



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20190603

Immunotherapy boosts

Immunotherapy boosts survival outlook for lung cancer patients ((The Hindu: 20190603)

<https://www.thehindu.com/sci-tech/health/immunotherapy-boosts-survival-outlook-for-lung-cancer-patients/article27406730.ece>

Immunotherapy works by leveraging the body's own immune system to fight disease.

Immunotherapy works by leveraging the body's own immune system to fight disease. | Photo Credit: Getty Images/iStockphoto

Better survival rates for patients who took pembrolizumab sans chemotherapy

An immunotherapy treatment helped significantly boost survival rates among patients suffering from advanced lung cancer, according to the results of a clinical trial cited by researchers on Saturday.

Almost 25% of patients who received the drug pembrolizumab and had not previously received chemotherapy were alive after five years, said the study which was presented at annual meeting of the American Society of Clinical Oncology.

The figure dropped to just over 15% for patients who had previously received chemotherapy.

“The uniformly negative outlook that has been associated with a diagnosis of advanced non-small cell lung cancer (NSCLC) is certainly no longer appropriate,” said lead author Edward Garon, an associate professor at UCLA.

The five-year survival rate was 5.5% in the pre-immunotherapy era.

Unlike chemotherapy, immunotherapy works by leveraging the body's own immune system to fight disease.

More effective T-cells

In this case, the drug acts by turning off a brake in the immune system, a protein called PD-1, which then allows cancer-fighting T-cells to attack faster and more effectively. “I describe it

as sort of changing the thermostat, in terms of how willing the immune system is to tolerate something versus reject it,” Mr. Garon said.

David Graham, an oncologist at the Levine Cancer Institute in Charlotte, North Carolina, who was not involved with the study, said: “It’s truly remarkable that for more patients than ever before, we no longer have to count survival in months.”

According to Mr. Garon, the trial proved there are groups of patients “who do have long-term survival prospect, and that does change the way we talk to our patients about the disease.”

Moving forward, his team would like to identify other biomarkers to further improve survival rates.

Nipah fever

Report of Nipah fever unfounded, says Collector (The Hindu: 20190603)

<https://www.thehindu.com/news/national/kerala/report-of-nipah-fever-unfounded-says-collector/article27406184.ece>

Ernakulam District Collector K. Mohammed Y. Safirulla dismissed as “unfounded” reports that there was a case of confirmed Nipah fever case in a private hospital in the city.

In a Facebook post on Sunday, the Collector appealed to the people to refrain from spreading rumours that could create fear among the people. He made the appeal after reports started appearing in social media and some online news portals about the detection of suspected Nipah fever.

All patients reporting at hospitals with fever were being checked and if symptoms of Nipah were found, they were screened further as a routine procedure. There was nothing to be anxious about this. If any case was to be confirmed, it would be officially made public and precautionary measures would be taken, the Collector said.

According to the district health authorities, the private hospital had sent the blood samples to a private laboratory in Bengaluru. The case could be confirmed only after the samples were tested in a government laboratory. According to them, samples had been sent to Manipal Institute of Virology and Kerala State Institute of Virology and Infectious Diseases (KSIVID) in Alappuzha. “The results are awaited,” they added. According to the authorities, it might some times be a case of viral or bacterial encephalitis.

Minister assures

Health Minister K.K. Shylaja has said there is no need to be panicky about any outbreak of Nipah virus in the State, as no virus infection was confirmed yet.

Talking to reporters in Kannur on Sunday, the Minister said that the collected serum samples from Ernakulam district had been sent to the National Institute of Virology as a routine procedure. There was no need for panic now, as no infection had been confirmed yet, she said,

adding the possibility of suspected cases to be Nipah infection was very remote. Doctors, however, had been directed to keep vigil, she said.

She also said that hospitals in the State had isolation wards in case of emergency situation. She also called on the people to follow the advisory of the Health Department officials to prevent the spread of communicable diseases.

AB-PMJAY in full insurance mode

Hospitals gearing up for KSAP rollout (The Hindu: 20190603)

<https://www.thehindu.com/news/national/kerala/hospitals-gearing-up-for-ksap-rollout/article26645419.ece>

Kerala first State to implement AB-PMJAY in full insurance mode

The Centre is keenly watching Kerala, which will be the only State in the country to implement Ayushman Bharat-Prime Minister's Jan Arogya Yojana (AB-PMJAY), in full insurance mode.

A representative from the National Health Agency who was here in the city, to help train hospitals get on board the scheme, said that as the numero uno State to have successfully implemented Rashtriya Swasthya Bima Yojana (RSBY), NHA hoped to learn from Kerala's experience of running AB-PMJAY in full insurance mode.

Under AB-PMJAY (which will be known as Karunya Arogya Suraksha Paddhati, KASP, in Kerala), beneficiary families can avail themselves of a health coverage up to ₹5 lakhs, from public or private hospitals

All other States which have joined the scheme have chosen to run it as part insurance and part trust mode, wherein insurance companies would be called in to settle part payment of the beneficiary's claim, while the rest would be paid directly by a State-run Trust.

In Kerala, Reliance General Insurance has won the tender to run KASP, by quoting a premium amount of ₹1,671.

NHA is now conducting training programmes in all districts for hospitals to get on board the scheme, as Kerala prepares to launch the KASP. The current scheme, RSBY, ends in March.

Almost all hospitals, public and private, which are currently empanelled under the RSBY, are expected to get on board KASP also.

“The scheme is technology-driven and being implemented on a very robust IT platform, which is also being shared by the Comprehensive Health Insurance Agency of Kerala, which is the State's implementing agency. The training programme is to familiarise hospitals with the guidelines, processes and the system software as they migrate to AB-PMJAY,” the NHA representative said.

“The scheme is similar, only its scope is enhanced so that beneficiaries can avail of tertiary care treatments also in a cashless manner from hospitals. NHA is also entering into partnerships

with various stakeholders, such as the National Cancer Grid so that the best treatment options can be given to beneficiaries,” he added.

Unofficial sources said that the new IT platform and the Transaction Management System software provided by NHA was very user-friendly and that it would make the task of hospitals very easy as all data pertaining to every claim would be dynamically updated and available on-line.

Launch delay

Meanwhile, with the model code of conduct in place, the State government is yet to decide on the launch of the KASP, even though it had been announced earlier that the scheme would be launched in April, as soon as the RSBY ends.

Kerala was one of the late entrants into the national health protection scheme. The KASP has been envisaged as an integrated health financing scheme, a merger of all health subsidy/financial assistance schemes prevailing in the State now, including Karunya and AB-PMJAY.

Approximately, 40.96 lakh families in the State, currently covered under the RSBY-CHIS, are expected to benefit from the new scheme also

The combined KASP-AB scheme offers 1,824 health packages in 25 specialities.

New health insurance plan

State shifts to new health insurance plan(The Hindu: 20190603)

<https://www.thehindu.com/news/national/kerala/state-shifts-to-new-health-insurance-plan/article26695730.ece>

Registration for KASP, a merger of various schemes, to begin today in hospitals

Ten years after the smooth implementation of Rashtriya Swasthya Bima Yojana (RSBY), on Monday, Kerala will move to a new health insurance programme, Karunya Arogya Suraksha Paddhati (KASP), which will offer an enhanced health coverage of ₹5 lakh to the entire beneficiary family.

Despite the uncertainties over the change-over, that too on a new IT platform, the 40.96 lakh beneficiary families currently enrolled under RSBY and the 600-odd empanelled public and private service providers (hospitals) are expected to make a seamless transfer to the new scheme, KASP, in phases.

KASP is Kerala’s new integrated health protection scheme, a merger of various health financing schemes in the State, including Karunya as well as Centre’s Ayushman Bharat-Prime Minister’s Jan Arogya Yojana.

No disruption in access

Even though there were apprehensions that the launch of KASP might be delayed and that treatment may be denied to erstwhile beneficiaries of RSBY, Comprehensive Health Insurance Agency of Kerala (CHIAK), the State health authority implementing the scheme, has clarified that all beneficiaries reporting to empanelled hospitals will have access to treatment.

The officials were not explicit about the arrangements as the Election Commission's clearance for the launch of the new scheme has not yet been formally received. However, it is learnt that arrangements had been made in the empanelled hospitals itself for the enrolment and issue of new KASP beneficiary cards to all former RSBY beneficiaries from Monday. "On April 1, no current RSBY cardholder will be denied access to care at any empanelled hospital. However, since biometric identification has been done away with, to access treatment, beneficiaries will have to bring along their Aadhaar card," senior CHIAK officials said.

Enrolment camps

This will be a temporary arrangement to ensure that no one is denied access to care. Once the general elections are over, enrolment camps would be conducted for RSBY beneficiaries to move over to KASP. Meanwhile, sources said that much of the delay in preparedness for KASP has been because of the Health Department's insistence on integrating the Unique Health Identification Number (UHID) generated for citizens under the e-health programme with the KASP software.

"The National Health Authority, which is providing the software, later said that UHID cannot be integrated with its software. Moreover, in these past five years of e-health, only two lakh UHIDs have been created in Kerala while we are talking about enrolling two crore people into the new insurance programme. We will capture demographic details for KASP enrolment from the Aadhaar server as was done earlier," a senior official said.

Yoga boosts health, mental well being

Yoga boosts health, mental well being in older adults: Study (The Tribune: 20190603)

<https://www.tribuneindia.com/news/health/yoga-boosts-health-mental-well-being-in-older-adults-study/782095.html>

Practising yoga can boost muscle strength and balance in older adults as well as improve mental wellbeing, a study has found.

Researchers at the University of Edinburgh in the UK reviewed 22 studies that had investigated the effects of yoga on physical and mental wellbeing in older adults.

The yoga programmes varied in length from one month to seven months, and duration of sessions ranged from 30 to 90 minutes.

Statistical analysis combined the results of the studies to see the effects of yoga compared with no activity, and compared to other activities such as walking and chair aerobics.

"A large proportion of older adults are inactive, and do not meet the balance and muscle strengthening recommendations set by government and international health organisations," said Divya Sivaramakrishnan, from University of Edinburgh.

"Based on this study, we can conclude that yoga has great potential to improve important physical and psychological outcomes in older adults. Yoga is a gentle activity that can be modified to suit those with age-related conditions and diseases," Sivaramakrishnan said in a statement.

The researchers found that people who practiced yoga had improved balance, flexibility, leg strength, depression, sleep quality, vitality and perceived mental and physical health—compared with no activity.

Compared with other activities yoga improved lower body strength, lower body flexibility and depression.

The research improves understanding of the benefits yoga can offer an ageing population, researchers said.

It provides evidence for promoting yoga in physical activity guidelines for older adults, he said.
— PTI

Childhood adversity - mental disorder

Childhood adversity may up mental disorder risk (The Tribune: 20190603)

<https://www.tribuneindia.com/news/health/childhood-adversity-may-up-mental-disorder-risk/782092.html>

'Proper nutrition policy can cut diet-related deaths in India': Experts

Childhood adversity may up mental disorder risk

"Traumas that happen to young children can have lifelong consequences." iStock

Growing up in poverty and experiencing traumatic events like an accident or sexual assault may increase the risk of mental health disorders, such as depression and anxiety, a study warns.

The research, published in the JAMA Psychiatry, shows that low socioeconomic status (L-SES) and the experience of traumatic stressful events (TSEs) were linked to accelerated puberty and brain maturation, abnormal brain development.

"The findings underscore the need to pay attention to the environment in which the child grows. Poverty and trauma have strong associations with behaviour and brain development, and the effects are much more pervasive than previously believed," Raquel E Gur, a professor at University of Pennsylvania in the US.

The study was the first to compare the effects of poverty (L-SES) to those who experienced TSEs in the same sample set.

The researchers analysed data from of 9,498 participants aged eight to 21 years for the study.

They found specific associations of SES and TSE with psychiatric symptoms, cognitive performance, and several brain structure abnormalities.

The findings showed that poverty was associated with small elevation in severity of psychiatric symptoms, including mood/anxiety, phobias, externalising behaviour (oppositional-defiant, conduct disorder, ADHD), and psychosis, as compared to individuals who did not experience poverty.

The magnitude of the effects of TSEs on psychiatric symptom severity was unexpectedly large.

TSEs were mostly associated with PTSD, but here the researchers found that even a single TSE was associated with a moderate increase in severity for all psychiatric symptoms analysed, and two or more TSEs showed large effect sizes, especially in mood/anxiety and in psychosis.

The researchers also found evidence that adversity is associated with earlier onset of puberty. Both poverty and experiencing TSEs are associated with the child physically maturing at an earlier age.

They found the same effects on the brain, with findings revealing that a higher proportion of children who experienced adversity had characteristics of adult brains.

This affects development, as the careful layering of the structural and functional connectivity in the brain requires time, and early maturity could prevent the necessary honing of skills.

“The study suggests that it makes sense for parents and anyone involved in raising a child to try and shield or protect the child from exposure to adversity,” said Gur.

“Traumas that happen to young children can have lifelong consequences,” he said. PTI

Kid's happiness, IQ

Afternoon naps can boost kid's happiness, IQ (The Tribune: 20190603)

<https://www.tribuneindia.com/news/health/afternoon-naps-can-boost-kid-s-happiness-iq/782057.html>

An afternoon nap can boost happiness as well as improve behaviour and academic performance of children, a study has found.

Researchers from and the University of California (UC) Irvine in the US conducted a study of nearly 3,000 fourth, fifth, and sixth graders aged 10-12.

The study, published in the journal SLEEP, showed a connection between midday napping and greater happiness, self-control, and grit; fewer behavioral problems; and higher IQ.

"Children who napped three or more times per week benefit from a 7.6 per cent increase in academic performance in Grade 6," said Adrian Raine, from University of Pennsylvania.

"How many kids at school would not want their scores to go up by 7.6 points out of 100?" Raine said.

Sleep deficiency and daytime drowsiness are surprisingly widespread, with drowsiness affecting up to 20 per cent of all children, said Jianghong Liu, an associate professor at University of Pennsylvania.

While the negative cognitive, emotional, and physical effects of poor sleep habits are well-established, and most previous research has focused on preschool age and younger.

Researchers used data from a study in China, where the practice of afternoon napping is embedded into daily life, continuing through elementary and middle school, even into adulthood.

From each of 2,928 children, the researchers collected data about napping frequency and duration once the children hit Grades 4 through 6, as well as outcome data when they reached Grade 6, including psychological measures like grit and happiness and physical measures such as body mass index and glucose levels.

They also asked teachers to provide behavioral and academic information about each student.

The researchers then analysed associations between each outcome and napping, adjusting for sex, grade, school location, parental education, and nightly time in bed.

"Many lab studies across all ages have demonstrated that naps can show the same magnitude of improvement as a full night of sleep on discrete cognitive tasks," said Sara Mednick, from UC Irvine.

"Here, we had the chance to ask real-world, adolescent schoolchildren questions across a wide range of behavioural, academic, social, and physiological measures," said Mednick.

"The more students sleep during the day, the greater the benefit of naps on many of these measures," she said.

Though the findings are correlational, the researchers say they may offer an alternative to the outcry from pediatricians and public health officials for later school start times. PTI

Blueberries

Eating blueberries can improve heart health (The Tribune: 20190603)

<https://www.tribuneindia.com/news/health/eating-blueberries-can-improve-heart-health/781691.html>

Eating a cup of blueberries daily reduces the risk of cardiovascular disease (CVD) by up to 15 per cent, according to a study.

The findings, published in the American Journal of Clinical Nutrition, suggest that blueberries and other berries should be included in diets to reduce the risk of cardiovascular disease.

"Having metabolic syndrome significantly increases the risk of heart disease, stroke and diabetes and often statins and other medications are prescribed to help control this rise," said study lead author Aedin Cassidy, Professor at the University of East Anglia in Britain.

The researchers studied whether eating blueberries had any effect on metabolic syndrome—a condition, affecting 1/3 of westernised adults, which comprises at least three of the following risk factors: high blood pressure, high blood sugar, excess body fat around the waist, low levels of 'good cholesterol' and high levels of triglycerides.

For the study, the researchers investigated the effects of eating blueberries daily in 138 overweight and obese people, (aged between 50 and 75), and having metabolic syndrome.

"We found that eating one cup of blueberries per day resulted in sustained improvements in vascular function and arterial stiffness - making enough of a difference to reduce the risk of cardiovascular disease by between 12 and 15 per cent," said Peter Curtis, co-author of the study.
— IANS

Behavioural problems

Kids who nap are happier with fewer behavioural problems (The Tribune: 20190603)

<https://www.tribuneindia.com/news/health/kids-who- nap-are-happier-with-fewer-behavioural-problems/781678.html>

“Children who napped three or more times per week benefit from a 7.6 per cent increase in academic performance in Grade,” Adrian Raine, Professor at the University of Pennsylvania, said. iStock

NEW YORK: Kids who take 30-to-60 minute mid-day naps at least three times a week are happier and have more self-control and grit. They also display fewer behavioural problems as compared to children who skip afternoon naps, says a study.

Published in the SLEEP journal, the study revealed strong connections between the afternoon shut-eye sessions and positive outcomes in a handful of areas in the overall development of kids.

“A study of nearly 3,000 fourth, fifth, and sixth graders ages 10-12 revealed a connection between midday napping and greater happiness, self-control, and grit; fewer behavioural problems; and higher IQ, the latter particularly for the sixth graders. The most robust findings were associated with academic achievement,” said Adrian Raine, Professor at the University of Pennsylvania in the US.

“Children who napped three or more times per week benefit from a 7.6 per cent increase in academic performance in Grade,” Raine said.

During the study, from each of 2,928 children, the researchers collected data about napping frequency and duration once the children hit grades four through six, as well as outcome data

when they reached grade six, including psychological measures like grit, happiness and physical measures.

The research team also asked teachers to provide behavioural and academic information about each student.

They then analysed associations between each outcome and napping, adjusting for sex, grade, school location, parental education, and nightly time in bed.

“Many lab studies across all ages have demonstrated that naps can show the same magnitude of improvement as a full night of sleep on discrete cognitive tasks. Here, we had the chance to ask real-world, adolescent school children questions across a wide range of behavioural, academic, social, and physiological measures,” said Sara Mednick, Associate Professor at the University of California.

“The more students sleep during the day, the greater the benefit of naps on many of these measures,” she added. — IANS

'Proper nutrition policy

'Proper nutrition policy can cut diet-related deaths in India': Experts (The Tribune: 20190603)

<https://www.tribuneindia.com/news/health/-proper-nutrition-policy-can-cut-diet-related-deaths-in-india-experts/781669.html>

Following India's poor ranking in the world hunger index last year, experts have urged the government to come up with a comprehensive nutritional policy to alleviate diet-related deaths in the country.

A recent study by the Institute of Health Metrics and Evaluation (IHME), University of Washington revealed that over 1.1 crore deaths occur due to poor diet alone globally.

According to a study published in the Lancet journal in April, poor diet leads to hundreds of deaths in India annually.

The study tracked trends in consumption of 15 dietary factors from 1990 to 2017 in 195 countries, showing India ranked 118th with 310 deaths per 100,000 people.

Experts believe the government will have to ensure access to nutritious food to the people living in both rural as well as urban areas.

"We have failed in terms of a proper nutritional food policy. Poor diet creates a deficiency of essential nutrition due to low supply of vitamin, protein, fat, minerals and other micronutrients," said Rajesh Kumar, a senior expert at Paras Hospital, Gurugram.

"These elements not only give us energy to move and work, they are key in building the immunity of the body that fights the bacteria and viruses in the atmosphere from entering our body," Kumar said.

"In its absence a child becomes susceptible to diseases, especially infectious disease such as tuberculosis among others," he said.

Kumar urged the government to come up with a comprehensive plan to reach out to people in the remote areas suffering from nutritional food crisis that certainly is a root cause for several serious diseases.

Emphasising that India's hunger and poor dietary problem is a major concern as it continued to ignore its health burden, Kumar said: "India is not immune to the problems that poor diet can cause. A healthy diet does not mean an absence of feeling of hunger."

It tracked trends for close to two decades.

In 2018, India ranked 103rd among 119 countries on the Global Hunger Index. The country slipped three positions from its 100th rank in 2017. It was among the list of 45 nations that have serious levels of hunger.

India is ranked way below its neighbouring countries such as China (25th), Nepal (72), Myanmar (68), Sri Lanka (67) and Bangladesh (86). Pakistan is placed at the 106th position.

Tritiya Jan, a prominent Bengaluru-based dietician at Apollo Spectra, said that globally, three million deaths were attributed to too much sodium—but another three million deaths were attributed to a lack of adequate whole grains, and another two million deaths were attributed to a lack of adequate fruits.

Indicating that population was one of the major factor, Jana urged the government to ensure that its agencies should provide the citizen with proper nutritious food at reasonable rates.

Population growth has high contribution to the dietary health burden. As death rates fell, birth rates continued to be high, and some of the earlier killer diseases began to be tackled, the population grew rapidly. Fortunately, the Green Revolution staved off the threat of food grain shortages," she told PTI.

"Similarly urban migration also is a reason. As the cities developed and offered more opportunities for employment, agriculture became gradually less labour-intensive, people moved in large numbers into the cities.

"This phenomenon resulted in the mushrooming of urban slums and sharp changes in the lifestyles and diets of the erstwhile rural people," she added.

The experts also believe that the more cause of worry was that the poor diet also creates Disability-Adjusted Life Year (DALYs).

According to World Health Organization, One DALY can be thought of as one lost year of "healthy" life.

The sum of these DALYs across the population, or the burden of disease, can be thought of as a measurement of the gap between current health status and an ideal health situation where the entire population lives to an advanced age, free of disease and disability.

Agreed Amitabha Ghosh, consultant of Internal Medicine at Gurgaon-based Columbia Asia hospital, who said the current era was such that both people residing in urban and rural areas have diet-related issues.

"The urban population which falls under good economic condition does not take proper healthy food despite no economic hindrances while on the other hand people in rural areas can't afford even three meals a day," he said. — PTI

Gene 'switch'

Gene 'switch' that helps breast cancer spread identified (The Tribune: 20190603)

<https://www.tribuneindia.com/news/health/gene-switch-that-helps-breast-cancer-spread-identified/781664.html>

Scientists have identified a genetic 'switch' that helps breast cancer spread through the body, an advance that may help combat the deadly disease.

The team from Imperial College London and The Institute of Cancer Research in London showed that the 'switch' boosts the production of a type of internal scaffolding.

This scaffolding is a type of protein, called Keratin-80, and related to the protein that helps keep hair strong.

Boosting the amount of this scaffolding makes the cancer cells more rigid, which the researchers say may help the cells clump together and travel in the bloodstream to other parts of the body.

The researchers, who published their work in the journal Nature Communications, studied human breast cancer cells treated with a common type of breast cancer drug called aromatase inhibitors.

The team found the same switch is involved in breast cancer cells becoming resistant to the medication (meaning the drugs are no longer effective if the cancer returns).

Targeting this switch with a different drug could help reverse this resistance, and make cancer less likely to spread, said Luca Magnani, lead author of the research at Imperial.

"Aromatase inhibitors are effective at killing cancer cells, but within a decade post-surgery around 30 per cent of patients will relapse and see their cancer return—usually because the cancer cells have adapted to the drug," said Magnani.

"Even worse, when the cancer comes back it has usually spread around the body—which is difficult to treat," he said.

The study suggests a type of genetic switch—called a transcription factor—can turn on genes that cause the cancer cells to not only become resistant to the treatment, but move into health tissue around the body.

"This research now needs to be followed up with larger studies, but if confirmed, targeting this genetic switch could prevent cancer cells from becoming resistant to the drugs, and from spreading to other areas of the body," said Magnani.

Aromatase inhibitors are used to treat a type of breast cancer called oestrogen-receptor positive. These make up over 70 per cent of all breast cancers, and are fuelled by the hormone oestrogen.

However, around 30 per cent of breast cancer patients taking aromatase inhibitors see their cancer eventually return. This returning cancer is usually metastatic, meaning it has spread around the body, and the tumours are often now resistant to aromatase inhibitors.

In previous research, the team discovered that when aromatase inhibitors starve cancer cells of oestrogen, some cells adapt by increasing production of cholesterol, which they then use for energy to survive.

This means that if the cancer returns, it can no longer be killed by the same type of drugs.

In the latest research, which used human breast cancer cell cultures in the laboratory, the team found the switch that turns on genes that increase cholesterol production also activates genes that make the cells more rigid and prone to invade nearby tissues.

The team also found that in women whose cancers had spread around the body, the cells contained higher amounts of Keratin-80.

The team said larger scale patient studies are now needed to confirm the findings, but the research could provide new avenues for helping treat breast cancer that returns and spreads around the body. — PTI

Depression

Depression may up risk of multiple chronic diseases: Study (The Tribune: 20190603)

<https://www.tribuneindia.com/news/health/depression-may-up-risk-of-multiple-chronic-diseases-study/781172.html>

Women who experience symptoms of depression are at increased risk of developing multiple chronic diseases such as diabetes, heart disease, stroke and cancer, a study has found.

The research, published in the journal Health Psychology, suggests that depression and chronic diseases share a similar genetic or biological pathway.

"These days, many people suffer from multiple chronic diseases such as diabetes, heart disease, stroke and cancer," said Xiaolin Xu, a PhD scholar at the University of Queensland in Australia.

"We looked at how women progress in the development of these chronic diseases before and after the onset of depressive symptoms," Xu said.

The Australian Longitudinal Study on Women's Health followed healthy, middle-aged women with no previous diagnosis of depression or chronic illness over 20 years.

The study found 43.2 per cent of women experienced elevated symptoms of depression and just under half the cohort reported they were diagnosed or taking treatment for depression.

Women from the depressed group were 1.8 times more likely to have multiple chronic health conditions before they first experienced depressive symptoms.

"Experiencing depressive symptoms appeared to amplify the risk of chronic illness," Xu said.

After women started experiencing these symptoms, they were 2.4 times more likely to suffer from multiple chronic conditions compared to women without depressive symptoms.

"Inflammation in the body has been linked to the development of both depression and chronic physical diseases," he said.

"Chronic diseases, like diabetes and hypertension, are also commonly associated with depression," Xu said.

These findings help strengthen healthcare professionals understanding of mental and physical health.

"Healthcare professionals need to know that clinical and sub-clinical depression (elevated depressive symptoms) can be linked to other chronic physical conditions," he said

When treating patients for these symptoms, healthcare professionals must realise these people are at risk of developing further chronic illness, researchers said.

Women with both conditions were more likely to come from low-income households, be overweight and inactive, smoke tobacco and drink alcohol.

"Maintaining a healthy weight, exercising regularly, eating a balanced diet, and reducing harmful behaviours could help prevent and slow the progression of multiple chronic diseases," Xu said. — PTI

Mental Disorder (Tha Asian Age: 20190603)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=13119256>

CHILDHOOD ADVERSITY, A MENTAL DISORDER RISK

■ Risk of mental health disorders like depression and anxiety most likely in children growing up in poverty and experiencing events like an accident or sexual assault



■ Low socioeconomic status (L-SES) and experience of traumatic stressful events (TSEs) linked to accelerated puberty and brain maturation, abnormal brain development.

■ First study to compare the effects of poverty (L-SES) to those who experienced TSEs in the same sample set.

■ **9,498** participants aged eight to 21 years were analysed for the study

■ They found specific associations of SES and TSE with psychiatric symptoms, cognitive performance, and several brain structure abnormalities.

Findings underscore need to focus on environment in which a child grows,
— *Raquel E. Gur, US professor*

AFTERNOON NAPS A SOLUTION?

■ An afternoon nap can boost happiness and improve behaviour and academic performance of children

■ Link between midday napping and greater happiness, self-control, and grit; fewer behavioural problems; and higher IQ.

■ **3,000** fourth, fifth, and sixth graders aged 10-12 were involved in the study

■ The study, was published in the journal *SLEEP*

■ Sleep deficiency and daytime drowsiness are surprisingly widespread



Antibiotics

Dentists prescribe antibiotics unnecessarily 81 pc of the time: Study (New Kerala: 20190603)

<https://www.newkerala.com/news/read/151330/dentists-prescribe-antibiotics-unnecessarily-81-pc-of-the-time-study.html>

Antibiotics prescribed by dentists as prevention against infections are 81 per cent of the times unnecessary.

According to a study published in the journal 'JAMA Network Open', antibiotics prescribed when not warranted expose patients to the risk of side effects unnecessarily and also contribute to the problem of antibiotic resistance.

"Preventive antibiotics in these patients gave them risks that outweighed the benefits," said McGregor, an associate professor in the Ohio State University College of Pharmacy.

Antibiotics are recommended as a prophylactic prior to some dental procedures for patients with certain types of heart conditions.

Researchers used a national health care claims database to examine nearly 170,000 dentist-written antibiotic prescriptions from 2011 to 2015.

The prescriptions involved more than 90,000 patients, 57 per cent female, with a median age of 63.

Greater than 90 per cent of the patients underwent a procedure that possibly warranted taking an antibiotic ahead of time.

However, less than 21 per cent of those people had a cardiac condition that made an antibiotic prescription recommended under medical guidelines.

Led by corresponding author Katie Suda of the University of Illinois-Chicago, the researchers also looked at the prescriptions regionally and found unnecessary prescriptions to be most prevalent, on a percentage basis, in the West; 11,601 of the 13,735 prescriptions written, or 85 per cent, were out of sync with the guidelines.

Among patients who filled prescriptions for unnecessary antibiotics, clindamycin was the most common drug, and joint implants were the most typical reason they were prescribed.

"Dental providers are very thoughtful when they develop care plans for their patients and there are many factors that inform dentists' recommendations, but this study shows that there is an opportunity for dentists to reevaluate if necessary," said Susan Rowan of the Illinois-Chicago College of Dentistry.

Multiple infectious diseases

Some antidepressants may provide treatment for multiple infectious diseases (New Kerala: 20190603)

<https://www.newkerala.com/news/read/151335/some-antidepressants-may-provide-treatment-for-multiple-infectious-diseases.html>

Researchers have claimed that certain antidepressants could possibly be used to treat a wide range of diseases caused by bacteria living within cells.

The study published in the journal Life Science Alliance showed that antidepressant drugs called FIASMAs, including desipramine, amitriptyline, and nortriptyline, halt the growth or kill four different intracellular bacterial pathogens in tissue cell culture and animal models.

"Antibiotic options for diseases caused by intracellular bacteria are limited because many of these drugs cannot penetrate our cell membranes. In essence, the bacteria are protected," said Jason Carlyon, lead researcher of the study.

Tetracycline antibiotics are most commonly prescribed to treat intracellular bacterial infections because they can cross cell membranes to reach the microbes.

However, tetracyclines can cause allergic reactions in some patients and physicians advise against their use by pregnant women and children due to undesirable side effects. Additionally, antibiotic resistance in some intracellular bacteria has been reported.

"It would be highly beneficial to have a class of drugs to treat such diseases in patients for whom tetracyclines are contraindicated," Carlyon said.

"These drugs could provide an alternative to antibiotics or can be used in conjunction with them as an augmentation approach to treat infections that typically require prolonged courses of antibiotic therapy, such as those caused by *Chlamydia pneumoniae* and *Coxiella burnetii*," added Carlyon.

The scientists tested FIASMA susceptibility for four bacterial species that cause human granulocytic anaplasmosis, a tick-borne disease that attacks white blood cells called neutrophils and can be fatal to immune-compromised individuals; Q fever, a debilitating pneumonic disease; and two chlamydia infections.

FIASMAs ultimately disrupt how cholesterol, a key nutrient utilised by many intracellular pathogens, traffics inside cells to alter bacterial access to the lipid.

Next, they extended their observations to demonstrate that FIASMA treatment killed the Q fever agent, *Coxiella burnetii*, and partially inhibited chlamydial infections in cell culture.

"Since FIASMAs influence cholesterol trafficking in the cell and cholesterol plays a role in so many facets of our biology, they have been used to treat a wide variety of conditions and diseases," Carlyon said.

He added that the effect of FIASMA on intracellular cholesterol ultimately bypasses the need to directly target the bacteria.

"What is so exciting about this study is that the class of drugs we evaluated targets an enzyme in our cells regulating cholesterol, not the bacteria," Carlyon said.

"I do not envision the pathogens being able to develop resistance to this treatment because it is targeting a host pathway that they very much need to grow and survive inside of the body," Carlyon added.

Anaesthesia

Study finds how Anaesthesia works in extreme polar region (New Kerala: 20190603)

<https://www.newkerala.com/news/read/151654/study-finds-how-anaesthesia-works-in-extreme-polar-region.html>

A recent study states that commonly used anaesthetic drugs will work even if they are exposed to the harsh environmental conditions of the Antarctic.

The study was discussed in the meeting, 'Euroanaesthesia' in Vienna, Austria.

Anaesthetists can find themselves working in a wide range of situations and challenging conditions where the supply of medicines can be interrupted extreme by environmental factors. This can introduce uncertainties into planning how anaesthetics will be used during a procedure, which in turn can impact patient safety.

The team of researchers studied the effects of exposing four commonly used anaesthetic drugs (fentanyl citrate, etomidate, rocuronium bromide and suxamethonium chloride) to Antarctic weather conditions to determine whether these compounds could be safely and reliably used in such conditions.

To analyse the impact of environmental factors on anaesthetic drugs, the four selected drugs were subjected to the extreme polar climate of 'Deception Island' in Antarctica, with vials of each drug left outside in clear plastic bags but nothing to protect them from the bitterly cold conditions.

Measurements were taken of the maximum and minimum values of daily temperature, wind speed, atmospheric pressure, and relative humidity, amount of sunlight, rain, and solar radiation. Drug vials were then examined at 24, 48, and 72 hours for damage to the container itself, any changes or deterioration of the medicine inside, and a detailed chemical analysis was performed to measure any loss of potency of the compounds using high-resolution liquid chromatography.

The researchers found that despite being exposed to Antarctic conditions for up to 72 hours, the drugs were well within the allowed margins of security (99-110 per cent).

To further explain how a result of 110 per cent could be achieved, Navarro-Suay, one of the researchers said "Sometimes a drug can be changed or improved with weather conditions, like light or cold. The drug administration security interval is from 95 to 110 per cent so these results show we could employ these drugs safely to patients under the extreme conditions like the polar weather found in Antarctica."

He concludes "This chemical analysis shows that using the common anaesthetic drugs fentanyl, etomidate, rocuronium bromide and suxamethonium chloride appears safe even in this extreme environment in Antarctica."

Nicotine and caffeine

Nicotine and caffeine withdrawal may lead to unwanted suffering in ICU patients: Study (New Kerala: 20190603)

<https://www.newkerala.com/news/read/151659/nicotine-and-caffeine-withdrawal-may-lead-to-unwanted-suffering-in-icu-patients-study.html>

A recent study has found that withdrawal of Nicotine and Caffeine can cause unwanted suffering to patients in intensive care units (ICUs), leading to unnecessary laboratory testing and diagnostic imaging such as X-rays and MRIs.

The study is being discussed this year in an annual meeting, 'Euroanaesthesia' in Vienna, Austria.

"Nicotine and caffeine are some of the most commonly used and highly addictive substances in modern society, but they are often overlooked as a potential source of significant withdrawal symptoms when abruptly discontinued in ICU", explains Maya Belitova, the lead researcher of the study.

Several withdrawal symptoms include nausea, vomiting, headaches, and delirium can last for up to 2 weeks. These symptoms resemble conditions such as meningitis, encephalitis, and intracranial haemorrhage--this may confuse clinical diagnosis and result in unnecessary tests which can cause discomfort to patients, shelling out a lot of money, and waste of time."

In Europe, up to 27 per cent of the population smokes and more than half drink coffee. The systematic review, synthesising all the available evidence from the scientific literature, included 12 studies investigating withdrawal symptoms and treatment in ICUs between 2000 and 2018, involving 483 adults (aged 18-93).

Results showed that acute nicotine withdrawal substantially increases agitation (64 per cent smokers vs 32 per cent non-smokers) and the number of the tracheal tube and intravenous line displacements caused by agitation in ICU patients (14 per cent smokers vs 3 per cent non-smokers).

However, nicotine substitution therapy was shown to contribute to the development of ICU delirium (severe confusion and disorientation)--which is associated with prolonged intubation, increased length of stay, and greater risk of dying.

Sudden caffeine withdrawal can lead to drowsiness, nausea, vomiting, headaches, and can increase rates of ICU delirium. Caffeine benzoate has been successfully used to treat headaches but substitution in the ICU has a limited evidence base.

"ICU patients may benefit from nicotine substitution or caffeine supplementation, but with little evidence for their effectiveness, this should be left up to the judgement of treating physicians", said Belitova.

"There is a lack of evidence on abrupt caffeine withdrawal, its complications and therapeutic options. Future research should focus on acute caffeine withdrawal as an independent risk factor for agitation and delirium in ICU and on available treatment options," she added.

Prostate cancer

Men choose active surveillance for early age prostate cancer instead of treatment Study (New Kerala: 20190603)

<https://www.newkerala.com/news/read/151668/men-choose-active-surveillance-for-early-age-prostate-cancer-instead-of-treatment.html>

A recent study highlighted that just 15 per cent of men with early age prostate cancer in North Carolina chose strict observation instead of treatment and followed the recommended monitoring guidelines.

The study was discussed in the ASCO Annual Meeting.

The research findings were drawn from an analysis of 346 men newly diagnosed between 2011 and 2013 with low or intermediate-risk of prostate cancer in North Carolina. Researchers analysed how often men received biopsies and other tests according to the guidelines from the National Comprehensive Cancer Network.

Ronald C Chen, one of the researchers said, "Active surveillance has rigorous guidelines - people need regular PSA tests, they need prostate exams, they need prostate biopsies so you can watch cancer very closely, and you don't lose the opportunity to treat cancer when it starts to grow."

"One of the main findings of this study is that in this population-based cohort, not in a clinical trial or purely academic setting, only 15 per cent of patients in active surveillance received recommended monitoring," Ronald added.

Data have shown that active surveillance is safe, but the researchers note that those data have been drawn from clinical trials or studies in large academic institutions. To evaluate monitoring in a broad population, they studied a group of patients from North Carolina to determine if they adhered to NCCN active surveillance guidelines, which recommended prostate-specific antigen (PSA) tests at least every six months, digital rectal exams annually, and a repeat biopsy within 18 months of diagnosis.

In the first six months, 67 per cent of patients had received a PSA test, and 70 per cent received a digital rectal exam. Just 35 per cent received a biopsy within the first 18 months. Across all types of tests by 24 months, only 15 per cent of patients received monitoring compliant with the guidelines.

Researchers also reported that they did not find any variables, such as income, race or age, linked with whether or not patients would adhere to the monitoring guidelines. The findings led researchers to call for more research into outcomes for active surveillance outside of controlled studies.

"This raises the question of whether we need to investigate whether active surveillance is a safe option when patients do not receive routine monitoring," Chen said.

"Our goal is not to reduce the number of patients choosing active surveillance; rather, the results of this study should increase awareness and efforts to ensure that active surveillance patients are monitored rigorously," he added.

Researchers also analysed trends linked to patients who stopped active surveillance and started treatment. In addition to finding that disease progression motivated patients to switch to treatment, they found that a patient's level of anxiety was linked to whether or not they stopped active surveillance and switched to treatment.

Environmental Health (Navbharat Times: 20190603)

<http://epaper.navbharattimes.com/details/37229-55346-1.html>

परसों विश्व पर्यावरण दिवस है, इन छोटे तरीकों से हम बचा सकते हैं धरती

अगर हम जलवायु परिवर्तन को रोक नहीं सकते, तो उसकी गति को धीमा जरूर कर सकते हैं। कुछ नई खोजें हमें ऐसा करने के लिए तैयार करती हैं। 5 जून को विश्व पर्यावरण दिवस के आने से पहले हम आपको 8 पर्यावरण की सहायक चीजों के बारे में बता रहे हैं। दुनिया में हुए इन इनोवेशन से पर्यावरण को होने वाला नुकसान कम हो सकता है और ऊर्जा के नए रास्ते निकलते हैं।

सोलर कोलड स्टोरेज

आईआईटी मद्रास से निकली स्टार्टअप टेन90 ने सोलर कोलड स्टोरेज तैयार किया है। सोलर से चलने वाली यह डिवाइस खेतों में होने वाली बर्बादी को कम करती है। 300 से 500 किलो फलों, सब्जियों या डेरी प्रोडक्ट्स को ठंडे टेम्परेचर में रख सकती है।

बोटलों को बालू बनाना

रोजाना की जिंदगी में हम प्लास्टिक की कई बोटलों को इस्तेमाल करके फेंकते हैं। न्यूजीलैंड की कंपनी एक्सप्लोरो ने एक मशीन बनाई है, जिससे बोटलों को पीसकर बालू जैसे बनाया जा सकता है। यह बालू नुकसान नहीं पहुंचाती और आसानी से रिसाइकल हो जाती है।

स्प्रै से हरी-भरी होती मिट्टी

नॉर्वे की एक कंपनी ने मिट्टी को रेगिस्तानी होने से बचाने के लिए एक स्प्रै तैयार किया है। इस स्प्रै को लिक्विड नैनोस्केल और पकी मिट्टी से तैयार किया गया है। यह जमीन के अंदर पानी को रोकने का एक नेटवर्क तैयार करता है। फिर आसानी से फसल या पेड़ लगाए जा सकते हैं।

पावर देने वाले छोटे पंख

अमेरिका की V-AIR कंपनी 10 फीट ऊंचे हवा से चलने वाले टूरबाइन बनाए हैं। ये केवल 14 किमी. प्रति घंटे की रफ्तार से चलने वाली हवा में बिजली पैदा कर सकते हैं। स्ट्रीटलाइट के लिए ये ज्यादा बेकार हैं।

समुद्र के पानी से बिजली खींचना

अमेरिका की ओसिल पावर ने एक ऐसी डिवाइस बनाई है, जो समुद्र की प्रतिक्रिया ऊर्जा को इलेक्ट्रिसिटी में बदल देती है। यानी समुद्री में एक क्यूबिटर लगाया जाता है, जो पननी से बिजली बनाता है। कई सारे क्यूबिटर लगाकर एक पावर प्लांट भी बन सकता है।

पानी के पाइप से बिजली

जर्मनी में लोगों से पैसा इकट्ठा करके ब्लू प्रीडम ने पानी के पाइप से पावर बनाने का सिस्टम तैयार किया है। नमपायलिका की पाइपों में फलों होने वाले पानी से ट्यूब टुरबाइन के जरिये बिजली पैदा की जा सकती है। इस कंपनी ने हल्के वजन का एल्यूमिनियम भी बनाया है, जिसे कहीं भी से जाकर डिवाइस को चार्ज किया जा सकता है।

बिजली पैदा करने वाली सड़क

फ्रांस की कंपनी वेदो ने ऐसी सड़क बनाई है जो बिजली पैदा कर सकती है। सड़क के ऊपर फोटोवोल्टिक की एक लेयर बिछाई गई है, जिससे सिंगुलर एनर्जी पैदा होती है। साथ ही सड़क पर गाड़ियां भी चलती रहती हैं।

एक गांव से दूसरे गांव

ब्रायनेरा के कई गांव एक-दूसरे को बिजली बेचते हैं। यहां पर रूमी के चार सोलर पैनल लगे हैं, जो आराम में जुड़े हुए हैं। एक सिस्टम के तहत हरसमय के बाद जितनी बिजली बनती है, उसे पावर मीटर के जरिए बेचा जाता है।

राहत: रिटायर्डकर्मियों को निजी अस्पतालों में इलाज

नई दिल्ली | स्कंद तिवेक धर

गंभीर बीमारियों से पीड़ित केंद्र सरकार के कर्मचारियों एवं 75 वर्ष से अधिक उम्र वाले पेंशनधारी अब सीधे सूचीबद्ध निजी अस्पतालों में इलाज करा सकेंगे। उन्हें बार-बार सीजीएचएस डिस्पेंसरी से रेफर नहीं कराना होगा।

केंद्र सरकार स्वास्थ्य योजना (सीजीएचएस) ने इस बारे में आदेश जारी कर दिया है। एक वरिष्ठ अधिकारी ने 'हिन्दुस्तान' ने कहा कि हमें फीडबैक मिल रहा था कि डिस्पेंसरी से रेफर कराने में वृद्धों एवं गंभीर बीमारियों

सुविधा

- सीजीएचएस ने डिस्पेंसरी से रेफर की अनिवार्यता समाप्त की
- गंभीर बीमारियों और 75 साल के ऊपर के मरीजों को होगा लाभ

से जूझ रहे मरीजों को परेशानी हो रही है। उन्हें हर बार डिस्पेंसरी से रेफर कराना पड़ता था। इसलिए हमने यह अनिवार्यता समाप्त कर दी है। अब वे बिना रेफरल सूचीबद्ध निजी अस्पतालों में इलाज करा सकेंगे। उन्हें सिर्फ दवा के लिए डिस्पेंसरी आना होगा।

Child Mortality (Hindustan: 20190603)

http://epaper.livehindustan.com/imageview/47394_88361974_4_1_03-06-2019_i_12.pagezoomsinwindows.php

शिशु मृत्यु दर में कमी पर चिंता बरकरार

एक समय ऐसा था जब घर में गुंजी किलकारियां कूब समय बाद मातल में बल्ल जाती थीं, लेकिन कई सालों में यह कम हो गया है, क्योंकि भारत की शिशु मृत्यु दर में गिरावट आई है। वर्ष 2017 में यह आंकड़ा 33 पहुंच चुका है जो एक साल पहले 34 था। लेकिन यह पुनर्निर्माण अभी खत्म नहीं हुई है क्योंकि आज भी बड़ी संख्या में शिशु अगले पहले जन्मदिन से पूर्व ही दम तोड़ देते हैं। शिशु मृत्यु दर का वैश्विक औसत 29 है, लेकिन निम्न और माध्यम अव वाले देशों के लिए यह 34 है। भारत भी इसी श्रेणी में आता है।

रिपोर्ट

हालात
भारत की शिशु मृत्यु दर आज भी दक्षिण एशियाई देशों श्रीलंका, बांग्लादेश और नेपाल की तुलना में काफी बंदतर है। इसलिए यह धीमी गति वित्त का विषय है। यूरोपीय क्षेत्र और श्रीलंका का आईएमआर 8 है।

पुनर्निर्माण : ग्रामीण क्षेत्रों में ज्यादा मौतें 30 शिशुओं में से एक जन्म के एक वर्ष के भीतर मर जाता है। 21.8 है जन्म दर ग्रामीण क्षेत्रों में, शहरों में यह 16.8 है। 27 शिशुओं में से एक की मौत ग्रामीण क्षेत्रों में 43 में से एक की मौत होती है शहरी इलाकों में 36 से 23 तक पहुंची शिशु मृत्यु दर में गिरावट एक दशक में शहरी क्षेत्रों में 58 से 37 पहुंची यह गिरावट ग्रामीण क्षेत्रों में

क्या है आईएमआर

- आईएमआर का मतलब होता है प्रति 1000 जीवित जन्म शिशुओं में मर गए शिशुओं की संख्या।
- इस दर में सिर्फ भारत ही नहीं बल्कि दुनियाभर के कई हिस्सों में गिरावट देखी जा रही है।

शिशु मृत्यु दर

मध्य प्रदेश	47
ओडिशा	41
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46 साल में 129 से 33 तक

- 1990 में आईएमआर का वैश्विक औसत 65 था
- 2017 में गिरकर 29 हो गया
- 88 लाख शिशुओं की मौत हुई थी 1990 में
- 41 लाख हो गया यह
- आंकड़ा गिरकर 2017 में 129 शिशुओं ने दम तोड़ा था भारत में प्रति एक हजार पर 1971 में
- 33 हो गई है यह संख्या 2017 में
- 2012 में मृत्यु दर 42 थी



उपाय

भारत पहले से ही मां और बच्चे के स्वास्थ्य में सुधार पर काम कर रहा है। स्तनपान, माता-पिता और बच्चे के बीच तबला से तबला का संपर्क, गर्भावस्था से संबंधित जटिलताओं, समय से पहले जन्म, कुपोषण और बीमारियों की संख्याओं के लिए कड़े कदम उठाए जा रहे हैं। प्राथमिक देखभाल के अलावा, टीकाकरण, स्वस्थ धूपण प्राप्त करने, स्वच्छता को बढ़ावा देने, माता-पिता को परामर्श देने से मौतें कम हो सकती हैं।

राष्ट्रीय शिक्षा नीति-2019: मानव संसाधन विकास मंत्रालय इस मुद्दे पर पहले से ही गंभीरता से विचार कर रहा

मिड डे मील की तर्ज पर नाश्ता भी देश में दुकानों की तरह चल रहे बीएड कॉलेज

सिफारिश

नई दिल्ली | नवज्योति

स्कूलों में मध्याह्न भोजन योजना की तर्ज पर अब सुबह के नाश्ते की योजना भी शुरू की जा सकती है। मानव संसाधन विकास मंत्रालय इस मुद्दे पर पहले से ही गंभीरता से विचार कर रहा है। अब नई शिक्षा नीति के मसौदे में भी इस बात की सिफारिश की गई है।

आने वाले दिनों में जिन 12 लाख प्राथमिक और मध्य विद्यालयों में मध्याह्न भोजन योजना चल रही है, वहां नाश्ते की योजना भी शुरू हो सकती है। इसका लाभ करीब 12 करोड़ बच्चों को मिलेगा।

पोषण की कमी से सीखने की क्षमता पर असर इससे के पूर्व चेयरमैन के. कस्तुरीरामन की अध्यक्षता वाली समिति ने दो दिन पहले ही नई सरकार को राष्ट्रीय शिक्षा नीति का मसौदा सौंपा है। इसमें प्राथमिक शिक्षा में सुधार के लिए कई



कुपोषण में कमी

करीब दो दशक पहले शुरू हुई मिड डे योजना से बच्चों का स्कूलों में नामांकन बढ़ा है। स्वास्थ्य के आंकड़े बताते हैं कि इससे कुपोषण में कमी आई है। दूसरे, बड़े पैमाने पर देश में खाद्यान्न की भंडारण आदि के कारण क्षति होती थी, वह भी कम हुई है।

बदलावों की सिफारिश की गई है। अभी बच्चों का स्कूलों में नामांकन तो बढ़ गया है, पर उनमें सीखने की क्षमता विकसित नहीं हो पा रही है। समिति ने इसके लिए शिक्षकों को पेशेवर कमी के साथ पोषण को भी जिम्मेदार माना है।

पौष्टिक नाश्ता जरूरी: समिति ने कई वैज्ञानिक अध्ययनों के हवाले से कहा है कि यदि बच्चों को सुबह पौष्टिक नाश्ता मिले तो उनके सीखने और समझने की क्षमता में काफी सुधार होगा। समिति ने कहा, इसलिए मध्याह्न भोजन योजना को जारी रखते हुए बच्चों को स्कूलों में सुबह का पौष्टिक नाश्ता भी दिया जाना चाहिए। इसमें उन्हें दूध व फल उपलब्ध करवाए जाएं। न्यूयार्क समेत कई शहरों में बच्चों के सुबह का नाश्ता दिया जाता है।

कुछ ब्लाक में परीक्षण: मानव संसाधन विकास मंत्रालय के सूत्रों ने बताया कि छत्तीसगढ़ के कुछ स्कूलों में जहां बच्चों की उपस्थिति कम है, वहां केंद्र एवं राज्य सरकारों ने मिलकर बच्चों को दोपहर के भोजन के अलावा सुबह का नाश्ता देने की योजना भी परीक्षण के तौर पर शुरू की है। इसके परिणामों का भी अध्ययन किया जाएगा।

सुधार के लिए सुझाव

- तीन से छह साल के बीच की शिक्षा प्रणाली को विनियमित किया जाए तथा उसके लिए मानक और पाठ्यक्रम तय किया जाए
- निःशुल्क एवं अनिवार्य शिक्षा का दायरे तीन वर्ष से 18 वर्ष तक के बच्चों के लिए किया जाए जो अभी 6-14 वर्ष का है।
- शिक्षकों के प्रशिक्षण में सुधार किया जाए। खासकर प्राइमरी एवं शिक्षा का प्रशिक्षण उन्हें प्रदान किया जाए ताकि बच्चे पहली कक्षा तक पहुंचने तक पूर्ण रूप से अध्यात्मिक शिक्षा को तैयार हो सकें
- पारवी तक की कक्षाओं में भाषा एवं गणित पर ज्यादा ध्यान केंद्रित किया जाए। भाषा और गणित समाही और मेलों का आयोजन किया जाए।
- महिला शिक्षकों की नियुक्ति की जाए तथा गाठुभाषा में शिक्षण को बढ़ावा दिया जाए।

नई दिल्ली | विशेष संवाददाता

राष्ट्रीय शिक्षा नीति के मसौदे में शिक्षा की गुणवत्ता को लेकर सवाल खड़े किए गए हैं। इसमें कहा गया है कि शिक्षा की गुणवत्ता का बड़ा दायरेमदार शिक्षक पर होता है। लेकिन शिक्षकों को पढ़ाने वाले (बीएड, डीएड) कॉलेज दुकानों की तरह चल रहे हैं जहां सिर्फ डिग्रियों की खरीद-फरोख्त होती है। जब तक यह बंद नहीं होगा तब तक शिक्षक शिक्षा की सत्यनिष्ठा प्राप्त नहीं हो सकती।

कस्तुरीरामन समिति द्वारा सरकार को सौंपी रिपोर्ट में कहा गया है देश में शिक्षक बनाने वाले 17 हजार संस्थान हैं। इनमें 92% निजी क्षेत्र के हैं जो व्यावसायिक दुकानों की तरह काम कर रहे हैं। इन पर नियंत्रण नहीं है। वे संस्थान न्यूनतम पाठ्यक्रम को जरूरत पूरी नहीं करते हैं।

शिक्षकों से गैर शिक्षण कार्य कराए जा रहे: रिपोर्ट के अनुसार आज शिक्षकों

दस लाख पद खाली

मसौदे में कहा गया है एक तो शिक्षक शिक्षा संस्थान खराब हैं। दूसरे, जो थोड़े अच्छे कॉलेजों से अच्छे शिक्षक आ भी रहे हैं, वह इतने कम हैं कि जरूरत को पूरी नहीं कर सकते। स्थिति यह है कि शिक्षकों के करीब दस लाख पद खाली हैं। ग्रामीण क्षेत्रों में 60 बच्चों पर एक शिक्षक है जबकि 30 बच्चों पर एक शिक्षक होना चाहिए।

विषय शिक्षकों की कमी

मसौदे में कहा गया है कि शिक्षकों की रचना प्रक्रिया गलत होने के कारण विषय के शिक्षकों की भारी कमी है। हिन्दी का शिक्षक स्कूलों में गणित पढ़ा रहा है तथा विज्ञान का शिक्षक इतिहास पढ़ा रहा है।

से गैर शिक्षण कार्य कराए जा रहे हैं। इससे शिक्षकों का समय नष्ट हो जाता है और वह बच्चों को समय नहीं दे पाता है।

Tobacco (Hindustan: 20190603)

http://epaper.livehindustan.com/imageview/47400_64081962_4_1_03-06-2019_i_16.pagezoomsinwindows.php

तंबाकू के खिलाफ अभियान शुरू

नई दिल्ली। विश्व तम्बाकू निषेध दिवस के अवसर पर वाइटल स्ट्रेटेजीज की ओर से विश्व स्तर पर कई तरह की बीमारियों के कारक तम्बाकू के जानलेवा प्रभावों और सरकारों द्वारा विश्व स्तर पर मीडिया अभियान शुरू किया गया। जागरूकता लाने में लगी वाइटल स्ट्रेटेजीज के तत्वावधान में बांग्लादेश, भारत, यूक्रेन, वियतनाम, फिलीपीन्स, इंडोनेशिया, मेक्सिको और ब्राजील में तम्बाकू विरोधी अभियान शुरू हुआ।
