



# PEOPLE AND UN

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## Crisis in the Korean Peninsula



“Even a limited provocation would be very risky for the North.”  
— **Ambassador Park Soo-gil**, WFUNA President





# CRISIS IN THE KOREAN PENINSULA

**"EVEN A LIMITED PROVOCATION-ANOTHER SHELLING OF SOUTH KOREA'S OFFSHORE ISLANDS OR ATTACK ON A NAVAL VESSEL, FOR EXAMPLE-WOULD BE VERY RISKY FOR THE NORTH."**

■ BY AMBASSADOR PARK SOO-GIL  
President, WFUNA

I greatly appreciate the invitation of Secretary General Suresh Srivastava to share with the members of the Indian Federation of United Nations Associations (IFUNA) and the readers of PEOPLE AND UN my thoughts on the latest uptick in tensions on the Korean Peninsula.

I am particularly interested in this opportunity because of the long history of important contributions India has made to the United Nations and the cause of world peace. Those contributions have been not only by the Indian government's participation in official United Nations' work, but also by IFUNA's effective work in civil society to support the causes that the UN champions.

IFUNA support is especially effective because of the federation's extensive network of associations throughout the nation; the programs it conducts to teach Indians, especially the youth that will in turn be national and international leaders, about the UN and its work; and the vigor and creativity with which the federation and its leaders, most certainly including your secretary general, have



Ambassador Park Soo-gil, prior to his election as President of World Federation of United Nations Association (WFUNA) at the 39th Plenary Assembly in August 2009, served as the Republic of Korea's Ambassador in the Kingdom of Morocco, Canada, to the European Office of the United Nations in Geneva and the UN in New York, from 1984 to 1998. At the Ministry of Foreign Affairs and Trade, in which he served from 1963 to 1998, Mr. Park has held such positions as Director-General of Treaty Affairs, Deputy Minister for Political Affairs, and Chancellor, the Institute of Foreign Affairs and National Security. Mr. Park also served as a member of the Sub-commission on the Promotion and Protection of Human Rights, an affiliate body of the former Commission on Human Rights from 1999 to 2003. He is currently teaching at the Graduate School of International Studies, Korea University as a distinguished professor on the subject of international organization and the United Nations. Mr. Park graduated in 1959 from the Korea University College of Law, and obtained a MIA degree in 1971 from the school of International Affairs and Public Administration, Columbia University. Ambassador Park is also an author of several Articles.

contributed to the work of WFUNA around the globe.

With great appreciation for those contributions, I am pleased to share my reflections on recent developments in Korea and the region.

It now appears that the latest in a long series of crises on the Korean Peninsula may be easing, although the signs are still mixed. The all-too-familiar pattern has played out again: North Korean provocations, a reaction from the world community through the UN Security Council, and a further outraged reaction from Pyongyang with dire threats and overblown rhetoric.

Of course, the world press and foreign ministries around the world pay attention to North Korean warnings that diplomats should consider leaving Pyongyang or that tourists and businessmen should flee South Korea, but embassies in the North are still operating; life in Seoul and the flow of tourists here continue as usual. Some international press reports have commented with some puzzlement on that normality here; have South Koreans become immune to fear? Do they believe that North Korea is all bark and no bite?

Not quite. Here in South Korea, the North's leaders have gotten our attention,



# North Korean Missile Launch Would be 'Huge Mistake'

After meetings with South Korea's president and foreign minister, Secretary of State John Kerry made it clear that both North Korea's bellicose rhetoric and its hopes of becoming a nuclear power are unacceptable. Kerry warned North Korea it will face further consequences should it test-fire a new missile

Kerry, on his first visit to Seoul, warned North Korea's young leader, Kim Jong Un, not to proceed with an anticipated launch of a medium-range ballistic missile.

"It is a huge mistake for him to choose to do that because it will further isolate his country and further isolate his people who frankly are desperate for food, not missile launches," Kerry warned.

Standing alongside Kerry, the South Korean Foreign Minister, Yun Byung-se, characterized Pyongyang's threats as a "grave provocation" to the entire international community.

Both officials agreed the door remains open for dialog if North Korea makes good on the various international agreements it has broken concerning development of weapons of mass destruction.

South Korea's semi-official Yonhap news agency quotes President Park Geun-hye as telling ruling party officials Friday there should be such a South-North meeting to "listen to what North Korea thinks."

North Korea, after conducting a missile launch and nuclear



U.S. Secretary of State John Kerry, left, South Korean Foreign Minister Yun Byung-se during a joint press conference at Foreign Ministry in Seoul, South Korea, April 12, 2013.

test in the past few months, has in short order unleashed a string of threats against Seoul and Washington. These have included renouncing the 1953 cease-fire which halted the Korean War, threatening to launch a pre-emptive nuclear attack on the United States and declaring a state of war in effect between the North and South.

Pyongyang this week also pulled its 53,000 workers from the

but not in the way they would have wished. Recent opinion polls suggest that more than 60 percent of us believe we should arm ourselves with nuclear weapons to counter the threat, although I see that as an opinion that has not been well thought out and which would create vastly more problems than it solved.

Although South Koreans have continued to go about their daily routines during this latest crisis, it is clear that the North's leaders have squandered quite a bit of the brotherly goodwill that has survived sixty years of division and confrontation. And in the battle to sway public opinion in the South, North Korea dismays its remaining sympathizers on the left by undercutting their arguments for accommodation.

We have to consider, I believe, both the very real threat to regional and world

## North Korea reiterates it will not give up nuclear arms

North Korea reiterated on April 20 that it would not give up its nuclear weapons, rejecting a U.S. condition for talks although it said it was willing to discuss disarmament

North Korea, in a sign of a possible end to weeks of heightened hostility on the Korean peninsula, offered the United States and South Korea a list of conditions on for talks, including the lifting of U.N. sanctions.

But the United States said it was awaiting "clear signals" that North Korea-

would halt its nuclear weapons activities.

"The U.S. should not think about the denuclearization on the peninsula before the world is denuclearized," the North's state-run *Rodong Sinmun* newspaper said in a commentary.

"There may be talks between the DPRK and the U.S. for disarmament but no talks on denuclearization," it said. North Korea's official name is the Democratic People's Republic of Korea (DPRK).

North Korea signed a denuclearization-for-aid deal in 2005 but later backed

only remaining joint venture with the South, the Kaesong factory complex.

As Kerry was meeting top leaders in Seoul, the latest invective from Pyongyang warned Tokyo it would be "consumed in nuclear flames" should the Japanese shoot down any North Korean missile.

The trip to Seoul by the top American diplomat also coincided with an unprecedented visit to South Korea by a NATO secretary general. Anders Fogh Rasmussen. He has told reporters, he came to South Korea to demonstrate the international community's united stance and firm message to the North that a peaceful solution can come through dialog.

"We don't know much about what is the real intention of North Korean leadership, but we do know from the past and we do know from what has actually happened, that North Korea has the capacity to launch missiles. They have done nuclear tests and that's enough to express grave concern."

The visits by Kerry and Rasmussen came amid a disclosure in Washington of an excerpt from a classified U.S. intelligence report contending North Korea is now capable of arming a ballistic missile with a nuclear warhead. But officials at the Pentagon and the intelligence community quickly downplayed the analysis of the Defense Intelligence Agency. They say it would be inaccurate to suggest Pyongyang has fully tested or demonstrated the full range of capabilities needed to deploy a nuclear armed missile.

[In Moscow, Russian Deputy Foreign Minister Igor Morgulov called on the North to observe U.N. Security Council resolutions and resume talks on its nuclear program. Morgulov made his remarks in a meeting with North Korea's ambassador to Russia.

Also Russian Foreign Minister Sergei Lavrov has said he

backed the idea of Switzerland hosting a fresh round of six-nation talks on North Korea's atomic program.

## IN JAPAN

U.S. Secretary of State John Kerry on 21st April in Japan for the final stop on an Asian tour aimed at solidifying support for curbing North Korea's nuclear program, and reassuring U.S. allies. Kerry stressed the United States is willing to engage with North Korea as long as it takes steps to give up nuclear weapons.

He also vowed Washington would protect its Asian allies against any provocative acts by the North, but said it wants a peaceful solution to rising tensions in the region.

"We are prepared to reach out but we need (the) appropriate moment, appropriate circumstance," Kerry told a small group of reporters, adding that North Korea had to take steps toward giving up its nuclear programs.

"They have to take some actions. Now how many and how much I want to have a discussion with folks back in Washington (about)... but they have to take action," he added.

The North has threatened for weeks to attack the United States, South Korea and Japan since new U.N. sanctions were imposed in response to its latest nuclear arms test in February. Speculation has mounted of a new missile launch or nuclear test.

"I think it is really unfortunate that there has been so much focus and attention in the media and elsewhere on the subject of war, when what we really ought to be talking about is the possibility of peace. And I think there are those possibilities," Kerry earlier told a news conference in Tokyo after a meeting with his Japanese counterpart, Fumio Kishida.

Kerry was in Japan for the final stop on an Asian tour aimed at solidifying support for curbing North Korea's nuclear program,

out of that pact. It now says its nuclear arms are a "treasured sword" that it will never give up. It conducted its third nuclear test in February.

The test triggered new U.N. sanctions, which in turn led to a dramatic intensification of North Korea's threats of nuclear strikes against South Korea and the United States.

U.S. Secretary of State John Kerry visited China, South Korea and Japan this month (April) for talks on North Korea and stressed his interest in a diplomatic solution to the tension on the peninsula.



Supreme leader of North Korea Kim Jong Un with his wife Ri Sol Ju

He later told a U.S. Senate hearing that North Korea's list of conditions was

"at least a beginning gambit", but added that it was "not acceptable, obviously, and we have to go further".

The Rodong Sinmun said U.S. talk of dialogue was "nothing but rhetoric".

North Korea has a long record of making threats to secure concessions from the United States and South Korea, only to repeat the process later. Both the

United States and the South have said in recent days that the cycle must cease.



and reassuring U.S. allies.

Kerry said the United States would "do what was necessary" to defend its allies Japan and South Korea, but added: "Our choice is to negotiate, our choice is to move to the table and find a way for the region to have peace."

Kerry also sought to clarify his comments made in Beijing on Saturday, which some took to suggest he might be offering to remove recently boosted missile defense capabilities in Asia if China persuaded North Korea to abandon its atomic program.

The Pentagon in recent weeks has announced plans to position two Aegis guided-missile destroyers in the western Pacific and a Terminal High Altitude Area Defense (THAAD) missile defense system in Guam.

"The president of the United States deployed some additional missile defense capacity precisely because of the threat of North Korea. And it is logical that if the threat of North Korea disappears because the peninsula denuclearizes, then obviously that threat no longer mandates that kind of posture. But there have been no agreements, no discussions, there is nothing actually on the table with respect to that," Kerry said.

"TAKE THE MONEY AND RUN"

Kerry said he might consider using someone other than an official U.S. government envoy to reach out to the North and he left the door open to a negotiation with the North that might not require them to take denuclearization steps in advance.

"If the Chinese came to us and said, 'look, here's what we've got cooking and so forth,' I'm not going to tell you that I'm shut-



**U.S. Secretary of State John Kerry on Sunday stressed the United States is willing to engage with North Korea as long as it takes steps to give up nuclear weapons.**

ting the door today to something that's logical and that might have a chance of success," he said. "On the other hand, what the standard is today is they have to take action."

Sen. John McCain, a Republican, voiced skepticism about the resuming negotiations with the North.

"If we give them food, if we give them oil, if we give them

peace of North Korea's quest for and possession of nuclear weapons (and the missiles to deliver them) and the North's objectives in keeping those threats alive. Analysts distinguish between a potential adversary's capabilities and intentions; peering through the veil that the North has erected around its society, we can get some clues about both.

In recent weeks, we have seen movements of North Korean missiles to its east coast and threats to restart a nuclear reactor at Yongbyon to obtain more bomb-making material. Despite doubts that the North has at present the capability of attacking with nuclear-tipped missiles, it is clear that Pyongyang's capability to do so in the near future must be taken seriously. The United States and South Korea have, therefore, demonstrated publicly their ability to respond to any such attack. And as China also watches the Americans build up their missile defenses and other military capabilities near its doorstep, it is increasingly unhappy. Pres-



**South Korean army reservists salute during their Foundation Day ceremony at a gymnasium in Seoul, South Korea, where they denounced North Korea for its escalating threat for war. North Korea overnight loaded two missile launchers and warned foreign embassies to think about evacuating staffers.**

money, they will come around and they take our money and run," he said.

Japan's Kishida told the same news conference that the two allies want Pyongyang to abandon its nuclear ambitions.

"We agreed that North Korea should cease provocative speech and behavior and show it is taking concrete action toward denuclearization," he said. "We cannot allow North Korea in any way to possess nuclear weapons."

#### NORTH KOREA UNBENDING

Pyongyang, which was preparing to celebrate the birth date of state founder Kim Il-Sung on Monday, reiterated it had no intention of abandoning its atomic arms programs.

"We will expand in quantity our nuclear weapons capability, which is the treasure of a unified Korea — that we would never barter at any price," Kim Young-nam, North Korea's titular head of state, told a gathering of officials and service personnel applauding Kim Il-Sung.

The KCNA news agency also rejected as a "cunning trick" South Korean President Park Geun-hye's suggestion last week of holding talks with the North.

The South Korean capital, Seoul, displayed the calm it has shown throughout the crisis. Residents strolled in bright sunshine a day after the city's World Cup stadium was jammed with 50,000 mostly young fans of local rapper Psy.

On Saturday, Kerry met leaders in China, the North's sole diplomatic and financial benefactor, and said China and the United States were committed to "the denuclearization of the

Korean peninsula in a peaceful manner".

During his first stop in South Korea, where the United States has 28,000 troops stationed, Kerry said North Korea, furious at joint U.S.-South Korean military drills, would be making a "huge mistake" if it were to launch a missile.

He also said China was in a position to influence the North's policy and had to put "some teeth" into efforts to persuade Pyongyang to alter its policies.

Japan, separated from North Korea by less than 1,000 km (625 miles) of water and a frequent target of its anger, is well within range of North Korea's medium-range missiles.

Japanese news reports said Tokyo had sent Aegis-class destroyers capable of missile interception to the Sea of Japan. Patriot Advanced Capability-3 interceptor missiles have been deployed at key locations in the capital and surrounding areas.

Kerry's agenda in Tokyo also included Japan's territorial disputes with China, and the future of U.S. bases in Japan.

He repeated that while Washington took no position about the ultimate sovereignty of tiny isles in the East China Sea claimed by both China and Japan, the United States "opposed any unilateral action that would somehow change the status quo".

A flare-up of the territorial row has raised fears of an unintended military incident near the islands, known as the Senkaku in Japan and the Diaoyu in China. The United States says the islets fall under a U.S.-Japan security pact, but is keen to avoid a clash in the economically vital region.



North Korean Army ready for any eventuality

ident Xi Jinping said on April 7 that no single country should try to create "chaos for selfish gain." He left no doubt he was referring to North Korea, which has become a magnet for what China interprets as a broader challenge to its influence in the region.

Clearly, there is a strong element of publicity-seeking in Pyongyang's drumbeat of bellicose pronouncements. There is a strong domestic component as well; it is an attempt to rally the nation and the leadership class to young Kim Jong Un, who has probably not yet consolidated his power completely. But Pyongyang sees the world through a strange ideological prism, and seems to dismiss the increasingly unhappy warnings from China, its neighbor and main lifeline, about avoiding provocations.

In such circumstances, even a limited provocation-another



shelling of South Korea's offshore islands or attack on a naval vessel, for example—would be very risky for the North. It is treading dangerously close to the line where Seoul and Washington's increased willingness to respond in kind to a military provocation would combine with a Chinese refusal to support the North's regime any further.

North Korea still seems convinced that its nuclear weapons are the key to obtaining the respect and security it wants. I have become more pessimistic about the prospects for a negotiated settlement of the nuclear issue, although I believe the six-party talks chaired by China or similar negotiations are very important. Equally important is the continued engagement of the Security Council in

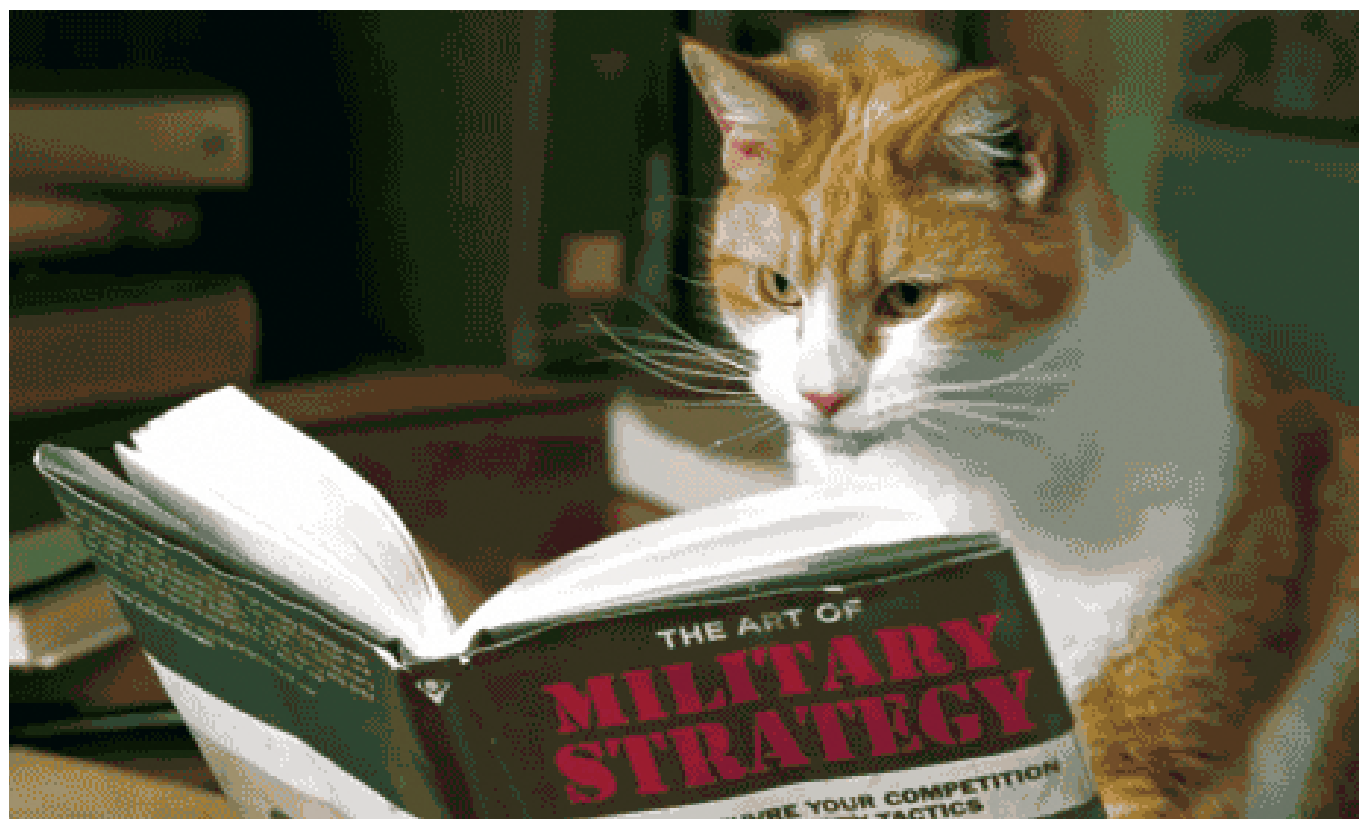
Korean issues; we must keep the North aware that its actions have effects not only domestically and across the DMZ, but on the world stage as well. Pyongyang's adventurism is not only a threat to the stability of Northeast Asia but also to the preservation of the global non-proliferation regime.

When considering Pyongyang's intentions, we must remember that even if the North Korean leadership is aggressive and willing to take huge risks, it is not irrational. Kim Jong Un heads a cruel and despotic leadership created by his grandfather, and preserving his demi-god status for the benefit of his dynasty and its loyalists is his main goal. Therefore, outside analysts generally agree that Pyongyang's leaders have no illusions

about being able to survive if they make a serious attempt to use any nuclear weapons they may possess against South Korea.

Seoul has responded very prudently to the new round of North Korean saber-rattling. While strengthening its deterrence, it has joined the rest of the world community in brushing aside Pyongyang's threats and following through on collective measures through the United Nations. President Park says the door to negotiations with North Korea—a policy she calls trust politik—is still open. That is a good balance of deterrence and peacemaking, and deserves a good part of the credit for the recent hopeful signs that tensions may be easing. ▼

## Stand off between India and China on Ladakh border





# BRICS SUMMIT-5

AS BRICS LOOK TO THE FUTURE, THE PROGRESS OVER THE PAST FIVE YEARS ENCOURAGES IT TO SET HIGHER AMBITIONS, SEEK NEW AVENUES AND SUCH NEW GOALS FOR THEIR MUTUAL COOPERATION.



■ SURESH SRIVASTAVA

The G-20 and BRICS may not be an outcome to counter the West and the global governance architecture built against the backdrop of very different challenges and opportunities came loud and clear in Durban when India handed over batten of the chairmanship of BRICS to South Africa and in the words of Dr Manmohan Singh "it does so with a sense of satisfaction at the distance that we have covered in the course of the past year. Dr Manmohan Singh conveyed his profound gratitude to BRIC Partners and colleagues for their unstinted support to India in discharging its duties as Chair.

BRICS coordination and consultation

has become an integral part in the international forums such as G-20. As BRICS look to the future, the progress over the past five years encourages it to set higher ambitions, seek new avenues and such new goals for their mutual cooperation.

Russian President Vladimir Putin characterized the BRICS approach as "not against, but bypassing the West". The idea is clearly to rearrange the world, thus stripping the West of the fruits of its economic success. The present configuration of the world, by which everything depends on the US and the Euro zone, must change".

The Fifth BRICS Summit began on 26 March 2013 in Durban with the intention to have high declaration and initiative to be agreed upon by the all five member states as part of economic modeling resources to forecast global economic trends over the next half century.

The eThekweni declaration is rich in political statements with talk of the setting up of a permanent secretariat, which is now in the form of a virtual secretariat, BRICS is on the road to becoming an organization, not merely a group of G-20.

Ironically, the BRICS countries have deep involvement with the United States and Europe and the international financial institutions, which would largely influence their wellbeing in the immediate future. This was the reason for the caution with which BRICS began its meetings. At the fifth summit, with the addition of South Africa, BRICS seems to be abandoning that caution. Inevitably, a confrontational tone has crept into the pronouncements.

IBSA, formed by India, Brazil and South Africa had a logic and philosophy of its own. As the three biggest developing countries, with a high rate of growth, they have similar aspirations and challenges. It has now been overshadowed by BRICS, which originally was a generic name for a group of countries with similar characteristics, identified by a Goldman Sachs economist, to which South Africa was added by China ostensibly without consultation with the others. The inclusion of South Africa was hard to resist, even though South Korea and Indonesia had greater claim.

China and Russia reiterate the importance they attach to the status of Brazil,







Prime Minister Dr. Manmohan Singh with BRICS Leaders. Also seen India n Finance Minister P.Chidambaram and Commerce Minster Anand Sharma in 2nd row from right

India and South Africa in international affairs and support their aspiration to play a greater role in the UN. Recently international bank loans recorded one of the strongest growths in three of the four BRIC economies, according to the latest report released by the World Bank. While it doubled in India from \$3.5 bn in 2003 to \$7 bn in 2004, in Russia it went up from \$4.9 bn to \$8.2 bn during the period. In Brazil it also more than doubled from \$3.8 bn to \$8.9 bn. According to investment banker Goldman Sachs, over the next 50 years, the BRIC economies could become a much larger force in the world economy.

The unspoken agenda of BRICS to counter the West and the global governance architecture, built against the backdrop of very different challenges and opportunities came loud and clear in Durban.

The main objective of the establishment of a development bank was fashioned, essentially by China to counter the World Bank and IMF. Replacing the Western dominated financial system with a Chinese dominated one cannot be an unmixed blessing for the developing countries, even though it opens up possibilities for softer credits. The

summit established the feasibility and viability of a development bank, indeed phenomenal progress, but wisdom prevailed in the end and a decision on issues like contribution and venue was postponed for further negotiations.

The initial proposal for China to provide the largest share seems to have given way to a capital of USD 50 billion divided equally among the five members. The BRICS strategy of long-term economic cooperation, common infrastructure projects and BRICS Business Council will devolve on the richest of them all, China, which appears to be looking for an alternative to the way the world does business today.

For Prime Minister Manmohan Singh, the first meeting with President Xi was of greater importance than what BRICS as a whole accomplished. But though President Xi had put forward old wine in new bottle as a befriend India initiative, the meeting ended up on a dissonant note on Brahmaputra rather than on a note of bonhomie over BRICS. Bilateral discords cannot be covered up with multilateral accords.

This is their first time meeting. And although some foreign policy watchers with

a head for conspiracy theories might see this as an anti-American cartel, that is far from the case. They are nothing more than political and economic opportunists who know what the U.S., Europe and Japan also know: the growth of the world is coming from emerging markets. These are some of the biggest, if not most politically motivated. The theme of this year's summit is: BRICS and Africa: Partnership for Development, Integration and Industrialization.

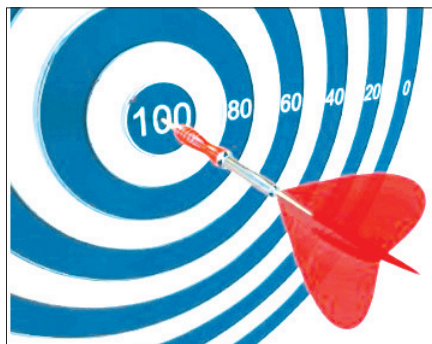
China's neighbors, India and Russia too, don't speak the same language. India and China have border disputes. Trade with Russia is geared towards the usual item: oil and gas. On the deal side, China has been most active signing agreements pre-Durban.

Lastly, the much talked about BRIC Bank remains a flop heading into the Summit. The fivesome cannot agree on their individual share of funding for a development bank geared towards building their economies. But that does not mean that the Fifth BRICS Summit was a failure. Rather it gives a ray of hope to the developing countries and emerging markets to have their share in world prosperity. ▼



# 11 Habits

## That May Help You Live to 100.



### Healthy Steps to a Longer Life

ONE of the biggest factors that determines how well you age is not your genes but how well you live. Not convinced? A study published in 2009 in the *British Medical Journal* of 20,000 British folks shows that you can cut your risk of having a stroke in half by doing the following things: being active for 30 minutes a day, eating five daily servings of fruit and vegetables, and avoiding cigarettes and excess alcohol.

While those are some of the obvious steps you can take to age well, researchers have discovered that centenarians tend to share certain traits in how they eat, move about, and deal with stress—the sorts of things we can emulate to improve our own aging process. Of course, getting to age 100 is enormously more likely if your parents did. Still, Thomas Perls, who studies the century-plus set at Boston University School of Medicine, believes that assuming you've sidestepped genes for truly fatal diseases like Huntington's, "there's nothing stopping you from living independently well into your 90s." Heck, if your parents and grandparents were heavy smokers, they might have died prematurely without ever reaching their true potential lifespan, so go ahead and shoot for those triple digits. Follow these 12 habits and

check out Perls' lifetime risk calculator to see how long you can expect to live.

### 1. DON'T RETIRE

► "Evidence shows that in societies where people stop working abruptly, the incidence of obesity and chronic disease skyrockets after retirement," says Luigi Ferrucci, director of the Baltimore Longitudinal Study of Aging. The Chianti region of Italy, which has a high percentage of centenarians, has a different take on leisure time. "After people retire from their jobs, they spend most of the day working on their little farm, cultivating grapes or vegetables," he says. "They're never really inactive." Farming isn't for



you? Volunteer as a docent at your local art museum or join the Experience Corps, a program offered in 19 cities that places senior volunteers in urban public elementary schools for about 15 hours a week.

### 2. FLOSS EVERY DAY

► That may help keep your arteries healthy. A 2008 New York University study showed that daily flossing reduced the amount of gum-disease-causing bacteria in the mouth. This bacteria is thought to enter the bloodstream and trigger inflammation in the arteries, a major risk factor for heart disease. Other research has shown that those who have



high amounts of bacteria in their mouth are more likely to have thickening in their arteries, another sign of heart disease." I really do think people should floss twice a day to get the biggest life expectancy benefits," says Perls.

### 3. MOVE AROUND

► "Exercise is the only real fountain of youth that exists," says Jay Olshansky, a professor of medicine and aging researcher at the University of Illinois at Chicago. "It's like the oil and lube job for your car. You don't have to do it, but your car will definitely run better." Study after study has documented the benefits of exercise to improve your mood, mental acuity, balance, muscle mass, and bones. "And the benefits kick in immediately after your first workout," Olshansky adds. Don't worry if you're not a gym rat. Those who see the biggest payoffs are the ones





## Health & Hygiene

who go from doing nothing to simply walking around the neighborhood or local mall for about 30 minutes a day. Building muscle with resistance training is also ideal, but yoga classes can give you similar strength-training effects if you're not into weight lifting.

### 4. EAT A FIBER-RICH CEREAL FOR BREAKFAST

▶ Getting a serving of whole-grains, especially in the morning, appears to help older folks maintain stable blood sugar levels throughout the day, according to a recent study conducted by Ferrucci and his colleagues. "Those who do this have a lower incidence of diabetes, a known accelerator of aging," he says.



### 5. GET AT LEAST SIX HOURS OF SLEEP EACH NIGHT

▶ Instead of skimping on sleep to add more hours to your day, get more to add years to your life. "Sleep is one of the most important functions that our body



uses to regulate and heal cells," says Ferrucci. "We've calculated that the minimum amount of sleep that older people need to get those healing REM phases is about six hours." Those who reach the century mark make sleep a top priority.

### 6. CONSUME WHOLE FOODS, NOT SUPPLEMENTS

▶ Strong evidence suggests that peo-

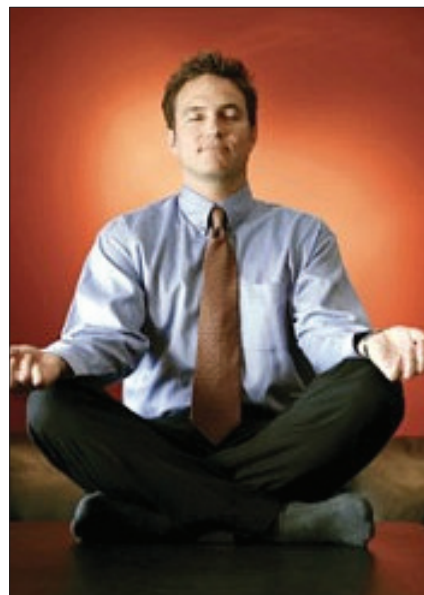


ple who have high blood levels of certain nutrients-selenium, beta-carotene, vitamins C and E-age much better and have a slower rate of cognitive decline. Unfortunately, there's no evidence that taking pills with these nutrients provides those anti-aging benefits. "There are more than 200 different carotenoids and 200 different flavonoids in a single tomato," points out Ferrucci, "and these chemicals can all have complex interactions that foster health beyond the single nutrients we know about like lycopene or vitamin C." Avoid nutrient-lacking white foods (breads, flour, sugar) and go for all those colorful fruits and vegetables and dark whole-grain breads and cereals with their

host of hidden nutrients.

### 7. BE LESS NEUROTIC

▶ It may work for Woody Allen, who infuses his worries with a healthy dose of humor, but the rest of us neurotics may want to find a new way to deal with stress. "We have a new study coming out that shows that centenarians tend not to internalize things or dwell on their troubles," says Perls. "They are great at rolling with the punches." If this inborn trait is hard to overcome, find better ways to manage when you're stressed: Yoga, exercise, meditation, tai chi, or just deep breathing for a few moments are all good.



Ruminating, eating chips in front of the TV, binge drinking? Bad, very bad.

### 8. LIVE LIKE A SEVENTH DAY ADVENTIST

▶ Americans who define themselves as Seventh Day Adventists have an average life expectancy of 89, about a decade longer than the average American. One of the basic tenets of the religion is that it's important to cherish the body that's on loan from God, which means no smoking, alcohol abuse, or overindulging in sweets. Followers typically stick to a vegetarian diet based on fruits, vegetables, beans, and nuts, and get plenty of exercise. They're also very focused on family and community.



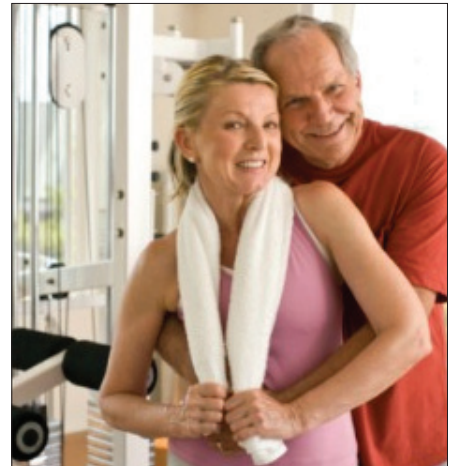
## 9. BE A CREATURE OF HABIT

Centenarians tend to live by strict routines, says Olshansky, eating the same kind of diet and doing the same kinds of activities their whole lives. Going to bed and waking up at the same time each day is another good habit to keep your body in the steady equilibrium that can be easily disrupted as you get on in years. "Your physiology becomes frailer when you get older," explains Ferrucci, "and it's harder for your body to bounce back if you, say, miss a few hours of sleep one night or

drink too much alcohol." This can weaken immune defenses, leaving you more susceptible to circulating flu viruses or bacterial infections.

## 10. STAY CONNECTED

Having regular social contacts with friends and loved ones is key to avoiding depression, which can lead to premature death, something that's particularly prevalent in elderly widows and widowers. Some psychologists even think that one of the biggest benefits elderly folks get from exercise is the strong social interactions that come from walking with a



buddy or taking a group exercise class. Having a daily connection with a close friend or family member gives older folks the added benefit of having someone watch their back. "They'll tell you if they think your memory is going or if you seem more withdrawn," says Perls, "and they might push you to see a doctor before you recognize that you need to see one yourself."



## 11. BE CONSCIENTIOUS

The strongest personality predictor of a long life is conscientiousness that is, being prudent, persistent, and well organized, according to *The Longevity Project*, coauthored by Howard Friedman and Leslie Martin. The book describes a study that followed 1,500 children for eight decades, collecting exhaustive details about their personal histories, health, activities, beliefs, attitudes, and families. The children who were prudent and dependable lived the longest, Friedman says, likely because conscientious types are more inclined to follow doctors' orders, take the right medicines at the right doses, and undergo routine check-ups. They're also likelier to report happier marriages and more satisfying work lives than their less conscientious peers.



# 'de-stresses' on 'Prevention of Hypertension'

*MAHARASHTRA UNITED NATIONS ASSOCIATION (MUNA) IN COLLABORATION  
WITH INDIAN FEDERATION OF UNITED NATIONS ASSOCIATIONS (IFUNA), NEW DELHI, UNITED NATIONS  
INFORMATION CENTRE (UNIC) FOR INDIA AND BHUTAN, NEW DELHI AND KOHINOOR HOSPITAL,  
OBSERVED WORLD HEALTH DAY7, 2013: 2013 AT MUMBAI.*

## WORLD HEALTH DAY

**M**AHARASHTRA United Nations Association (MUNA) in collaboration with Indian Federation of United Nations Associations (IFUNA), New Delhi, United Nations Information Centre (UNIC) for India and Bhutan, New Delhi and Kohinoor Hospital, Observed World Health Day7, 2013: 2013 at Mumbai.

"A little constraint and precaution can change your life." This was the message that Maharashtra United Nations Association (MUNA) in collaboration with Indian Federation of United Nations Associations (IFUNA) United Nations Information Centre (UNIC) for India and Bhutan and Kohinoor Hospital gave on this World Health Day with regard to the fastest growing lifestyle disease - Hypertension.

The theme of the year 2013 given by World Health Organization is "High Blood Pressure"

An informative and interesting conference held in the town hall of the hospital, was graced by the presence of Suresh Srivastava, Hon. Secretary General - IFUNA), Ms. Mohini Mathur, Executive Chairperson (MUNA), A.A. Syed, Hon. Secretary General (MUNA), Ashraf Ahmed Shaikh, Hon. Secretary (MUNA) & President Maharashtra United Nations Youth Association, Major (Dr.) Sachin Mane, Head - Medical & Hospital Administration. At the outset major (Dr.) Sachin mane, Head - Medical & Hospital Administration explained the peculiar feature of the Kohinoor Hospital. "This hospital is part of



(L to R ) Ashraf Sheikh, Dr. Altmash Sheikh, Ms. Mohini Mathur, Suresh Srivastava, Dr. Ramesh Rao & A.A. Syed - Observing World Health Day - 2013, Kohinoor Hospital, Mumbai

the well-known and fast growing Mumbai-based Kohinoor Group. Kohinoor Hospital is Asia's first and the world's second LEED Platinum-rated hospital building under the Leadership in Energy and Environmental Design (LEED) Green Building Rating System. It is a 175-bed capacity multi-specialty hospital, located at Kohinoor City, Kurla-Vidyavihar. The hospital is equipped with world-class medical equipment and technology."

Suresh Srivastava while addressing the audience also read out the excerpts from the UN Secretary General's following message:

"Raised blood pressure, a main trigger for cardiovascular disease, all too often goes undiagnosed because symptoms are rare.

The good news is that when it is detected early enough, relatively simple steps can significantly reduce the risk of heart attacks, heart failure and strokes. That is why the United Nations encourages all adults to have their blood pressure regularly checked at healthcare facilities.

Following a healthy lifestyle can add years to our lives. The evidence is unequivocal. Cutting down on the consumption of processed salt, eating a balanced diet, avoiding harmful use of alcohol, getting regular exercise, reducing stress and avoiding tobacco use minimize the risk of developing high blood pressure and further consequences such as strokes or heart attacks."

## Maharashtra UNA

Ashraf Ahmed Shaikh introduced the theme, he explained the importance of World Health Day observance all around the globe. He further elaborated the role of United Nations, WHO and UNAs in fulfillment of their objectives and need for creating awareness for the welfare of public at large.

Mrs. Mohini Mathur explained the various activities of MUNA and appreciated the role of youth of the organization in making outreach. She also spoke about the ill effects of High Blood Pressure and its effects. Ms. Mathur explained said the theme "High Blood Pressure" is extremely important as it is a silent killer and most of the people are not aware about their raised blood pressure.

Dr. Altamash Shaikh, Consultant Endocrinologist & Metabolic Physician, Dr. Rakesh Singh, Consultant Neurophysician, and Dr. Ramesh Rao, Consultant Nephrologist, enlightened the audience on how to tackle hypertension with small lifestyle changes.

One out of every three individuals is a victim of hypertension. People fail to consider the prevention aspect of hypertension. When a person gets to know that he has high blood pressure, he considers it to be a normal phenomenon that cannot be prevented. Lifestyle changes like reduce in consumption of alcohol and tobacco;



**Major (Dr.) Sachin Mane, Head Medical & Hospital Administration Lighting the ceremonial lamp, looks on A.A. Syed, Ms. Mohini Mathur, Ashraf Sheikh & Suresh Srivastava**

increase in physical activity and healthy food intake can help in prevention of high blood pressure.

Doctors of the country have been successful in eradicating epidemics like small pox, polio and malaria which were much prevalent in the past. Kerala, known

for its damp climate, reported very few cases of malaria in the previous year. Also, there was no case reported of polio from India in the previous year. Hence if people take necessary precaution, hypertension too can be similarly eradicated.

A.A.Syed, Secretary General, MUNA, Proposed a vote of thanks and in his address he thanked all the partner organization for coming together for such an important and relevant cause on health.

The programme was concluded by a free blood pressure, blood sugar and weight check for all the delegates present in the observance. Maharashtra United Nations Association (MUNA) has also launched its website on this occasion [www.muna.org.in](http://www.muna.org.in) by the auspicious hands of Adv. Suresh Srivastava, Secretary General - Indian Federation of United Nations Associations (IFUNA).WHO Country office for India sent 'WHO information Kits' on this occasion.

The scientific contents for this programme was designed and developed by Dr. Altamash Shaikh, Leading Consultant Endocrinologist & Metabolic Physician at Mumbai. ▲

*(Report By Ashraf A. Shaikh Secretary MUNA)*



**Ms. Mohini Mathur, Chairperson - MUNA getting her blood sugar test on World Health Day-2013. At Kohinoor Hospital.**