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Bar-Tailed Godwits

Recently, the naturalist spotted a 5 bar-tailed godwits at Pulicat lake in Andhar Pradesh.

- **Scientific Name –** Limosa lapponica.
- It is a small bird with long, sharp beaks.
- **Appearance –** It is a large long-legged wader, predominantly brown above, pale below, with a long tapering and slightly upturned bi-coloured bill, pink at the base and black towards the tip.



- **Size –** Males are smaller with shorter bills than females.
  - **Male –** 39 cm
  - **Female –** 41 cm
- **Wingspan –** 70-80cm.
- **Call –** It is onomatopoeic, which means it sounds similar to their name going ‘godwit, godwit’.

- **Habitat –** Marine and Intertidal, Wetland, Grassland, Mudflats, shores, tundra.
- **Distribution –** Widespread in summer across northern Europe and Asia.
- **Diet –** Mainly shellfish, marine snails and worms and shrimps.
- **Breeding** – It is in the Arctic of Scandinavia and Siberia.
- **Conservation Status – IUCN** – Near Threatened.
- **Other Similar species**
    - Hudsonian godwit
    - Marbled Godwit
    - Whimbrel
    - Terek Sandpiper

References

1. The Hindu| Bar-Tailed Godwits
2. RSPB| Bar-Tailed Godwits
3. NZBO| Bar-Tailed Godwits

Japanese Encephalitis Virus (JEV)

Recently, a suspected case of Japanese Encephalitis Virus was reported in Bindapur, New Delhi.

- **JEV** – It is a ***mosquito-borne flavivirus*** that belongs to the same genus as dengue, Zika, yellow fever and West Nile viruses.
- It is spread through the bite of an infected mosquito especially a mosquitoes called *Culex tritaeniorhynchus*.
- This virus infection resulted in febrile illness, including meningitis or encephalitis.
- **First case** – Reported on 1871 in Japan.
- **Symptoms** – It doesn't have any symptoms or have only mild symptoms in most of the people.
    - **Initial** – Includes fever, headache, Seizures, gastrointestinal pain and vomiting.
    - **Severe** – High fever, headache, neck stiffness, disorientation, weakness, coma, seizures, spastic paralysis and ultimately death.
- **Signs** – The time from infection until illness onset is ***typically 5–15 days***.
- **Transmission** – It circulates in the environment between mosquitoes and other animals, namely wading birds and pigs.
- Humans infected with the virus when mosquitoes feed on other infected animals and then bite people.
- It is ***not transmitted from person-to-person***, except rarely by blood transfusion.
- **Region** – In temperate areas of Asia, transmitted mainly during the warm season.
- In tropics and subtropics, transmission intensifies during the rainy season.
- **Risk Factors** – Majorly occur to children ***below 15 years of age***.
    - **Less than 1%** - Develop neurologic illness.
    - **20–30%** - Die due to inflammation in the brain.
    - **30%-50%** - Suffer permanent cognitive, behavioural illness such as seizures, hearing or vision loss, speech, language, memory, and communication problems or weakness of the limbs.
- **Treatment -** There is ***no antiviral treatment***.

- It is focused on relieving severe signs and supporting the patients to overcome the infection.
- **Vaccine** - It is available to prevent disease.
- Rest, fluids, and counter pain medicine relieve some symptoms.

> *24 countries in the World Health Organisation (WHO) South-East Asia and Western Pacific Regions have endemic JEV transmission, exposing more than 3 billion people to risks of infection.*

References

1. The Indian Express| Japanese Encephalitis Virus (JEV)
2. WHO| Japanese Encephalitis Virus (JEV)
3. CDC| Japanese Encephalitis Virus (JEV)

Gelephu Mindfulness City

The Prime Minister recently inaugurated the International Cooperative Alliance (ICA) with Bhutan for the upcoming Gelephu Mindfulness City project.

- **Gelephu Mindfulness City** – It is an ***innovative urban development project*** that integrates economic growth with mindfulness, holistic living, and sustainability.
- **Located on –** The Indian border, about 30 km to the east of Sarpang in Bhutan.
- It is the *biggest "co-operative project" in Bhutan.*
- It is being developed as a ***"Zero Carbon" city***.
- **Government –** It is a special administrative region in Bhutan, envisioned by the Majesty King Jigme Khesar Namgyel Wangchuck.
- It have its own government and the independence to have its own lawmaking, as well as an independent judiciary.
- **Area –** It is a massive city spread over 2,500 square km.
- **2 protected areas**
  - National Park.
  - Wildlife Sanctuary.
- Its forests and biological corridors are teeming with wildlife.
- **Land –** It is beautiful and pristine, which is a *biological hot spot* with abundant potential for clean energy.
- **Features** - It is around a series of inhabitable bridges.
  - It is a low-rise city which will have its own university, health care facilities for both western and traditional medicine.
  - Its rivers have the potential to generate 4,000 to 5,000 megawatts of electricity through renewable energy.
  - It plans to build a hydroelectric power project and a hydroponic greenhouse.
- **Benefits –** It is designed to be a hub of knowledge, technology, and finance, grounded in the values of mindfulness, sustainability and harmony.
- It is the place where people can live with harmony with others from all over the world.
- It is to improve the lives of Bhutanese people and take to the next level.

References

1. The Hindu| Gelephu Mindfulness City
2. GMC| Gelephu Mindfulness City
3. NDTV| Gelephu Mindfulness City

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