



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20190705

Total fertility

Total fertility rate in state on downward spiral (The Tribune: 20190705)

<https://www.tribuneindia.com/news/haryana/total-fertility-rate-in-state-on-downward-spiral/797481.html>

To go below replacement level in 2 yrs I By 2041, people over 60 to rise to 15.8%, young brigade to shrink to 25.1%

The Total Fertility Rate (TFR) in Haryana will fall below replacement levels by 2021, says Economic Survey 2018-19. The report was tabled before Parliament on Thursday.

The TFR refers to the total number of children born or likely to be born to a woman in her lifetime. As per Census, Sample Registration System and International Institute for Population Sciences (Mumbai), the TFR in Haryana was 2.3 in 2016, but it will touch 1.8 by 2021, which is below the replacement level of 2.1. The replacement level fertility is the level of fertility at which a population exactly replaces itself from one generation to the next.

On the other hand, the TFR in Himachal Pradesh and Punjab was 1.7 in 2016. It had already reached below the replacement level and would further dip to 1.6 by 2021.

“Given the state-level differences in initial fertility levels, mortality and age composition, both the trajectory of population and population growth will continue to vary across states,” said the Economic Survey.

In the coming decades, the growth will be close to zero in Andhra Pradesh and as low as 0.1-0.2 per cent in Karnataka, Kerala, Telangana, HP, West Bengal, Punjab and Maharashtra. However, in Haryana the annual growth rate went up by 1.99% in 2001-11; it will fall to 1.08 % in 2011-21 and still further to 0.7% in 2021-31. It would dip to 0.44% in 2031-41. Haryana will have 33.2 per cent of the population in 0-19 years by 2021, and that will dip to 28.6 per cent in 2031 and further to 25.1 in 2041.

The working age population, which falls in 20-59 age group, would peak from 57.1 % in 2021 to 59.5 % in 2031, but would decrease to 59.3 by 2041. However, from 2031-41, the working age population would reduce by 3 % in HP and by around 2 % in Punjab. There will be a huge

jump in people over 60 in Haryana in the coming decades. Their population would jump from 9.9% in 2021 to 13.2% in 2031 and then to 15.8 % by 2041.

In the age group of 5-14 years, which goes to elementary schools, Haryana would see a dip of 17.87 %.

The survey suggested increasing the retirement age for both men and women like other advanced countries in view of the increase in life expectancy.



Sex ratio from 909 to 919 in 3 yrs

Beti Bachao ‘improved’ sex ratio from 909 to 919 in 3 yrs (The Tribune: 20190705)

<https://www.tribuneindia.com/news/nation/beti-bachao-improved-sex-ratio-from-909-to-919-in-3-yrs/797230.html>

Close on the heels of PM Narendra Modi urging people to think of duties before rights, the Economic Survey today hailed government schemes that have used the power of “nudge” to change people’s behaviour.

Top mention in the category is of Beti Bachao Beti Padhao scheme, initially launched in 100 districts starting Panipat to improve poor child sex ratio across the country — 919 girls per 1,000 boys.

The survey reports that the sex ratio at birth improved on an average across 161 districts under the BBBP from 909 in 2015-16 to 919 in 2018-19.

“Around the launch of the BBBP, the districts in question had poorest sex ratios at birth. But by 2018-19, they showed a trend reversal, registering an increase in the ratio. BBBP has had an impact particularly on large states,” the survey says. — TNS

Govt pessimistic about economy: PC

I scouted the survey for the outlook for 2019-20, but there was only a bland statement that said “growth of economy expected to be 7%”. There are no sector-wise growth projections. — P Chidambaram, former finance minister

Drug abuse

Drive against drug abuse loses steam (The Tribune: 20190705)

<https://www.tribuneindia.com/news/jammu-kashmir/drive-against-drug-abuse-loses-steam/797247.html>

4 months on, no meeting of state, divisional-level panels to implement de-addiction policy

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State lacks rehabilitation centres

A worrisome factor is that the state does not have adequate facilities for the rehabilitation of drug addicts

In the Kashmir valley, there are two rehabilitation centres for drug addicts, while the Jammu region, where the number of drug abuse cases has increased at an alarming rate, does not have even a single facility of the government barring a centre being run by the police department on the premises of the district police lines

The much-hyped drive of the state government against drug abuse appears to have gone into sleep mode as the administration has failed to hold even a single meeting of its state and divisional level monitoring committees for the effective implementation of the drug de-addiction policy.

The committees were constituted on March 8 as per the provisions of the drug de-addiction policy which was notified on January 11 this year following the approval of the State Administrative Council (SAC).

“It is now almost four months since these committees were constituted for effective implementation of the drug de-addiction policy and assess the existing de-addiction facilities in the state. We have no communication as to when the government will hold the first-ever meeting of these committees,” a member of the divisional level committee told The Tribune.

The Chief Secretary is the chairman of the state-level monitoring committee, while the administrative secretary, health and medical education department, is the head of the divisional level committees.

A worrisome factor for stakeholders is that the state does not have adequate facilities for the rehabilitation of drug addicts. In the Kashmir valley, there are two rehabilitation centres for drug addicts, while Jammu region, where the number of drug abuse cases has increased at an alarming rate, does not have even single facility of the government barring a centre being run by the police department on the premises of the district police lines here.

Ironically, the state government, in its drug de-addiction policy, claimed that Kashmir has only one specialised drug de-addiction centre (DDC) at the SMHS Srinagar, while the second centre is functional at the GMC hospital Jammu.

“The government claims hold no merit as the DDC at the government psychiatric hospital is virtually non-functional. Except a DDC at the police lines in Jammu with 20-bedded capacity, the Jammu division does not have any rehabilitation centre for addicts. For the counselling of the addicts, it requires at least seven-eight months, but the authorities are not able to keep addicts at the DDC police lines Jammu for more than 40 days. All such issues need immediate attention of the government,” a member of state level committee said.

The member also expressed concern over the growing drug abuse cases among women and said a separate rehabilitation centre for the counselling of women needed to be set up in the Jammu region.

“We come across two-three cases of drug abuse among women every month, that too between the age group of 20-22, but we are constrained to provide any help to them as we lack the infrastructure and staff,” Pallavi Singh, a member of the de-addiction centre being run by an NGO ‘Mashwara’ in the Purkhoo area here.

Arti Thakur, SHO, police station, women cell, Jammu, said they were ready to serve women addicts, but the lack of any rehabilitation centre was the major problem for them.

The IGP, Jammu, MK Sinha had recently stated that the cases under the Narcotic Drugs and Psychotropic Substances Act witnessed a steep rise in 2019 as around 350 cases had been witnessed till June against the total of 231 such cases in 2018.

India ageing fast

India ageing fast; Punjab, Himachal in lead (The Tribune: 20190705)

<https://www.tribuneindia.com/news/nation/india-ageing-fast-punjab-himachal-in-lead/797355.html>

Number of elderly to rise: Share of elderly, 60 years and above, population will continue to rise steadily, nearly doubling from 8.6% in 2011 to 16% by 2041

With India set to witness a sharp slowdown in population growth over the next two decades, Punjab and Himachal Pradesh are among states that will start transitioning to an ageing society by 2030s as the proportion of the young in their population declines from already low fertility rates.

In the same bracket will be the southern states, West Bengal and Maharashtra, where fertility rates have already dropped below the replacement level.

The Economic Survey 2018-2019 records alarming demographic trends and notes that the share of India’s young (0 to 19 years) in the overall population has begun to decline and is projected to drop from 41 per cent in 2011 to 25 per cent in 2041.

On the other hand, the share of the elderly (60 years and above) in the population will rise rapidly from 8.6 per cent in 2011 to 16 per cent by 2041. These changes have major implications for policymakers, with the Survey suggesting raising the retirement age and merging schools as there would be less children.

Projections by the Indian Institute of Population Studies also say that India's demographic dividend will peak around 2041 when the share of its working age population (20 to 59 years) will hit 59 per cent.

“As the demographic composition of states changes and fertility continues to decline, India's age structure by 2041 will resemble that of China and Thailand in the current decade,” says the Survey.

The changes are being fuelled by rapid falls in overall fertility rates across India, with states like Punjab already reaching the total fertility rate (TFR) of 1.7 in 2016. Projections say that through 2021-41, TFR at the national level (which is 2.3 today) will continue to decline and will fall below the replacement level at 1.8 around 2021, stabilising at 1.7 later.

States with TFR already below replacement level (2.1) like Punjab, Himachal, West Bengal, Maharashtra and southern counterparts are projected to see further decline in fertility rates by 2021.

This would mean Punjab, Himachal and south India, which are leading the demographic transition today, will also lead the nation's transition to an ageing society.

“This will happen because states ahead in demographic transition will see a decline in population growth rates, which could near zero rates by 2031-41,” IIPS experts say. Even nationally, population growth has been slowing from 2.5 per cent during 1971-81 to 1.3 per cent in 2011-16.

IIPS says the size of elementary school-going children will drop sharply in Punjab, HP, Uttarakhand, TN, Maharashtra, Andhra Pradesh and Karnataka by 2041.

Average annual population growth rate declining in India — 2.5% in 1971 to 1.3% in 2011-16

Population growing below 1% annually in southern states, West Bengal, Punjab, Maharashtra, Himachal, Odisha, Assam

Key driver is decline in total fertility rate (number of kids a woman bears in her reproductive life)

States already below replacement level fertility (southern states, Bengal, Punjab, Maharashtra, HP) will see further decline by 2021 and near zero growth rates of population by 2031-41

The share of India's young population, i.e. in the 0-19 age category, has already started to decline and is projected to drop from as high as 41% in 2011 to 25% by 2041

Merge, not open, schools

Survey says number of school-going children will decline by 18.4% between 2021 and 2041

Number of children in the 5-14 age bracket will decline significantly, leading to the need for school mergers and less focus on building new ones

Already, states such as Himachal Pradesh, Uttarakhand, Andhra Pradesh and Madhya Pradesh have fewer than 50 students enrolled in more than 40% of their elementary schools, according to the study

Breast cancer risk

Early risers may have lower breast cancer risk (The Tribune: 20190705)

<https://www.tribuneindia.com/news/health/early-risers-may-have-lower-breast-cancer-risk/797142.html>

Women who wake up early may have a lower risk of developing breast cancer than the females sleeping for longer hours, a study has found.

Using a technique called Mendelian randomisation, researchers analysed genetic variants associated with three particular sleep traits—morning or evening preference (chronotype), sleep duration, and insomnia.

They analysed databases of more than four lakh women from two studies—UK Biobank study and Breast Cancer Association Consortium (BCAC) study.

In observational analysis of UK Biobank data, morning preference was associated with a slightly lower risk of breast cancer (one less woman per 100) than evening preference, whereas there was little evidence for an association with sleep duration and insomnia symptoms.

Analysis from BCAC also supported a protective effect of morning preference, and showed a potential harmful effect of longer sleep duration (more than the recommended 7-8 hours) on breast cancer, whereas evidence for insomnia symptoms was inconsistent.

Eva Schernhammer from the University of Vienna in Austria said these findings, published in the journal BMJ, identify a need for future research exploring how the stresses on our biological clock can be reduced. — PTI

Short bouts of exercise

Short bouts of exercise enhance brain function (The Tribune: 20190705)

<https://www.tribuneindia.com/news/health/short-bouts-of-exercise-enhance-brain-function/796609.html>

The study showed that an acute burst of exercise is enough to prime the brain for learning. File photo

Regular exercise is not just good for your health but it can also make you smarter, a study has found.

Neuroscientists, working with mice, have discovered that a short burst of exercise directly boosts the function of a gene that increases connections between neurons in the hippocampus, the region of the brain associated with learning and memory.

They measured the brain's response to single bouts of exercise in otherwise sedentary mice that were placed for short periods on running wheels. The mice ran a few kilometers in two hours.

The study, published in the journal *eLife*, found that short-term bursts of exercise—the human equivalent of a weekly game of pickup basketball, or 4,000 steps—promoted an increase in synapses in the hippocampus.

The neuroscientists at Oregon Health & Science University in the US made the key discovery by analysing genes that were increased in single neurons activated during exercise.

During the research, one particular gene—*Mtss1L*—stood out. This gene had been largely ignored in prior studies in the brain.

The *Mtss1L* gene encodes a protein that causes bending of the cell membrane.

The researchers discovered that when this gene is activated by short bursts of exercise, it promotes small growths on neurons known as dendritic spines—the site at which synapses form.

The study showed that an acute burst of exercise is enough to prime the brain for learning. PTI

Alzheimer's disease

Poor quality sleep in 50s, 60s increases risk of Alzheimer's disease (The Tribune: 20190705)

<https://www.tribuneindia.com/news/health/poor-quality-sleep-in-50s-60s-increases-risk-of-alzheimer-s-disease/796571.html>

Poor quality sleep in 50s, 60s increases risk of Alzheimer's disease

Those reporting a sleep decline in their 50s and 60s had more tau protein tangles. iStock

: People who report poor quality of sleep as they age from their 50s to their 60s have more protein tangles in their brain, putting them at higher risk of developing Alzheimer's disease later in life, according to a study.

The new finding, published in the *Journal of Neuroscience*, highlights the importance of sleep at every age to maintain a healthy brain into old age.

“Insufficient sleep across the lifespan is significantly predictive of your development of Alzheimer's disease pathology in the brain,” said the study's senior author, Matthew Walker.

“Unfortunately, there is no decade of life that we were able to measure during which you can get away with less sleep,” Walker said.

A team of researchers at University of California in the US found that adults reporting a decline in sleep quality in their 40s and 50s had more beta-amyloid protein in their brains later in life, as measured by positron emission tomography, or PET.

Those reporting a sleep decline in their 50s and 60s had more tau protein tangles. Both beta-amyloid and tau clusters are associated with a higher risk of developing dementia, though not everyone with protein tangles goes on to develop symptoms of dementia, according to the study.

“The idea that there are distinct sleep windows across the lifespan is really exciting. It means that there might be high-opportunity periods when we could intervene with a treatment to improve people’s sleep, such as using a cognitive behavioural therapy for insomnia,” said Joseph Winer, first author of the study. PTI

Schizophrenia

Scientists find new gene linked to schizophrenia (The Hindu: 20190705)

<https://www.thehindu.com/sci-tech/science/scientists-find-new-gene-linked-to-schizophrenia/article28287292.ece>

Collaborative effort between Indian and Australian team aims to shed more light on the mental illness

After 18 years of research, Indian and Australian scientists have identified a new gene directly linked to schizophrenia.

Scientists from the University of Queensland in Australia and a team of Indian researchers searched the genomes of over 3,000 individuals and found those with schizophrenia were more likely to have a particular genetic variation.

The team of Indian researchers was led by R. Thara, co-founder and director of the Chennai-based Schizophrenia Research Foundation.

Bryan Mowry from the University of Queensland said such studies had predominantly been done in populations with European ancestry, with more than 100 schizophrenia-associated variants identified previously.

“Looking at other populations can highlight different parts of the genome with a more robust association with the disease,” Dr. Mowry said.

“This study identified a gene called NAPRT1 that encodes an enzyme involved in vitamin B3 metabolism — we were also able to find this gene in a large genomic dataset of schizophrenia patients with European ancestry,” he said.

“When we knocked out the NAPRT1 gene in zebrafish, brain development of the fish was impaired — we are now working to understand more deeply how this gene functions in the brain,” Dr. Mowry said.

“Our studies aim to shed more light on what makes people susceptible to schizophrenia and possible treatments for the future,” Dr. Mowry added.

According to a statement released by the university, Dr. Mowry and Dr. Thara met in the late 1990s when they discussed studying a population in India.

“Thara is a driving force for research into schizophrenia in India and her team in Chennai has been central in recruiting patients, while QBI has been able to fund the processing of blood samples they’ve collected,” Dr. Mowry said.



Diabetic Medicine (The Asian Age: 20190705)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=13317136>

Naik hails CSIR's diabetes medicine

AGE CORRESPONDENT
NEW DELHI, JULY 4

Highlighting recent advances in ayurveda research, Union ayush minister Shripad Naik told the Rajya Sabha that the Council of Scientific and Industrial Research (CSIR) has developed scientifically validated hypoglycemic formulation being sold as BGR-34 for type-2 diabetic patients i.e. those who are not dependent on insulin injections.

Mr Naik was replying to a written question by member Jharna Dass Baidya in the Rajya Sabha. "CSIR constituent laboratories namely CSIR-Central Institute of Medicinal & Aromatic Plants (CSIR-CIMAP), Lucknow and CSIR-National Botanical Research Institute (CSIR-NBRI), Lucknow have jointly developed scientifically validated herbal product NBRMAP-DB as hypoglycemic formulation. The knowhow for the product was licensed to AIMIL Pharma Ltd. Delhi which is manufacturing and marketing it as BGR-34," said Mr Naik.

A.K.S. Rawat, former senior NBRI scientist who had played a key role in developing BGR-34 said that the minister's statement.

Mosquito-borne diseases

Ahead of dengue season, Union health minister takes stock (The Hindustan: 20190705)

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

With monsoon at Delhi's doorstep, union health minister Harsh Vardhan on Thursday took a high-level meeting to review preparedness for mosquito-borne diseases such as dengue and chikungunya.

■ All officials were directed to ensure that government hospitals, schools, and office building are 'vector-free'.

Delhi has reported 22 cases of dengue and 10 cases of chikungunya so far, fewer than the numbers usually reported this time of the year.

"There are very few cases of dengue and chikungunya being reported at the moment, this could be because of the delayed monsoon. The breeding of the aedes mosquito booms with the creation of breeding grounds during the rainy season," said a municipal corporation official, on condition of anonymity.

Dengue and chikungunya are both viral diseases transmitted by aedes aegypti mosquitoes, which breed in stagnant clean water. All vessels used to store water – including coolers, feng shui bamboo and bird baths – should be emptied and scrubbed once a week to prevent breeding.

The union health minister suggested taking community support in spreading awareness about the breeding of mosquitoes and appointing children as 'Swastya Ambassadors' or champions for the drive.

For the last two years, the Delhi government has been running awareness campaigns with the help of resident welfare organisations and school children. The measure was taken after a severe outbreak of dengue in 2015, which affected nearly 16,000 people and killed 60.

To raise awareness, the minister suggested that all elected representatives of the government and corporations, along with health department officials, should visit different parts of Delhi and check for breeding, especially roofs.

"When all stakeholders come out on a single day, it will send a very strong message and nudge people to check for breeding sites at their work space and neighbourhood", Dr Harsh Vardhan.

All officials were directed to ensure that government hospitals, schools, and office building are 'vector-free.'

The minister was informed that there was no shortage of beds, drugs and testing facilities. "People should, however, focus on symptomatic treatment such as consuming lots of fluids. People should not rush to the hospital to get admitted as soon as they get fever," said Dr Harsh Vardhan.

The Delhi health minister and health secretary, mayors of all three corporation, chairman of the New Delhi Municipal Council, union health secretary, the director general of health services, and medical superintendents of the four central government hospitals attended the meeting.

Swine flu

Swine flu claims 1,082 this year (The Hindustan: 20190705)

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

26,249 cases reported till June, but death rate low

NEWDELHI:India has confirmed the highest number of H1N1 [swine flu] cases and the lowest death rates in the first six months of this year since the virus was first identified in 2009, which epidemiologists say, indicates a rise in population immunity against the virus, absence of an antigenic shift of the virus, and improved community surveillance outside hospital settings.

A swine flu ward at a civil hospital in Gurugram. Death rate till Juneend is 4.12%, compared to 7.29% in 2018.

Antigenic shift is the process by which two or more different strains of a virus combine to form a new subtype.

There were 26,249 H1N1 cases and 1,082 deaths till June 30 this year, which is 70% more than the 15,266 cases reported till the end of 2018, according to data available with the Integrated Disease Surveillance Programme under the Union health ministry.

However, the death rate in the first half of 2019 is 4.12%, compared to 7.29% in 2018, and against a peak death rate of 23.26% in 2014, when 218 of the 937 people who tested positive for H1N1 died.

“A high number of cases and fewer deaths are a good sign. It tells us that people have developed a herd immunity against the virus, that the virus hasn’t changed, and that disease surveillance has improved with more people who are not critically ill being tested, and critical cases are being managed well in hospitals,” said Dr Randeep Guleria, director, All India Institute of Medical Sciences, and a member of the World Health Organization’s (WHO) Scientific Advisory Group of Experts on influenza vaccination for emerging markets. Herd immunity is the resistance a population develops against a disease over time after repeated infections.

According to WHO’s June 24 global update, seasonal influenza A viruses continues to account for the majority of flu cases worldwide, with influenza A (H1N1)pdm09, influenza A(H3N2), and among B viruses, B-Yamagata lineage and B-Victoria lineage, being the four dominant strains causing infection.

While there was a sharp spike in cases in February this year, the virus did not make any antigenic shifts to turn more deadly. “H1N1 is the dominant strain causing most flu infections in India, with most people recovering after mild fever without being tested or treated. There is some surveillance bias, with states with better health infrastructure reporting more cases, but

fewer deaths indicate infections are milder and complicated are being treated well,” said Dr Manoj V. Murhekar, director, Indian Institute of Epidemiology, Chennai.

Seasonal flu outbreaks have two peaks in India, once post winter from January to March, and the second peak during the monsoon from July to September. Experts say the time to vaccinate is now. “In most people, immunity to influenza wanes fairly dramatically, within months. Hence, the WHO recommends that people should take influenza vaccine closer to seasonal influenza peak months,” said Dr Poonam Khetrapal Singh, WHO regional director, South-East Asia.

With dominant flu strains frequently changing, the WHO recommends a new vaccine each year against the most dominant influenza strains. For 2018-19, it has recommended the quadrivalent vaccine, which protects A(H1N1)pdm09, influenza A(H3N2), and among B viruses, B-Yamagata lineage and B-Victoria lineage.

Vaccines protect people at risk from developing severe infection and complications. People at risk include pregnant women, where vaccination protects the mother, the foetus and the newborn up to six months after birth, people with who are immune-compromised due to chronic diseases.

“Prevention is the best intervention for influenza. People should also take other protective measures, such as frequent hand washing, covering their mouths and nose when they sneeze and cough etc to prevent the spread of flu...,” said Dr Khetrapal Singh.

Economic Survey 2019

As India ages fast, Economic Survey says need to raise age for retirement (The Indian Express: 20190705)

<https://indianexpress.com/article/business/budget/as-india-ages-fast-economic-survey-says-need-to-raise-age-for-retirement-5815700/>

The total fertility rate, which is a measure of how many children an average woman of reproductive age is likely to have in her lifetime, will dip below the replacement 2.1 by 2021.

Economic Survey’s education alert: Population of kids falling, merge schools

Private investment key, stick to fiscal glide path: Economic Survey 2019

Economic Survey 2019: Secular drop in economic policy uncertainty in the last four years

parliament, parliament budget session 2019, schools, indian education system, retirement age India, economic survey, Union Budget 2019, budget 2019, economic survey 2019, india economic survey

Proportion of elementary school-going children, i.e. 5-14 age group, will witness significant declines: Survey

India is set to witness a sharp slowdown in population growth over the next two decades, the Economic Survey stated on Thursday and suggested raising retirement age and merging schools as there would be less children.

The total fertility rate, which is a measure of how many children an average woman of reproductive age is likely to have in her lifetime, will dip below the replacement 2.1 by 2021.

The survey pointed out that though the country as a whole will enjoy the “demographic dividend” phase, some states will start transitioning to an ageing society by the 2030s. In preparation for this, it called advancement of the “retirement age” inevitable, highlighted the need for rationalisation of schools and also pointed out that unless serious measures are taken, India is unlikely to have adequate hospital beds to take care of the changing health needs.

Explained: Economic Survey 2019 — new ideas to policy prescriptions

Emphasising the need to plan for all sectors keeping the changing population dynamics in mind, the survey pointed out that though the government — both Centre and state — spending on health as a percentage of the GDP has gone up from 1.2 in 2014-15 to 1.5, there is much that remains to be done. Despite the population growth slowdown, the absolute numbers will go up and, therefore, existing infrastructure such as the number of hospital beds will continue to get stretched — a particularly important aspect given the ageing population.

“If India’s hospital facilities remain at current levels, rising population over the next two decades (even with slowing population growth rates) will sharply reduce the per capita availability of hospital beds in India across all major states...States with high population growth are also the ones with the lowest per capita availability of hospital beds,” the survey said. It showed that the number of hospital beds per 1 million population will dip sharply from the 490-odd in 2016 to 425 in 2041.

On the other hand, it said, the demand for schools could see a downswing. “The proportion of elementary school-going children, i.e. 5-14 age group, will witness significant declines. Contrary to popular perception, many states need to pay greater attention to consolidating/merging schools to make them viable rather than building new ones,” the survey pointed out.

Dwelling on how countries like Germany, UK and US have embarked on the road to increase retirement age and consequently the age at which a person is eligible for a pension, it called for reforms well in time to prepare for the changing demography.

“Given that life expectancy for both males and females in India is likely to continue rising, increasing the retirement age for both men and women going forward could be considered in line with the experience of other countries. This will be key to the viability of pension systems and would also help increase female labour force participation in the older age-groups. Since an increase in the retirement age is perhaps inevitable, it may be worthwhile signalling this change well in advance — perhaps a decade before the anticipated shift — so that the workforce can be prepared for it. This will also help plan in advance for pensions and other retirement provisions,” the survey said.

Japanese encephalitis

Japanese encephalitis toll 45, Assam taking all steps: officials (The Indian Express: 20190705)

<https://indianexpress.com/article/north-east-india/assam/japanese-encephalitis-toll-45-assam-taking-all-steps-officials-5815774/>

A 24×7 central control room has been made functional to deal with the situation.

Assam has reported 45 Japanese encephalitis (JE) deaths this year till Wednesday, officials said, adding that the state government is taking all proactive steps possible to check the situation.

“The situation in the state is under close watch and all preventive measures are being taken to combat it. The district officials has taken various information campaign and field reach measures like ensuring availability of diagnostic services for JE with Elisa kits made available in all district hospitals and medical colleges,” a press statement from the office of the mission director, National Health Mission, Assam, said. A 24×7 central control room has been made functional to deal with the situation.

Exercise (Hindustan: 20190705)

http://epaper.livehindustan.com/imageview_114655_95574192_4_1_05-07-2019_i_24.pagezoomsinwindows.php

समय निर्धारित होने पर आदत में शुमार हो जाता है व्यायाम

रोज एक समय पर कसरत से जल्दी घटेगा वजन



नई दिल्ली | हिन्दुस्तान डेस्क

रोज एक ही समय पर जिम जाने से वजन जल्दी कम होता है। एक हालिया शोध के अनुसार रोज एक ही समय पर व्यायाम करने से आदत पड़ जाती है और इससे वजन को आसानी से कम करने में मदद मिलती है। शोधकर्ताओं के अनुसार जिन लोगों को रोज व्यायाम करने की आदत होती है वह सुबह, शाम या दोपहर में से कोई न कोई समय बांध लेते हैं।

यह शोध 375 वयस्कों पर किया गया। यह सभी लोग हफ्ते में औसतन 4.8 दिन और करीबन 350 मिनट व्यायाम करते थे। इनकी तुलना ऐसे लोगों से की गई जो रोज एक ही समय पर व्यायाम नहीं करते थे। यह लोग हफ्ते में 4.4 दिन और करीबन 285



350

मिनट व्यायाम करते हैं रोजाना एक ही समय पर कसरत करने वाले एक हफ्ते में

250

मिनट तक कसरत करनी चाहिए एक हफ्ते में

सुबह के समय ज्यादा व्यायाम किया

शोध में पाया गया कि रोज सुबह-सुबह व्यायाम करने वाले 357.5 मिनट हर हफ्ते कसरत कर रहे थे। सुबह थोड़ी देर से व्यायाम करने वाले 319 मिनट, दोपहर को व्यायाम करने वाले 330 मिनट और शाम को व्यायाम करने वाले 355 मिनट व्यायाम कर रहे थे। सभी ग्रुप में व्यायाम की जगह, व्यायाम करने के दौरान मूड और किस तरह का व्यायाम किया इससे व्यायाम के समय पर कोई अंतर नहीं पड़ा।

मिनट व्यायाम करते थे। वैज्ञानिकों का मानना है कि एक ही समय पर व्यायाम करने से यह आपकी आदत में शुमार हो जाता है और आप किसी तरह व्यायाम

के लिए समय निकाल ही लेते हैं। व्यायाम के फायदे जानने के बाद भी कई लोग शारीरिक गतिविधियों के लिए समय नहीं निकाल पाते हैं।