnancy. Around 50 lactating mothers and pregnant women were educated in this workshop and learnt the antenatal yoga practice.

WORLD BREASTFEEDING WEEK

Awareness Camp 2

EMCNY conducted a one-day workshop in connection with the “World Breast-Feeding Week” for pregnant and breast-feeding mothers at Komarapalayam Anganwadi of the 11th Ward, in association with Komarapalayam Municipal Corporation on 07/08/2022. 35 pregnant & lactating mothers attended this workshop. Dr. Mohan Kumar and Dr. Sughanya gave an awareness talk on the benefits of breastfeeding to the mother & the baby, in contrast to artificial feeding. She said that breast-feeding up to 2 years and beyond, is beneficial for both. Long-term breast-feeding may protect the mother against diabetes, high blood pressure, and breast and ovarian cancers.

Dr. Mohan Kumar added that breast-feeding can lower the risk of sudden infant death syndrome in the first year of your baby's life. It could raise a child's intelligence. Studies have shown that breast-fed babies have higher levels of cognitive function. Breast milk may even help the child in later years, by reducing the risk of being overweight, and of developing asthma, allergies, type-1 and type-2 diabetes, high cholesterol, Hodgkin's disease, leukemia, and lymphoma.

Antenatal yoga sessions were also conducted along with consultation and natural food distribution.





ERODE FOOD FEST: 06.08.2022

Excel Medical College for Naturopathy & Yoga participated in the FOOD FEST conducted by the Food Safety Department of Erode District, by taking part in the Walkathon, and also with its Special Yoga demonstration by the BNYS students for the public at large, gathered at the venue, along with cultural events on Saturday, 06.08.2022, at Parimalam Mahal, Erode.

24 BNYS students of EMCNYS participated in the Cooking Competition held at the venue. The entire crew was led by Dr. Vibhas. K., Dr. Muthukrishnan, Dr. Sefin Bobby, Dr. Saran, Dr. Sathish, Dr. Sujay Kumar Roy and Dr. Janani.



EMCNY's Participation in The Tamilnadu Dr. MGR Medical University's Celebrations



With the Vice-Chancellor



Ms Archanalakshmi, student of EMCNY Year-I participated in the poster competition conducted by The TN Dr. M.G.R Medical university for all AYUSH Colleges

FOOD MELA PARTICIPATION AT SALEM, ERODE & NAMAKKAL

The students of EMCNY participated in the Food Mela organised by the Food Safety Organization in Salem, Erode & Namakkal, and showcased their talent in fireless cooking, exhibition of raw, healthy, wholesome and plant-based food items and later gave a stunning stage-show of yoga performance to the public in the month of August 2022.



**FLAG HOISTING AT COLLEGE CAMPUS
“HAR GHAR TIRANGA”2022**



SHOURYA-2022 AND UTSAAHA-2022:

Showing the Prowess and Enthusiasm – 2022



Wrestling

EMCNY celebrated Shourya-2022 (29.08.22-30.08.22) and Utsaaha-2022 (14.09.2022) as days for sports and cultural activities.



Kho-kho

The event made the students excited and energized to compete with each other in healthy ways. The activities stretched across for a week to enthuse them.



Kabbadi



At the Naturopathic Food Court

National Conference on Medical Value Tourism through Yoga and Naturopathy -2022



The staff and students of Excel MCNY, along with the Principal Dr. Vibhas, participated in the National Conference organized by INYGMA (Indian Naturopathy & Yoga Graduates Medical Association) at Rasipuram on 17th September 2022. The students were enthusiastic about learning the scope and opportunities in the field of Naturopathy and Yoga both in India and abroad. They got a chance to learn from the stalwarts of the Yogic Practice.

Dr. Mathan Karthick, Vice- Chairman of Excel Group Institutions was honoured as a pioneer in the field of Naturopathy & Yoga education by the Honourable MP, Mr. Chinnaraj. He was also honoured as a mentor in the field of Naturopathy and Yoga education. Ms. Khanikha, a student of Year-I participated in the inter-collegiate scientific poster presentation and won the First Prize along with a cash price of Rs. 5000/-.

Medical camps

Excel MCNY Hospital organized a medical camp marking the World Peace Day and World Lung Health Day at Shri Ramana Maharishi Ashram Free Hospital at Thiruvannamalai on 25.9.22. The public who gathered at the venue were taught pranayama and meditation practices by the Excel team of doctors.

Alongside the World Reflexology Week there was also a free medical camp conducted for children with Autism and ADHD on the same day. Many kids benefitted from the camp. The public appreciated the efforts of the Management as well as the medical team for their selfless service.





Tastebuds - Relearn the taste - Naturopathy Canteen

EMCNY proudly inaugurated the diet section canteen catering to the Inpatients and faculty and students of Excel Group Institutions by offering Natural wholesome plant based nutritious food as lunch along with fresh juice items and snacks under the guidance and support of the management. The diet sale counter serves a lunch, snacks & Juice items on request under the pre-booking system whereby many are benefitted with food that is yummy for the tummy and healthy at the same time.

Excel MEDICAL COLLEGE FOR NATUROPATHY & YOGA
Approved by Govt. of TN and Affiliated with Tamil Nadu Dr. M.G.R. Medical University, Chennai.

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VENUE: TASTE BUDS
(Naturopathy Canteen, 1st Floor, North Block, Excel Medical Campus)

Juice: 11:00 am – 12:00 pm Lunch: 12:30 – 2:00 pm Snacks + Herbal Tea: 3:00 – 5:00 pm Dinner: 6:30 – 7:30 pm	Juice: Rs 20 /- Lunch: Rs.50 /- Snacks: Rs.10 /- Dinner: Rs 40 /-
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"Health requires healthy food."

Kindly pre-book for lunch and dinner by paying the amount before 5 pm on the previous day & share the receipt through Whatsapp. No calls are entertained.

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EXCEL SIDDHA MEDICAL COLLEGE



In keeping with the guidelines of the Ministry of AYUSH, Govt of India, to mark the celebration of the 75th Independence Anniversary, ESMCRC conducted a special event “Har Ghar Tiranga” (National Flag in every home) on 13th August, 2022 at our Mini Auditorium from 9:30 am to 12:30 pm.

The programme was organised by BSMS Year-III students. All the Teaching, Non- Teaching community, Medical Officers and Students of our College participated in the event. Prof. Dr. G. Kavitha, Principal, gave an introductory address. Six of our faculty members gave an inspiring speech about the sacrifice made by our freedom fighters. The speakers also pointed out the patriotism and the dedication of our armed forces. The students’ patriotic spirit was aroused by the speeches.

Tamil Oratorical Competition entitled “Struggles for Freedom”, English Oratorical competition entitled “Independence Day Pledges” and Singing Competition of Patriotic Songs were conducted on 13th August, 2022 at the Mini- Auditorium of ESMCRC. 32 students participated in the above events.

The winners of the Tamil Oratorical competition were Ms. S. Roja (I), Ms. V. Indra (II), and Ms. S. Pavithra (III). The winners of the English Oratorical competition were Ms M. Jameernisha (I), Ms S. K. Sangeetha (II), and Mr. S. Karthikeyan (III). The winners of the Singing competition were Ms S. Dhivya (I), Ms V. Shreya (II) and Ms G. Janani (III).





A Drawing competition entitled “History of our Freedom Fighters” was conducted by Excel Siddha Medical College and Research Centre on 13th August, 2022 at the College Mini Auditorium. 24 students actively participated in the event. The winners were: 1st Prize - Ms D. Madhumitha (BSMS-III); 2nd Prize-Ms. V. Abinaya (II BSMS) and 3rd Prize-Ms J. Aishwarya (BSMS-III) & Mr. K. Visweshwaran (BSMS-I)

Excel Siddha Medical College and Research Centre conducted a special Rally on the Importance of the Independence Day and Har Ghar Tiranga along with Komarapalayam Rotary Club on 14th August, 2022 at Komarapalayam from Katheri Pirivu to Komarapalayam Bus stand, under the leadership of Mrs. K. P. Indumathi, Assistant Professor cum Activity Coordinator for Year-III BSMS students. All the Teaching and Non-Teaching staff, as well as Medical Officers along with 136 Students participated in the rally.

Tiruchengode Circle DySP, Ms Mageshwari addressed the students and started the campaign by waving the flag. Mr. Ravi, Inspector of Police, Komarapalayam also addressed the students. The students walked 3 km and some of them were dressed up like our national leaders, armed forces which attracted the public. At the end point of the rally our students and the public took the pledge on Har Ghar Tiranga (National Flag in Every Home). The students performed a street skit on the life history of Theeran Chinnamalai. Nearly 2000 people got to watch this rally to promote patriotism.





Excel Siddha Medical College and Research Centre conducted a Tricolour Celebration on 14th August, 2022 at the ECMCRC Medical campus at 2 pm. All the Teaching and Non-teaching Staff, Medical Officers and 136 Students of our College participated in the event. The formation of our National Flag was performed. The public as well as the other students of our institution appreciated with thunderous rounds of applause.

Excel Siddha Medical College and Research Centre conducted a special event on the 'Paarambariya Kalaigal' (Traditional Arts) on 14th August, 2022 at ESMCRC Medical campus from 3 pm to 4:30 pm.

The students performed Silambam, Yoga, Bharathanatyam and Karakattam to enhance the patriotism among the students.





Excel Siddha Medical College and Research Centre conducted a Marathon on 15th August, 2022 from ESMCRC Medical campus by 8.15 am. Mrs. M. Kaviarasi, Director, Excel Public School started the Marathon by waving a flag. The students covered a distance of 5 km from the Medical Campus to Ranganoor and back.

The student volunteers, medical assistant team accompanied the runners till the end of the event. The winners were: 1st Prize-Mr. B. Ragavelan (BSMS-III); 2nd Prize-Mr. B. K. Nirmalraj (BSMS-III) & Ms R. Saranya (BSMS-III) and the 3rd Prize-Mr. S. Vasantha Kumar (BSMS-III) & Ms Abitha K (BSMS-II)



To enhance patriotism, Excel Siddha Medical College and Research Centre conducted an event “Our Home Our National Flag” that all the BSMS students have to hoist the flag in their home with their family members. Take a group photo with hoisted Indian flag and have to send on 15-08-22. Many students and their family members actively hoisted our national flag and sent their group pictures.

The prize winners of BSMS in all the events were appreciated on 15th August 2022. Mrs. M. Kaviarasi, Director, Excel Public School presided over the function and distributed the prizes to the victorious students. The Director appreciated the organizers and the active participation of the students in all the events.



Dr. P. Vanathi, Assistant Professor, Department of Microbiology, Excel Siddha Medical College and Research Centre was invited as Chief Guest for the inaugural ceremony of Microbial Association at Tiruppur Kumaran College for Women, Tiruppur, on 16th August, 2022. She inaugurated the ceremony and felicitated the office Bearers and gave an interactional speech about “Emerging Employability Scenario in Lifesciences”



Excel Siddha Medical College and Research Centre celebrated the Freshers' Day for the Batch 2021-22 on 16th September, 2022. BSMS Year-II and Year-III students welcomed the First-Year students enthusiastically. The programme started at 10:30 am at Excel Mini Auditorium. Prof. Dr. G. Kavitha, the Principal, gave a special address that was inspirational. The First-year Batch name was released as "Thugir" by Dr. P. Chilambuselvi, Assistant Professor. The ceremony was followed by Cultural events. At the end of the function, the First-Year students were honoured with mementos by the senior students.

Dr. P. Vanathi, Assistant Professor, Department of Microbiology, Excel Siddha Medical College and Research Centre acted as speaker for the International Microbiology Day at Erode Arts and Science College on Sep 17th, 2022, and gave an interactive speech on the topic "Scope and Opportunities of Entrepreneurship in Microbiology".



Shortage of Drinking Water

- Dr. Thomas Mathew Devdan

‘Water, water everywhere; not a drop to drink’ is an oft quoted line from S. T. Coleridge’s classical poem ‘The Rime of the Ancient Mariner’. The scene is the waters of the ocean where a sailor in his ship drifts all alone in a ghost-like ship for the crime of having gone against nature. He is thirsty for days without a drop of drinking water. And the scene we have now is that of some human beings struggling to keep themselves alive as they are surrounded by dirty, muddy flood waters, as a result of mankind’s apathy to nature despite the numerous earlier warnings given by nature.

The ability to supply safe, potable (drinking) water to all its citizens will now mark the criterion for a government’s longevity in holding office. It is not the scarcity of water alone that frightens us; it is also the torrential rains, the cloudbursts and the avalanches due to the overall rise in temperature. When countries like the Republic of the Maldives fear the submergence of two thirds of their islands within a span of 30 years, we have countries with hilly terrain constructing dams, which undeniably causes imbalance in the natural logistic formation of the earth’s land surface.

The pristinely pure water emanating from its mountainous sources are polluted at the very underground spring from which God’s free gift spouts up. Man has come to inhabit forest land for temporary periods of time in the name of tourism, which has also come to be a continuous flow as the stream itself. The land is strewn with toxic substances which percolate down and mix with the ground water.

We have reached a stage where river water or canal water is unfit even for bath or washing clothes. All the effluents from factories, dyeing units and sewage are sent out to join the river. The rules regarding effluent treatment plants and recycling of industrial waste water are implemented haphazardly. India, for one, may not be able to follow the footsteps of many island nations and the countries of the Middle East in setting up desalination plants to convert sea water into potable water.

The reasons for the above are many. First of all, it is not cost effective in the total process and in spite of the Government’s goodwill, it will not be practical for all, though inevitable in the long run as the only alternative. All the island nations and the Gulf countries of the Persian Gulf are small in size and the population is centralized. The interior villages of India are thousands of kilometres away from the sea shore and they are scattered miles away from one another. The task of producing large quantity of desalinated water and making them reach extremely remote places is a Herculean task.

If there is going to be a Third World War, it is certainly going to be on the issue of right to sources of potable water. And it is going to be a war in which no one is going to win because people from both the sides are going to die of thirst and food contamination. Well, these are thoughts just to prevent the worst from happening by our lack of foresight and fore thought. Let us think in terms of preserving our nature, not polluting our water sources and fresh water bodies. Let us individually as well as collectively take steps to go along with nature, and not against.