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It is quite distressing to see that when on one side people are working out their extra fat and trying to keep their waistlines trim, millions of bare-chested, poverty-stricken are struggling to get one square meal a day. This is India. India on the move.

Indian environment is changing faster than ever and our attempt to swim with the current often drowns us in the middle of the ocean! Though "the rich" can cope with such situations, they live meaningless lives of money making and pleasure seeking and their lives that are led astray often makes them susceptible to stress, heart ailments, diabetes and obesity. But what about the poor who form a majority of Indian population? They are left to starve in the grim darkness of poverty.

Despite India's emergence as one of the leading global powers, modernization has brought with it, problems of its own. While it is obesity (due to sedentary lifestyles and junk food addiction) that the richer sections are battling against, the poor are weakened so much by malnutrition and hunger that they cannot even stand on their own feet, let alone battle against it. This clearly proves that modernization has hardly benefitted the poor and has done more harm than good.

Obesity can somehow be controlled with regular exercise and diet control. But what about malnutrition? Numerous answers have been given by various people. But the real answer is yet to surface. Since 1950, India has been introducing programmes to alleviate malnutrition in its five year plans. But most of them haven't worked well. Look around and we can find that malnutrition continues to haunt every Indian poor.

According to the National Family Health Survey (NFHS), around 6000 children die everyday due to malnutrition. How can our country develop, if its future leaders die at such a young age? Corruption and crime are so rampant that they divert Government's attention from more serious problems that need to be tackled first. Mere increase in food production will not be of any help unless it is equally distributed among all.

Lack of education also contributes to malnutrition. Indian education system must be strengthened. Education should not be a profit making business, as it is now. Quality education must be imparted across all states. Health sector should also grow, not just in metros but also in rural areas. Indian doctors should serve our nation first, before becoming victims of 'Brain drain' as....."CHARITY BEGINS AT HOME".

We must realize that India can develop only if the poorest of the poor are uplifted. Being the citizens of tomorrow, it is our duty to stop dreaming about India's bright future, instead contribute towards turning that dream into a reality. Together, we must empower and uplift the poor. Only then can we soar to greater heights. They are our brothers and sisters, after all, we are all Mother India's children. Aren't we? Isn't that reason enough to ignite the fire of love, sacrifice and brotherhood in every Indian to wipe out poverty, malnutrition and hunger?