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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](#)

