

Continue

































Health experts say it is harder for men to express their emotions compared to women. This has led to high suicide rates in men. Data maintained by the Royal Bhutan Police show more males dying by suicide compared to females in the past four years. Psychiatrists at the National Referral Hospital say when men attempt suicide, their methods are more extreme compared to women. In 2022 and 2021, out of the 212 cases of suicide recorded by the RBP, 144 were men. Similarly, in 2020 and 2019, there were 209 suicide cases, with almost 140 men. According to the World Health Organisation, more than twice as many males die due to suicide compared to females. Doctor Damber Kumar Nirola, a psychiatrist with the national referral hospital, says men tend to suffer silently. "I believe women are more forthcoming when it comes to seeking help. Men could also be suffering, but the thing is, many men tend to show that they are mentally strong. That is the perception that we have. Everybody thinks, "Oh, you are a man; you should be strong" and all that. So, instead of seeking help, they might resort to some sort of peer support, in which case sometimes they indulge in alcohol, drugs, or something like that just to self-medicate themselves, and they may not seek help in time." According to a BBC News report, women are more likely to be diagnosed with depression and make suicide attempts. However, men are more likely to die by suicide. RENEW, an organisation, which provides counselling services free of cost for all family members affected by domestic violence and gender-based violence say, despite the organisation being open to all genders, men rarely come to seek help. RENEW says the men who do come to seek support are mostly those who suffer economic abuse at home. "So, it's mainly economic abuse followed by emotional abuse. Because they think that it is only for women, because the last acronym itself stands for women, and that is a wrong perception. RENEW is not only for women; it is also for men. And there is no gender bias or gender discrimination when it comes to RENEW," said Suman Pradhan, senior counsellor at RENEW. This year, six men sought help from RENEW along with 147 females including four minors. Meanwhile, Doctor Nirola suggests not to ignore anyone you know who may be suffering mentally. Moreover, he said to empathise with them rather than sympathise. If you or anyone you know needs support, you can contact the PEMA Secretariat at their toll-free hotline number 1010 or 112. You can also get an appointment to see counsellors in hospitals across the country. Singye Dema Edited by Sherub Dorji Brazil is struggling to control the increasing number of COVID-19 cases and deaths. Brazil is the largest country in South America. According to reports, the country is undergoing a devastating second wave of the Coronavirus pandemic. As an emergency measure, the country's health regulatory agency has also granted emergency approval to two COVID-19 vaccines. With over 200,000 deaths, Brazil is struggling with the second wave of the coronavirus. According to the Hindu, a daily newspaper in India, Brazilian health officials revealed that oxygen supplies ran out at some hospitals and intensive care wards. There were also cases where patients had to be airlifted and shifted to other states. According to Aljazeera, the country's northern state of Amazonas is also struggling to respond to a surge in cases and hospitalizations as healthcare workers are being pushed to their limits and lacking equipment such as oxygen. BBC world news reported today that doctors in the rainforest's biggest city Manaus are struggling to control the increasing number of deaths from COVID-19. The Brazilian Health Regulatory Agency (Anvisa) on Sunday approved the emergency use of COVID-19 vaccines from China's Sinovac Biotech Limited and Britain's AstraZeneca, clearing the way for immunizations as the pandemic enters a deadly second wave. According to Johns Hopkins University, Brazil is witnessing the world's second-deadliest Coronavirus outbreak with over 200,000 deaths and over 8.5 million infected. Tshering Dendup The Bhutanese newspaper has formally lodged a complaint to the Election Commission of Bhutan against the DPT candidate, Kesang Wangdi, from the Khamdang- Ramjar Constituency in Trashi Yangtse. A release issued by The Bhutanese stated that the candidate had made defamatory statements about the newspaper. The press release stated that the DPT candidate, Kesang Wangdi while answering a question from the audience in a common forum in Trashi Yangtse, made several untrue and defamatory statements against the paper. The Editor in-chief of the paper, Tenzin Lamsang said that the candidate insinuated that the paper is behind malicious online content. He said the candidate also denied The Bhutanese's story on former ministers and their wives owing land near the education city. He added that The Bhutanese refutes to all the statements, made by the DPT candidate. The Bhutanese will also appeal to the Journalist Association of Bhutan to intervene on the matter. The Bhutanese after consulting with ECB will then look into exploring other legal options available on the issue. DPT rebuts DPT President, Jigmi Y.Thinley, said he agrees with the statement made by DPT's Khamdang-Ramjar's candidate. "The Bhutanese have always been, from the beginning, engaged in nothing but the defamation of Royal Government and the Druk Phuensum Tshogpa, including individuals such as myself." He said it is an interesting irony that The Bhutanese find itself complaining against somebody for defaming it. "Its sole propose, as far as I can see, is to engage in defamation, undermine the government and people of this country." Jigmi Y.Thinley also said it is true and fair to say that Bhutanomics and the Bhutanese are working together, "They are perhaps managed by the same individuals, same funding sources and they corroborate each other lies and their defamation exercises." Bhutan's biodiversity hit a new milestone with the National Biodiversity Centre identifying 17 new snails and slugs. All these species are new to science, meaning they are discovered for the first time in the scientific community. The country has now recorded over 200 species of the invertebrates. Among the new discoveries, the extraordinary species are the dancing or jumping semislug Cryptaustenia bhutanensis and Metalycaeus karmademaee. They were identified as the first of their kind in Bhutan. Metalycaeus karmademaee is named in honour of Dr Karma Dema Dorji, the programme director of the National Biodiversity Centre for her leadership and support in identifying these species. Snails and slugs are categorised under molluscs. They live on land or in water and are important for ecosystems, cleaning water, recycling nutrients, and providing food for other creatures. Kezang Tobgay, Biodiversity Officer, National Biodiversity Centre said "Our international supporters say that although our country is very small, the diversity of these invertebrates or I should say the molluscs is way beyond their imagination. With the recent findings, the number is now increasing: it is more than 200 species compared to other bigger countries like the Netherlands, where they have less than 100 species." He added that despite this diversity, Bhutan's mollusc fauna remains largely underexplored. The National Biodiversity Centre also houses the country's national reference collections for molluscs. These collections serve as a vital resource for ongoing and future research. Devika Pradhan Edited by Tshering Zam A walk for a cause, Emma Slade, the founder and CEO of "Opening Your Heart to Bhutan," a registered UK charity, is taking on a challenge, a difficult one. Widely known as Ani Pema Deki, she will walk the 400-kilometre-long Trans-Bhutan Trail. Her goal is to raise Nu 35 M to support children with disabilities. 59-year-old Ani Pema Deki is from England. Graduated from the University of Cambridge, she worked in New York, London and Hong Kong as a financial analyst. A life-threatening robbery in Indonesia transformed her world, leading her to become a Buddhist nun. Driven by her love for Bhutan, Ani Pema Deki has visited the country over 40 times. She is now walking the 400-kilometre trail to help children with disabilities. Ani walked for eight hours from Haa to Paro along the trail on Monday as she prepares for the final trek. She will be accompanied by Ugyen, the charity's country representative. "So, I will be walking the whole of Bhutan from Haa to Trashigang along the Trans-Bhutan Trail out of my profound love for Bhutan. Most importantly with the idea to raise quite a lot of money for helping special needs children of Bhutan." The long trek to Trashigang will start in October. She hopes to complete the trek which was redeveloped in 2022 in about 40 days. It begins from Haa in the west and ends in Trashigang in the east. It was the only route Bhutanese ancestors used to travel and communicate with others across the country. The trail was mostly used by pilgrims, traders, messengers, and the army. People can enjoy countless historical and religious sites, diverse climatic zones and a variety of immersive experiences. Her charity has been helping children with disabilities in Bhutan for the last ten years. The Draktsho East School in Trashigang now boasts a playpark, outdoor washing area, wheelchair accessibility, library and learning blocks, all supported by her charity. She says, "We decided to bring in the media, perhaps make a documentary and bring in a lot of attention and love to this project." The BBC, Sky News, and some other international news organisations are covering the trek. This initiative proves that one person can make a difference. It will not only change the lives of children but also inspire many to walk the path of kindness. Jamyang Loday & Namgay Wangdi Edited by Tandin Phuntscho