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Lifestyle Diseases in India: Facts, Threats and Remedies

Dr. Jomon Mathew

Lifestyle disease is associated with the way a person or group of people lives on a daily basis. In other words, lifestyle diseases characterize those diseases whose occurrence is primarily based on the daily habits of people and are a result of an inappropriate relationship of people with their environment. Lifestyle diseases, also called diseases of longevity or diseases of civilization interchangeably, are diseases that appear to increase in frequency as countries become more industrialized and people live longer. These diseases include hypertension, heart diseases, stroke, diabetes, obesity, diseases associated with smoking and alcohol and drug abuse, cancer, chronic bronchitis, premature mortality etc.

There are several factors leading to the occurrence of lifestyle diseases. Since lifestyle diseases are diseases that are a result of the lifestyle choices that we make, contributing factors are closely related. Common causes include bad diet options, lack of adequate exercise, poor posture, disruption in biological clock, poor lifestyle choices, environmental conditions - occupational lifestyle diseases, work environments, stress etc. Specifically, the factors contributing to lifestyle diseases of the present day are mostly of occupational in nature. The occupational pattern in India has undergone drastic changes in recent decades giving priority to IT oriented services. Moreover, the food habits of the society too changed causing to the spread of several lifestyle diseases in our society.

Mounting figures of lifestyle disorders

Several studies have been conducted by different organizations to identify the magnitude of lifestyle diseases in India. According to a survey conducted by the Associated Chamber of Commerce and Industry (ASSOCHAM), 68 percent of working women in the age bracket of 21-52 years were found to be afflicted with lifestyle disorders such as obesity, depression, chronic backache, diabetes and hypertension. Another study by Preventive Healthcare and Corporate Female Workforce summarized that long hours of work under strict deadlines cause up to 75 percent of working women to suffer from depression or general anxiety disorder, compared to women with lesser levels of psychological demand at work. Women employed in sectors that demand more time like those in media, knowledge process outsourcing and touring jobs are unable to take leave when they are unwell. As a result, in India, around 10 percent of adults suffer from hypertension while the country is home to 25-30 million diabetics. Three out of every 1,000 people suffer a stroke.

The survey conducted by ASSOCHAM on the occasion of 'World Health Day' in 2013 made a comparative evaluation of the magnitude of life style diseases among workers in private and public sectors in India. The report states that due to demanding schedules, high stress levels and performance-linked perquisites in private sectors, nearly 85 percent of employees in private sectors are afflicted to life-style, chronic diseases and acute ailment compared to government employees who are ranging below 8 percent. The survey further reveals that 42 percent are afflicted to lifestyle disease, followed by 38 percent suffering from chronic disease and remaining 15 percent have an acute ailment in the private sector. Sleeping disorders are alarmingly growing among the employees in the corporate work field. ASSOCHAM records that 78 percent of corporate employees suffer from sleeping disorders leading to Impact of Insomnia on Health and Productivity. Due to demanding schedules and high stress levels, nearly 78 percent of the corporate employees sleep less than 6 hours in a day which leads to sleep disorders amongst them.

IT sector has been playing dominant role in Indian economy both in terms of contribution to GDP and its employment generation capability. Due to its widening significance, majority of Indian youth are attracted to IT sector. However, according to

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JOB HIGHLIGHTS

UPSC

- Union Public Service Commission notifies Combined Geo-Scientist and Geologist Examination, 2014

Last Date : 31.03.2014

SSC

- Staff Selection Commission notifies Junior Engineers (Civil, Mechanical, Electrical, Quantity Surveying and Contract) Examination, 2014

Last Date : 28.03.2014

PSC, UP

- Public Service Commission, Uttar Pradesh requires 1280 Lecturers

Last Date : 11.03.2014

ITBPF

- Indo-Tibetan Border Police Force requires 260 Asst. Sub-Inspector, Head Constable and Constables in various discipline

Last Date : 31.03.2014

BANK

- Assam Gramin Vikash Bank requires 215 Officer Scale-II, Officer Scale-I and Office Asst.

Last Date : 10.03.2014

CSL

- Cochin Shipyard Limited requires 228 Accountant, Junior Technical Assistant, Welder cum Fitter, Fitter, Painter etc.

Last Date : 10.03.2014

WEB EXCLUSIVES

Following item is available in the **Web Exclusives** section on www.employmentnews.gov.in :

1. The Interim Union Budget 2014-2015.

Career in Transportation Sector

Jitu Sharma

Transport or transportation is the movement of people, animals and goods from one location to another. Modes of transport include road, rail, air, water, cable, pipeline and space. The field can be divided into infrastructure, vehicles and operations. The transportation sector is an important component of the economy impacting on development and the welfare of populations. When transport systems are efficient, they provide economic and social opportunities and benefits that result in positive multipliers effects such as better accessibility to markets, employment and additional investments. The surging growth of the Indian economy since the early 1990s has visibly thrown up a rising demand for transport infrastructure and services. In case of employment scenario, the transport sector has made a significant contribution to employment growth in the post-reform period. In recent years, the Government of India has given much emphasis on development of the transportation sector and large investments have been made in this regard. So this sector has the significant potential for generating productive employment in future.

Job Prospects

Career opportunities in transportation sector are diverse. Those with proper qualification can get jobs in private sector and government sector as transportation planners, designers and operations. In government sector, one can find jobs in Indian Railways, National Highways Authority of India (NHAI), Directorate General of Civil Aviations (DGCA), Port Trusts, Public Sector Units (PSUs) i.e. RITES etc. Private companies, which are working on transportation sector, also provide job options for transportation professionals. Transportation professional plans, designs, and operates roads, highways, railroads, airports and shipping ports, in a way that people and goods can be moved safely and efficiently from one place to another. So transportation jobs can be classified three categories broadly:

Transportation Planner: Investigates and minimizes the effects of new developments and proposed highway projects on air and noise pollution, wetlands, and other environmental factors, including socio-economic impacts. Transportation planners work with public officials, urban planners and neighbourhoods on projects affecting a community.

Transportation Designer: Designs various transportation facilities for airports, shopping centers, recreational, industrial, office and residential developments, as well as pedestrian systems. They also design traffic signals to maintain the efficient flow of traffic.

Transportation Operations: Designs, implements and maintains traffic controls, signs, and pavement markings. Traffic control is essential for safe travel on ordinary roads and construction work zones, detours and for special events.

These broad three categories can be classified as follows:

Road Transportation Manager: Road transport managers take overall responsibility for the efficient and safe running of vehicles carrying passengers and/or goods by road.

Road Transport Clerks: Road transport clerks carry out a variety of administrative tasks for bus, coach or road transport companies. Duties may include dealing with customer enquiries, handling accounts, organizing vehicles and deliveries, processing orders and arranging staff roads. They are responsible for carrying out tasks under the direction of a road transport manager. Their tasks are mainly administrative and financial duties connected to the movement of goods and passengers by road and are likely to involve the use of computer systems.

Traffic Manager: Traffic manager determines modes of transportation and routing based on best price and best service.

Locomotive Engineers: Locomotive engineers operate large trains carrying cargo or passengers between stations. Engineers check the mechanical condition of their locomotives, making any necessary minor adjustments and documenting issues.

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Air Surcharge 20p for Srinagar, Leh, Kalimpong, Imphal, Dimapur, Agartala, Duliajan, Karimganj, Chabua, Diphu, Dibrugarh, Tezpur, Haillakandi, Mariani, Jorhat, Shillong, Digboi, Silchar, Port Blair

Career in Transportation...

Continued from page 1

Railroad Conductors: Railroad conductors coordinate all activities of freight or passenger train crews. Conductors assigned to freight trains review schedules, switching orders, waybills and shipping records to obtain loading and unloading information regarding their cargo.

Subway Operators: Subway operators control trains that transport passengers through cities and their suburbs. The trains run in underground tunnels, on the surface, or on elevated tracks. Operators must stay alert to observe signals along the track that indicate when they must start, slow, or stop their trains.

The Commercial Division: The commercial division handles all commercial responsibilities like ticket checking, catering, administrative and management of stations, reservation and announcements on the platforms etc.

Railway Engineers: Railway engineers are engaged in the technical activities like construction and planning of railway tracks and bridges.

Customs Department Officers: Customs Department officers are in charge of checking luggage for goods that are liable for duties.

Immigration Department: Immigration department is responsible for checking the right of entry of individuals arriving at seaports and airports. The officers also examine documentation, where necessary and remove illegal entrants.

Aviation Sector also includes job profile like Pilot, Air Hostess, Aeronautical Engineers, Airline ticketing etc.

The Merchant Navy deals with transporting cargo and occasionally, passengers, by sea. The main positions open in the merchant navy are navigating officers, radio officers and marine engineers. Women were not generally known to take up jobs in merchant navy but the past few years have seen a positive change with many women taking up jobs as ship doctors and radio officers.

Educational Qualification

Transportation is a specialised field and it needs technical skills. In India, some institutes/universities are offering transportation related diploma courses, graduate courses, post graduate courses and research programs. Major fields of courses are traffic and transportation engineering, aerospace engineering, transportation planning, urban planning, transportation management, transport economics, logistics management etc.

Institutes Offering Courses

In India, many institutes / universities are offering transportation related courses. The list of major institutes / universities offering education in this field is:

Indian Institute of Technology (IITs) (B.Tech. in Aerospace Engineering, M.Tech. / Ph.D. Program in Transportation System Engineering).

National Institute of Technology (NITs) (M.Tech. / Ph.D. Program Transportation Engineering)

School of Planning and Architecture, New Delhi. (Bachelor of Planning, Master of Planning with specializing transportation planning, urban planning, regional planning, housing and environmental planning).

Anna University, (M.E. Transportation Engineering and Urban Engineering).

National Institute of Design, Ahmedabad (Post-Graduate Diploma Programme in Transportation & Automobile Design).

Indian Management School & Research Centre (IMSR), Navi Mumbai (MBA in Transport Management).

Institute of Rail Transport, New Delhi (Diploma courses on Rail Transport And Management, Transport Economics & Management and Multi-Modal Transport (Containerization) & Logistics Management).

Indian Maritime University (B. Tech. in Naval Architecture and Ocean Engineering, Marine Engineering, M. Tech. in Naval Architecture and Ocean Engineering, PG Diploma in Marine Engineering(1 year)).

Indian Institute Of Logistics, Chennai (BBM (Bachelor of Business Management), Diploma, Post Graduate / Advance Diploma and MBA in Logistics & Shipping and Logistics & Port Operations). (This is an indicative list)

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I, Ira Joshi, hereby declare that the particulars given above are true to the best of my knowledge and belief.

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(Ira Joshi)
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NEWS DIGEST

- *The Andhra Pradesh Re-organisation Bill was cleared by the Parliament. Andhra Pradesh is now bifurcated into Telangana and Seemandhra. The bill will allow the creation of Telangana, India's 29th state. A.P. Reorganisation Bill will be sent to President for his assent. It will then be notified in the Gazette of India. A.P. Governor will be in charge of both States. Centre will constitute an expert committee to study options for new capital for Seemandhra. IAS, IPS, Forest Service and A.P. state services cadres to be divided and assigned to the two States. Hyderabad to be common capital for 10 years. Both states to have a common Governor. Law and order duties in Hyderabad to remain under the Governor. Elections to assemblies of Andhra and Telangana will be held with Lok Sabha polls in summer of 2014. New Andhra will have 13 districts and Telangana to get 10. The High Court at Hyderabad will be common for both states till a separate HC is set up. Existing admission quotas in all government or private institutions of higher, technical and medical education shall continue for 10 years. Out of the 42 Lok Sabha Seats in Andhra Pradesh, 17 will go to Telangana and 25 to Seemandhra. Out of 294 Assembly seats 119 seats will go to Telangana and 175 to Seemandhra.*
- *The Union Cabinet gave its approval for implementing the establishment of the Satellite Centre of PGIMER, Chandigarh at Sangrur, Punjab. This would be under the ongoing 12th Five Year Plan "Scheme of Redevelopment of Hospitals and Institutions" involving financial implication of Rs. 449 crore inclusive of recurring cost of Rs. 161 crore for the first four years. The project will widen and improve patient care services by creating state-of-the-infrastructure for tertiary healthcare and bring specialized healthcare service within the reach of people of the region. Increasing hospital bed strength will provide access to health care for marginalized classes as also help towards meeting Word Health Organisation (WHO) norms.*
- *The Union Cabinet gave its approval for declaration of about 7,200 kms of State Roads as new National Highways (NHs). Expansion of the NH network is a continuous process and declaration of a new NH is taken up from time to time, depending upon requirement of connectivity, inter-se priority and availability of funds.*
- *Street Vendors Bill was passed in Rajya Sabha. The bill provides for the protection of livelihoods rights, social security of street vendors and regulaton of urban street vending. It also provides for the constitution of a Town Vending Authority in each local authority for implementing its provisions, survey of all existing street vendors and subsequent surveys once in every five years and issuing certificate of vending to all street vendors identified in the survey.*
- *The Union Cabinet gave its approval for continuation of the mission on Nano Science and Technology (nano mission) in its Phase-II in the 12th Plan Period at a total cost of Rs. 650 crores. Nano technology is a knowledge-intensive and "enabling technology" which is expected to influence a wide range of products and processes with far-reaching implications for the national economy and development.*
- *The Cabinet Committe on Economic Affairs has approved a proposal of the Ministry of Environment and Forests for a National Mission for a Green India (GIM) as Centrally Sponsored Scheme. Of the total expenditure of Rs. 13,000 crore envisaged in the 12th Plan. The plan outlay is Rs. 2000 crore and the source of funding for the scheme would be from the plan outlay and convergence with MGNREGA activities, CAMPA and the NAP.*

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