

Maldives rejects invite for naval exercise

Maldives has declined an invitation to join the MILAN series of multilateral exercises to be hosted by the Indian Navy in the month of March off the Andaman and Nicobar Islands.

- “We have invited Maldives, but they declined it. They did not give any reason, but I think it is due to the current situation,” Navy Chief Admiral Sunil Lanba said.

MILAN

- Milan is a multilateral naval exercise hosted by the Indian Navy under the aegis of the Andaman and Nicobar Command.
- The biennial event is held off the coast of the Andaman and Nicobar Islands, and features professional exercises and seminars, social events and sporting fixtures between participating nations.
- Milan was first held in 1995. Apart from the Indian Navy, the navies of Indonesia, Singapore, Sri Lanka and Thailand participated in the inaugural edition.

The next edition of Milan will be held in March 2018 and will witness the participation of navies from more than 20 countries.

S&T

Beware of LED lights, cautions expert

State and central governments are pulling out all stops in their efforts to promote LED (Light Emitting Diodes) lamps both inside the homes and outside. However, experts caution that LED lighting if not installed in moderation, could cause serious damage to the health of human beings.

- Prolonged exposure to blue light, which is 10% more in LED than in CFL lighting, will lead to eye strain, and vision problems.
- The CFLs contain about 25% of harmful blue light and LEDs contain about 35% of the same. The whiter the LED, the higher the blue light proportion, he mentioned.

Blue light affects the back of the eye, and precipitates Age-related Macular Degeneration, which causes irreversible vision damage.

- Apart from LED light, excessive exposure to gadgets such as mobile phone and computer screen too could cause blue light exposure.
- Chronic exposure to blue light at night could further interfere with the circadian rhythm (body clock) by lowering the production of Melatonin, the hormone that regulates sleep.

Flicker and glare, more in frequency and intensity are one more problem associated with poorly manufactured LEDs.

- Poor quality drivers used with the LEDs with a view to economise on cost, lead to flashes even after being switched off.

The antiquated technology used in lighting, however, is now changing with research in the fields of Chronobiology, Photobiology and Scotobiology determining how environmental light directly impacts the human body and brain.

On the other hand, blue light could be beneficial when it comes from the Sun, as it gets diffused in the atmosphere and stimulates the retinal ganglion cells, thereby improving the biorhythm.

IR

China praises Pak.'s efforts against terror

News

China said the global community should shed its bias and take an “objective” look at Pakistan’s efforts on counterterrorism.

The statement is days after it backed out from supporting its ally at the Financial Action Task Force meeting, which placed Islamabad on a terrorist financing watch-list.

Pakistan government and people have made enormous sacrifices for counterterrorism,” Chinese Foreign Ministry spokesman Lu Kang told.

In recent years, Pakistan has taken measures to enhance finance regulations and combat financing for terrorism. China highly recognise(s) this,” he further added.

Elephant evolution: prehistoric species interbred to thrive

News

Scientists have found that interbreeding between species is nothing new and prehistoric elephants did this frequently.

It played a crucial role in shaping elephant evolution over thousands of years.

Though only three elephant species survive now, numerous pachyderm species existed in the past: from woolly mammoths to Paleoloxodons that sported three-metre-long tusks.