



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Wednesday 20190612

## Medical Education

**MBBS seats at govt colleges may go up from 600 to 850(The Tribune: 20190612)**

<https://www.tribuneindia.com/news/haryana/mbbs-seats-at-govt-colleges-may-go-up-from-600-to-850/786412.html>

## STUDENT STRENGTH

Medical College	Existing	Proposed
PGIMS, Rohtak	200	250
BPS Medical College, Khanpur Kalan	100	150
Kalpana Chawla Medical College	100	150
SHKM Government Medical College	100	150
Maharaja Agrasen Medical College	100	150

The number of MBBS seats at the government medical colleges in Haryana, including the Rohtak PGIMS, is likely to increase from the existing 600 to 850 from the coming academic session.

As per official sources, the authorities of Pt Bhagwat Dayal Sharma University of Health Sciences (UHS), Rohtak, have sent a consolidated proposal in this regard to the Medical Council of India (MCI) on behalf of all government and government-aided medical colleges of Haryana.

The move comes in response to a recent communiqué of the MCI to ensure the implementation of 10 per cent quota for the economically weaker sections (EWS) for admissions to undergraduate seats at medical colleges.

Confirming this to The Tribune here today, the UHS Registrar, Prof H K Aggarwal, said subject to the permission of the MCI authorities, the number of MBBS seats at the Rohtak PGIMS would be increased from 200 to 250 from the coming academic session.

Likewise, the number of MBBS seats at BPS Medical College, Khanpur Kalan (Sonapat), is proposed to be increased from 100 to 150, at Kalpana Chawla Medical College, Karnal, from 100 to 150, Shaheed Hassan Khan Mewati Government Medical College at Nalhar in Nuh (Mewat) from 100 to 150 and Maharaja Agrasen Medical College at Agroha in Hisar from 100 to 150.

Of these, Maharaja Agrasen Medical College is a government-aided medical college while all others are government medical colleges.

The medical colleges have sent their individual proposals for increasing the seats directly to the MCI and the UHS authorities have sent a consolidated proposal.

Proposal sent to MCI

Haryana Additional Chief Secretary (Medical Education and Research) Amit Jha told The Tribune on Tuesday that the proposal for increasing the MBBS seats had been sent to the MCI authorities for approval. "This would put a financial burden of Rs 100-150 crore on each college for upgrade of infrastructure, equipment and faculty strength. The MCI has agreed in principle to give us a four-year window for upgrading the infrastructure and appointment of additional faculty," he stated.

## Clean Drinking Water (The Age: 20190612)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=13174404>

# Govt to provide clean drinking water to all by 2024

**New Delhi, June 11:** The Centre has set a target of providing clean drinking water to all by 2024, Jal Shakti Minister Gajendra Singh Shekhawat said Tuesday.

He said the government is formulating a plan to provide clean drinking water to nearly 14 crore households.

"The Prime Minister has set a target and our party manifesto talks about providing clean drinking water by 2024. There are nearly 14 crore households where clean drinking water is yet to reach," Mr Shekhawat told reporters.

Prime Minister Narendra Modi, during

his poll campaign, had promised to integrate all ministries that look after water-related issues into one ministry — the Jal Shakti Ministry.

The BJP had also promised to provide clean drinking water to all households in the country. He said in states like Uttar Pradesh, Bihar, West Bengal, Chhattisgarh, Jharkhand and Odisha, the coverage of clean drinking water is less than five per cent.

Mr Shekhawat said nearly 81 per cent of total habitations in the country have drinking water supply. The minister, however, did not respond to the

**In states like Uttar Pradesh, Bihar, West Bengal, Chhattisgarh, Jharkhand and Odisha, the coverage of clean drinking water is less than five per cent.**

question on when the project will be formally launched.

Water falls under the state list of the Constitution and participation of states is crucial to make the mission of providing clean drinking water a success.

Mr Shekhawat held dis-

cussions with officials and ministers from several states looking after water-related issues.

Addressing them, the minister said there has to be a holistic approach towards water supply and demand. He also urged the state governments to integrate water-related work under one single department. The minister said there was no representation from West Bengal in the meeting.

He said an emphasis will also be made on water conservation, citing the widening gap between water supply and demand.

Drinking and sanitation water secretary

Parmeswaran Iyer said the meeting was the first ministerial level meeting to discuss the subject.

Elaborating on the plan, he said states can use groundwater or surface water depending on the situation in the state.

"One point, the minister has been emphasising is that we need a very flexible approach because one size cannot fit all," Mr Iyer said.

It will be an approach where water conservation will go together with supply. Source sustainability will be the key to the mission besides recharging groundwater, he said.

—PTI

## Encephalitis (The Age: 20190612)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=13174413>

# Centre sends team to help check encephalitis in Bihar

*Muzaffarpur alone has reported 22 cases of fever, hypoglycemia*

New Delhi, June 11: The Centre has constituted a multi-specialist high-level team which will visit Bihar on Wednesday to assist the state government in containment and management of the rising cases of Acute Encephalitis Syndrome (AES) in Muzaffarpur and Japanese Encephalitis (JE) in Gaya.

Union health minister Dr Harsh Vardhan, who reviewed the status of AES and JE cases in Bihar Tuesday, said that he met state health minister Mangal Pandey recently and assured him of full support and assistance by the Centre.

Elaborating on the support being extended to state, Dr Vardhan said, "A multi-specialist high-level team has been constituted by the ministry which will reach Bihar on Wednesday."

Experts comprising those from National Centre for Disease Control



A child showing symptoms of Acute Encephalitis Syndrome being shifted to a hospital in Muzaffarpur on Tuesday. At least a dozen children in the city have died due to the disease while many others are being treated in several hospitals. — PTI

(NCDC), National Vector Borne Disease Control Programme (NVBDCP), Indian Council of Medical Research (ICMR), AIIMS, Patna are part of the central team and will review the surge in cases of encephalopathy or

encephalitis and assist the state in containment operations. This is in addition to a team which is already stationed in Muzaffarpur.

The team has visited various hospitals to assess the situation and support the state government.

Currently, Sri Krishna Medical College and hospital, Muzaffarpur has reported 22 cases of fever, hypoglycemia and unconsciousness, of which 11 have been admitted on Tuesday, the ministry said.

— PTI

## Food and Nutrition ((The Age: 20190612)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=13171854>

# THE KETO WAY: THE NEW WAY OF LIFE

With increased awareness and creation of innovative ideas of remaining fit, the Keto Diet or Ketogenic Diet accounts to be the latest trend that is being followed by many fitness freaks

PUNEET KAUR

THE ASIAN AGE

Our Health is the most important aspect of our lives. Everyone wants to live a long and healthy life, and with increased awareness along with creation of new innovative ideas of remaining fit, the Keto Diet or Ketogenic Diet accounts to be the latest trend being followed by many fitness freaks. In a good way or a bad way, Keto Diet has become the most discussed topic when it comes to the fitness regime of any person be it obese, fit or an ill person. So the question is what is keto diet? Ketogenic Diet also called Atkins diet is a high-fat and low-carbohydrate diet that forces body to burn fats rather than carbohydrates for the energy required by the body to function. Originally, ketogenic diet was created in the early 1920s to deal with the incurable diseases in children like epilepsy and seizures and not for weight loss. Not just epilepsy, keto

Originally, keto diet was created in the early 1920s to deal with the incurable diseases in children like epilepsy and seizures and not for weight loss

diet helps in treating many diseases like cardiovascular diseases, diabetes, metabolism syndrome and it also increases the HDL, the good cholesterol. Along with weight loss, keto diet helps in increasing happiness, energy, concentration and zest for life. It reduces anxiety and depression. In this diet, foods with high carbohydrates like sugar, grains-wheat, rice, bread, processed foods, fruits- bananas, apples, oranges, pears are all replaced with foods

with low-carbs and higher percentage of fats and proteins like cauliflower, bell peppers, spinach, zucchini, eggs, cheese.

So the next question is how does keto diet work? the body once fed on a keto diet goes through a process called ketosis. Ketosis is a normal metabolic process. Our body gets energy from glucose that we get from carbohydrates but in the absence of glucose due to negligible intake of carbs, our body starts burning fats. This results in building-up of acids called ketones in the body. Ketones provide an immediate source of energy to the brain and are also metabolized faster than glucose. This also helps in healing depression. High carbs cause regular spikes in our blood levels just as quick declines so when the energy crashes our brain starts panicking that it may not get any fuel to function and this causes depression and anxiety- people are called hungry for a reason. But ketones offer more long-lasting and stable source of energy and since your body knows how to reach out stored fat for fuel, the brain doesn't panic, thinking it is running out of food.

Karishma Boolani, a well known sports scientist explains the pros of keto diet, "The ketogenic diet is the latest fad and when you understand the science, all you are doing is switching physiology from a carbohydrate burning machine to a fat burning machine. Which is great, but almost everyone is getting it wrong. The key that switches metabolism is low carbohydrates. But what people don't understand is that one can keep their carbs low by eating cardboard all day. Cardboard has no carbs. Their body will go into ketosis, and will burn fat. But they will make my body sick, unhealthy and weak. There is a clean way to get into ketosis fuelled with the right nutrition, the correct understanding of science, the correct ingredients and the correct relationship with your food. And we provide the correct guidance on keto diet through our research at my food lab- Humanics food lab."



And currently keto has become so popular that there are some restaurants that are only offering keto diet food. People don't want to compromise on their tastes and the internet is full of various recipes like keto pizza, burgers etc. They use cauliflower and almond flour so it has become very easy for the people to follow it. Earlier there were limited options," says Rishab Bhandari, a dietician and owner of the gym Muscle Up.

## Alzheimer's

### Researchers led by Indian-American scientist test vaccine they hope for Alzheimer's (The Tribune: 20190612)

<https://www.tribuneindia.com/news/health/researchers-led-by-indian-american-scientist-test-vaccine-they-hope-for-alzheimer-s/786843.html>

A team of researchers led by an Indian-American scientist are working on a vaccine they hope could prevent Alzheimer's disease by targeting a specific protein commonly found in the brains of patients affected by the neurodegenerative disorder, according to a media report.

Alzheimer's disease is a progressive disorder that causes brain cells to degenerate and die. Alzheimer's disease is the most common cause of dementia—a continuous decline in thinking, behavioral and social skills that disrupts a person's ability to function independently.

Researchers at the University of New Mexico led by Dr Kiran Bhaskar, associate professor in the university's Department of Molecular Genetics & Microbiology, have started to test the vaccine on mice. It has not yet been shown if it works in people, CBS News reported.

Bhaskar, who's been passionate about studying the disease for the last decade, says the work started with an idea in 2013.

"I would say it took about five years or so to get from where the idea generated and get the fully functioning working vaccine," he said.

"We used a group of mice that have Alzheimer's disease, and we injected them over a series of injections," said PhD student Nicole Maphis.

She said the vaccine targets a specific protein known as tau that's commonly found in the brains of Alzheimer's patients.

"These antibodies seem to have cleared (out) pathological tau. Pathological tau is one of the components of these tangles that we find in the brains of patients with Alzheimers disease," she explained. The response lasted for months, according to UNM.

Those long tangles "disrupt the ability of neurons to communicate with one another", the school points out, adding that tau is "normally a stabilizing structure inside of neurons".

The mice were then given a series of maze-like tests. The mice that received the vaccine performed a lot better than those that hadn't.

However, drugs that seem to work in mice do not always have the same effect in humans. A clinical trial involving people will be required to see if the drug helps in real life, and that's a difficult and expensive undertaking—with no guarantee of success.

"We have to make sure that we have a clinical version of the vaccine so that we can test in people," Bhaskar said.

Testing just a small group would cost the UNM Health Sciences Department \$2 million. Right now, Maphis and Bhaskar are looking for partnerships to help them toward a clinical-grade vaccine.

Alzheimer's affects almost a third of senior citizens and "is on the rise, currently affecting 43 million people worldwide," the university said. PTI

## **Bacterial infections**

### **Compounds from scorpion venom may help treat bacterial infections (The Tribune: 20190612)**

<https://www.tribuneindia.com/news/health/compounds-from-scorpion-venom-may-help-treat-bacterial-infections/786368.html>

Compounds from scorpion venom may help treat bacterial infections

Using a tiny sample of the venom, researchers were able to work out the molecular structure of the two compounds.

Scientists have discovered two colour-changing compounds in scorpion venom that could help fight bacterial infections such as drug-resistant tuberculosis.

The researchers from National University of Mexico and Stanford University in the US isolated the compounds in the venom of *Diplocentrus melici*—a scorpion native to Eastern Mexico.

They also synthesised the compounds in the lab and verified that the lab-made versions killed staphylococcus and drug-resistant tuberculosis bacteria in tissue samples and in mice.

The findings, published in the journal Proceedings of the National Academy of Sciences, highlight the potential pharmacological treasures awaiting discovery in the toxins of scorpions, snakes, snails and other poisonous creatures.

"By volume, scorpion venom is one of the most precious materials in the world. It would cost USD 39 million to produce a gallon of it," said Richard Zare, who led the research team.

"If you depended only on scorpions to produce it, nobody could afford it, so it's important to identify what the critical ingredients are and be able to synthesise them," said Zare.

"The collection of this species of scorpion is difficult because during the winter and dry seasons, the scorpion is buried. We can only find it in the rainy season," Lourival Possani, a professor at National University of Mexico.

When the researchers milked the venom of *D melici*—a process that involves stimulating the tail with mild electrical pulses—they noticed that the venom changed colour, from clear to brownish, when it was exposed to air.

They investigated this unusual colour-change, they found two chemical compounds that they believed were responsible. One of the compounds turned red when exposed to air, while the other turned blue.

Using a tiny sample of the venom, researchers were able to work out the molecular structure of the two compounds.

The group confirmed the compounds' structures when, through much trial and error, they learned how to synthesise them.

The researchers found that the red compound was particularly effective at killing the highly infectious staphylococcus bacteria, while the blue one was lethal to both normal and multi-drug-resistant strains of tuberculosis-causing bacteria.

The team also showed that the blue compound kills tuberculosis bacteria but leaves the lining of the lungs in mice intact.

"The amount of venom components we can get from the animals is extremely low. The synthesis of the compounds was decisive for the success of this work," Possani said. — PTI

## **Obesity**

### **Obesity ups risk of being bullying victim, perpetrator (The Tribune: 20190612)**

<https://www.tribuneindia.com/news/health/obesity-ups-risk-of-being-bullying-victim-perpetrator/786355.html>

Researchers have found that obese adolescents are not only significantly more likely to experience bullying, but chances of them being perpetrators are also higher, compared to their healthy weight peers.

Overweight or obese adolescents who are either victims or perpetrators of bullying or both have significantly greater odds of having depression, behavioural problems and difficulty making friends, said the study published in the journal *Childhood Obesity*.

"While it is clear that as a group, the obese have been more involved in bullying than other groups, it is not clear the extent to which the obese are the victims of bullying or the source? In a large nationally representative sample, it was determined that the obese were both victims and perpetrators," said Tom Baranowski from Baylor College of Medicine in the US.

The study involved more than 31,000 adolescents aged between 10-17 years.

During the study, the researchers compared bullying behaviour among obese and healthy weight teenagers and found significant differences for bullying victimisation and being both a victim and a perpetrator.

Adolescents with obesity involved in bullying behaviours had significantly higher odds of behavioural conduct problems, depression, arguing excessively and having difficulty making friends compared to obese adolescents who were neither a bully perpetrator nor victim, according to the researchers. IANS



## **Dust storm**

### **Dust storm may add to Delhi woes (Hindustan Times: 20190612)**

<http://paper.hindustantimes.com/epaper/viewer.aspx>

The storm, along with dust coming in from Rajasthan's Thar Desert, could lead to a sharp increase in dust pollution in capital

From page 01 NEWDELHI:Remnants of a 'severe' dust storm — which originated over Sistan basin in Afghanistan — could hit North India within the next 48 hours, scientists from the Union ministry of earth sciences warned on Tuesday.

This, along with dust coming in from Thar Desert in Rajasthan because of strong winds, could lead to a sharp increase in dust pollution in the national capital by Thursday. The storm was last spotted over Karachi on Monday afternoon. It was likely to hit Ahmedabad on Wednesday.

“There is a severe dust storm that originated from the Sistan Basin in Afghanistan and the dust travelled up to Karachi on Monday. A diluted plume is likely to hit northern part of India, including Delhi in two days. Also fresh dust uplift due to strong surface winds from Thar Desert is expected,” said a statement issued by SAFAR, the pollution forecasting agency of the ministry of earth sciences, on Tuesday.

On Tuesday, pollution levels in Delhi had already shot up to near 'severe' levels because of intense heat and strong winds, which churned up local dust from parched soil.

The 24-hour average Air Quality Index (AQI) for Tuesday was 300, which was in the poor category.

Because of the local dust storm, triggered by an approaching western disturbance, the national capital was engulfed in a thick haze on Tuesday morning. It started around 3am on Tuesday.

“The level of PM10 (coarse dust) shot up to 404ug/mg by 6pm on Thursday. It was four times above the daily permissible limits. As the pollution was mainly because of strong winds lifting local dust, the level of PM10 shot up. The level of PM2.5, pollutants triggered by vehicles and

industries, were still low and less than two times above the safe standards,” said a senior official of the Central Pollution Control Board.

This is, however, not the first time that Delhi will be witnessing a spike in dust pollution because of a dust storm that originated beyond the international borders. In August 2018, a dust storm in Oman had pushed up pollution levels in Delhi. In November 2017, when the national capital was reeling under severe pollution, a dust storm in Iraq, Kuwait and Saudi Arabia had contributed to nearly 40% of the dust in Delhi.

“A study conducted by the CPCB and IIT-Delhi had even found that minute air-borne salt particles originating from salt pans in Afghanistan were pushing up pollution levels in Delhi, mostly during the winter months when westerly and northwesterly winds flow,” said D Saha, former head of the CPCB’s air quality laboratory.

## **Life expectancy down**

### **Life expectancy down by 2.6 yrs due to air pollution, finds study (Hindustan Times: 20190612)**

<http://paper.hindustantimes.com/epaper/viewer.aspx>

Life expectancy in India has gone down by 2.6 years due to deadly diseases caused by air pollution, according to a recent report by an environment think tank.

The report by the environment organisation Centre for Science and Environment (CSE) revealed that outdoor and household air pollution together are causing deadly diseases. “Air pollution is now the third highest cause of death among all health risks ranking just above smoking in India. This is a combined effect of outdoor particulate matter (PM) 2.5, ozone and household air pollution,” revealed the report.

“Due to this combined exposure, South Asians, including Indians are dying early - their life expectancy has reduced by over 2.6 years. This is much higher than the global tally of reduced life expectancy by an average of 20 months. While globally a child born today will die 20 months sooner on an average than would be expected without air pollution in India they would die 2.6 years earlier,” it read.

While exposure to outdoor particulate matter (PM) accounted for a loss of nearly one year and six months in life expectancy, exposure to household air pollution accounted for a loss of nearly one year and two months, according to the CSE.

“Thus, together Indians lose 2.6 years,” it said.

“The deadly tally broken up by diseases shows that chronic obstructive pulmonary disease (COPD) due to air pollution at 49 per cent is responsible for close to half of deaths... It is disturbing how COPD, lung cancer and ischaemic heart disease dominate the dubious tally,” it said.

## Universal health coverage

### PPPs may help to ensure universal health coverage (Hindustan Times: 20190612)

<http://paper.hindustantimes.com/epaper/viewer.aspx>

The key to success of this partnership is respect and trust with the goal of providing quality care at affordable cost

India takes pride in the fact that it is one of the fastest-growing economies in the world. But our heads will hang in shame if we look at India's health system. There is a shortfall of 20% sub-centres, 22% public health centres and 32% community health centres. The government spends 1.02% of the GDP on health compared to the global spending of 6%. Clearly, India is struggling to serve its population amid the rising burden of diseases along with poor coverage by public health on the other.

RAJANISH KAKADE/HTPHOTO

■ There is a shortfall of 20% sub-centres, 22% public health centres and 32% community health centres in India.

Thanks to such challenges, people are shifting to private medical care, which now plays a significant role in providing healthcare. The private sector consists of 58% of all hospitals and 81% of doctors in the country. Similarly, there is dominance of private practitioners for providing outpatient services. With this preference, for private health care services, the out-of-pocket expenditure (OOP) of the beneficiaries has spiked to more than 60%. The excessive reliance on OOP payments leads to financial barriers for the poorest, thereby perpetuating inequalities in health care. In addition to these challenges, the private sector is poorly regulated when it comes to quality and pricing.

The Ayushman Bharat-Jan Arogya Yojna promises to establish health and wellness centres. This increases the need for additional investment. In such a scenario, it has been proposed by the National Health Policy (2017) to engage the private sector strategically in healthcare-deficit areas. Setting up a public private partnership (PPP) in health may build our path towards universal health coverage. I suggest the following key steps to establish a successful partnership:

1. **Staunch and well-defined governance:** An institutional structure should be set up to foster, monitor and evaluate the PPPs. A dedicated PPP unit for health will help in effective implementation.
2. **Equitable representation of partners in the institutional framework:** Representatives from both public, private and not-for-profit sector will not only encourage new models, it will also help to meet consensus on shared responsibilities and roles and will facilitate communication among the partners leading to a strong sense of ownership.

3.Evidence-based PPP: Systematic research initiatives and mechanisms must be established to constantly understand the evolving needs and benefits to end users. An overall community health assessment carried out at the district-level consultation with key stakeholders taking into account the demand of users and all sources of health care service delivery available is vital.

4.Regulate user fee: One of the hurdles of engaging the private providers for public health service delivery is OOP expenditure. Therefore, it is important to regulate user fees of this sector under partnership. A fee capping of services will balance the profit-making business and reduce the health-related poverty without compromising the quality.

5.Effective risk allocation and sharing: Risks shall be allocated to the party best able to control and manage them so that value for money is maximised. A provision of risk sharing will open up the larger window for entry and interest of the private player. Public authority may share the risk by underwriting a minimum level of usage or make payment to the private sector in form of subsidy/reimbursement. Lastly, the key to success of this partnership is mutual respect and trust with a common goal of providing quality care for all ages at affordable cost. This meaningful engagement may be the next game changer in healthcare for the country.

Sunil Mehra is executive director, MAMTA Health Institute for Mother and Child

## **Smoking**

### **Sweating it out can help quit smoking (The Hindu: 20190612)**

<https://www.thehindu.com/sci-tech/health/sweating-it-out-can-help-quit-smoking/article22396552.ece>

If your New Year's resolution is to stop smoking, then start exercising. A new study from University of London has shown that even light exercising can help you put down the lighter. The researchers found that just 10 minutes of moderate-intensity exercises can reduce the severity of nicotine withdrawal symptoms like cigarette craving, nausea and insomnia. They studied brains of rats and found that smoking and exercising activates the same receptors in the brain.

When you smoke, the main targets are a type of receptor in your brain called Nicotinic ACh receptors. Exercising has the power to activate the same receptor. These receptors play a key role in cognition, and nicotine withdrawal has been reported to cause thinking and memory impairment. Exercising improved the receptors in the regions of the brain responsible for motor, sensory (smell, hearing) and also memory, navigation, and planning.

Nicotine-addicted male rats were given wheel-running exercise regimens from two to 24 hours, and scientists found that even two hours of exercise were enough to activate the receptors. This is consistent with human clinical studies showing that just 10 minutes of moderate-intensity exercises after you quit smoking are enough to reduce the craving and other withdrawal symptoms.

Other brain factors

Nicotine withdrawal is also associated with a reduction of dopaminergic neurons — the ones responsible for reward simulation. Previous studies have shown that exercise can up-regulate this receptor, giving you a satisfying and rewarding feeling.

Studies have also proved that exercising can help increase the cortisol (which helps in body metabolism and memory) level in the body, as withdrawal from smoking can reduce cortisol in the body.

“Exercising — even simple breathing exercises, reducing workload, drinking plenty of fluids can all help you tide over the difficult withdrawal phase,” says Dr Gauthamadas, Addiction Psychiatrist at Doc Gautham’s Neuro Centre, Chennai.

## **Brain fever**

### **In one month, 28 children die of suspected encephalitis in Bihar’s Muzaffarpur district (The Hindu: 20190612)**

<https://www.thehindu.com/news/national/in-one-month-28-children-die-of-suspected-encephalitis-in-muzaffarpur/article27816724.ece>

Children with symptoms of Acute Encephalitis Syndrome being treated at a hospital in Muzaffarpur, Bihar on June 11, 2019.

Children with symptoms of Acute Encephalitis Syndrome being treated at a hospital in Muzaffarpur, Bihar on June 11, 2019. | Photo Credit: PTI

High temperature during summer, along with humidity more than the normal, is considered to be an ideal situation for the outbreak of Acute Encephalitis Syndrome, say doctors.

At least 28 children have died in the last one month in Muzaffarpur district of north Bihar, allegedly due to Acute Encephalitis Syndrome (AES), which is locally known as Chamki bukhar (brain fever).

Chief Minister Nitish Kumar, has expressed concern over the rising deaths of children in Muzaffarpur. He said, “A team of doctors and medical experts have been sent to Muzaffarpur to monitor the situation and also speed up the awareness drive about complexities and preventive measures about AES”.

“Till last night, 28 children have lost their lives...we’ve started two separate Intensive Care Units (ICU) along with other makeshift wards in the government hospital”, Muzaffarpur civil surgeon Dr. Shailendera Prasad Singh told The Hindu over phone.

Earlier on Monday, Principal Secretary of the Health Department Sanajy Kumar said the deaths were caused by Hypoglycemia (deficiency of glucose or sugar in the blood stream), and not by the fever. He, however, added that “48 suspected AES cases have been recorded so far in the district”.

On Tuesday, Union Minister of State for Health and Family Welfare Ashwani Kumar Choubey said in Patna that “since state government officials were engaged in election-related works in

the recent past months they could not make the awareness drive as it should have been...we're careful and taking all measures to tackle the situation of death of children in Muzaffarpur”.

Unofficial records say a different story

Meanwhile, unofficial records said that 130 cases of suspected AES had come in at the Sri Krishna Medical College and Hospital (SKMCH) and private Kejriwal hospital in Muzaffarpur in the last nine days. “Totally, 81 children with suspected AES are admitted in these two hospitals and over three dozen have already died...these days the ICUs, pediatrics ICU and other makeshift separate wards of SKMCH and Kejriwal hospital are crammed with children having symptoms of suspected AES...if not contained soon, the death toll may go up to 50 in the coming days”, said a doctor of the SKMCH on the condition of anonymity.

Every year during summer time, especially in the season of luscious fruit litchi, AES outbreak gets reported and takes the lives of children in the district, which is India's largest litchi cultivation region. In 2014, when altogether 90 children died in the district due to suspected AES, a research carried by the Lancet Global Health established the connection between litchi consumption and encephalitis deaths.

Mr. Nitish Kumar had said, “It generally hits those children who go to sleep empty stomach at night and eat litchis fallen on the ground. Earlier, three different teams of doctors had reached three different conclusions about the reason of children's deaths in summer season in Muzaffarpur... last year, very few deaths were reported because an extensive awareness drive was launched.”

Former Union Health Minister Dr. Harshvardhan had visited the SKMCH and made several announcements, including the setting up of a virology lab at the hospital to study the nature of diseases, but nothing happened thereafter.

According to doctors, high temperatures during summer, along with humidity more than the normal, is considered to be an ideal situation for the outbreak of AES, which has symptoms of high fever, vomiting, nausea and unconsciousness. Since 2010, 398 children have died in Muzaffarpur due to suspected AES.

## **World Day for Prevention of Child Abuse**

### **Saving our children (The Hindu: 20190612)**

<https://www.thehindu.com/news/national/tamil-nadu/saving-our-children/article25528962.ece>

On the occasion of World Day for Prevention of Child Abuse, here's a peek at the rising crimes against children, and an attempt to see what more the State can do in terms of ensuring the welfare, and future, of its youngsters

Last week, a 16-year-old tribal girl in Sitling, in the western district of Dharmapuri, was raped by two boys from the same village as she went out to the fields to answer nature's call. Five days later, the young girl died in the government hospital in Dharmapuri. Both the victim and

her parents had struggled to register a complaint, and by their account, had to run from pillar to post and pay a bribe for the police to do so. Several days later, a team of activists who went on a field visit to inquire into the case found personal effects of the girl at the same spot, exposed to the elements, unclaimed by the police, though it did seem to them that it would serve as crucial evidence.

The Dharmapuri case has emerged as a classic representation of the threats children in the State face and indicates a measure of the State's initial response to such heinous crimes. Violence against children takes various forms – physical and mental torture, sexual abuse, neglect – and can be perpetrated by a wide range of people the child comes into contact with, including parents, teachers, caregivers, peers and strangers.

Ahead of the World Day for Prevention of Child Abuse (November 19), it behoves the State, especially one that has witnessed a series of gross assaults on children over the last year, to take stock of the safety mechanisms it has in place to ensure the protection of children against any kind of abuse. While the State is a significant institution, the welfare of the children rests with other institutions — the family, society and schools — and spreading awareness among them is key.

The World Health Organisation (WHO) estimates that globally, up to 1 billion children aged 2-17 years have experienced physical, sexual, emotional violence or neglect in the past year, and warns that experiencing violence in childhood has a lifelong impact on health and well-being. In 2012, 9,500 children and adolescents were killed in India, representing 10% of all children globally and making India the third largest contributor to child homicide after Nigeria and Brazil (WHO 2014, Global Health Estimates). In fact, one of the targets of the 2030 agenda for sustainable development is to “end abuse, exploitation, trafficking and all forms of violence against, and torture of, children”.

### Rising trend

“One of the theories going around,” says Girija Kumarababu, honorary secretary, Indian Council for Child Welfare, “is that we are seeing a lot more cases these days because of increased awareness about POCSO and better access to media. It may be true, it needs to be examined. However, to me, there is definitely an increasing trend of violence against children, and each case is more and more gruesome.” She goes on to add: “To me it seems as if the perpetrators are challenging the State, cocking a snook at all child rights activists.”

She makes the point that violence against children cannot be seen in isolation from the other social dynamics. “For instance, caste-related crimes are increasing in Tamil Nadu, and much of this is manifesting as violence against children. Then, availability of proper sanitation facilities, for instance, would have helped prevent the rape at Sitling. Migration, urban-rural divide, sending children to school – are issues that render children vulnerable and we need to address them when we talk of protecting children.”

In R. Vidyasagar's mind there is no doubt whatsoever that the number of cases of extreme violence against children in the State has been increasing. He served for many years as a child protection specialist with Unicef, and now uses his expertise to help multiple organisations working with children. “In reality, no day passes when cases are not being reported.” A question that he raises begs an answer: What are the various child protection structures present in the State, child protection units, juvenile police stations, women police stations doing to pre-

emptively prevent such crimes? “They only react after a case has been registered, and even there, there is a question of lack of sensitivity and great reluctance to register a complaint.”

### Elusive compensation

While the lack of sensitivity by the police comes up often in public discourse, not many are even aware that the law provides for the victim – financially, by way of an interim compensation. Does this actually work in practice? Responses sought under the RTI Act by an activist indicate that of all the cases in 11 districts which had been committed to the court under the POCSO Act, a shockingly low number of the victims involved have received an interim compensation.

### POCSO ACT in numbers

A total of 1,117 cases have been filed across the 40 police districts under different sections in Tamil Nadu in the period.

The Chennai city police district has registered the most number of POCSO cases - 119 cases - among all the police districts. Followed by Tirunelveli - 70 cases - and Villupuram - 59 cases.

Section 6 (aggravated sexual assault) - 481 cases - and Section 4 (penetrative sexual assault) - 293 cases - are the sections under which most number of cases have been filed.

Section 4: Penetrative Sexual Assault

Section 6: Aggravated penetrative Sexual Assault

Section 8: Sexual Assault ie., sexual contact without penetration

Section 10: Aggravated Sexual Assault

Section 12: Sexual Harassment of the Child

Section 14 and 15: Use of Child for Pornographic Purposes

Section 17 and 18: Abetment of sexual abuse of a child

The rules of the Act mandate that interim compensation can be given if the victim or someone on his or her behalf files an application. An order for interim compensation can also be passed by the court on its own. Additionally, data was also sought for the cases where a judgment of acquittal was given and the court recommended an award of compensation as well as when the accused was discharged.

The data shows that while there have been nearly 2,000 cases committed to court from 2012 in most of these districts, there are only 40 cases where the victims have been awarded compensation. The interim compensation is awarded with the aim of meeting the immediate needs of the child for relief or rehabilitation at any stage after filing the FIR.

"The importance of the interim compensation to families is overlooked. When parents who are daily wage earners have to accompany their children for the legal proceedings, a day of work missed means that they will have to struggle for food. There are a lot of health expenses involved as well," said Vidya Reddy, co-founder of Tulir: Centre for prevention and healing of child sexual abuse.

She recounts a case in 2016 where a young girl was raped by the watchman of the building where her mother used to work as a domestic help. “The mother's employment was affected, and living in a suburb of the city, she had to travel long distances with the child for the legal proceedings. It is cases like this especially, where an interim compensation is useful,” she adds.

She points out that POCSO rules clearly state that the interim compensation can be awarded anytime after the registration of an FIR, which is an extremely critical time for the family and the victim. “When the rules clearly specify when and how the compensation can be granted, why is there so much apathy and ignorance,” she questions.

Also, under the POCSO Act, an FIR should be filed against the police and any official delaying the reporting of a crime, or filing of an FIR. "In the State, there has not been a single case where an FIR has been filed against the police for delaying or refusing to file an FIR under the POCSO Act," says Henri Tiphagne, a human rights lawyer and activist.

POCSO in T.N.

In Tamil Nadu, there have been 1,110 cases registered under the POCSO Act till August 2018. While Chennai alone has had 119 cases, the south cluster of districts including Madurai, Virudhunagar, Theni, Kanniyakumari, Ramnathapuram and Sivaganga have seen nearly 354 cases being registered .

In a meeting earlier this month, R.G. Anand, a member of the National Commission for the Protection of Child Rights (NCPCR), pointed out that the Tamil Nadu government had been extremely proactive in implementing preventive measures against child abuse.

M.P. Nirmala, Chairperson of the SCPCR, said that the committee is planning to organise a statewide workshop on the POCSO Act and its implementation.

Doubly disadvantaged

If being a child or a woman increases one's vulnerability to abuse, then being disabled further enhances helplessness, says persons with disability. In an independent study carried out by the Tamil Nadu Association for the Rights of All Types of Differently-Abled and Caregivers (TARATDAC), there have been 10 incidents of sexual assault against women and children with disabilities in the last one year.

“Of this, six cases involve children with disabilities. When it is someone who is disabled who has been sexually assaulted, we feel that the police and the government are extremely lethargic and don't act as swiftly,” alleged S. Namburajan, General Secretary, TARATDAC. The association has submitted a representation to the Chief Minister urging for the 10 cases to be looked into. It has also called for creating awareness programmes for those implementing the Act.

Apart from awareness and sensitisation of the police force and the lower and higher judiciary, activists are calling for training medical professionals too, as a substantial part of how the case fares in court depends on the medical reports they file. “There are protocols in place that one can follow to prepare medical reports, so that courts will not throw out cases for lack of evidence. We desperately need to improve the conviction rates in crimes against children, specially those of sexual abuse,” says Ms. Kumarababu.

The POCSO Act was passed with the intent of effectively addressing the heinous crimes of sexual abuse and sexual exploitation of children through less ambiguous and more stringent legal provisions. In reality, there has hardly been any deterrence in the implementation

of the law. A large number of cases of crimes against children in Tamil Nadu also invoke the POCSO Act, as they involve sexual abuse.

Mr. Vidyasagar says death penalty will further endanger effective implementation, and victims, under pressure from perpetrators, might even turn hostile. The State needs to ensure that people know it means business when it sets out to claim that it will protect children from all kinds of abuse, by demonstrating its intent with meticulous investigations, due diligence and following through with convictions in court. Otherwise, neither the State nor the law will make any difference to the children of the state.

Saving our children

Children under fire: victims of physical and sexual assault

1: Thanjavur

Date: October 24

Crime: a 14 year old girl had been subject to repeated sexual assault from a minor boy over a period of time, four others including a woman had tortured her by tying her to a tree as well as inflicting burn injuries

Accused: Four persons remanded, minor boy sent to a juvenile home

Statue of Case: Bail denied for four accused

Compensation: Nil

2. Thalavaipatti, Salem

Date: October 23

Crime: A 14 year old Dalit girl was beheaded,

Accused: Dinesh Kumar, was detained under the Goondas act

Statue of case: Chargesheet prepared

Compensation: District administration has given first installment under the Victim compensation fund, of Rs 4.12 lakhs.

### 3. Kurumpatti, Pudukottai

Date: October 25

Crime: 4-year-old girl found dead after an alleged human sacrifice ritual

Accused: Chinappilai, a soothsayer who is the victim's neighbour

Statue of case: Awaiting chemical analysis report before filing of chargesheet

Compensation: Nil

### 4. Sipling Village, Harur

Date: November 10

Crime: 16 year old raped by two men, dies three days later in a hospital

Accused: Sathish arrested, Ramesh surrenders

Statue of case: Accused remanded, witness testimonies being taken, enquiry by RDO going on.

Compensation: Nil

### 5. Aynavaram, Chennai

Date: July 18

Crime: 11 year old girl with hearing impairment sexually assaulted for six months from January to July at her apartment complex

Accused: 17 suspects, working as service staff in the apartment

Statue of case: Prosecution to begin on November 27

Compensation: Refused to receive interim compensation under POCSO rules but accepted Rs 2.25 lakh in two unrelated cases.

6. Kolapakkam, Chennai

Date: July 26

Crime: Parents protest following allegations of sexual abuse of their children in the campus of a private school

Accused: Bhaskar, a van attendant arrested and released on conditional bail

Statue of case: two complaints have been registered with the city police

Compensation: Nil

7. Guduvancherry, Kancheepuram

Date: September 18

Crime: 14 year old girl raped over a period of time, found to be four months pregnant after which grandmother lodges a complaint

Accused: Three men Parama Sivan, Chidambaram and Shankar arrested

Statue of case: Chargesheet is being readied

Compensation: Nil

8. Kundrathur, Kancheepuram

Date: September 1

Crime: Siblings, aged 4 and 7 poisoned and found dead in their house

Accused: 25 year old Abhirami who is the mother of the children and her friend Sundaram

Statue of case: Both have been remanded to judicial custody

Compensation: Nil

(Inputs from P.V. Srividya)

SUBSCRIBE TO OUR DAILY NEWSLETTER

Enter Your Email Here

SUBMIT

Related Topics

Tamil NaduTamil Nadu children

IPS officer K. Annamalai resigns

After serving nine years in various posts in Karnataka, well-known IPS officer K. Annamalai tendered his resignation on Monday. He was last posted as Deputy Commissioner of Police (South). Talks of th

The Hindu

Careers of Tomorrow by Amity Online

India's only MBA program that teaches Management & Digital Skills

Careers of Tomorrow by Amity Online

|

Sponsored

Migsun Property

Delhiites Bought a 2/3/4 BHK in Noida at Rs. 17.25 Lakhs

Migsun Property

|

Sponsored

Squareyards

Delhiites bought a retail space on Yamuna Expressway at Rs. 21.45 Lakhs

Squareyards

|

Sponsored

Provident Housing

1,2&3 BHK Apartments at Kanakapura road in Bengaluru @ 35.29 Lacs

Provident Housing

|

Sponsored

Provident Balinese

Balinese Residences in Goa, 3BHK at 74.49 Lacs only. Enquire Now

Provident Balinese

|

Sponsored

Pepsi, Coca-Cola to be banned from August

The Hindu

Ankit Saxena murder: Girlfriend Shehzadi talks about her transformation to a woman in charge of her life

The Hindu

Magic Crate

A Proven Way to Sharpen Young Minds

Magic Crate

|

Sponsored

This article is closed for comments.

Please Email the Editor

Trending in Tamil Nadu

The king of comedy leaves his fans in tears

Friends and relatives recall their personal moments, highlight little-known facets of the artist

B. KOLAPPAN

All set: The new syllabus presents a definite shift from blueprint-based learning to conceptual learning, says a principal. Schools in State to reopen today amid fresh challenges

Institutions have to grapple with new syllabus, water shortage

S. POORVAJA

Top Picks in The Hindu today

Promoted Content

The World's Most Recognized Address now in Delhi NCR. Starting ₹5.2 Cr\*

Trump Towers Delhi NCR

|

Sponsored

Brilliant Product Melts Belly Fat Overnight (Do This Tonight!).

Nutralyfe

|

Sponsored

Vitara Brezza Sports Limited Edition!

Maruti Suzuki

|

Sponsored

Plan your Post Retirement at India's most active senior living community in Bhiwadi.

Ashiana Housing

|  
Sponsored

PG Diploma in Data Science from IIT Bangalore. Get Hands-On Learning Experience of In-Demand Tools. Apply Now!

upGrad

|  
Sponsored

Girish Karnad: life in pictures

The Hindu

The king of comedy leaves his fans in tears

The Hindu

Cartoonscape - May 13, 2019

The Hindu

Fans and friends bid a tearful adieu to the king of comedy

The Hindu

After tweet on Gandhi, IAS officer transferred

The Hindu

by Taboola

TRENDING TODAY

THE HINDU METROPLUS POLITICS USA KARNATAKA

## **Nutrition security**

**For nutrition security: On undernourishment (The Hindu: 20190612)**

<https://www.thehindu.com/opinion/editorial/for-nutrition-security/article24247788.ece>

India remains lacking in the commitment to tackle undernourishment.

The UN's State of Food Security and Nutrition in the World report for 2017 has important pointers to achieve nutrition policy reform. At the global level, the five agencies that together produced the assessment found that the gains achieved on food security and better nutrition since the turn of the century may be at risk. Although absolute numbers of people facing hunger and poor nutrition have always been high, there was a reduction in the rate of undernourishment

since the year 2000. That has slowed from 2013, registering a worrying increase in 2016. The estimate of 815 million people enduring chronic food deprivation in 2016, compared to 775 million in 2014, is depressing in itself, but more important is the finding that the deprivation is even greater among people who live in regions affected by conflict and the extreme effects of climate change. In a confounding finding, though, the report says that child under-nutrition rates continue to drop, although one in four children is still affected by stunting. These are averages and do not reflect the disparities among regions, within countries and between States. Yet, the impact of the economic downturn, many violent conflicts, fall in commodity export revenues, and failure of agriculture owing to drought and floods are all making food scarce and expensive for many. They represent a setback to all countries trying to meet the Sustainable Development Goal on ending hunger and achieving food security and improved nutrition.

World's hungry population on the rise again, says U.N. report

India's efforts at improving access to food and good nutrition are led by the National Food Security Act. There are special nutritional schemes for women and children operated through the States. In spite of such interventions, 14.5% of the population suffers from undernourishment, going by the UN's assessment for 2014-16. At the national level, 53% of women are anaemic, Health Ministry data show. What is more, the Centre recently said it had received only 3,888 complaints on the public distribution system (PDS) over a five-year period. All this shows that the Centre and State governments are woefully short on the commitment to end undernourishment. Institutions such as the State Food Commissions have not made a big difference either. Distributing nutritious food as a public health measure is still not a political imperative, while ill-conceived policies are making it difficult for many to do this. The report on nutritional deficiency should serve as an opportunity to evaluate the role played by the PDS in bringing about dietary diversity for those relying on subsidised food. In a report issued two years ago on the role played by rations in shaping household and nutritional security, the NITI Aayog found that families below the poverty line consumed more cereals and less milk compared to the affluent. Complementing rice and wheat with more nutritious food items should be the goal.

## **Nipah case**

### **Central team probing if Nipah case in Kerala was caused by infected guava (The Indian Express: 20190612)**

<https://indianexpress.com/article/india/central-team-probing-if-nipah-case-in-kerala-was-caused-by-infected-guava-5776050/>

Studies conducted after the previous Nipah outbreak in the state, which claimed 17 lives last year, had concluded that the virus was first transmitted from fruit bats.

Nipah scare subsides: NIV team collects samples from fruit bats to locate source of virus

In Pune, one more sample tests negative for Nipah

Nipah scare: Kerala health minister meets Harsh Vardhan

Nipah, Nipah virus, Kerala nipah virus, Nipah symptoms, nipah treatment, Nipah vaccine, Nipah deaths, india news, indian express

Health officials remove waste from an isolation ward of Ernakulam Medical College in Kochi. (PTI/File)

A TEAM of doctors and experts sent by the Union Health Ministry to Kerala is examining whether the Nipah case confirmed in the state this month was caused by an infected guava that the patient had consumed.

“The patient informed us that he ate guava two weeks before he was admitted to hospital (on June 3). Fruit bats are the carriers of the Nipah virus and their saliva transmits the infection. We have informed authorities about the development and requested them to initiate surveillance,” Dr Ashutosh Biswas, Department of Internal Medicine, AIIMS-Delhi, told The Indian Express.

Studies conducted after the previous Nipah outbreak in the state, which claimed 17 lives last year, had concluded that the virus was first transmitted from fruit bats.

Biswas is part of the central team, which includes other members from AIIMS, the National Centre for Disease Control (NCDC) and National Institute of Virology (NIV) in Pune. The team reached Ernakulam on Tuesday and spoke to the patient, whose condition has been described as “stable”, at the Government Medical College Hospital in Kalamassery.

Read | Nipah scare subsides: NIV team collects samples from fruit bats to locate source of virus

“We have submitted the details to the District Collector’s office. The team will monitor the patients on a regular basis,” said Dr Naveen Verma, NCDC assistant director, who is also a member of the team.

Kerala government declared a state of high alert, particularly in the districts of Ernakulam, Thrissur and Idukki, after it received confirmation of the virus from NIV in fluid samples of patient.

Since then, samples of seven other suspected cases have tested negative.

The Nipah patient is a 23-year-old from Vadakkekara panchayat in Ernakulam. He had moved to Thrissur last month for a job training programme after completing a technical course in Idukki’s Thodupuzha, where he was staying in a rented house with four classmates.

The state government has initiated several measures since the positive test, including placing over 300 people under “house quarantine”. The state animal husbandry and forest departments are also involved in efforts to identify the source of the latest case of the zoonotic virus, which spreads primarily between animals and humans.

The central team is the second group of experts sent by the Union Ministry to assist the state government in controlling and containing the virus.

# 2 लाख किडनियां चाहिए... मिलती हैं सिर्फ 10 हजार को

## डिमांड ज्यादा होने की वजह से चल रहा किडनी का गोरखधंधा

Rahul.Anand@timesgroup.com

■ **नई दिल्ली :** किडनी का गोरखधंधा दिल्ली सहित पूरे देश में चल रहा है। तमाम कानून के बाद भी किडनी रैकेट को अंजाम दिया जा रहा है। डॉक्टरों का कहना है कि इसकी सबसे बड़ी वजह डिमांड है। पूरे देश में हर साल कम से कम दो लाख किडनी ट्रांसप्लांट की जरूरत है। यानी कि दो लाख डोनर चाहिए, लेकिन मुश्किल से आठ से दस हजार ट्रांसप्लांट हो पाता है। इसमें 95 पैसेंट लिविंग डोनर से मिली किडनी से ट्रांसप्लांट हो रहा है। डिमांड और सप्लाई में भारी अंतर की वजह से यह रैकेट फल-फूल रहा है। लोग 60 से 70 लाख में किडनी खरीद रहे हैं।

हालांकि, सफ़रजंग अस्पताल में बने नैशनल ऑर्गेन टिशू ट्रांसप्लांट ऑर्गेनाइजेशन (NOTTO) की वेबसाइट के अनुसार, पूरे देश में पिछले साल सिर्फ 2664 किडनी ट्रांसप्लांट हो पाईं। दिल्ली में पिछले साल 1022 किडनी ट्रांसप्लांट हुईं। नोटो की मांने तो दिल्ली में अब तक कुल 15,338 किडनी ट्रांसप्लांट हुईं हैं, जिनमें से 14,944 लिविंग डोनर से किडनी मिलीं। इनमें से 10,756 नजदीकी डोनर थे और 4188 अन्य डोनर थे। डॉक्टरों का कहना है

पूरे देश में पिछले साल सिर्फ 2664 किडनी ट्रांसप्लांट हो पाईं

लोग 60 से 70 लाख में किडनी खरीद रहे हैं

दिल्ली में पिछले साल 1022 किडनी ट्रांसप्लांट हुईं

एक्सपर्ट्स का कहना, लिविंग डोनेशन की बजाय कैडेवर डोनेशन को बढ़ावा देना होगा

कि इतनी भारी संख्या में डिमांड है और यह डिमांड किसी भी सूरत में पूरी नहीं होती, तो परिजन अपने रिश्तेदार की जान बचाने के लिए कुछ भी

करने को तैयार हो जाते हैं।

किडनी ट्रांसप्लांट सर्जन डॉक्टर विकास जैन ने बताया कि औसतन दो लाख ट्रांसप्लांट की जरूरत है, जिसमें

से केवल 5 से 7 पैसेंट ही कैडेवर डोनर से किडनी मिलती हैं। बाकी सभी लिविंग डोनर से ट्रांसप्लांट की जा रही हैं। उन्होंने कहा कि दो लाख में से 1.90 लाख मरीज ट्रांसप्लांट के अभाव में पूरे साल डायलिसिस पर होते हैं। हर महीने उन्हें डायलिसिस करानी पड़ती है। हर साल दो लाख नए मरीज जुड़ रहे हैं। इस वजह से किडनी की डिमांड लाखों में है और गिनती की सप्लाई हो पा रही है।

सफ़रजंग के किडनी ट्रांसप्लांट सर्जन डॉक्टर अनूप कुमार ने बताया कि ऑर्गेन ट्रांसप्लांट से मरीज को नई जिंदगी मिलती है, इसलिए कानून में सारे पहलुओं को देखते हुए नियम बनाए गए हैं। बावजूद कुछ लोग इसे अपने फायदे के लिए तोड़ रहे हैं। जरूरत है कि डिमांड और सप्लाई के गैप को कम किया जाए। इसके लिए हर स्तर पर कानून का पालन हो और जरूरतमंद लोगों को तरजीह मिले।

आईएमए के पूर्व प्रेजिडेंट डॉक्टर के. के. अग्रवाल ने कहा कि डिमांड की वजह से ही किडनी रैकेट फल-फूल रहा है। लिविंग डोनेशन की बजाय कैडेवर डोनेशन को बढ़ावा देना होगा। कैडेवर डोनेशन को जब तक बढ़ावा नहीं मिलेगा तब तक इसे रोक पाना आसान नहीं है।

# बिहार में मां-बाप की देखभाल नहीं करने वाले जाएंगे जेल

नीतिश कुमार की कैबिनेट ने बड़े सामाजिक कानून को दी मंजूरी

शराबबंदी लागू करने वाले मुख्यमंत्री की बड़ी पहल

सामाजिक कुरीति के खिलाफ राज्य सरकार का वार

Narendra.Mishra  
@timesgroup.com

■ नई दिल्ली : बिहार की नीतिश सरकार ने एक अहम फैसला लेते हुए कहा है कि अगर कोई संतान अपने माता-पिता की देखभाल नहीं करेगी तो उसे जेल जाना पड़ेगा। मंगलवार को नीतिश कुमार की अगुआई में राज्य की कैबिनेट ने इससे जुड़े कानून को मंजूरी दी। अब इस कानून के लागू होने के बाद अगर कोई

शराबबंदी के बाद इसे राज्य में बड़ी पहल माना जा रहा

माता-पिता अपने संतान की शिकायत करता है तो उसके खिलाफ कार्रवाई होगी। कानून के अनुसार माता-पिता की सेवा करना संतान के लिए अनिवार्य होगा। बिहार के सीएम ने कहा है कि आज के बदले सामाजिक परिवेश में अपने बच्चों को परवरिश देने वाले माता-पिता को सामाजिक सम्मान के साथ-साथ कानूनी संरक्षण देना सरकार का भी कर्तव्य है।

पूरे देश में बिहार शायद ऐसा पहला राज्य होगा जहां यह कानून लागू किया जा रहा है। बिहार सरकार के सूत्रों के



अनुसार इस कानून को बनाने की पहल सर्वे रिपोर्ट के बाद की गई, जिसमें बड़े माता-पिता की बदतर हालात सामने आई थी। नीतिश ने जेडीयू के सभी कार्यकर्ताओं को शपथ दिलाई थी कि की वे ऐसी किसी शादी में भाग नहीं लेंगे जिसमें दहेज लिया गया हो या दुल्हन नाबालिग है। अगर कोई कार्यकर्ता ऐसी शादी में भाग लेने का दोषी पाया जाता है तो उसे तुरंत पार्टी से निष्कासित कर दिया जाएगा। इससे पहले

नीतिश कुमार ने शराबबंदी के खिलाफ भी कठोर बनाया था। जेडीयू के सीनियर नेता संजय झा ने कहा कि बिहार में पहली बार सामाजिक आंदोलन की बुनियाद पड़ी है। वहीं पार्टी के सीनियर नेता के सी त्यागी ने कहा कि राजनीतिक विमर्श का हिस्सा अगर सामाजिक सुधार बनता है तो सभी दलों, सरकार को इस गवर्नेंस मॉडल को अपनाना चाहिए और ताकि पूरे देश में यह सुधार का एक रोल मॉडल बने।

## नीतिश का बड़ा दांव

हाल के दिनों में सामाजिक सुधार को राजनीति और गवर्नेंस की मुख्यधारा में शामिल करने का दांव नीतिश कुमार ने खेला है। इससे पहले नीतिश कुमार ने फैसला लिया था



कि अगर बिहार में किसी शादी में बाल विवाह या दहेज लेने-देने जैसी घटना होती है तो उस शादी से जुड़े 'बैंड बाजा बारात' सभी को जेल के अंदर जाना होगा। बिहार में नीतिश सरकार ने पिछले साल गांधी जयंती के मौके पर दोनों सामाजिक कुप्रथा के खिलाफ अभियान की शुरुआत की थी। शादी में तर-तधु पक्ष दोनों के अलावा इससे जुड़े सभी लोगों को कानूनी मुकदमों का सामना करना पड़ सकता है। तर्क दिया जा रहा है कि सामाजिक कुरीति के खिलाफ तब तक सफलता नहीं मिलेगी जब तक कि पूरे समाज से इस पर समर्थन न मिले।

**Sleeping (Hindustan: 20190612)**

[http://epaper.livehindustan.com/imageview\\_65872\\_90713534\\_4\\_1\\_12-06-2019\\_i\\_22.pagezoomsinwindows.php](http://epaper.livehindustan.com/imageview_65872_90713534_4_1_12-06-2019_i_22.pagezoomsinwindows.php)

कृत्रिम रोशनी के कारण जैविक घड़ी में गड़बड़ी हो जाती है

# रात को रोशनी में सोने से बढ़ सकता है मोटापा



वाशिंगटन | एजेसी

अगर आप रात को सोते समय टेलीविजन चलता हुआ छोड़ देते हैं या फिर लाइट जलाकर सो जाते हैं तो यह आपकी सेहत के लिए खतरा हो सकता है। एक अध्ययन में पता चला है कि रात को कृत्रिम रोशनी में सोने वाली महिलाओं में मोटापा बढ़ने का खतरा हो सकता है।

यह शोध पत्रिका जेएएमए इंटरनल मेडिसिन में प्रकाशित हुआ है। इसमें रात को सोते समय कृत्रिम रोशनी और महिलाओं का वजन बढ़ने के बीच संबंध का पता लगाया गया है।

शोध 44,000 हजार महिलाओं पर किया गया जो रात को टीवी चलाकर सोती थीं। शोधकर्ताओं ने दावा किया है कि रात में कृत्रिम रोशनी जैसे टीवी, मोबाइल फोन, स्ट्रीट लैंप और घर के पास से गुजरती कार से आने वाली रोशनी भी मोटापे को बढ़ाने के लिए जिम्मेदार है। शोध के



**17** फीसदी संभावना होती है उन महिलाओं का वजन बढ़ने की जो रात को टीवी या कृत्रिम रोशनी में सोती हैं

कृत्रिम रोशनी से बढ़ता है तनाव

शोधकर्ताओं ने कहा कि रात को सोते समय कृत्रिम रोशनी के जलने से तनाव बढ़ता है और पाचन संबंधी प्रक्रिया में भी समस्या आती है। इन सब वजहों से ही मोटापे में बढ़ोतरी हो रही है। पूर्व के शोधों में कम नींद को मोटापा बढ़ने का जिम्मेदार माना गया है, लेकिन यह पहला शोध है जो कृत्रिम रोशनी और मोटापे के बीच संबंध को स्थापित करता है।

नतीजों से निष्कर्ष निकला कि सोते समय लाइट बंद करने से महिलाओं के मोटे होने की संभावना कम हो सकती है।

अमेरिका के राष्ट्रीय स्वास्थ्य संस्थान ने सिस्टर स्टडी में 44,000 महिलाओं के प्रश्नावली डाटा का इस्तेमाल किया जिसमें स्तन कैंसर और अन्य बीमारियों के लिए खतरे वाली चीजों का अध्ययन किया गया।

इस सूचना का इस्तेमाल कर वैज्ञानिक मोटापे और रात में कृत्रिम रोशनी में सोने वाली महिलाओं के वजन बढ़ने के बीच संबंध का अध्ययन कर पाए। इसमें पाया गया कि रात में हल्की-सी रोशनी में सोने से वजन नहीं बढ़ता जबकि जो महिला रोशनी या टेलीविजन की रोशनी में सोती हैं उनका पांच किलोग्राम वजन बढ़ने की संभावना 17 फीसदी होती है।

# नया मोबाइल एप योग सिखाएगा

**नई दिल्ली।** विश्व स्वास्थ्य संगठन (डब्ल्यूएचओ) अब आयुर्वेद को नया रूप देने जा रहा है। डब्ल्यूएचओ ने मोबाइल एप के जरिए न सिर्फ भारत, बल्कि दुनियाभर में योग के साथ-साथ मधुमेह और हाइपरटेंशन जैसे आधुनिक जीवनशैली से जुड़े रोगों के बारे में

जानकारी देने का फैसला लिया है। इस मोबाइल एप को आगामी अंतरराष्ट्रीय योग दिवस पर लांच किया जा सकता है।

हेल्थ एंड वेलनेस सेंटरों को भी एप से जोड़ा जाएगा ताकि आयुष मंत्रालय के साढ़े 12 हजार हेल्थ एंड वेलनेस सेंटर तक लोगों की पहुंच हो सके।

---