



Washing hands will prevent Swine Flu; not Camphor & Cardamom powder : BMO



[Left] Dr. Sushil Sharma, Block Medical Officer addressing faculty and students at CUHP TAB; [Right] Students wearing masks in the campus.

- By Shradha Sharma

TAB: After news arrived of Sushma (50), a lady from Dramman succumbing to Swine Flu on February 26, an awareness lecture on the Swine Flu epidemic was organized at the CUHP. "Social networking sites are spreading many myths, like the camphor and cardamom powder medicine." warned Dr. Sushil Sharma, Block Medical Officer, Kangra, while addressing the students and faculty.

To guard against the Swine Flu infection, Dr. Sharma urged the students to boost their natural immunity – by eating Vitamins C rich food, regularly washing their hands, gargling with warm salt water twice a day, and cleaning their nostrils with warm salt water. One can also wear a mask as an added measure.

Symptoms of infection caused by the Swine



Flu virus can fall into 3 categories. Mild fever, cough or sore throat, body ache, or vomiting are Category A symptoms, while Category B includes the same symptoms but in a higher degree. In both cases however, testing is not required, "Instead, taking rest in isolation and symptomatic treatment will be enough", said Dr. Sharma.

Under Category C, the patient may experience breathlessness, chest pain, drowsiness, low blood pressure, sputum with blood and discoloration of nails. This requires immediate testing, treatment, and possible hospitalization.

In Himachal, 37 cases have tested positive of Swine Flu, while the death toll has reached 9, of which 5 were from Kangra district. IGMC, Shimla and RPGMC, Tanda are the authorized centers to handle Swine Flu cases in the state.

SYMPTOMS

- * Fever * Cough * Sore throat
- * Runny or stuffy nose * Breathlessness
- * Fatigue * Chills * Bodyache * Headache
- * Dairrhoea * Vomiting * Blood in sputum

DOs

- * Cover mouth & nose with handkerchief or tissue paper when you cough or sneeze.
- * Wash hands often with soap & water
- * Drink plenty of water and eat nutritious food
- * Sleep well

DONTs

- * Touch your eyes, nose, or mouth
- * Visit crowded places if you're infected with the flu
- * Go close to a person infected with the flu
- * Shake hands or use other contact greetings
- * Spit in public
- * Take medicines without consulting the physician

Dhaba that is the adda

- By Shivani

Are you not at Surjeet's, but can clearly hear his melodious voice? Are you enjoying a good aerial view of an ongoing cricket match in an open field overlooking the Dhauladhar range? Does the tea go well with the hot samosa and cold winter? You must be at Shambhu's.

Every educational institution has that one dhaba which is everyone's adda - students and faculty alike. Shambhu's dhaba is where all - university, college, and HIET - campus folks meet. It's ideal for a quick bite - bread omlette, maggi, samosa, patty, pastry, cream roll - and something to drink - tea, coffee, juices, soft drinks.

Shambhu almost never is free, and flashes a wide smile when advised to get a helping hand. Visitors to his dhaba often make a quick stop at the Shiva temple next to it - some thank for the delicious food, some request for better grades.



Students savoring snacks & tea at Shambhu's Dhaba

They fondly call him Saiyyan - one of his favorites by Kailash Kher. This June the shop will turn 3 years old, so will his older brother's eating joint right next to it. The two brothers are the family breadwinners since their father retired from his job. "I wish to devote more time to study and practice music," he shyly smiles.

"Artists must love nature - it is where the music comes from. It is believed, for example, in swar (a musical note) - Gandhaar comes from the sound of a frog, Nishad from an elephant," he says, "One entire life is not enough to learn classical music - it is like an ocean."

Sur Jeet : It's all in his name



Surjeet training with student singers of Govt. Degree College.

- By Arjita & Alka

Chattri:Nights in the hills are especially quiet; a heavy voice resonates through the wind, a classical melody slowly fills up a silent valley. At its height, it meets the hills which keep it alive long after it has stopped - what echoes is a madhya-raatri raag. Surjeet is living his name. It's time for his riyaz.

Daytime is a striking contrast. Upbeat music blasts off the speakers, in tune with the college tempo, his tiny stationary shop is full of college girls who find the musical setting very comforting. They bring their own tracks and play it on his new laptop that has replaced the phone. Meanwhile, he photocopies - work that gets so loaded during exams that he finishes it after a quick dinner at home, back at the shop - with the shutter down and his favorite music playing.

His first musical instrument was a surprise gift by his father - a harmonium. Surjeet - conqueror

of music - was named so only accidentally; his parents have been supportive since he showed signs of the talent to match his name, "My interest in classical music actually developed once I began studying it," says the Music graduate from Govt. Degree College, Dharamshala, "Until then, it was all about humming Bollywood music." In time, an electronic *tanpura* and *tabla* was bought, to go with the *riyaz*. Latest addition is a guitar, he's learning himself.

"Bollywood music has a short shelf life, classical feels new each time I sing or listen to it. Bollywood music takes a lot of liberties which are not allowed in Hindustani classical music," he explains, "Raag is sung at a particular time - *bhairav* before sunrise, *megh* late night in monsoons, *bahaar* midnight in spring. And to convey emotions - *desh raag* is patriotic, famously used in *Vande Mataram*."

Will he like to sing for Bollywood then? "I'll run for it; many Bollywood singers have a classical background." Ustad Rashid Khan, Kaushiki Chakravaty, Zakir Hussain are his beloved artists, and some of his favorite melodies are '*dhudu nacheya*' - a Himachali folk song, and '*main jahan rahun*' by Ustad Rahat Fateh Ali Khan.

He performs at youth festivals, *jagraataas*, and often trains students for their performances. Sometimes his shop turns into a studio-students gather around and enjoy a *jugalbandi*.

“Sharing is success”



Jyoti in a *Navaanchri* - her traditional *Gaddi* ensemble, with *chidi* (headpiece), *chandrahaar* (neckpiece), *gojri* (bangles), and *reeda* (dupatta).

- By Arjita & Priyanka

TAB: “That day I came back confident, being the only one who spoke for the 10 minutes that we had to,” she reminisces first day of the Miss Himalaya 2014 contest. Contestants had an hour to prepare a 10 minute speech. Speaking on ‘negative impact of tourism in Himachal’, she opined that increasing commercialization, drug abuse were some of the problems, while solutions lay in ecotourism – where environment protection and making a profit went hand in hand. In the ‘talent’ round that followed, she sang ‘Climb’ by Miley Cyrus.

On the second and final day of the pageant, models hit the ramp and introduced themselves. “With courage and determination, one can do absolutely anything,” she said. It looked like a festive carnival – colorful dresses, heavy ornaments – Tibetan and *Himachali* culture filled the stage when participants adorned their ‘traditional wear’ in the second round. “What does success mean to you?” she was asked in the 5th and final ‘Q&A’ round. “It is not the amount of money or bank balance, but the satisfaction one gets by sharing, and giving back to the society. So when I die, I’ll tell myself, this was a big success,” she said.

Jyoti Dogra is Miss Himalaya 2014. Back in her university, she is a student, struggling to complete her projects in time. And making time for the socio-cultural activities, she recently won the pan-India debate on ‘Role of Earth Sciences in Preventing Environmental Degradation’ organized by the Indian Geological Congress.

“I stumbled upon it online, and applied,” she tells how accidental the pageant was. 5 finalists from across Himachal were selected and called to McLeod Ganj, the contest venue, 15 minutes away from her home in Bhagsu Nag. They were groomed for 3 days – learning the ramp-walk routine, photo-shoot in Naddi, visits to Norbulingka Institute and the Tibetan Library, and a press conference.

A little short of the height criteria, she will have to give Miss India a miss. Bollywood has knocked on her door twice but Jyoti wants to study, probably pursue PhD. In the final semester of her Masters in Environmental Sciences from CUHP, “I believe more in doing, less in planning,” she says about the future, “Wherever the wind blows.”

Fighting Winters in a Cotton Shirt

- By Arjita & Shradha

TAB:Woolen sweater: check, gloves: check, socks: check, warm bunny cap: check – folks are bundled up to battle chilly Himachal winters. But one man walks around like summer’s here. “If Gandhiji could wear a *dhoti* and shawl the entire year, why not us?” he explains. Famous in the campus for his all-year-round outfit – a white cotton half-sleeve shirt, trousers and *chappals*, it’s the curious case of Dr. S. Sundraraman.



Dr.S. Sundraraman

We hear often of ‘a flexible mind and a strong body’, but his motto comes with a twist, “A strong mind and a flexible body”. Movement is the key, “Pilgrims who walk up till *Vaishno Devi* start removing their warm clothes on the way – as the body becomes hot”. After an early morning cold water bath, he walks around while completing house chores. He always bathes with cold water, twice a day.

A vegetarian, he consumes seasonal food – sometimes in raw form, sometimes without salt – the diet varies. “People get defensive, I get adaptive,” says he. In the scorching summers of Tamil Nadu, in his home-state, he doesn’t use a fan. No prize for guessing then his dislike for AC. The trick is to, “manipulate little of the outside, instead change the inside.”

He pursued higher education alongside a 16 year service in the Indian Air Force. Retired, he completed a PhD, and began teaching at the Indian Institute of Tourism and Travel Management, Gwalior. He has been in Himachal for two years now, teaching at the School of Tourism, Travel & Hospitality Management in CUHP. Never once spotted as someone biting the cold, he seems to taste it.

“*Jo dar gaya, wo mar gaya*,” he believes. Is it that easy to adapt? “My body needs 48 hours to adjust to change. I don’t suggest anyone to follow my routine suddenly. This has been my way of life for 25 years.”

Voice Editorial Team

Student Editor: Arjita Singh

Designing: Priya Yadav & Priyanka Guleria

Reporters: Shradha Sharma, Shivani Rana, Alka Katoch, Ambika Sharma, Anand Singh

Mail us your stories, suggestions & feedback at - editoratdelayer@gmail.com

Visit us online by scanning the QR codes below using your Smartphone App.

On YouTube



Our Blog



My first encounter with Dharamshala

- By Priya Yadav (priyaayadav1248.blogspot.in)

One day I asked Google Baba to show up a list of all Central Universities in India. Sitting alongside, my friend was quick to respond, “Do you know, there is one Central University in Dharamshala too.”

At first I did not believe it. In my imagination, Dharamshala meant - monks and monasteries -away from the reach of common people, with no means of connectivity, and a place where Hollywood and Bollywood stars in their worst face of life go, looking for internal peace.

But I was proved wrong – loading on the monitor was the picture of a fantastic building with a breathtaking landscape – as seen on CUHP’s official website. I also learnt that one should always ask their friend first, and then Google Baba. Luckily, I applied and got selected.

For a person who has lived most of her life in the plains, amongst the hustle-bustle of heavy traffic and multi-storey buildings, CUHP’s location was something beyond imagination. The



Selfie by Hostlers (Credit: Bhavna Joshi)

I spotted many bored faces during the ‘3-day orientation program’. But some, most probably outsiders enthralled with enthusiasm, were examining the building; some peeping into the classrooms and exclaiming that they will be studying in classrooms with ultra-modern chairs.

building, a mélange of colors – red and green, with a tangled roof, and a backdrop crafted with the Dhauladhar range, enveloped with clouds - a perfect landscape painted by the superior painter, God.

Everyone was just about getting familiar with the surroundings. I was walking in the corridors along with my hostel mates, hoping to meet someone from my course. Whenever I asked someone whether they knew where the Journalism classes were conducted, it looked like I had asked for their kidney. But then I met some who were equally lost about their own classrooms, and no more did I feel like the only moron in the world.

Back in the hostel, I spent many hours chatting with the hostellers, who were speaking mostly in *Himachali*, of which I could understand little. One thing was certain - no one enjoyed lectures – a thought that ‘we the students’ strongly shared, regardless of our language or ethnicity.

What I love about my peers is their sweetness, politeness and eagerness to help a stranger. When I told them that I am from Bhopal, they said, “*Itni door se, kyun?*” Why? Even I don’t know.