



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 20190613

Encephalitis

Encephalitis surge in Bihar: Centre deploys multi-speciality team (The Hindu: 20190613)

<https://www.thehindu.com/news/national/encephalitis-surge-in-bihar-centre-deploys-additional-team/article27879717.ece>

A doctor treats a child with symptoms of Acute Encephalitis Syndrome at a hospital in Muzaffarpur, Bihar on June 11, 2019.

A doctor treats a child with symptoms of Acute Encephalitis Syndrome at a hospital in Muzaffarpur, Bihar on June 11, 2019. | Photo Credit: PTI

Bihar has registered a rise in cases of Acute Encephalitis Syndrome in Muzaffarpur and Japanese Encephalitis in Gaya

In the wake of 11 deaths from January to June 8 this year in Bihar due to Acute Encephalitis Syndrome (AES) against 48 reported cases, the Union government has deployed a multi-speciality team in the State.

“The team, which arrived on Wednesday, will review the surge in cases of encephalopathy/ encephalitis and assist the State in containment/ control operations. This is in addition to a Central team that is already stationed in Muzaffarpur. They will also visit various hospitals to assess the situation and support the State government,” said a senior Union Health Ministry official.

The State has registered a rise in cases of AES in Muzaffarpur and Japanese Encephalitis (JE) in Gaya.

The Central team consists of officials from the National Centre for Disease Control, the All India Institute of Medical Sciences and the National Vector Borne Disease Control Programme, among others.

“Currently, Sri Krishna Medical College and hospital in Muzaffarpur has 22 admitted cases of fever, hypoglycaemia and unconsciousness. The Health Ministry is coordinating with the

Ministry of Women and Child Development for distribution of nutritious food with glucose in the meals to prevent development of AES,” says a Ministry release.



Child labour laws

Enforcement of child labour laws lacking, says official (The Hindu: 20190613)

<https://www.thehindu.com/news/national/enforcement-of-child-labour-laws-lacking-says-official/article27891017.ece>

A girl child, unaware of World Day Against Child Labour, works at a chilli market in Nagpur on June 12, 2019.

A girl child, unaware of World Day Against Child Labour, works at a chilli market in Nagpur on June 12, 2019. | Photo Credit: S. Sudarshan

The continuing presence of child labour in the country is a reflection of the fact that implementation of the laws at the State and district levels has been lacking, the top official of the Union Labour and Employment Ministry said on Wednesday.

Though the number of children engaged in labour had come down to 10.1 million, or 1.01 crore, according to the 2011 Census, from 1.26 crore in the 2001 census, there was still a lot to be done to end the scourge, Labour and Employment Secretary Heeralal Samariya said at an event organised by the Ministry here on the occasion of World Day Against Child Labour.

“We have the Child Labour (Prohibition & Regulation) Act, the PENCIL [Platform for Effective Enforcement of No Child Labour] portal, SOPs and guidelines have been formed,” Mr. Samariya observed. “Everything is in place, but if we still have child labour, it means that somewhere we are not implementing or enforcing at the field level... somewhere we are failing in enforcing the laws. It has to percolate down,” he asserted.

Noting that parents, even those from poorer backgrounds, were beginning to want their children to go to school, particularly private schools, the Secretary said this change in mindset needed to be “encashed”.

“It is the time to act. At the delivery point, the district and State level, they have a lot to do,” he said.

Speaking at the event, International Labour Organisation (ILO) Director for India Dagmar Walter said India had ratified conventions prescribing minimum age for employment (14 years in developing countries) and employment in hazardous conditions (18 years). India had ratified both the conventions in June 2017.

Ms. Walter stressed the need for a targeted approach to combat the problem. “The last mile will always be the most difficult,” she said, adding that changing the mindset of children and parents towards schools as well as making schools more inclusive were steps that needed to be taken now.

The PENCIL portal, through which 900 complaints about child labour had been lodged since it was started in 2017, was “evolving” with new features planned, said Kalpana Rajsinghot, joint secretary in the ministry. She added that the complaints lodged through the portal get marked to the district nodal officer for action in real time.

Plastic

How much plastic is there in your packaged water? (The Hindu: 20190613)

<https://www.thehindu.com/sci-tech/health/how-much-plastic-is-there-in-your-packaged-water/article23247042.ece>

Packaged water can be a lifeline for many of the 2.1 billion people worldwide with unsafe drinking water

Packaged water can be a lifeline for many of the 2.1 billion people worldwide with unsafe drinking water | Photo Credit: Special Arrangement

A new research by Orb Media a non-profit journalism organisation based in Washington, D.C., shows that a single bottle can hold dozens or possibly even thousands of microscopic plastic particles.

The mercury sprints past 30°C most days on Brazil’s world-famous Copacabana Beach.

Marcio Silva has trudged uncounted miles there, selling relief in the form of cold bottled water.

“I drink water because water is life, water is health, water is everything,” said Silva (51). “I drink it and sell it to others. I don’t want to sell something bad to people.”

Bottled water is marketed as the very essence of purity. It's the fastest-growing beverage market in the world, valued at US\$147 billion per year.

But new research by Orb Media, a non-profit journalism organisation based in Washington, D.C., shows that a single bottle can hold dozens or possibly even thousands of microscopic plastic particles.

Tests on more than 250 bottles from 11 brands reveal contamination with plastic including polypropylene, nylon, and polyethylene terephthalate (PET).

Water mark

Orb Media conducts tests on more than 250 bottles from 11 brands

The study reveals contamination with plastic, including polyethylene terephthalate (PET)

Two leading brands confirm their products contained microplastic, but said Orb's study significantly overstates the amount

Tests conducted for Orb at the State University of New York reveal a global average of 10.4 plastic particles a litre

Samples came from 19 locations in nine countries on five continents. Some bottles had effectively zero plastic. One contained more than 10,000 particles a litre. Plastic found in 93% of the samples

When contacted by reporters, two leading brands confirmed their products contained microplastic, but they said Orb's study significantly overstates the amount.

For plastic particles in the 100 micron, or 0.10 millimetre size range, tests conducted for Orb at the State University of New York revealed a global average of 10.4 plastic particles per litre. These particles were confirmed as plastic using an industry standard infra-red microscope.

The tests also showed a much greater number of even smaller particles that researchers said are also likely plastic. The global average for these particles was 314.6 per litre.

Samples came from 19 locations in nine countries on five continents. Some bottles had effectively zero plastic. One contained more than 10,000 particles per litre.

We found plastic in 93 per cent of the samples.

"This is shocking," said Erik Solheim, executive director of the United Nations Environment Program. "Please name one human being on the entire planet who wants plastic in his or her bottle."

Peggy Apter certainly doesn't. "It's disheartening," said Apter, a real estate investor in Carmel, Indiana, who drinks only bottled water. "What's the world come to? Why can't we have just clean, pure water?"

Packaged water can be a lifeline for many of the 2.1 billion people worldwide with unsafe drinking water. Some 4,000 children die every day from water-borne diseases, according to the United Nations.

Yet many who do have safe tap water still choose bottled because they think it's cleaner, find it more convenient or prefer the taste. Bottled water output will soon hit 300 billion litres a year.

Scientists and governments are increasingly concerned about micro-plastic pollution. Recent studies have found micro-plastic — particles smaller than 5 millimetres — in the oceans, soil, air, lakes, and rivers.

But plastic's final frontier may be the human body.

Last year, Orb Media revealed microscopic plastic in global tap water samples.

Today's study is "a very illuminative example of how intimate our contact with plastic is," said Martin Wagner, a toxicologist at the Norwegian University of Science and Technology.

Micro-plastics are "probably in our tissues," said Jane Muncke, managing director at the Food Packaging Forum, a Swiss research organization. "I'm sure they're in mine."

What this means for human health is unknown.

"Based on current knowledge, which is very fragmentary and incomplete, there is little health concern," Wagner said. "The human body is well-adapted to dealing with non-digestible particles."

As much as 90 percent of micro-plastic that is consumed might be excreted, a 2016 European Union report on plastic in seafood said.

Of the other ten percent, some plastic under 150 microns (0.15 millimetres) could enter the gut's lymphatic system, or pass from the bloodstream to the kidneys or liver, according the UN Food and Agriculture Organization. Today's bottled water study found plastic within that range.

But assumptions about how plastic behaves in the gut come from scientific models, not laboratory studies, Muncke said.

"We don't even know all the chemicals in plastics," Muncke said. "There's so many unknowns here."

Bottled water manufacturers emphasised their products met all government requirements.

Gerolsteiner, a German bottler, said its tests "have come up with a significantly lower quantity of micro-particles per litre," than found in Orb's study.

Nestle tested six bottles from three locations after an inquiry from Orb Media. Those tests, said Nestle Head of Quality Frederic de Bruyne, showed between zero and five plastic particles per liter.

None of the other bottlers agreed to make public results of their tests for plastic contamination.

"We stand by the safety of our bottled water products," the American Beverage Association said in a statement.

Anca Paduraru, a food safety spokeswoman for the European Commission, said that while micro-plastic is not directly regulated in bottled water, "legislation makes clear there must be no contaminants." The U.S. doesn't have specific rules for micro-plastic in food and beverages.

Some consumers were shocked by Orb's discovery. Others were confident plastic wouldn't harm them.

"I feel cheated," said Arnold Kokonya (23), a graphic design student in Nairobi, Kenya. "But then, at the same time, I feel safe."

“Actually, I’m surprised,” said Norma Navarrete (36), a soprano who sips bottled water before performing with the Tijuana Opera in Mexico. “I mean, you drink it every day.”

The study was supervised by Professor Sherri Mason, a leading micro-plastic researcher at the State University of New York in Fredonia. Mason also managed Orb's 2017 tap water study.

To test bottled water, Mason's team first infused each bottle with a dye called Nile Red, an emerging method used by scientists for the rapid detection of micro-plastic. The water was then filtered to 1.5 microns, or 0.0015 millimetres — smaller than a human red blood cell.

Under a microscope, in the blue glare of a crime-scene investigation light, and viewed through orange goggles, the dyed plastic particles on each filter glow like tiny embers.

Mason analysed bigger particles, about 100 microns (0.10 millimetres), by Fourier-Transform Infra-red spectroscopy, which beams infra-red light into an object to read its molecular signature.

Polypropylene, used in bottle caps, made up 54 percent of those larger particles. Nylon was 16 percent. PET, used in bottles, was six percent. The majority of samples came in plastic bottles. Water in glass bottles also held micro-plastic.

Fluorescing particles that were too small to be analysed by FTIR should be called “probable micro-plastic,” said Andrew Mayes, senior lecturer in chemistry at the University of East Anglia, because “some of it might be another, unknown, substance to which Nile Red stain is adhering.” Mayes developed the Nile Red method for identifying micro-plastic.

De Bruyne, of Nestle, noted that Mason’s tests did not include a step in which biological substances are removed from the sample. Therefore, he said, some of the fluorescing particles could be false positives — natural material that the Nile Red had also stained. He didn’t specify what that material would be.

Mason noted that the so-called “digestion step” is used on debris-filled samples from the ocean or the seashore, and wasn’t needed for bottled water. “Certainly they are not suggesting that pure, filtered, pristine water is likely to have wood, algae, or chitin [prawn shells] in it?” she said.

To count the particles, we used an app that recorded the number of fluorescing objects in photographs of lab filters.

“This is pretty substantial,” Mayes said. “I’ve looked in some detail at the finer points of the way the work was done, and I’m satisfied that it has been applied carefully and appropriately, in a way that I would have done it in my lab.”

A recent paper in the journal *Water Research* reported finding micro-plastic in German mineral water. “I’m sure that this [plastic] is from the bottle itself,” lead author Darena Schymanski said.

Orb's studies of tap water and bottled water used different methods. But there is room to compare them.

For micro-plastic around 100 microns, about the width of a hair, bottled water samples had nearly twice the particles per liter (10.4) as tap water (4.45).

So what's best, bottled or tap?

“If your tap water is of high quality, that's always better,” said Scott Belcher, professor of toxicology at North Carolina State University. “If you have contaminated and unsafe drinking water, bottled water may be your only alternative.”

Echoing other consumers we interviewed, Apter said, “it's the government's responsibility to educate people to know what they're drinking and eating.”

Feeding on microplastics

Feeding on microplastics – a scourge stalks the sea (The Hindu: 20190613)

<https://www.thehindu.com/sci-tech/energy-and-environment/feeding-on-microplastics-a-scurge-stalks-the-sea/article25527355.ece>

A grey mullet is shown next to microplastic found in Hong Kong waters during a Greenpeace news conference in Hong Kong, China, April 23, 2018.

A grey mullet is shown next to microplastic found in Hong Kong waters during a Greenpeace news conference in Hong Kong, China, April 23, 2018. | Photo Credit: Reuters

Asia's voracious appetite for disposable plastics and poor waste management systems are devastating the marine environment.

Sometime in 2009, Bindu Sulochanan, a marine ecologist at Mangalore's Central Marine Fisheries Research Institute (CMFRI), was dissecting sardines in her laboratory. Scientists at the CMFRI have been doing this for decades, to study the feeding behaviour of various ocean-dwelling fish. As Dr. Sulochanan peered at the contents of the fish's gut under a microscope, she noticed something unusual – bright unnatural shades such as yellow, instead of the drab colours of the semi-digested plankton that sardines eat. She was looking at plastic. From litter thrown on beaches by people, the plastic had entered the water, and the fish had mistaken it for food. “We were shocked,” Dr. Sulochanan says. In some samples, the plastic was shredded and unrecognisable, but in larger fish, the source was obvious. Some plastics had readable print on them, linking them to branded milk packets and blister packs of medicines.

It was just the beginning. Since 2009, CMFRI's scientists have recovered plastic from the gut of dozens of species: mackerel near Mangalore, yellowfish tuna near Kochi and anchovies off the coast of Alappuzha, among them. In 2014, researchers from Gujarat's Sasan Gir Forest Department did a post-mortem on the 1-ton carcass of a Longman's Beaked Whale on a beach in the Sutrapada municipality. They found four large plastic bags in the whale's stomach. It appeared that the plastic had blocked the whale's digestive system.

Using less, wasting more

Plastics are widespread in the marine ecosystem today, and countries across the globe are contributing to it. But several estimates suggest that Asia is the larger debris-producer. Even though the U.S. and Europe manufacture most of the plastic, Asia seems to be leading in marine debris because of its population density and poor waste management.

In a 2015 Science study, the researchers estimated that India had dumped 0.6 million tonnes of plastic into the ocean in 2010. China was the top dumper, while India ranked 12th and the US ranked 20th. This was despite the fact that Indians generated only around 0.34 kg of waste per person per day (ppd), while Americans threw away 2.58 kg ppd. The problem was that India was mismanaging over 80% of its waste, while in the U.S. it was only 2%. “If you look at packaging of FMCG goods, the US and Europe are the manufacturers. But we are buying it and polluting the environment, because there is no awareness that what we throw comes back to us,” says Dr. Sulochanan.

Feeding on microplastics – a scourge stalks the sea

The impact of plastic debris on marine life is just emerging. The commonest way in which plastic hurts is entanglement. Fishing nets lost at sea, and plastic bags can trap fish and mammals, preventing them from swimming, foraging for food and mating. In October 2011, CMFRI researchers on-board the research vessel FORV Sagar Sampada sighted a group of about 400 Olive Ridley turtles at sea, likely travelling towards their mass nesting sites on the Odisha coast. One of the turtles was entangled in a plastic buoy, while another had a plastic bag around its neck. While swimming, Olive Ridley turtles dive periodically to find food, but the plastic was preventing them from doing so. “The ultimate fate of these turtles may be death by starvation,” the CMFRI researchers wrote on the website of the Marine Biological Association of India.

The biggest culprit in entanglement is “ghost nets”, says Vasant Kripa, the head of the Fisheries Environment Management Division at CMFRI, who was aboard the Sagar Sampada when the Olive Ridley sighting occurred. Ghost nets are nylon fishing nets that are either deliberately discarded, or lost. They remain in the water for years. Ironically, fisherfolk are not spared the impacts of plastic debris either. A major problem they face when using stake nets – a vertical mesh in the water that intercepts fish and guides them to traps – is plastic litter. Bags, bottles and other items get caught in the net, reducing the catch. Fishermen throw the litter back into the sea, says Dr. Kripa.

In 2017, the Kerala government began a program called Suchitwa Sagaram to prevent dumping of nets, and to bring back plastic litter as well. Fishermen can now sell their damaged nets in a buyback programme. Also, when fishing nets trap litter, the fishermen bring it back to the shore. Until June this year, 28 tonnes of plastic was recovered and used for surfacing roads. Unfortunately, few such programmes exist in India.

Blocks digestive tract

If entanglement with plastic hurts marine species, so does ingestion. Plastic can block and perforate the digestive tract. This gives the animal a feeling of fullness, reduces its immunity and leads to starvation. Some of the earliest reports of this phenomenon come from large seabirds called Laysan Albatrosses in the North Pacific Ocean’s Midway Island. Researchers found that up to 90% of the albatross chicks had plastic pieces in their stomach. Adult albatrosses normally collect floating fish eggs from the ocean’s surface and regurgitate them to feed their chicks. But by the eighties, albatrosses were also plucking bottle caps and cigarette lighters out of the sea, and their chicks were gorging on them. The researchers found no obvious health effects in chicks which ate little plastic, but those which ate over 150 gm had partially blocked digestive systems.

Feeding on microplastics – a scourge stalks the sea

If large birds eat larger plastic pieces, small fish tend to swallow microplastic: particles measuring less than 5 mm, which large plastic disintegrates into. Microplastics settle in phytoplankton, or the microscopic organisms at the base of the marine food chain. So, phytoplankton-eating fish are at risk. CMFRI researchers have found such particles in the guts of anchovies and sardine. These fish are filter feeders: they eat by keeping their mouth open, so that phytoplankton in the flowing water is trapped in filter-like structures called gill-rakers.

The problem is that microplastics are under-researched. One reason is that it is hard to identify them. “You can’t recognise them with the naked eye. Sophisticated instruments like spectrophotometers are needed,” says Dr. Kripa. As a result, the answers to key questions are unclear.

Estimating the number of individuals exposed is tough, because this would require systematic sampling, which is not common. But CMFRI has begun a study involving food pellets containing plastic in fish and whether it can damage the intestine.

But there is evidence from elsewhere showing that microplastics hurt species. For example, in one experiment, algae, which are at the base of the food chain, were not able to photosynthesise efficiently when exposed to 20 nanometre polystyrene beads. Higher up in the food chain, mussels, when fed microplastics in a lab, developed a type of inflammation called granuloma, and grew slower than usual. Still higher, the Japanese Medaka, a fish species, has been shown to suffer from liver stress when it ingests marine microplastics. In the experiment, the researchers fed the fish three types of food – regular food, virgin microplastic and microplastic that had been left in the San Diego bay for three months. The researchers found that marine microplastics had higher levels of pollutants such as polychlorinated biphenyls than the virgin ones. Further, when the fish were fed all three feeds, the ones that ate plastic ended up with liver damage.

What next?

Microplastics are as big a worry as macroplastics, says Mark Browne, an ecologist at the University of California, Santa Barbara. Plus, microplastics are more abundant in the water. Yet, few countries, including India have policies to minimise microplastic waste. Most Indian bans focus on large plastics.

What’s the best way to target microplastics? In a 2011 study, Dr. Browne showed that synthetic clothing was the largest contributor, given that each garment shed over 1900 fibres per wash. Yet, the U.S. plans to phase out microbeads in cosmetics by 2019, but has no policy on clothing yet.

Ebola virus

WHO To Hold Emergency Meeting after Ebola Spreads To Uganda (The Hindu: 20190613)

<https://www.ndtv.com/world-news/world-health-organization-to-hold-emergency-meeting-after-ebola-spreads-to-uganda-2052310>

The outbreak declared in August has recorded more than 2,000 Ebola cases in eastern DRC, two-thirds of them fatal. Uganda on Wednesday confirmed that three cases been recorded in the west of the country.

Uganda on Wednesday confirmed that three Ebola cases been recorded. (File)

GENEVA: The World Health Organization said Wednesday that a key emergency committee would meet following confirmation that an Ebola outbreak in Democratic Republic of Congo had spread to neighbouring Uganda.

The panel will meet on Friday to determine whether to declare the outbreak "a public health emergency of international concern," a major shift in mobilisation against the disease, it said.

The outbreak declared in August has recorded more than 2,000 Ebola cases in eastern DRC, two-thirds of them fatal. Uganda on Wednesday confirmed that three cases been recorded in the west of the country.

The Ebola virus

Short videographic on Ebola. A five-year-old boy who tested positive for Ebola in Uganda has died, a health ministry official told AFP Wednesday, in the first spread of a deadly outbreak in neighbouring Democratic Republic of Congo.

WHO's emergency committee had in October and again in April held off declaring the DRC epidemic an emergency of international concern, in part because the virus remained contained in one part of DRC.

For the committee to make the emergency call, it must determine that the epidemic "carries implications for public health beyond the affected State's national border and may require immediate international action," according to WHO.

(Except for the headline, this story has not been edited by NDTV staff and is published from a syndicated feed.)NDTV Beeps - your daily newsletter



Low blood sugar

43 kids dead in Bihar's Muzaffarpur this month, state cites low blood sugar (The Indian Express: 20190613)

<https://indianexpress.com/article/india/43-kids-dead-in-bihars-muzaffarpur-this-month-state-cites-low-blood-sugar-5777857/>

The state government has not cited AES as cause of death and has instead attributed most of them to hypoglycemia — meaning low blood sugar level. Experts, however, say hypoglycemia is one aspect of AES.

Nitish bats for federalism, wants Centre-funded schemes scrapped

National executive meet: JD(U) to contest Assembly polls in four states alone

JD(U) will not be part of NDA outside Bihar, says Nitish Kumar at national executive meeting

Bihar Encephalitis, Bihar Encephalitis death, Bihar kids death, Bihar baby deaths, Muzaffarpur deaths, Muzaffarpur children deaths, Nitish Kumar, indian express

A seven-member Central government team is likely to visit the hospitals soon and suggest guidelines. (Photo for representational purpose)

As many as 43 children below the age of 10 years have died at two hospitals in Bihar's Muzaffarpur district this month after being admitted with Acute Encephalitis Syndrome (AES).

The state government has not cited AES as cause of death and has instead attributed most of them to hypoglycemia — meaning low blood sugar level. Experts, however, say hypoglycemia is one aspect of AES.

A seven-member Central government team is likely to visit the hospitals soon and suggest guidelines.

Bihar Chief Minister Nitish Kumar has expressed concern over the situation and directed the health department to ensure that primary health care centres and hospitals follow standard operating procedures to deal with the cases.

Since this January, 172 children aged below 10 have been admitted to the two hospitals with AES. Of them, 157 have been admitted since June 1 and all 43 deaths have been reported in June.

Shri Krishna Medical College and Hospital (SKMCH) took in 117 such patients since January — 102 of these were admitted in June and 36 of them died.

Kejriwal Matrisadan admitted 55 AES cases since June 1 and of them, seven children have died. Currently, four patients in Kejriwal Matrisadan and six children in SKMCH are in a critical condition. The hospitals have discharged 41 children with AES after treatment.

Ever since AES cases were first reported in Muzaffarpur and surrounding areas in 1994, it has remained a challenge for the Bihar government, despite its claims of being prepared to deal with it. Several researches have only narrowed down to heat, humidity and malnutrition as the

reasons. Blame it on the lack of an awareness campaign or any programme to deal with nutrition, AES spurt has often exposed the health department's lack of preparedness. In 2012, 120 children died due to AES, followed by 90 such deaths in 2014.

SKMCH currently has 53 children with AES, most of them from in and around the town and hailing from poor families.

PM Modi skips Pak airspace flying to SCO summit, meeting with Xi today

Mystery loss of post-dated cheques: one more Ansal, IL&FS link

Ramesh Manjhi's only son Gulshan Kumar (4) is one of them. "Since there is no bed, we made Gulshan sleep on the floor. Hope there are no further complications and he is discharged soon," said Ramesh, a mason from Turki.

Raj Kishore Mahto from Paru is worried as his daughter Julie Kumari (7) has been unconscious since Tuesday. Doctors have said the admission was delayed and she would take time to respond to the treatment.

A nurse said that most children admitted with AES are suffering from hypoglycemia and some are suffering from hyperglycemia. A doctor said, "Parents should be alert when their children do not eat properly and vomit. Going to local quacks worsens the case. Almost all patients are from poor families and are malnourished."

Nurses said they were under pressure to use "hypoglycemia" instead of AES because "it brought a bad name to the state government".

Simply put: 5,000 dry villages in Maharashtra, 6,500 tankers

SKMCH Medical Superintendent Dr S K Shahi told The Indian Express, "All cases come under the broad term of AES, but people consider it a disease when it is just a syndrome. Hypoglycemia is the specific reason for most deaths."

"We are avoiding using AES because of the wrong perception it creates. Of the 36 deaths reported here, 25 occurred because of hypoglycemia and five due to hypoglycemia and electrolytes imbalance. Reasons of six deaths are not known." He added that of the samples picked from the hospital, only two were confirmed cases of Japanese Encephalitis.

Dr Arun Shah, executive committee member of the Indian Academy of Paediatrics Association and a leading paediatrician in the district, said, "How can anyone say these are not AES cases? Hypoglycemia is just a part of it. A healthy child has a reserve of sugar, but a poor and undernourished child has no buffer stock of sugar in her body. Hot and humid weather, lack of cleanliness and malnutrition are the reasons behind AES incidence."

"The state government failed to run a nutrition programme and awareness campaign which should have been started in February. It is very easy to hide behind the medical jargon of hypoglycemia. They should find ways to deal with hypoglycemia to tackle AES."

Bihar health department principal secretary Sanjay Kumar said, "We hope to get some guidelines from the Central team. Most deaths occurred due to hypoglycemia. Some of these patients hailed from Sitamarhi, Sheohar, Vaishali and East Champaran districts."

Indian diet

Indian diet can lead the way for a sustainable future' (Hindustan Times: 20190613)

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

Traditional Indian food that is largely plant-based with some red meat and fish can show the world how a nutritious and sustainable diet can be provided to the world's projected population of 10 billion people by 2050 without environmental degradation, said global experts at EAT Stockholm Food Forum 2019 on Wednesday.

Food production has emerged as a major cause of land-use change, biodiversity loss, and natural water depletion and accounts for about a fourth of greenhouse gas emissions.

Natural mosquito control'

Rising mercury leads to 'natural mosquito control' (Hindustan Times: 20190613)

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

The incessant heatwave in Delhi, besides troubling residents, have proved fatal for mosquitoes.

As per a citywide report on vector-borne diseases brought out by the South Delhi Municipal Corporation on Monday, 13 cases of dengue have been recorded in the city so far. Till June 10 last year, the number of dengue cases were 23. Also, there have been no deaths from the disease so far.

The number of chikungunya cases is seven while on the same date till last year, it was 14. Also, the number of malaria cases registered till date is 13. The same was 24 in the corresponding period last year.

The number of houses where mosquito breeding was found has also gone down this year by 66%, civic officials said. The number of legal notices issued last year for negligence of mosquito breeding was 34,291. This year, it is 19,915.

"If you look at your home and neighbourhood right now, nobody is complaining of mosquito stings. That's because mosquito is a delicate insect and high temperatures disrupt all their body functions," said Dr. Himmat Singh, senior scientist at the National Institute of Malaria Research, Dwarka.

"Their ideal breeding temperature is 24-28 degrees Celsius. So the conditions right now have led to a natural mosquito population control. Plus, lack of humidity in the air also leads to drying of their cuticles, desiccation of the body shell and early death," he added.

Absence of intermittent rains this summer has also led to drying up of their breeding grounds. Delhi last received rainfall on May 15 and June, so far, has been bone dry. “If lakes, ponds, puddles and containers like coconut shells, tyres, don’t fill up with rainwater, where would mosquitoes lay eggs?” asked Dr. NR Das, former public health department chief of the East Delhi Municipal Corporation and consultant at the Swami Dayanand Hospital.

“Even our plastic overhead water tanks, where mosquitoes lay eggs if they are open, get so hot these days, the larvae gets boiled,” he added.

Experts also said that the high temperatures might lead to the mosquito menace being “lesser catastrophic” this year than it has been previously. “Of course, it also depends on the virulence of the serotype of dengue virus which is in transmission,” Dr. Himmat Singh said.

Nutrition target

Assam misses nutrition target (Hindustan Times: 20190613)

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

› Most officials were engaged in NRC work. It is mandated by SC, so the state cannot direct them to do anything else PRAMILA RANI BRAHMA , Assam social welfare minister

The ongoing exercise to update the National Register of Citizens, aimed at weeding out illegal immigrants, could have led to missed nutrition targets in Assam. This was revealed in a review meeting of the state’s performance of the Narendra Modi government’s flagship nutrition scheme, “Poshan Abhiyaan”.

“Poshan Abhiyaan” is a monitoring exercise under the National Nutrition Mission, aimed at bringing down stunting of children in the age group of 0-6 years from 38.4% to 25% by 2022.

On Tuesday, Union minister of women and child development Smriti Irani held a meeting in Guwahati with chief minister Sarbananda Sonowal, state ministers Pramila Rani Brahma and Ranjit Dutta, and officials from both WCD and textiles ministries to take stock of the scheme. When Irani tried to find out why Assam had failed to get even 50% of their targets for Poshan, state officials told her that the ongoing work to update the NRC was one of the prime reasons .

“Most officials were engaged in NRC work. Since it is a Supreme Court mandated process, the state cannot direct them to do anything else,” social welfare minister Brahma said.

State officials claimed, according to the targets of the scheme, governments are mandated to procure smartphones and growth monitoring devices for the state’s 61,690 anganwadi centres to track nutrition among beneficiaries of Integrated Child Development Services scheme at regular intervals. ICDS is a central government programme that provides for supplementary nutrition, immunisation and preschool education to the children.

Once the devices are procured, anganwadi workers are trained to use the smartphones, which come equipped with a common software based on GPS technology, and facilitate real-time monitoring of nutritional parameters of beneficiaries.

However, because of delays in procurement of the devices, the process was stalled. Hemen Das, state secretary for the department of social welfare, said that Assam also has a shortage of 1,000 anganwadi workers. “The procurement order will be issued in two days and we expect the whole process to be completed in the next three months,” said Das.

Brahma said that subsequently the panchayat elections and the model code of conduct for the Lok Sabha elections that came into force from March 10 stalled the work further. She said the state government now aims to finish all the procurement work by the end of this month.

Miguel Queah, a Guwahatibased child rights activist, said, “They are jeopardising the health of state’s malnourished children as children are not a vote bank.”

Encephalitis,

2 more kids in Muzaffarpur die of encephalitis, toll 37(Hindustan Times: 20190613)

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

Two more children died of suspected acute encephalitis syndrome(AES) in Muzaffarpur on Wednesday, taking the toll to 37, even as a central team of experts arrived in the town to assist the state government in containment and management of the vectorborne disease.

Doctors treat a child suspected to be suffering from acute encephalitis syndrome in Muzaffarpur on Wednesday.

“Two more children died today due to AES at the Sri Krishna Medical College Hospital (SKMCH), Muzaffarpur, taking the death toll up to 37,” said Sanjay Kumar, principal secretary, health, Bihar government.

Union minister of state for health Ashwini Kumar Choubey was scheduled to visit Muzaffarpur on Thursday.

The official, however, conceded that he did not have figures of the Kejriwal Maternity Clinic (KMC), Muzaffarpur, where many children with symptoms of AES are undergoing treatment.

“Till Monday, 28 children had died of AES at the SKMCH and seven at the KMC,” added Kumar.

So far 143 cases of AES have been reported from 11 districts —Vaishali, Sitamarhi, Sheohar, East Champaran, Patna, Nalanda, Muzaffarpur, Jehanabad, Gaya, Bhojpur and Aurangabad.

The seven-member central team, headed by senior paediatrician Dr Arun Singh, national advisor of the Rashtriya Bal Swasthya Karyakram, ministry of health and family welfare (MoH&FW), would review the situation arising from surge in AES in Muzaffarpur and assist the state in control of the disease. The team has been asked to submit its report to the director-general of health services.

The team comprises Dr Ram Singh, joint director and in-charge of National Centre for Disease Control (NCDC), Patna; Dr Saurabh Goel, assistant director of Integrated Disease Surveillance Programme (IDSP), NCDC; Dr Poonam Vellamuri, entomologist, National Vector Borne Disease Control Programme (NVBDCP); Dr Lokesh Tiwari, associate professor, department of paediatrics, AIIMS-Patna; Dr Krishna Pandey, virologist; and Rajender Kumar, laboratory technician, both from the Rajendra Memorial Research Institute (RMRI), Patna.

Ved Prakash, an aide to MoS Choubey, said, “The minister will arrive in Patna on Thursday and head for Muzaffarpur. The Centre is keeping a close watch on the situation. Earlier in the day, the minister had reviewed the situation with joint secretary, NVBDCP, at his official chamber in New Delhi.”

Food and Nutrition (The Asian Age: 20190613)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=13179566>

60% meat in 2040 may come from lab process

Illinois, Chicago, June 12: Sixty per cent of meat that people eat in 2040, will be either grown in labs (synthetic meat) or replaced by plant-based products that look and taste like meat.

The product is called by various names like cultured meat, slaughter-free meat, in vitro meat, vat-grown, cell-based meat or clean meat. Cultured meat is meat produced by in vitro cultivation of animal cells, instead of from slaughtered animals. It is like cellular agriculture.

The massive impact on environment due to conventional meat production and the concerns people have about the welfare of animals under industrial farming, has led to people adopting this meat, according to a report by the global consultancy AT Kearney who conducted interviews with experts.

"The large-scale livestock industry is viewed by many as an unnecessary evil," the report says.

With a turnover of \$1trillion a year and billions of animals raised, the conventional meat industry is a force to reckon with. However, the

CHEW ON THIS



35% of all meat will be cultured in 2040 and 25 per cent will be vegan replacements.

15% of the plant calories end up being eaten by humans as meat

■ Almost half the world's crops are fed to livestock

■ Cultured meat and vegan meat replacements retain about three-quarters of their input calories.

■ Environmental impact is causing many people to shift loyalties

huge environmental impact, as revealed through recent scientific studies, from the emissions driving the climate crisis to wild habitats destroyed for farmland and the pollution of rivers and oceans, the lookout for alternatives has grown stronger.

Major meat firms like Beyond Meat, Impossible

Foods and Just Foods that use plant ingredients to create replacement burgers, scrambled eggs and other products are growing rapidly.

An estimated \$1bn has been invested in such vegan products, including by the companies that dominate the conventional meat market.

— Agencies

Microplastic (The Asian Age: 20190613)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=13179561>

5 grams of microplastic consumed weekly

Paris, June 12: People worldwide could be ingesting five grams of microscopic plastic particles every week, equivalent in weight to a credit card, researchers said on Wednesday.

Coming mostly from tap and especially bottled water, nearly invisible bits of polymer were also found in shellfish, beer and salt, scientists and the University of Newcastle in Australia reported.

The findings, drawn from 52 peer-reviewed studies, are the first to estimate the sheer weight of plastics consumed by individual humans: about

250 grammes, or half-a-pound, over the course of a year.

Another study calculated that the average American eats and drinks in about 45,000 plastics particles smaller than 130 microns annually, while breathing in roughly the same number. "Not only are plastics polluting our oceans and waterways and killing marine life, it's in all of us," said Marco Lambertini, director-general of WWF International, which commissioned the new report.

"If we don't want it in our bodies, we need to stop the millions of tons of

PLASTIC SOURCE IN FOODS

Coming from tap, bottled water, nearly invisible bits of polymer were



also found in shellfish, beer and salt

250 gm of plastic is consumed by humans over the course of a year

plastic that continue leaking into Nature every year."

In the last two decades, the world has produced as much plastic as during the rest of history, and the industry is set to grow by

four per cent a year until 2025, according to a new report by Grand View Research. More than 75 per cent of all plastics winds up as waste.

A third of that — some 100 million tonnes — is

dumped or leaches into Nature, polluting land, rivers and the sea.

On current trends, the ocean will contain one metric tonne of plastic for every three metric tonnes of fish by 2025, according to The New Plastics Economy report, published by the Ellen MacArthur Foundation. Plastic particles have recently been found inside fish in the

deepest recesses of the ocean, and blanketing the most pristine snows in the Pyrenees mountains between France and Spain. The authors of Wednesday's report were up front about the limita-

tions of their research, starting with the fact that little is known about health consequences. Gaps in data were filled with assumptions and extrapolations that could be challenged, though the estimates, they insisted, were on the conservative side.

They invited other researchers to build on their conclusions.

"Developing a method of transforming counts of microplastic particles into masses will help determine the potential toxicological risks for humans," said co-author Thava Palanisami, a microplastics expert. — AFP

Brain Wiring (The Asian Age: 20190613)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=13179711>

Brain wiring changes when mastering new skills: Study

Washington: Mastering a new skill — whether a sport, an instrument, or a craft — causes new neural activity patterns to emerge in the brain, a study has found.

While it is understood that a healthy brain is capable of learning these new skills, how the brain changes in order to develop new behaviours is a relative mystery. More precise knowledge of this underlying neural circuitry may eventually improve the quality of life for individuals who have suffered brain injury by enabling them to more easily relearn everyday tasks.

Researchers from the

University of Pittsburgh and Carnegie Mellon University (CMU) in the US reveals what happens in the brain as learners progress from novice to expert. The research, published in the journal PNAS, showed that new neural activity patterns emerge with long-term learning and established a causal link between these patterns and new behavioral abilities.

"We used a brain-computer interface (BCI), which creates a direct connection between our subject's neural activity and the movement of a computer cursor," said a researcher. — PTI

■ Experts feel youth are aware of lifestyle issues they face

Millennials opt for higher health cover

FC BUREAU
CHENNAI, JUNE 12

Millennials in the age group of 22 to 35 years are increasingly buying health policies of higher sum assured. Policies with sum insured of Rs 10 lakh and beyond has more than doubled in the past five years.

As per a survey by Policybazaar.com, increasing number of millennials - six out of 10 - are opting for health plans with sum insured between of Rs five lakh and Rs one crore. Further, proportion of policies bought by millennials with sum insured of Rs 10 lakh and beyond has more than doubled in the past five years - surging from 8.4 per cent to 17.8 per cent.

Sum assured of above Rs 10 lakh went up from 4.7 per cent to 16.8 per cent among millennials in the age group of 22-25 years. Among age groups of 26-30 years and 31-35 years, the share of those preferring sum assured above Rs 10 lakh has gone up by 141 per cent and 88 per cent respec-



tively.

The survey also indicates that proportion of health covers purchased by millennials with sum insured between Rs five lakh and Rs 10 lakh has experienced a growth of 20 per cent in last five years. Proportion of these policies brought by the three age groups within millennials also has shown an increase of 13 per cent, 28 per cent and 17 per cent.

The latest trend of shifting preference towards buying policies with higher sum insured is in sharp contrast to the millennial

buying trends five years back, when Rs three lakh and Rs two lakh were the most sought after health covers. The survey indicates a dip in the total proportion of policies bought with lower sum insured. While the drop in the share of policies bought with sum insured of less than Rs three lakh is 38 per cent, for those with sum assured between Rs three to Rs five lakh is 22 per cent. The changing trend clearly establishes how millennials today are wary of the risks that the existing

lifestyle poses on their health and hence better understand the importance of protection against diseases.

"A sudden medical emergency at any point in time poses a huge threat to one's accumulated corpus if he/she doesn't have an adequate health cover. Keeping this in mind, buying a health insurance while you are young is not only affordable but also makes sure that you stay financially secured against any medical emergency. With medical inflation rising at double-digit pace, millennials are now looking for health insurance plans with higher sum insured and add-ons like global coverage, OPD covers, and maternity cover to make the policy way more comprehensive,"

Amit Chhabra, Health Insurance, Business Unit Head, Policybazaar.com.

Millennials of Delhi-NCR are the highest contributors to health insurance policies with higher sum insured, followed by Bangalore.

Physical activity

Physical activity in early childhood can affect future cardiovascular health (New Kerala: 20190613)

<https://www.newkerala.com/news/read/156619/physical-activity-in-early-childhood-can-affect-future-cardiovascular-health.html>

Physical activity in early childhood may affect cardiovascular health later in life, a recent study suggests.

The study published in the journal 'Pediatrics' found that physical activity in children as young as three years old benefits blood vessel health, cardiovascular fitness and is key to the prevention of early risk indicators that can lead to adult heart disease.

"Many of us tend to think cardiovascular disease hits in older age, but arteries begin to stiffen when we are very young," explained Nicole Proudfoot, the study's lead author.

"It's important to start any kind of preventative measures early. We need to ensure small children have many opportunities to be active to keep their hearts and blood vessels as healthy as possible," she added.

More than 400 children between the ages of three and five were involved in the study. Over the course of three years, the researchers measured and analysed key markers of heart health cardiovascular fitness, arterial stiffness, and blood pressure.

The researchers calculated cardiovascular fitness by measuring how long the children could last on a treadmill test and how fast their heart rates recovered after exercise.

They measured arterial stiffness by how fast their pulse travelled through their body and used ultrasound imaging to measure the stiffness of the carotid artery. They also measured blood pressure.

They tracked physical activity each year by having the children wear an accelerometer around their waist for one week, allowing researchers to determine the amount and intensity of their activity each day.

The researchers determined that while arteries stiffen over time, the process is slower in young children who have been more active. Those children also showed more endurance on the treadmill, suggesting they had better cardiovascular fitness, and their heart rates came down faster after exercise.

While the findings showed total physical activity had favourable effects on cardiovascular health, more intense physical activity was more beneficial.

"This research suggests that intensity matters," said Brian Timmons, who supervised the research.

"Children benefit the most from energetic play, which means getting out of breath by playing games such as tag. And the more, the better."

The physical activity does not have to happen all at once, he suggested. Children should be active throughout the day.

The findings were similar among boys and girls who participated in the study, though researchers found physical activity had a positive influence on blood pressure in the girls only.

"We know physical activity is key to cardiovascular health, but these findings point to the protective effects it can have very early in life," said Maureen MacDonald, and co-investigator of the study.

Fertility

Magazines tend to exaggerate fertility at advanced reproductive age: Study (New Kerala: 20190613)

<https://www.newkerala.com/news/read/156582/magazines-tend-to-exaggerate-fertility-at-advanced-reproductive-age-study.html>

Popular magazines featuring older pregnant celebrities on their covers with no mention of the risks attached to it, contribute to women's belief that they can safely put off pregnancy until later ages, a recent study suggests.

The findings have shown that popular magazines commonly feature older pregnant celebrities on their covers with no mention of the risks of advanced maternal age pregnancy or the advanced reproductive technologies and methods needed to achieve these pregnancies.

According to the team of researchers, by downplaying fertility decline with advancing age, these magazines tend to contribute to women's belief that they can safely put off pregnancy until later ages.

As part of the study, published in the Journal of Women's Health, the researchers examined 416 magazine issues aimed at reproductive-aged women and found that fertility was highlighted on one-third of the covers, which included the mention of 240 different celebrities.

More than half were of advanced maternal age (AMA), but there were only two mentions of pregnancy risks associated with (AMA). A third of the AMA pregnancies were among celebrities aged 40 or older, yet in the accompanying articles, there was little or no discussion of the need for advanced interventions to achieve pregnancy, such as in vitro fertilization and the need for donor gametes.

"It's easy to get drawn in by the cover of a popular magazine featuring a happily pregnant celebrity in her late 30s or early 40s and to think that fertility is the norm at that stage in a woman's reproductive life. Often left unsaid though are the costly and extraordinary measures, assisted reproductive technologies, and risks associated with these later-in-life pregnancies," said Susan G. Kornstein, MD, Editor-in-Chief of Journal of Women's Health.

Sleeping

Sleeping with lights on linked to weight gain in women (New Kerala: 20190613)

<https://www.newkerala.com/news/read/156470/sleeping-with-lights-on-linked-to-weight-gain-in-women.html>

Women who sleep with artificial lights on tend to gain weight or develop obesity, a recent study has claimed.

The study, published in the journal 'JAMA Internal Medicine', is the first to find an association between any exposure to artificial light at night while sleeping and weight gain in women.

The results suggested that cutting off lights at bedtime could reduce women's chances of becoming obese.

Lead author Yong-Moon (Mark) Park said, "The research suggests a viable public health strategy to reduce obesity incidence in women."

The research team used questionnaire data from 43,722 women. The participants, aged 35-74 years, had no history of cancer or cardiovascular disease and were not shift workers, daytime sleepers, or pregnant when the study began.

The study questionnaire asked whether the women slept with no light, a small nightlight, light outside of the room, or a light or television on in the room.

The scientists used weight, height, waist and hip circumference, and body mass index measurements taken at baseline, as well as self-reported information on weight at baseline and follow-up five years later.

Using this information, the scientists were able to study obesity and weight gain in women exposed to artificial light at night with women who reported sleeping in dark rooms.

The results varied with the level of exposure to artificial light at night. For example, using a small nightlight was not associated with weight gain, whereas women who slept with a light or television on were 17 per cent more likely to have gained 5 kilograms, or more over the follow-up period. The association with having light coming from outside the room was more modest.

Co-author Chandra Jackson noted that for many who live in urban environments, a light at night is more common and should be considered. Streetlights, storefront neon signs, and other light sources can suppress the sleep hormone melatonin and the natural 24-hour light-dark cycle of circadian rhythms.

"Humans are genetically adapted to a natural environment consisting of sunlight during the day and darkness at night," Jackson said. "Exposure to artificial light at night may alter hormones and other biological processes in ways that raise the risk of health conditions like obesity."

The authors acknowledge that other confounding factors could explain the associations between artificial light at night and weight gain.

Seizures

Can seizures be predicted before they happen? (New Kerala:20190613)

<https://www.newkerala.com/news/read/156403/can-seizures-be-predicted-before-they-happen.html>

Scientists have discovered a pattern of molecules that appear in the blood before seizures, which may lead to the development of an early warning system for epilepsy patients.

FutureNeuro and Royal College of Surgeons in Ireland (RCSI) researchers have discovered molecules in the blood that are higher in people with epilepsy before a seizure happens. These molecules are fragments of transfer RNAs (tRNAs), a chemical closely related to DNA that performs an important role in building proteins within the cell.

As per researchers involved in this study, which was published in the 'Journal of Clinical Investigation', tRNAs are cut into fragments when cells are stressed. Higher levels of the fragments in the blood could reflect that brain cells are under stress in the build-up to a seizure event.

Using blood samples from people with epilepsy, the researchers found that fragment levels of three tRNAs "spike" in the blood many hours before a seizure.

"People with epilepsy often report that one of the most difficult aspects of living with the disease is never knowing when a seizure will occur," said Dr Marion Hogg, FutureNeuro investigator, and the study's lead author.

"The results of this study are very promising. We hope that our tRNA research will be a key first step toward developing an early warning system."

The World Health Organisation estimates that more than 50 million people worldwide have epilepsy.

"New technologies to remove the unpredictability of uncontrolled seizures for people with epilepsy are a very real possibility," said Professor David Henshall, Director of FutureNeuro and a co-author on the paper.

Kidney Racket (Navbharat Times: 20190613)

<http://epaper.navbharattimes.com/details/39043-68731-1.html>

कैडेवर डोनेशन हो जरूरी, तो किडनी रैकेट होगा खत्म

Rahul.Anand@timesgroup.com

■ **नई दिल्ली** : दिल्ली सहित पूरे देश में किडनी रैकेट की सबसे बड़ी वजह कैडेवर डोनेशन की कमी है। ब्रेन डेथ से मिलने वाले अंग यानी कैडेवर डोनेशन की कमी की वजह से देश में ऑर्गन ट्रांसप्लांट की स्थिति काफी खराब है।

नैशनल ऑर्गन एंड टिशू ट्रांसप्लांट ऑर्गनाइजेशन (NOTTO) के अनुसार, दिल्ली में अब तक कुल 15,338 किडनी ट्रांसप्लांट की गई हैं। इसमें से सिर्फ 394 किडनी ट्रांसप्लांट ही कैडेवर डोनेशन से हुईं। बाकी सभी लिविंग डोनेशन से। इनमें से 10,756 ट्रांसप्लांट में डोनर मरीज का करीबी रिश्तेदार थे। किडनी रैकेट का धंधा करीबी रिश्तेदारों के जरिए ही फल-फूल रहा है। आईएमए के पूर्व प्रेजिडेंट डॉक्टर के. के. अग्रवाल का कहना है कि जब तक देश में ब्रेन डेथ डोनेशन को जरूरी नहीं किया जाएगा तब तक इस रैकेट को खत्म करना मुमकिन नहीं दिख रहा है। डॉक्टर विकास जैन का कहना है कि बाहर के कई देशों में ब्रेन डेथ का अंग दान करना अनिवार्य है। हाल ही

15,338
दिल्ली में अब तक
किडनी ट्रांसप्लांट
की गई हैं

10,756
ट्रांसप्लांट में डोनर
मरीज के करीबी
रिश्तेदार थे



में नीदरलैंड में कानून पास किया गया है कि ब्रेन डेथ के बाद अंग दान करना अनिवार्य है।

डॉक्टर ने कहा कि यही एक मात्र तरीका है, जिसमें दोनों का सॉल्यूशन छिपा है। जैसे ही ब्रेन डेथ में डोनेशन बढ़ेगा, उससे डिमांड में कमी आएगी और फिर रैकेट पर रोक लग जाएगी। लोग कैडेवर डोनेशन के लिए इंतजार कर सकेंगे। अभी जैसे ही डोनर की कमी होती है, लोग दूसरे ऑर्गन की तरफ भागने लगते हैं। इसी वजह से पूरे देश

में यह रैकेट चल रहा है। इसे कैडेवर डोनेशन को बढ़ावा देने पर ही रोक जा सकता है। अभी साउथ इंडिया में कुछ बदलाव देखे जा रहे हैं, लेकिन नॉर्थ इंडिया में अब भी कैडेवर डोनेशन का अभाव है। एक्सपर्ट का कहना है कि दिल्ली के आंकड़े भी बताते हैं कि कैडेवर डोनेशन कम है। कानून कहता है कि जब करीबी रिश्तेदार डोनर हो तो उसके लिए जांच कमेटी इंटरनल होती है, जिसमें जहां इलाज चल रहा होता

है उस अस्पताल के चीफ ही उस टीम का भी चेयरमैन होता है। दूर के रिश्तेदार में कानून ऐसा बना हुआ है कि डोनर की जांच के लिए एक्सटर्नल कमेटी बनाई जाती है, जिसमें अस्पताल से बाहर के लोग होते हैं। राज्य सरकार के प्रतिनिधि, एनजीओ के लोग और वकील होते हैं, ताकि डोनर की सही से जांच हो

सके। जब दूर के रिश्तेदार की जांच एक्सटर्नल टीम से कराने का कानून पास हुआ तो लोगों ने करीबी रिश्तेदार का गलत तरीके से ब्लड सैपल का मिलान कर डोनर को फिट करार दिया जाने लगा। इसकी बड़ी वजह जांच के लिए बनाई जाने वाली इंटरनल कमेटी है। एक्सपर्ट का कहना है कि इस कमेटी में भी अब एक्सटर्नल लोगों को डालने की जरूरत है, ताकि कमेटी मनमानी न कर सके।

(अगले अंक में हम बताएंगे कि क्यों परिवार में किडनी डोनर की कमी है, क्या वजह है कि करीबी रिश्तेदार डोनेशन के लिए अनफिट हो जाते हैं)

पहले अपनी किडनी बेची, फिर बन गए दलाल

Praveen.Mohta@timesgroup.com

कानपुर : हाईप्रोफाइल किडनी रैकेट के खुलासे और कई गिरफ्तारियों के बाद हैरान करने वाली जानकारियां सामने आ रही हैं। सूत्रों के अनुसार,

कोऑर्डिनेटर्स के संपर्क में रहते थे डॉक्टर : पुलिस सूत्रों के अनुसार, फरवरी में जब केस सामने आया और पुलिस ने जांच शुरू की तो कोई भी डॉक्टर सीधे तौर पर इसमें शामिल नहीं मिला। गहराई से तफ्तीश में पता चला कि दलाल पुष्पावती सिंहानिया हॉस्पिटल एंड रिसर्च इंस्टिट्यूट (पीएसआरआई) और फोर्टिस, फरीदाबाद के कोऑर्डिनेटर्स के संपर्क में रहते थे। गैंग के लिए शिकार बनाने के पहले दलाल गरीब लोगों का बेनवांश करते थे। इसके बाद बचा हुआ काम कोऑर्डिनेटर्स कर देते थे। डॉक्टर कभी भी किसी दलाल के सीधे संपर्क

अब तक गिरफ्तार 12 लोगों में करीब आधे ऐसे हैं, जो पहले रुपयों के लालच में अपनी किडनियां बेच चुके हैं। इसके बाद बढ़िया लाइफस्टाइल के लालच में वे इस काले कारोबार में उतर आए।

में नहीं आए। वे सिर्फ कोऑर्डिनेटर्स से बात करते थे। सूत्रों के अनुसार, अब तक जितने भी दलाल पकड़े गए हैं, उनमें कुछ बेहद पेशेवर तरीके से काम कर रहे थे। पूछताछ और मेडिकल परीक्षण से पता चला कि वे पहले ही अपनी किडनी बेच चुके हैं। इससे मिले रुपयों से उनका जीवन-स्तर कुछ बेहतर हो गया। इसके चलते जिन लोगों को उन्होंने किडनी बेचने के लिए बरगलाया, उन्हें वे अपनी नजीर देते हुए बताते थे कि किडनी बेचने के बावजूद लाइफ एकदम ठीक चल रही है।

सैकड़ों डॉक्यूमेंट्स का वेरिफिकेशन

: फरवरी से जारी केस की जांच के बीच पुलिस ने पीएसआरआई और फोर्टिस, फरीदाबाद से सैकड़ों डॉक्यूमेंट्स कब्जे में लिए। अलग-अलग जिलों से आधार कार्ड, वोटर कार्ड, पैन कार्ड, एफिडेविट आदि का वेरिफिकेशन कराया तो काफी कुछ फर्जीवाड़ा सामने आने लगा। इससे काफी हद तक केस की स्थिति साफ होने लगी। वहीं, किडनी रैकेट में शामिल पीएसआरआई के 2 कोऑर्डिनेटर्स मिथुन और सुनीता वर्मा के वकीलों ने पुलिस से संपर्क किया है। दावा है कि दोनों इस हफ्ते ही पूछताछ के लिए आएंगे।

दूसरी तरफ पीएसआरआई के दो कोऑर्डिनेटर्स के वकीलों ने कानपुर पुलिस को बताया कि उनके मुवकिल इस हफ्ते पूछताछ के लिए उपलब्ध होंगे।

डॉ. दीपक की तबीयत

गड़बड़ : पीएसआरआई के सीईओ डॉ. दीपक शुक्ला न्यायिक हिरासत में उर्सला अस्पताल में भर्ती हैं। अस्पताल के डॉ. शैलेन्द्र तिवारी के मुताबिक, डॉ. दीपक की तबीयत ठीक नहीं है। उन्हें बार-बार दर्द हो रहा है। तबीयत में सुधार की हरसंभव कोशिश की जा रही है। वहीं गुरुवार को जिला अदालत में डॉ. दीपक की जमानत अर्जी पर सुनवाई होगी।

Sleeping (Navbharat Times: 20190613)

<http://epaper.navbharattimes.com/details/39038-67161-1.html>

‘16 मिनट कम नींद तो अगला दिन खराब’

■ एनबीटी : अगर आप 16 मिनट भी कम नींद लेते हैं तो इसका असर अगले दिन आपके काम पर पड़ता है। यूनिवर्सिटी ऑफ साउथ फ्लोरिडा की हाल की एक स्टडी में यह सामने



आया है कि आपकी नींद में जरा सा भी खलल अगले दिन आपके काम पर प्रभाव डाल सकता है। रिसर्चरों ने 130 हेल्दी कर्मचारियों पर एक सर्वे किया जो आईटी सेक्टर में काम करते थे और जिनका कम से कम एक स्कूल जाने वाला बच्चा भी था। सर्वे में शामिल प्रतिभागियों ने कहा कि जिस दिन वे अपनी हर दिन की नींद से 16 मिनट भी कम सोते थे या फिर उनकी रात की नींद की क्वालिटी खराब रहती थी उसकी अगली सुबह उन्हें ऑफिस में दिक्कतों का सामना करना पड़ता था। नींद की कमी की वजह से उनका स्ट्रेस लेवल बढ़ जाता है। सर्वे में कहा गया है कि ऑफिसों को कर्मचारियों की नींद को प्रोत्साहित करने की जरूरत है।

