



Stress, who cares? career comes first

Students are learning to deal with tension and are concentrating more on their future

Sukhada P Khandge

Many factors like controversy over best of five option and late beginning of admission process have resulted in unnecessary tension among students. But, what's worth mentioning is that all the tension has not been able to deviate students from their focus on career.

A recent seminar for class X students in Thane city received more queries about career, courses and other topics and not stress. Sherbanu Educational Welfare Centre recently organised the seminar on the occasion of Friendship Day taking into consideration the admission process. Rucha Patil, a student who recently passed class X, said, "This year, we went through much stress, but its up to us how to overcome it. I have totally ignored the stress and I am looking ahead towards a better career by taking admission in a better college. Therefore, I am attending such seminars."

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—Rucha Patil student

Counselling psychologists and career counsellors Ketki Desai Raut and Gayatri Prabhu discussed different career options and avenues available for students. The seminar also discussed the right method for preparing for an examination and methods of overcoming pressure. Farhat Baksh, founder-president of the organisation, said, "Even while our aim was to reduce the stress among them, students seemed to be relaxed and are concentrating more on their future."

Only four hours of safe driving possible in city

Records show 4-8 am safest time to drive, whereas 4 pm-4 am is most risky in Thane

Deepa H Sarna

The next time you hit the road to drive, ensure that it is the right time to take to the wheels. Records of traffic police, Thane, show that at least 68 accidents were recorded between 4am to 8am between January to June, 2010. You might be shocked to know that the case is reverse and the risk level for motorists on road increases between 4 pm to 4 am, as 409 accident cases were registered, which is six times more during the same period.

Take a look at the figures of previous years which also witnessed a similar situation. In 2008 (January to December), 194 cases of accidents were reported. While there were 177 accidents in 2009 witnessed during 4 am to 8 am, which were lowest as compared to the other hours during the day. "This is a slightly safer period to drive as number of vehicles that hit the road during these early morning four hours is comparatively less. Also, the roads are clear and the drivers don't face any vision problem, which persist during the evening and the late night hours," informed a police officer (traffic).

However, as the day light gets dim, the risk for motorist on road increases. This is what the further figures say. 988 accidents were reported between 4 pm to 4 am in the



RECORD OF MISHAPS						
Road	midnight to 4 am	4 am to 8 am	8 am to noon	noon to 4 pm	4 pm to 8 pm	8pm to midnight
Jan to Dec, 2008						
Natl Highway	86	52	88	65	84	80
State Highway	14	11	20	20	16	20
Others	134	131	278	282	280	274
Jan to Dec, 2009						
Natl Highway	65	39	71	73	63	77
State Highway	19	19	33	27	29	42
Others	114	119	242	213	237	207
Jan to June, 2010						
Natl Highway	36	16	34	25	36	41
State Highway	6	4	14	13	6	14
Others	66	48	121	114	107	97

2008 while it was 853 in 2009. Citing the reason for the increased number of accidents, the officer added, "Not only

are vehicles more in number during evening and late hours, but more heavy vehicles hit the road which is one

of the reasons for increase in number of accidents. Also, as darkness falls, cases of rash driving increase."

Rains improve power generation in Thane

DNA Correspondent

Recent instances of downpour may have caused flooding in many parts of the state, but on the brighter side, they have also improved power generation in the region. Power generation situation was bleak in summer season due to poor water levels in the dams across the state.

In May this year, a few power generation units at Chandrapur Thermal Power Station (CTPS) had to be shut down due to lack of water supply at the plant. But in July after the water levels in Irai dam (supplies water to CTPS) reached up to the mark, the power generation

plant was restored in July. "However, it is only 10% improvement on what was faced in April-May by MAHAGENCO (Maharashtra State Power Generation Company Limited). The current average power generation in the state is 9,000 MW and there is a deficit of nearly 3,000 MW," said a source from Maharashtra State Electricity Distribution Company limited (MSEDCL).

Considering the pleasant weather, the load demand in the state declined by 12,500 MW. Though no new notification has been released, residents from areas facing loadshedding can expect respite.

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Sena's student wing attacks air crew inst

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DUPEL: Three complainants

Devendra T Goregaonkar

Members of Shiv Sena's student wing — Bharatiya Vidarthi Sena (BVS) attacked Frankfinn Institute of Air Hostess Training Thane office. Students enrolled there alleged that the institute failed to provide job placement and certificates after completion of the course.

The incident took an ugly turn on Thursday, when three students contacted Sena legislator Eknath Shinde. "At the time of enrolment, they promised placement. But we didn't receive a single call for internship in two years," said Rehana Khan, a Thane resident.

Vaishali Gaikwad, another student added, "My mother had taken a loan hoping that I would repay the principal and interest after getting a job. But since the last two years, I did not hear a word from them."

"Certificates will be issued from the head office which is in USA," said an instructor on condition of anonymity.

Class IX textbooks go out of stock, baffles students

With exams nearing, students are worried about the preparation

Sukhada P Khandge

The unavailability of textbooks of subjects such as Marathi, Environment Studies and History for class IX students in bookstores combined with the approaching tests have left students hassled.

The first unit test of class IX is scheduled this week. A student from Saraswati School said, "Marathi textbook is not available in any of the bookstores. Though the lessons in classes are be-

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—Student, Saraswati School

ing conducted, I don't have the book to refer to. How am I going to take tests?"

A spokesperson from Jyoti Stores, a bookstore in the city, said, "The supply of class IX Marathi textbooks that we received in May was



the last one. Though it's been three months, new stock hasn't come in. Students are worried."

"I am preparing for the examination based on the notes that I get in our school. Some of us have started sharing the textbooks as they are not available in the bookstores," said another student from St John the Baptist High School.

Confirming the shortage, AR Bhagwat, education officer (secondary), Zilla Parishad, Thane, said, "Books are available at Vashi Book Depot. I have asked the depot officer to

Books are available at Vashi Book Depot. I have asked the depot officer to arrange for the supply of books. Now it's the job of the private bookstores to get their stock of textbooks from Vashi."

—AR Bhagwat, education officer

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OTHER THAN MALARIA AND DENGUE, DOCTORS WARN AGAINST SKIN DISEASES

Watch your skin this rainy season

Sukhada P Khandge

If you think that monsoons meant only water-borne diseases like malaria and dengue, think again. During monsoons, skin-related infections (fungal infection) are also on the rise. The problems related to skin ailments increase by at least 40%, inform city doctors. They suggest that one should not avoid the treatment of these ailments.

City doctors said that fungal infections generally originate from the Candida species and can affect various parts of the body like scalp, skin, nails and private parts (genital area). Most common symptoms are generally itching and discoloration and flaking of skin or burning while urinating. It could be a sign of a much more serious underlying problem such as diabetes, and is therefore more prone to fungal infection. Fungal infection can be caused by increased intake of carbohydrates such



as candy and sweets.

Dr Mohan Thomas, cosmetic surgeon, said, "Fungal infections increase during monsoons. And therefore, one should not avoid if even the minor symptoms are seen and should prefer seeking advice from a specialist." As a rule, moist and wet ar-

reas are to be avoided and therefore staying dry and wearing completely dried clothes is advisable during monsoons. With particular reference to the feet, dry them after bath or if they get wet due to the rains, particularly the areas between the toes, as

HOUSEHOLD REMEDIES

Curd: The most common remedy for fungal infections in general is yogurt (curd). Sugar-free yogurt is also beneficial for health and can also be applied on the affected parts.

Vinegar: Take a few drops of vinegar in a bath tub full of water and sit in it for 30 minutes. This is an excellent cure to treat fungal infections.

Garlic: Apply olive oil / coconut oil to skin folds along with garlic.

Turmeric: A mixture of turmeric powder and water with oils can be of help

these areas are very prone to fungal infections.

Dr Vinay Gopalani, a dermatologist from Thane, said, "Fungal infections are common during monsoons. Patients coming for the same reason increase by around 40%. The main reason behind this is humidity."

Special film screening on Aug 7

DNA Correspondent

Smile Creations in collaboration with Thane Municipal Corporation (TMC) and Bhartiya Vastu Shilpa has organised a short film event called 'Moviemala' in Thane on August 7.

The event has been organised with an aim to promote short films and provide an op-

portunity to young and new directors. Some of the short films to be shown have also been screened at Cannes Film Festival this year. Marathi films such as *Baangdya* by Kedar Jappe, *Manja* by Rahi Barve, *Dreams Takes Wings* based on Dadasaheb Phalke will be screened. It will be held at Narendra Ballal Hall at 5.30 pm.

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