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LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
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डेंगू

दिल्ली में अब हर रविवार डेंगू से होगी महाजंग, 10 मिनट का देना होगा वक्त (Navbharat Times:20190829)

<https://navbharattimes.indiatimes.com/metro/delhi/other-news/delhi-government-starts-campaign-against-dengue/articleshow/70885588.cms>

दिल्ली सरकार डेंगू के खिलाफ अपना महाअभियान एक सितंबर से शुरू करेगी। '10 हफ्ते, 10 बजे, 10 मिनट, हर रविवार, डेंगू पर वार' नाम के इस अभियान की पहल खुद सीएम अरविंद केजरीवाल ने की है।

दिल्ली सरकार डेंगू के खिलाफ अपना महाअभियान एक सितंबर से शुरू करेगी। '10 हफ्ते, 10 बजे, 10 मिनट, हर रविवार, डेंगू पर वार' नाम के इस अभियान की पहल खुद सीएम अरविंद केजरीवाल ने की है। उन्होंने कहा कि अगले दस हफ्ते तक हर रविवार को 10 मिनट अपने घर की चेकिंग करें। देखें कहीं आपके घर और आसपास डेंगू का मच्छर तो नहीं पनप रहा। सीएम ने कहा कि वह खुद भी अपने घर की जांच करेंगे।

उन्होंने बताया कि डेंगू का मच्छर सिर्फ साफ पानी में होता है। साफ पानी कुछ दिन के लिए जमा हो जाए और उसे बदला न जाए तो साफ पानी में डेंगू के लार्वा पैदा होते हैं। 8-10 दिन में वो मच्छर में बदल जाते हैं। पानी बदलने से मच्छर नहीं पनपेंगे। सीएम ने लोगों से अपील की कि पूरे घर के साथ, गमले में, कूलर में, हर छोटी से छोटी जगह यह चेक करना होगा कि साफ पानी जमा न हो।

मुख्यमंत्री ने कहा कि हर साल डेंगू के सबसे ज्यादा मामले 1 सितंबर से 15 नवंबर के बीच आते हैं। इसलिए दिल्ली वालों को दस हफ्ते, दस मिनट देने हैं। इस तरह सरकार 100 मिनट मांग रही है। यानी पौने दो घंटे। उन्होंने कहा कि अगर किसी को डेंगू होता है तो उसका मतलब उसके आसपास ही मच्छर पनपा है। सीएम ने कहा कि अपने घर की चेकिंग के बाद सुनिश्चित कर लें कि पड़ोसियों ने भी चेकिंग कर ली है। केजरीवाल ने बताया कि उनके मंत्री, सभी एमएलए और ऑफिसर्स भी चेकिंग करेंगे। इसमें आम लोगों और स्टूडेंट्स को भी शामिल किया जाएगा।

सीएम बोले, दिल्ली में कम हुआ डेंगू का प्रकोप

मुख्यमंत्री ने कहा कि पूरे देश में 2009 से 2017 के बीच 300 प्रतिशत डेंगू और चिकनगुनिया का प्रकोप बढ़ा है। लेकिन दिल्ली में ट्रेंड उल्टा चल रहा है। सरकार की कोशिशों और जनता की भागीदारी से डेंगू और चिकनगुनिया पर काफी हद तक काबू पा लिया गया है। 2015 में डेंगू और चिकनगुनिया के 15 हजार 867 मामले थे, जो 2018 में घटकर 2 हजार 798 रह गए। तीन साल में 80 प्रतिशत डेंगू और चिकनगुनिया कम हुआ है। उन्होंने बताया कि इस साल अभी तक इससे एक भी मौत नहीं हुई है। सीएम ने कहा कि हमने बहुत सारे फीवर क्लिनिक बनाए, मोहल्ला क्लिनिक खोले। मोहल्ला क्लिनिक ने इसको लेकर बहुत अच्छा काम किया। पहले जब भी कोई बीमार होता था, तो उसको बड़े अस्पताल की तरफ भागना पड़ता था।

हर अस्पताल में डेंगू मरीजों के लिए बेड

बड़े अस्पताल में लाइनों की वजह से और अन्य समस्याओं से आदमी वहां जाने से हिचकिचाता है। अक्सर ऐसा होता था कि जब केस खराब हो जाता था, तब वो बड़े अस्पताल की तरफ दौड़ता था। लेकिन अब मोहल्ला क्लिनिक घर के पास है, लोग वहां चले जाते हैं और वहां उनका इलाज हो जाता है। मुख्यमंत्री ने कहा कि इसके अलावा हर सीजन में करीब 500 फीवर क्लिनिक बनाए गए। इससे निपटने के लिए हर अस्पताल के अंदर नोडल अफसर नियुक्त किए गए। हर अस्पताल में डेंगू मरीजों के लिए बेड की व्यवस्था की गई।

प्राइवेट अस्पतालों को बेड बढ़ाने की इजाजत

प्राइवेट अस्पतालों को हर साल 20 प्रतिशत बेड बढ़ाने की इजाजत दी गई। दिल्ली सरकार में डेंगू कंट्रोल सेल बनाया गया जिसका काम बचाव और जागरूकता करना था। दिल्ली में बहुत बड़े स्तर पर डेंगू और चिकनगुनिया को लेकर जागरूकता अभियान चलाया गया। इन सभी कदमों की वजह से डेंगू और चिकनगुनिया पर नियंत्रण किया जा सका।

To curb mosquito-breeding, spare 10 mins at 10am for 10 weeks: CM (Hindustan Times: 20190829)

<http://epaper.hindustantimes.com/Home/ArticleView>

New Delhi : “Ten weeks, at 10 o’clock, for 10 minutes, check for mosquito breeding in your homes and your surroundings to prevent diseases such as dengue and chikungunya,” Delhi chief minister Arvind Kejriwal said on Wednesday while launching a citizen’s campaign to control mosquito breeding.

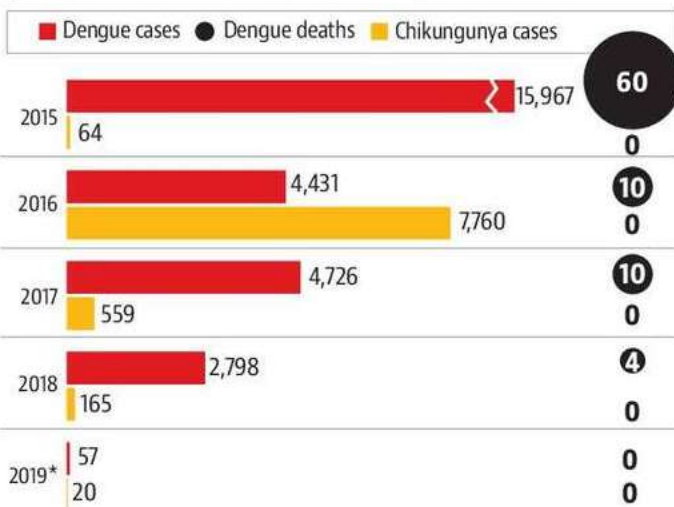
Under the campaign, which will start from September 1, the government will seek help from Delhi residents, resident welfare organisations, ministers and government officials and school children to control the breeding of aedes aegypti mosquitoes.



Chief minister Arvind Kejriwal and health minister Satyendar Jain announced the campaign on Wednesday. RAJ K RAJ/HT PHOTO

Campaign to start on Sept 1

The number of dengue cases have fluctuated over the years; there was an outbreak in 2015, for instance



*Numbers till August 17; Source: Weekly report by the municipal corporations of Delhi

Dengue causes high fever, headache, muscle and joint pains and internal bleeding, leading to circulatory shock in severe cases. Chikungunya causes fever and joint pain that can last for months. The aedes aegypti, which transmits diseases such as dengue and chikungunya that have become endemic to Delhi, breeds in clean stagnant water. The life cycle of the mosquito is about eight to 10 days.

“If you look at data for the last four years, there has been an 80% reduction in the number of dengue cases. In 2015, when the AAP government came to power, 15,867 cases and 60 deaths had been reported. In 2018, 2,798 cases and four deaths had been reported. We want this trend to continue and the number of cases to remain low. For this, we will need the help of Delhiites and so we are launching this campaign,” Kejriwal said.

On a national level, he said the number of dengue cases had gone up by 300% between 2009 and 2017. “The total number of cases recorded in the country went up from around 60,000 cases in 2009 to 1,88,401 in 2017,” said Kejriwal quoting data from the National Vector Borne Disease Control Programme.

This is, however, not a linear trend and the number of cases has fluctuated over the years. In 2015, when there was an outbreak in Delhi, the number of cases recorded in the country was 99,913. This year, only 5,504 cases had been recorded till May 26, according to NVBDCP data.

To control the spread of the disease and provide timely treatment, the government opened about 500 fever clinics in its hospitals, dispensaries and mohalla clinics. Private hospitals were given permission to increase their bed strength by 20% during the season only for fever patients.

“A dengue control cell was created to coordinate the efforts of government and civic bodies. Massive awareness drives were conducted by the cell. This is the reason the numbers have been controlled now,” said Kejriwal.

“We cannot compare the numbers like this. There are several factors that influence the number of cases in a given region. The number of cases shoot up in September and October after the monsoons. When it comes to dengue, there are four strains and some strains cause more complications than the others. If the same strain circulates year after year, the population would gain immunity and the number of infections will be less,” said Dr Charu Hans, former head of microbiology at Dr Ram Manohar Lohia hospital.

The monsoons, which led to an increase in the population of mosquitoes by providing breeding grounds, were delayed this year in Delhi by about a week and there is a deficit of 29% even now.

मेडिकल कॉलेज

कैबिनेट के फैसले: 75 नए मेडिकल कॉलेज, डिजिटल मीडिया में 26 फीसदी एफडीआई, गन्ना किसानों को सब्सिडी (Amar Ujala:20190829)

<https://www.amarujala.com/india-news/modi-cabinet-meeting-decision-subsidy-on-sugar-export-medical-colleges>

कैबिनेट बैठक में कई फैसले, जावड़ेकर ने दी जानकारी

प्रधानमंत्री नरेंद्र मोदी की अगुवाई में केंद्रीय कैबिनेट की बैठक में आज कई अहम फैसले लिए गए। इनमें देश में 75 नए मेडिकल कॉलेज खोले जाने, गन्ना किसानों को सब्सिडी सीधे खाते में दिए जाने सहित कई फैसलों को मंजूरी दी गई। प्रधानमंत्री नरेंद्र मोदी की अध्यक्षता में हुई केंद्रीय मंत्रिमंडल की बैठक में प्रस्तावों को मंजूरी दी गई। केंद्रीय मंत्री प्रकाश जावड़ेकर और पीयूष गोयल ने इनकी सिलसिलेवार जानकारी दी।

75 नए मेडिकल कॉलेज खोलने को मंजूरी

केंद्रीय मंत्रिमंडल ने देश के असेवित एवं आकांक्षी जिलों में 75 नए मेडिकल कॉलेज खोलने के प्रस्ताव को बुधवार को मंजूरी दे दी। इस पर 24 हजार करोड़ रुपये से अधिक राशि का निवेश होगा। बैठक के बारे में केंद्रीय मंत्री प्रकाश जावड़ेकर ने संवाददाताओं को बताया कि कैबिनेट ने 75 नए मेडिकल कॉलेज खोलने का निर्णय किया। इससे एमबीबीएस की 15,700 नयी सीट सृजित होंगी।

उन्होंने बताया कि ये सभी मेडिकल कॉलेज वैसे स्थानों पर खोले जायेंगे जहां पहले से कोई चिकित्सा कालेज नहीं है और असेवित एवं आकांक्षी जिले हैं जो विकास में पिछड़ गए हैं। इस प्रस्ताव पर अमल में 24,375 करोड़ रुपये की लागत आयेगी और इन कालेजों की स्थापना 2021-22 तक की जानी है। जावड़ेकर ने बताया कि पिछले पांच वर्षों में पीजी और एमबीबीएस की 45 हजार सीटें जोड़ी गई हैं और इस अवधि में 82 मेडिकल कालेजों को मंजूरी दी गई थी।

चीनी निर्यात के लिए 6,268 करोड़ रुपये की सब्सिडी मंजूर

सरकार ने अक्टूबर में शुरू होने जा रहे आगले चीनी विपणन वर्ष के दौरान 60 लाख टन चीनी का निर्यात करने के लक्ष्य के साथ 6,268 करोड़ रुपये की निर्यात सब्सिडी देने के प्रस्ताव को बुधवार को

मंजूरी दी। सरकार के इस कदम से मिलों को चीनी के अधिशेष घरेलू स्टॉक के निस्तारण और किसानों के गन्ने के बकाये के भुगतान में मदद मिलने की उम्मीद है। सूचना और प्रसारण मंत्री प्रकाश जावड़ेकर ने कहा कि हमने गन्ना किसानों के हित में एक महत्वपूर्ण फैसला लिया है। मंत्रिमंडल ने वर्ष 2019-20 के लिए 60 लाख टन चीनी के लिए निर्यात सब्सिडी को मंजूरी दी है। उन्होंने कहा कि विपणन वर्ष 2019-20 (अक्टूबर-सितंबर) में चीनी मिलों को कुल मिला कर 10,448 रुपये प्रति टन की सब्सिडी दी जाएगी। जिससे राजकोष पर 6,268 करोड़ रुपये का बोझ आएगा। उन्होंने कहा कि इससे उत्तर प्रदेश, महाराष्ट्र और कर्नाटक के साथ-साथ अन्य राज्यों के लाखों किसानों को फायदा होगा। सरकार, मौजूदा विपणन वर्ष 2018-19 में 50 लाख टन चीनी के निर्यात के लिए सब्सिडी प्रदान कर रही है।

अनुबंध आधारित विनिर्माण में 100 प्रतिशत एफडीआई की अनुमति

सरकार ने बुधवार को एकल ब्रांड खुदरा कारोबार करने वाली विदेशी कंपनियों के लिए प्रत्यक्ष विदेशी निवेश (एफडीआई)के नियमों में ढील दी। इसके साथ ही देश में अनुबंध पर विनिर्माण कार्य करने और कोयला खनन उत्खनन कारोबार में विदेशी कंपनियों को 100 प्रतिशत निवेश की भी मंजूरी दी है। वाणिज्य और उद्योग मंत्री पीयूष गोयल ने कहा कि कोयला खनन और संबद्ध ढांचागत सुविधा में स्वतः मार्ग से 100 प्रतिशत एफडीआई की मंजूरी दी गई है।

उन्होंने कहा कि घरेलू विनिर्माण को बढ़ावा देने के लिये अनुबंध विनिर्माण में स्वतः मार्ग से 100 प्रतिशत एफडीआई की अनुमति दी गयी है। इसके अलावा डिजिटल मीडिया में 26 प्रतिशत एफडीआई की मंजूरी दी गई है। एकल खुदरा ब्रांड में एफडीआई के बारे में मंत्रिमंडल ने घरेलू बाजार से 30 प्रतिशत खरीद की अनिवार्यता से जुड़े नियम की परिभाषा का दायरा बढ़ाया है। साथ ही विदेशी कंपनियों के लिए एकल खुदरा ब्रांड को ऑनलाइन बिक्री शुरू करने से पहले देश में खुदरा दुकान स्थापित करने की अनिवार्यता को भी समाप्त कर दिया गया है।

75 medical colleges to be set up by 2022: Govt (Hindustan Times: 20190829)

<http://epaper.hindustantimes.com/Home/ArticleView>

upgrading hospitals Move expected to add 15,700 MBBS/BDS seats, which would take total UG medical seats to 100,000

NEW DELHI : The Cabinet Committee on Economic Affairs, chaired by PM Narendra Modi, on Wednesday approved the setting up of 75 new government medical colleges across India by the 2021-22 academic session.

The move is expected to add at least 15,700 MBBS/BDS seats, which would take the total number of undergraduate medical seats to nearly one lakh. The plan is to upgrade existing district/referral hospitals and attach the medical colleges to each of them.

The colleges will come up in the next three years under Phase III of a centrally sponsored scheme for “establishment of new medical colleges by upgrading district or referral hospitals”.

The new institutes will be set up in under-served districts of the country that do not have any medical colleges, a government statement said. They would be set up at an estimated cost of ₹24,375 crore.

At the cabinet briefing, environment minister Prakash Javadekar said the establishment of medical colleges would lead to an increase in qualified health professionals, improve tertiary care in the government sector, utilise existing infrastructure of districts hospitals and promote affordable medical education in the country. “The new medical colleges will be set up in areas with at least 200-bed district hospitals. However, preference will be given to aspirational districts and district hospitals having 300 beds,” the minister said.

The government had earlier approved the setting up of 58 medical colleges attached to existing district/referral hospitals under Phase I, and 24 colleges under Phase II. Of these, 39 medical colleges under Phase I have already started functioning, while the remaining 19 would be made functional by 2020-21.

Under Phase II, 18 new medical colleges have been approved.

जापानी इंसेफेलाइटिस

भारत के अलावा इन देशों में भी है जापानी इंसेफेलाइटिस का आतंक! (Dainik Jagran: 20190829)

<https://www.jagran.com/lifestyle/health-know-what-is-japanese-fever-how-it-spreads-mosquito-borne-disease-japanese-fever-19469182.html>

जापानी बुखार का पहला मामला साल 1871 में सामने आया था। मच्छरों से फैलने वाला ये वायरस डेंगू पीला बुखार और पश्चिमी नील वायरस की प्रजाति का ही है।

नई दिल्ली, जेएनएन। What Is Japanese Fever: जापानी बुखार यानि इंसेफेलाइटिस का प्रकोप देश में करीब 20 राज्यों में हर साल फैलता है। खासकर उत्तर प्रदेश के गोरखपुर में साल 2017 में जापानी बुखार के कारण एक दिन में 30 बच्चों की मौत हो गई थी। डब्ल्यूएचओ के मुताबिक, इस बीमारी का पहला मामला साल 1871 में सामने आया था। मच्छरों से फैलने वाला ये वायरस डेंगू, पीला बुखार, और पश्चिमी नील वायरस की प्रजाति का ही है।

क्या है इंसेफेलाइटिस यानि जापानी बुखार?

इंसेफेलाइटिस एक जानलेवा बीमारी है। यह एक ऐसी गंभीर बीमारी है जिसमें आपके दिमाग में सूजन आने लगती है। इसके लिए आपातकालीन इलाज की जरूरत होती है। इस बीमारी का शिकार कोई भी हो सकता है लेकिन सबसे ज्यादा खतरा बच्चों और बूढ़ों को होता है।

कैसे होता है इंसेफेलाइटिस?

वैसे तो इंसेफेलाइटिस के कारणों पर निश्चित रूप से कुछ नहीं कहा जा सकता है लेकिन फिर भी इसके ये 5 कारण हो सकते हैं।

1. वायरल इन्फेक्शन के मामले में कई वायरस दिमाग तक पहुंचकर इंसेफेलाइटिस कर सकते हैं।
2. इन्फेक्शन के खिलाफ लड़ने वाली रोग प्रतिरोधक क्षमता में गड़बड़ी आने पर ये सीधे दिमाग पर हमला कर देती है जिससे दिमाग में सूजन आ सकती है।
3. फंगल इन्फेक्शन
4. जापानी बुखार इंसेफेलाइटिस मच्छरों से फैलने वाली बीमारी है।

सिर्फ भारत ही नहीं दुनिया में फैल रहा इन्सेफेलाइटिस का आतंक

अमरीकी सरकार की संस्था सेंटर फॉर डिजीज कंट्रोल एंड प्रिवेंशन के मुताबिक, दुनिया भर में भारत, इंडोनेशिया, सिंगापुर, रूस और श्रीलंका से लेकर ऑस्ट्रेलिया में इस वायरस की पहचान की गई है। सीडीसी के मुताबिक, इस बीमारी से प्रभावित होने वालों में 20 से 30 प्रतिशत लोगों की मौत हो जाती है।

ओरल हेल्थ

ओरल हेल्थ को न करें अवॉयड, हो सकती हैं गंभीर समस्याएं (Dainik Jagran: 20190829)

<https://www.jagran.com/lifestyle/health-oral-health-care-prevents-tooth-problems-19526096.html>

ओरल हेल्थ का सही तरह से ध्यान रखने से आप दांत की बीमारियों से बचकर स्वस्थ बने रह सकते हैं। ब्रश करने के अलावा और किन तरीकों से करें ओरल हेल्थ केयर जानेंगे यहां।

ज्यादातर लोग शरीर के बाहरी हिस्से को खूबसूरत और मेनटेन करने पर ज्यादा ध्यान देते हैं, लेकिन क्या आप जानते हैं बाहरी खूबसूरती के साथ-साथ कुछ और भी चीज़ें जरूरी हैं जो आपकी ओवर ऑल पर्सनैलिटी के लिए जरूरी हैं। जैसे चेहरे पर चमक बरकरार रखने के लिए क्रीम-पाउडर से कहीं ज्यादा जरूरी आपकी सही डाइट होती है। ऐसे ही मोती जैसे चमकते दांतों के लिए क्या जरूरी है, इसके बारे में भी जानना जरूरी है। आइए जानते हैं इसके बारे में...

दिन में दो बार ब्रश करना है जरूरी

सुबह उठने के बाद और रात को सोने से पहले ब्रश करने की आदत डालें जो आपके ओरल हेल्थ को लंबे समय तक रखेगी मेनटेन। अगर कहीं बाहर हैं जहां ब्रश की सुविधा नहीं तो उंगलियों की मदद से ही लेकिन साफ जरूर कर लें। मुमकिन हो तो नीम का दातून करें।

हेल्थ के साथ ओरल चेकअप भी है जरूरी

चेकअप को अपने रूटीन में शामिल करें। साल में दो से तीन बार हेल्थ के साथ डेंटल चेकअप भी कराएं। इससे दांतों से जुड़ी किसी भी समस्या का पता लग जाता है जिससे वक्त रहते उसका इलाज कराया जा सकता है।

मीठी चीजें करें अवॉयड

खाने के बाद डेजर्ट या मिठाई खाने की आदत छोड़ दें, क्योंकि ज्यादातर लोग रात के समय ब्रश नहीं करते और अगर आप मीठा खाने के बाद कुल्ला या ब्रश नहीं करते, तो बैक्टीरिया पनपने लगते हैं जो आपके दांत खराब कर सकते हैं।

धूमपान की आदत है बुरी

धूमपान हर तरीके से है नुकसानदायक। इससे दांतों की चमक धीरे-धीरे कम होने लगती है साथ ही मसूड़ों में ब्लड सर्कुलेशन भी। जो एक नहीं और कई दूसरी समस्याओं की वजह बन सकता है।

10 years of H1N1 influenza: outbreaks in India, infection trends in the states (The Indian Express: 20190829)

<https://indianexpress.com/article/explained/10-years-of-h1n1-influenza-outbreaks-in-india-infection-trends-in-the-states-5945927/>

In India, the past decade saw as many as 1.58 lakh persons being infected by the virus and over 10,000 succumbing to it.

h1n1 deaths, h1n1 virus india, what is h1n1 virus, latest news, indian express

An analysis shows that Maharashtra has reported the highest number of cases (33,284) and deaths (3,637) since pandemic influenza struck in 2009

In April 2009, the first case of influenza A H1N1 was reported in Mexico. Later the infection spread and a total of 214 countries were affected by the pandemic worldwide. Ten years since, influenza H1N1 has become a seasonal virus, according to the Centers for Disease Control (CDC) in Atlanta.

Yet, in India, the past decade saw as many as 1.58 lakh persons being infected by the virus and over 10,000 succumbing to it.

Maharashtra toll highest

An analysis shows that Maharashtra has reported the highest number of cases (33,284) and deaths (3,637) since pandemic influenza struck in 2009. Continuous and intensified surveillance, testing of throat swab samples at both National Institute of Virology (NIV) in Pune and private laboratories and death audits helped the state health authorities towards early identification of cases.

According to Dr Pradeep Awate, Maharashtra's surveillance officer, the surveillance systems and diagnostic capacities in the state are strong, which led to the reporting of the maximum number of cases and deaths. Awareness levels were high especially regarding home-based isolation of persons with the flu. In other states, surveillance may not be as good, experts have pointed out.

h1n1 deaths, h1n1 virus india, what is h1n1 virus, latest news, indian express

Virus in circulation, evolving

Unlike the temperate countries, where peak influenza activity is recorded in winters, in the tropical and sub-tropical countries, the primary peak of influenza activity is during the monsoon. However, in some places, influenza also peaks during winters and in some tropical countries, influenza sustains throughout the year.

According to experts at NIV Pune, scientists have tested over 65,000 patients' samples in the past 10 years. If testing is stopped, it would seem there is no disease. But the virus is very much in circulation. Overcrowding leads to increased transmission of airborne infection. Some areas in the country may have a sparse population but with diagnostic testing facilities being set up, more cases are being detected.

Rajasthan worst hit in 2019

Increased testing in states like Rajasthan and Gujarat has resulted in more cases being reported. According to the National Centre for Disease Control data, Rajasthan is the worst hit this year with 5,040 cases and 206 deaths. From 2010 till mid-August this year, Rajasthan has seen 21,107 cases reported and 1,638 deaths while Gujarat has reported 25,219 cases and 1,897 deaths. This year Gujarat has reported 4,819 cases and 149 deaths, followed by Maharashtra which has registered 2,135 cases and 202 cases.

N-E states also affected

In the National Medical Journal of India, NCDC researchers have, in their 2019 study 'Influenza A (H1N1) in India – changing epidemiology and its implications', reported that 2017 was an unusual year. According to researchers Dr S Kulkarni, Dr S Singh and others, the geography of the influenza A (H1N1) virus seems to have been affected.

Narendra Modi launches 'Fit India Movement'

While cases used to come mainly from western parts of India and localised to districts like Pune in Maharashtra and Jaipur in Rajasthan, northeastern states like Arunachal Pradesh and Tripura, which had never reported influenza A (H1N1) cases in the past, notified 44 cases in 2017.

This year, Tripura registered 31 cases, Sikkim reported eight, while Meghalaya and Manipur reported two each. According to Dr Kulkarni, in 2017 the virus showed epidemiological characteristics different from previous years. Researchers said these observations require further probe to understand the changing ecological and transmission dynamics, as well as potential changes in awareness and testing. Monitoring of the genetic character of the virus and surveillance for drug resistance in the context of influenza A (H1N1) and other influenza viruses remain a high priority, said Dr Kulkarni.

Swine Flu (Navbharat Times: 20190829)

<http://epaper.navbharattimes.com/details/56106-59674-1.html>

2010 के बाद दिल्ली में इस साल स्वाइन फ्लू से सबसे ज्यादा मौतें

■ प्रस, नई दिल्ली : दिल्ली में इस साल स्वाइन फ्लू के एच1एन1 वायरस से 31 लोगों की मौत अब तक हुई है। 2010 में जब वायरस पहली बार खतरनाक हो गया था, उस समय 77 लोगों की जान चली गई थी। 9 साल बाद इसने इतनी ज्यादा जान ली है। खास यह है कि इस साल 2010 से भी ज्यादा मामले सामने आए हैं।

नैशनल सेंटर फॉर डिजीज कंट्रोल (NCDC) की रिपोर्ट के अनुसार, इस साल 25 अगस्त तक दिल्ली में स्वाइन फ्लू के पीड़ित 3,583 मामलों की पुष्टि हुई है। जबकि अभी वायरस



की वैक्सीन भी है और दवा भी। 2010 में कुल 2,725 मामले आए थे और 77 लोगों की जान चली गई थी। आरएमएल, सफदरजंग, एलएनजेपी जैसे बड़े सरकारी अस्पतालों में एच1एन1 वायरस से पीड़ित मरीज इलाज के लिए पहुंच रहे हैं। इन अस्पतालों में स्वाइन फ्लू के लिए

अगल से वार्ड भी हैं। डॉक्टरों का कहना है कि बारिश के दिनों में एक साथ कई प्रकार के वायरस एक्टिव हो जाते हैं। इनमें डेंगू, चिकनगुनिया, मलेरिया, वायरल फीवर के साथ-साथ स्वाइन फ्लू के भी मरीज आ रहे हैं। इन बीमारियों में कुछ लक्षण एक तरह से होते हैं, जिससे पहचान कर पाना मुश्किल होता है। इसलिए जांच जरूरी है। जांच के बाद ही इलाज किया जाता है। डॉक्टरों का कहना है कि इस समय लोगों को अपनी मर्जी से कोई दवा नहीं लेनी चाहिए। इससे बीमारी और गंभीर हो सकती है।

विटामिन डी

भारत में 70 से 90 और मुंबई में 88 फीसदी लोग विटामिन डी कमी से परेशान, जानें कैसे दूर करें इसकी कमी (Dainik Jagran: 20190829)

<https://www.onlymyhealth.com/70-to-90-percent-indians-are-vitamin-d-deficient-says-study-in-hindi-1567052928>

एक हालिया अध्ययन से सामने आए निष्कर्षों के मुताबिक, भारत की 70 से 90 फीसदी आबादी विटामिन डी की कमी से जूझ रही है। शोधकर्ताओं के मुताबिक मुंबई के शहरी व्यस्कों में विटामिन डी की कमी सबसे ज्यादा 88 फीसदी है।

एक हालिया अध्ययन से सामने आए निष्कर्षों के मुताबिक, अधिकतर भारतीय विटामिन डी की कमी से जूझ रहे हैं। हालांकि जब हमें सूर्यकिरणों से विटामिन डी प्राप्त नहीं होता है तब ऐसे कई विशेष फूड भी हैं, जो हमारी शरीर में विटामिन डी की कमी को पूरा कर सकते हैं। विटामिन डी एक फैट सोल्यूबल न्यूट्रिएंट है, जो हमारे शरीर को शक्तिशाली रूप से प्रभावित करने के लिए जाना जाता है। भारत जैसे किसी देश में, जहां पर्याप्त रूप से सूर्य की रोशनी उपहार में मिलती हो वहां की 70 से 90 फीसदी आबादी का विटामिन डी की कमी से जूझना चौंका देने वाला है।

नए अध्ययन के निष्कर्षों के मुताबिक, शोधकर्ताओं ने पाया है कि अधिकतर भारतीय विटामिन डी की कमी से जूझ रहे हैं और यह स्थिति टाइप-2 डायबिटीज और हाइपरटेंशन से प्रभावी रूप से जुड़ा हुआ है।

मुंबई के शुश्रुषा अस्पताल के डायबिटोलॉजिस्ट पी.जी. तालवॉकर ने इस बात की पुष्टि की है कि विटामिन डी क्रॉनिक डिजीज का कारण बन सकती है। उन्होंने कहा, " भारत में 84 फीसदी गर्भवती महिलाएं विटामिन डी की कमी से परेशान हैं, जिसके कारण उनके नवजातों में विटामिन डी की कमी के स्तर से भी संबंधित है।

मुंबई के एबॉट इंडिया की मेडिकल डायरेक्टर श्रीरूपा दास का कहना है कि व्यस्कों में विटामिन डी की कमी हड्डियों के कम मांस और मांसपेशियों की कमजोरी से जुड़ी हुई है, जिसके परिणामस्वरूप फ्रैक्चर और ऑस्टियोपोरोसिस जैसे हड्डी विकारों का खतरा बढ़ जाता है।

यह शोध 1,508 लोगों पर किया गया। शोधकर्ताओं के मुताबिक मुंबई के शहरी व्यस्कों में विटामिन डी की कमी सबसे ज्यादा 88 फीसदी है। अध्ययन में भी यह खुलासा हुआ कि 84.2 फीसदी टाइप-2

डायबिटीज के मरीज विटामिन डी की कमी से परेशान थे जबकि 82.6 फीसदी हाइपरटेंशन के मरीज इस विटामिन डी की कमी से जूझ रहे हैं।

तालवॉकर ने कहा, "हमारे अध्ययन में हाइपोथायरायडिज्म और मोटापे या अधिक वजन की स्थिति के साथ विटामिन डी की कमी के संबंध की भी जांच की गई। अधिकतर हाइपोथायराइड रोगियों (76 प्रतिशत) में विटामिन डी का स्तर कम था। इसके अलावा, 82 प्रतिशत मरीज मोटे थे, जो दर्शाता है कि उनमें विटामिन डी की कमी है। उन्होंने कहा, "यह निष्कर्ष जल्द से जल्द निदान और विटामिन डी की कमी के प्रभावी प्रबंध को सुनिश्चित करने के लिए रूटीन जांच की जरूरत पर जोर देते हैं ताकि गैर-संचारी रोगों से संबंधित खतरे और बोझ को कम करने में मदद मिल सके।"

भारत में विटामिन डी की कमी के कई कारण हैं। अधिकतर शहरों और गतिहीन जीवनशैली के कारण लोग धूप नहीं ले पाते, जिसके परिणामस्वरूप वह घर से बाहर ज्यादा वक्त नहीं बिता पाते हैं। वायु प्रदूषण का उच्च स्तर भी लोगों में विटामिन डी की कमी के एक कारणों में से एक है। शरीर में विटामिन डी की कमी को आप इन खाद्य पदार्थों के जरिए पूरा कर सकते हैं।

विटामिन डी से भरपूर फूड (Vitamin D Rich Foods)

दही

गाय का दूध

संतरे का जूस

ओटमील

मशरूम

अंडे की जर्दी

विटामिन डी की इन रेसिपी का घर पर करें प्रयोग

मसाला चास

सालमन सैंडविच

टोफू फ्रूट सलाद

चिल्ड मशरूम और शिमला मिर्च

Anti-microbial resistance

Govt moots plan to check anti-microbial resistance (Hindustan Times: 20190829)

<http://epaper.hindustantimes.com/Home/ArticleView>

New Delhi: The Delhi government is in the process of drafting a state-level action plan to address the increasing threat of anti-microbial resistance (AMR), which makes common infections more difficult to treat.

The action plan will bring together several departments such as health, drug control, food safety, animal husbandry, the Delhi Pollution Control Committee, the civic bodies, and the Delhi Jal Board to address various factors contributing towards growing resistance.

“When we think about antimicrobial resistance we tend to think of the really sick patients and taking medicines. But, you might be unknowingly consuming antibiotics even if you do not take a pill. This is because antibiotics are used in our foods; the use in agriculture and improper disposal of antibiotics means that it is found in our water too. The action plan will address the challenge holistically,” said Dr Sangeeta Sharma, member secretary of the technical committee that is preparing the action plan.

A zero draft of the action plan developed by the 35-member technical committee was presented to 120 representatives of the various public department and private companies and associations in a meeting on Monday and Tuesday.

Push for better healthcare

What is anti-microbial resistance?

It occurs when repeated exposure to anti-microbials results in mutation of microbes like bacteria, fungi, and parasites making the drugs ineffective.



Why do we need to address anti-microbial resistance?

- It threatens effective treatment and prevention of infections
- It might derail the elimination efforts for diseases like TB, HIV, and malaria
- Without effective antibiotics, success of procedures like surgeries, transplants, chemotherapy, and diabetes management will be compromised
- The cost and time taken for treating patients with resistant infections are higher

How does anti-microbial infection spread?

Anti-microbial resistance occurs naturally over time through genetic mutations

The process is accelerated by misuse and overuse of anti-microbials

- Prescribing antibiotics for viral infections against which it is ineffective
- Using antibiotic mixed feed to promote growth and prevent infections in livestock
- Antibiotics sprayed on crops
- Poor infection control, inadequate sanitation, and improper handling of food

Delhi will become the third state after Kerala and Madhya Pradesh to come up with a state-level action plan. The action plan will be finalised by October and the implementation will begin from November.

The draft proposes measures such as the food safety department testing its samples, especially meat and seafood, for antibiotics. The Delhi Jal Board will also be testing water samples.

Delhi's drug safety department has also written to chemist association to ensure all drug stores across the city store antimicrobial medicines to maintain their efficacy, do not dispense them without proper prescriptions, do not provide the medicines without the supervision of a trained pharmacist, and stamp the prescription after dispensing the medicines to ensure that it is not reused.

“When it comes to strong antibiotics that are categorised in schedule H1 of the drugs and cosmetics act and reporting the number of people purchasing TB drugs, almost 80% of the shops in the city already do it. This advisory is to just to reiterate the provisions of the Act,” said AK Nasa, head of Delhi's drug control department. The action plan also proposes to have a committee of nodal officers from each department assisted by a core team from the department to monitor the outcomes.

Crimean-Congo haemorrhagic fever

Congo fever claimed 3 lives in week: Govt (Hindustan Times: 20190829)

<http://epaper.hindustantimes.com/Home/ArticleView>

Ahmedabad : Crimean-Congo haemorrhagic fever (CCHF) has claimed three lives over the last week in Gujarat, state health commissioner Jayanti Ravi said on Wednesday.

According to the World Health Organisation, CCHF spreads to humans either by tick-bites, or through contact with viraemic animal tissues during and immediately post-slaughter.

CCHF has a high case fatality ratio (10-40%), and is endemic in all of Africa, the Balkans, the Middle East and in Asia, according to the World Health Organisation.

Ravi said 21 people, who have been in close contacts with those suffering CCHF, have been kept under close observation. “The state government is prepared to contain the [outbreak],” said Ravi.

Officials said three CCHF cases have so far been reported from Surendranagar and one from Bhavnagar district. In two cases, medical test reports confirmed CCHF after the deaths of patients.

Amuben, 25, died a day after she was admitted in Bhavnagar Civil Hospital on August 22 for suspected CCHF.

“Her samples were sent to the Indian Institute of Virology, Pune. The report, which was available today [Wednesday], was positive for CCHF,” said district health surveillance officer Pervez Pathan.

Sukhiben Meniya, 75, a resident of Jamdi village of Surendranagar district, died at Ahmedabad’s Sardar Vallabbhai Patel (SVP) hospital on August 25.

The hospital authorities said medical examination reports of the paramedic staff involved in her treatment were found negative.

Kumarben Sindhav, 95, was being treated at the SVP Hospital after her daughter-in-law, Leelaben, died of CCHF on August 20. Her reports confirmed CCHF on August 25.

The centre is closely monitoring the situation in Gujarat.

Water Crisis

India’s water crisis: All actors must come together (Hindustan Times: 20190829)

<http://epaper.hindustantimes.com/Home/ArticleView>

While CSR activities have been geared towards water conservation, corporations must make it a top priority

Around 600 million people are already facing a severe water shortage

Water and its management will determine India’s ability to achieve high economic growth, ensure environmental sustainability, and improve the quality of life. India is home to 17% of world’s population, but has only 4% of the world’s fresh water resources. At present, 75% of Indian households do not have access to drinking water, and close to 90% of rural households have no access to piped water. India is a water-stressed country, and with 1,544 cubic metre per capita annual availability, we are advancing towards becoming water-scarce. Five of the world’s 20 largest cities under water stress are in India.

As per the Economic Survey 2018-19, by 2050, India will be extremely susceptible to water insecurity. There are some other aspects that pertain to the economic cost of environmental degradation that India is faced with. A 2018 World Bank study pegged the cost of

environmental degradation to India at approximately \$80 billion per year, which amounts to around 5.7% of our GDP. Further, an environment survey of 178 countries ranked India at 155. This is extremely worrying, especially since among the BRIC nations, India ranked last.

Community management of water will be crucial if India is to become water secure. From State-led initiatives to local community driven initiatives, work on community engagement has begun. State-led efforts to manage water have been assessed and shared by the NITI Aayog, which has developed the composite water management index (CWMI). States are ranked on the management of water and progress in 28 indicators relating to water management.

But given the magnitude of the challenge and the contribution of the corporate sector in driving innovation, there is a growing role for leading enterprises to help meet development targets. In water management, corporations must play a more active role in using their Corporate Social Responsibility (CSR) efforts towards innovation and conservation of water, along with the dissemination of proven practices that help conserve and harness water recharge. For corporations, the community focus is often manifest in the sustainable efforts undertaken by their owners. The question remains as to whether CSR commitment and sustainability initiatives in the current scenario are effective and pervasive enough to make a substantial impact.

India has access to only 4% of the world's usable water sources. If not addressed, water scarcity is also likely to affect the GDP, accounting for almost a 6% loss by 2050. Around 600 million people are already facing a severe water shortage, according to reports.

There are flag bearers for conservation efforts among Indian and multinational corporations, and their efforts must be emulated across the board. ITC's integrated water management approach is one which immediately comes to mind. It is now extended to implement four large-scale river basin regeneration projects for achieving water balance and year-round environmental flows in select sub-basins in Maharashtra, Tamil Nadu, Telangana and Madhya Pradesh to strengthen water security-- one of the most important priorities for India. Today, ITC's integrated watershed development programme covers over one million acres spread across 15,000 water harvesting structures, benefiting over 300,000 people in 43 districts across 16 states. This initiative has generated over six million person-days of employment within project villages, reducing levels of distress migration. In addition, a pilot programme at scale on "water use efficiency in agriculture" is also being promoted to enable effective demand-side management. This initiative has yielded water savings of 20% to 45% in crops like sugarcane, wheat, rice and banana.

Tata's Water Mission aims to provide better access to pure water for six million people spread across 7,000 villages in 12 states, by 2020. Key focus areas are to improve access to safe water and sanitation, and to make a difference through rigorous and technologically advanced interventions.

Under its 2025 sustainability agenda, Pepsico is said to aim for a global improvement in water use efficiency in high water risk areas of its direct agricultural supply chain by 15% by

2025. Mahindra too is doing extensive work under its Mahindra Hariyali programme. As its climate change resistance movement, the initiative is a social upsurge where tree planting is not merely a duty, but, in fact, is termed a celebration. Since 2007, this initiative has achieved a target of planting 16 million saplings. Even in water conservation efforts, the Mahindra group has managed to reduce water consumption requirements per vehicle produced by 64% since 2012.

It's not as if CSR activities are not geared towards water conservation and management. Almost every corporation does work on water management. But now they need to make it a top priority rather than one of the many avenues where CSR initiatives are undertaken. Water is a critical resource and community water management is a must. This will range from corporate engagement to smaller scale community initiatives, to individual efforts. Now, the entire ecosystem must work in a cooperative manner to ensure India's water conservation efforts are forward-thinking, and leveraging synergies from the State, corporations, and the community as a whole. This is everyone's fight and one we must win. The work starts now.

Population

How fit is India's population? (Hindustan Times: 20190829)

<http://epaper.hindustantimes.com/Home/ArticleView>

Weight issues As per the NFHS data, richer, middle-aged and urban population is more likely to be overweight or obese; while women over 30 are more likely to be overweight or obese

More obese people in all metros

The National Family Health Survey shows that the overweight/obese people were more likely to be middle-aged, rich, and living in urban areas

CHART 1 Share of thin, overweight/obese people (%)

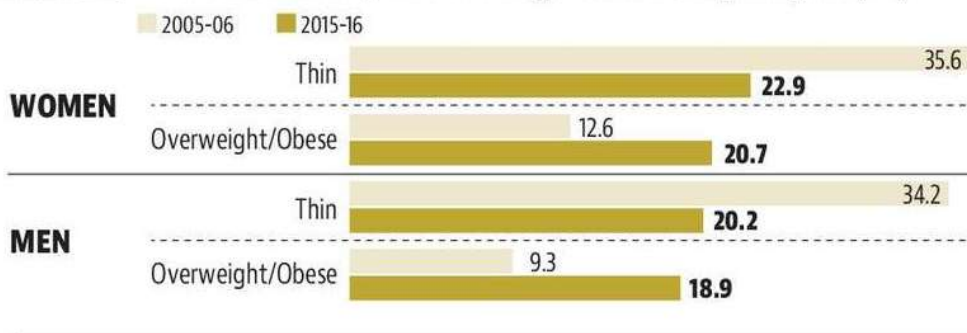


CHART 2 Share of overweight/obese by age, class, and residence (%)

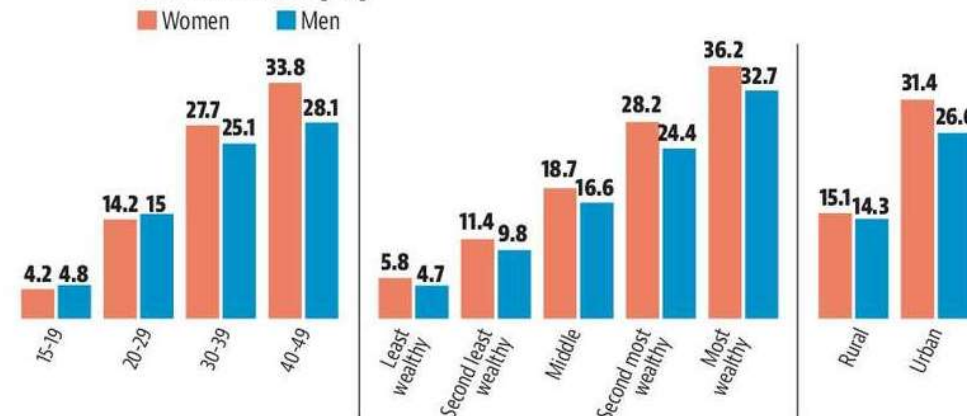
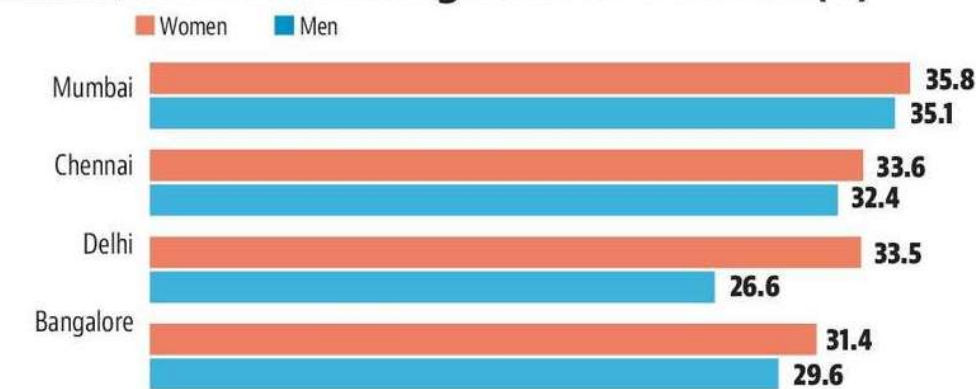


CHART 3 Share of overweight/obese in metros (%)



Source: The National Family Health Survey (NFHS 2005-06, 2015-16)

New Delhi : Among the most common metrics used to measure physical fitness is the Body Mass Index (BMI). It is calculated as the weight of a person in kilogrammes divided by the

square of their height in metres. According to the National Family and Health Survey (NFHS), a person is considered to be thin or overweight or obese, if their BMI score is less than 18.5 or more than 25. BMI scores between these values are considered normal.

Between 2005 and 2006 and 2015 and 2016, India reduced the share of thin people in its population by 12.7 and 14 percentage points for women and men, respectively. However, there was also an increase of 8.1 and 9.6 percentage points in the share of overweight/obese population for women and men respectively. (See Chart 1)

Richer, middle-aged and urban population is more likely to be overweight or obese in India. Women are more likely to be overweight or obese than men after they cross 30.

This could be the result of social norms which restrict mobility and physical activity for older women. (Chart 2)

All metros have a higher share of overweight or obese men and women than the national average. Among women, Mumbai has the highest share of the overweight or obese people, followed by Chennai, Delhi, and Bengaluru.

The pattern is similar for men, except that the share of high BMI men in Delhi is lower than that in Bengaluru (See Chart 3).

Smoking

Government preparing ordinance for ban on e-cigarettes (The Indian Express: 20190829)

<https://indianexpress.com/article/india/government-preparing-ordinance-for-ban-on-e-cigarettes-5946132/>

Banning e-cigarettes is one of the 100-day goals of the Ministry of Health and Family Welfare.

Nicotine-free e-cigarettes may damage blood vessels, says study

Locked in litigation on e-cigarettes, vapes ban, Health Ministry seeks opinion of Law Ministry

San Francisco becomes first US city to ban e-cigarette sales

E-cigarettes, E-cigarette ban, E-cigarettes India sale, E-cigarette ban in India, E-Cigarettes in India, vapes, vapes nicotine, smoking

The Prohibition of E-cigarettes Ordinance 2019 will provide for a maximum imprisonment of up to one year along with a penalty of Rs 1 lakh against first-time violators.

THE UNION Health Ministry is preparing to bring out an ordinance banning the production, import, distribution and sale of electronic cigarettes. The ordinance will be sent to a group of ministers for scrutiny.

A senior official said: “ICMR has recommended a complete ban on e-cigarettes. A petition that had asked for prohibition of an ordinance banning e-cigarettes has been rejected by the court. The ordinance will give legal backing to the ban.” The ministry had earlier sent advisories to states asking them to ban e-cigarettes, but the move was challenged in court.

The Prohibition of E-cigarettes Ordinance 2019 will provide for a maximum imprisonment of up to one year along with a penalty of Rs 1 lakh against first-time violators. This can go up to three years of jail and a penalty of Rs 5 lakh for repeat offenders.

The Delhi High Court had stayed a government circular banning sale and manufacture of electronic nicotine delivery systems (ENDS). It said the products were not a “drug” and authorities did not have the jurisdiction to issue such a direction. More than 3,000 users of these devices had recently written to the Prime Minister, requesting him to legalise ENDS, saying their health had improved after they switched to vaping from smoking.

Banning e-cigarettes is one of the 100-day goals of the Ministry of Health and Family Welfare.

Public Health

Public health versus free speech (The Hindu: 20190829)

<https://www.thehindu.com/opinion/op-ed/public-health-versus-free-speech/article29281231.ece>

Tobacco companies will try their best to prevent pictorial warnings on cigarette packages in the U.S.

Ten years after U.S. Congress passed the Family Smoking Prevention and Tobacco Control Act, on August 15 this year, the Food and Drug Administration finally issued a proposed rule

that pictorial warnings be carried on cigarette packages and advertisements. Once this is finalised, the FDA will be able to specify the images to be used along with the written warning. The images and text will occupy the top 50% of the front and the back panels of the packages. At present, cigarette packages in the U.S. carry only text warnings and only on one side.

Canada was the first to introduce pictorial warnings on cigarette packets in 2001. By October 2018, 118 countries had implemented such warnings in line with the World Health Organisation's Framework Convention on Tobacco Control that came into force in 2005. It is an irony that a country that introduced written health warnings in 1966 and updated it in 1984 to include the Surgeon General's warning still does not carry pictorial warnings on its cigarette packets.

Stiff opposition

Stiff opposition from the tobacco industry on the ground that graphic images violate its First Amendment rights protecting free speech has been the main reason why the U.S. has not been able to introduce them. Even the new proposed rule came into being only after the U.S. court for the District of Massachusetts issued an order in March 2019 directing the FDA to publish a rule by August 2019 and a final rule in March next year.

It is almost certain that tobacco companies will challenge the FDA rule before March 2020. In June 2011, the tobacco companies had successfully challenged the introduction of pictorial warnings even after the FDA published the final rule.

By virtue of their small size and placement, text warnings largely remain invisible and fail to convey the harmful effects of smoking. On the other hand, gory pictures are very likely to be noticed, leave a lasting impression of the varied risks of smoking. They also convey the central message immediately and easily.

The power of pictures

Tobacco companies are well aware of the power of pictorial warnings in reducing tobacco consumption, urging users to quit smoking and preventing young adults from taking up smoking. It is for these reasons that the industry will pull out all the stops to prevent the introduction of graphic images in the U.S, one of the biggest markets in the world (1.4 million children between the ages of 12 and 17, and 34 million adults currently smoke).

A 2017 study based on modelling found that pictorial warnings could reduce the prevalence of smoking in the U.S by 5% by 2020 and up to 10% by 2065. Data from countries that introduced pictorial warnings show how powerful they can be in shaping public opinion and causing a sharp drop in tobacco consumption. For instance, in Canada, there was 12% relative reduction in smoking prevalence in just six years after graphic images were made mandatory on cigarette packages. Similarly, Australia, which introduced graphic images in 2006, witnessed more than a 10% drop in prevalence between 2004 and 2008. The U.K. saw a 10% relative decline in 2009, just a year after image warnings were introduced. The biggest threat that pictorial warnings pose to tobacco companies is in reducing the appeal and

consumption of tobacco. About 30% of young adults in 28 European countries and Canada reported that graphic images made them less likely to start smoking.

Pictorial warnings can turn the power of packaging on its head — far from brand building, packages with graphic images will become a mobile medium to spread public health messages at no cost to the government.

Drug News

China's new drug law may open the doors for Indian generic medicines (The Indian Express: 20190829)

<https://indianexpress.com/article/business/chinas-new-drug-law-may-open-the-doors-for-indian-generic-medicines-5946327/>

India has been demanding that China open its pharmaceutical market to Indian drugs as part of the efforts to lower the \$57 billion trade deficit in about \$95.5 billion total trade last year.

The change in the law is good news for Chinese patients suffering from ailments such as cancer.

China's changed drug law, which removes drugs that are legal in foreign countries but not approved in China from the category of 'fake medicines', could open up the possibility of Indian generic drug manufacturers entering the Chinese market.

These drugs can be used by patients in small quantities from December 1, the newly revised drug administration law of the country said. Until now, all foreign generic drugs not approved in China were clubbed under the counterfeit category and were illegal.

The revision was approved and announced at the end of the session of the National People's Congress (NPC), the country's top legislature, on Monday, according to a PTI report. The change in the law is good news for Chinese patients suffering from ailments such as cancer.

India has been demanding that China open its pharmaceutical market to Indian drugs as part of the efforts to lower the \$57 billion trade deficit in about \$95.5 billion total trade last year.

No major Indian pharmaceutical company managed to establish itself in China in view of the rigid regulations and the costs involved.

Legal foreign drugs, including generic drugs from India, will not be treated as fake medicine in China based on a revised drug administration law that will take effect on December 1, state-run Global Times reported. The latest revision removes drugs that are legal in foreign countries but not approved in China from the category of fake medicines.

It also stated that people who take these drugs without an official approval into China can be granted leniency if the amount of the drug is small.

China figures on the seventeenth position in the list of countries ranked in terms of value of India's exports of pharma and fine chemicals, even below Nepal. In June, India had called for a "clear roadmap" from China to meet its long-standing demand to open up Chinese pharmaceuticals market for Indian exports as the drug regulators of both the nations held their first ever meeting in Shanghai. India has, for long, been pushing China to open its pharmaceutical market, where the prices for cancer and generic drugs are relatively high. The opening up of the Chinese market for Indian pharma exports was seen as a means to address the yawning trade deficit, which last year according to Chinese figures, crossed \$57 billion.

Besides pharmaceuticals, India has been asking China to open up its IT market as well to ensure steady increase of Indian exports.

Officials of India and China have been working to address India's concerns since last year's informal Wuhan summit between Prime Minister Narendra Modi and Chinese President Xi Jinping.

Following the meeting, China had begun importing rice, sugar and soybean, but the pharma sector has remained a sticking point.

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=13664867>

Nationwide ban on six plastic products likely

**NEHA DASGUPTA &
MAYANK BHARDWAJ**
NEW DELHI, Aug. 28

India is set to impose a nationwide ban on plastic bags, cups and straws on October 2, officials said, in its most sweeping measure yet to stamp out single-use plastics from cities and villages that rank among the world's most polluted.

Prime Minister Narendra Modi, who is leading efforts to scrap such plastics by 2022, is set to launch the campaign with a ban on six items on October 2, the birth anniversary of Mahatma Gandhi, two officials said.

These include plastic bags, cups, plates, small bottles, straws and certain types of sachets, said the officials, who asked not to be identified, in line with government policy.

"The ban will be comprehensive and will cover manufacturing, usage and import of such items," one official said.

India's environment and housing ministries, the two main ministries leading the drive, did not respond to emails from Reuters to seek comment.

In an Independence Day speech on August 15, Modi had urged people and government agencies to "take the first big step" on October 2 towards freeing India of single-use plastic.

Concerns are growing worldwide about plastic pollution, with a particu-



lar focus on the oceans, where nearly 50 per cent of single-use plastic products end up, killing marine life and entering the human food chain, studies show.

The European Union plans to ban single-use plastic items such as straws, forks, knives and cotton buds by 2021.

China's commercial hub of Shanghai is gradually reining in use of single-use plastics in catering, and its island province of Hainan has already vowed to completely eliminate single-use plastic by 2025.

India lacks an organised system for management of plastic waste, leading to widespread littering across its towns and cities.

The ban on the first six items of single-use plastics will clip 5 per cent to 10 per cent from India's annual consumption of about 14 million tonnes of plastic, the first official said.

Penalties for violations of the ban will probably take effect after an initial six-month period to allow people time to adopt alternatives, officials said.

Some states have already outlawed polythene bags. The central government also plans tougher environmental standards for plastic products and will insist on the use of recyclable plastic only, the first source said.

It will also ask e-commerce companies to cut back on plastic packaging that makes up nearly 40 per cent of annual plastic consumption, officials say.

Cheap smartphones and a surge in the number of internet users have boosted orders for e-commerce companies, such as Amazon.com Inc and Walmart Inc's Flipkart, which wrap their wares—from books and medicines to cigarettes and cosmetics—in plastic, pushing up consumption.

— Reuters

Respiratory disease

Respiratory ailments rise in Brazil as Amazon fires rage (The Hindu: 20190829)

<https://www.thehindu.com/news/international/respiratory-ailments-rise-in-brazil-as-amazon-fires-rage/article29279675.ece>

Fire consumes the Amazon rainforest in Altamira, Brazil. Fires across the Brazilian Amazon have sparked an international outcry for preservation of the world's largest rainforest.

Fears over health impacts have been growing with the surge in fires, with more than 77,000 blazes documented by the country's National Space Research Institute since the start of the year.

Lingering smoke in the Amazon is reportedly causing increased respiratory problems particularly among children and the elderly as fires in the region rage.

"The kids are affected the most. They're coughing a lot," said Elane Diaz, a nurse in the Rondonia State capital of Porto Velho, as she waited for a doctor's appointment on Tuesday at the city's 9 of July hospital with her 5-year-old son Eduardo. "They have problems breathing. I'm concerned because it affects their health".

The number of people treated for respiratory issues increased sharply in recent days at the local Cosme e Damia Children's hospital.

"This period has been very tough. The dry weather and the smoke causes many problems for children, such as pneumonia, coughing and secretion," Daniel Pires, a paediatrician and the hospital's adjunct director told the Folha de S. Paulo newspaper.

Fears over health impacts have been growing with the surge in fires, with more than 77,000 blazes documented by the country's National Space Research Institute since the start of the year. About half of the fires occurred in the Amazon region, with most in the past month.

But the issue has been overshadowed by growing acrimony between Brazil and European countries seeking to help fight Amazon fires in a region seen as vital to the health of the planet.

At a summit in France this week, Group of Seven nations pledged \$20 million for the effort, with a separate \$12 million from Britain and \$11 million from Canada.

But Brazilian President Jair Bolsonaro, a climate skeptic who took office this year with a promise to boost development in Latin America's biggest economy, has suggested the offers of international aid mask a plot to exploit the Amazon's resources and weaken Brazilian growth.

In a video message, Brazilian novelist Paulo Coelho offered an apology to France for what he called Bolsonaro's "hysteria," saying the Brazilian government had resorted to insults to dodge responsibility for the Amazon fires.

But many in Brazil said they support Mr. Bolsonaro despite local and international criticism of his handling of the crisis.

Grace Quale, a hospital laboratory technician who attended a service at an evangelical church on Sunday, said that critics "want to overthrow our president," and said she didn't see a link between Mr. Bolsonaro's environmental policies and the number of people getting treatment for respiratory problems.

Mona Lisa Pereira, an agronomist, also said criticism of Brazil's government was skewed.

"It seems like this is the fire of a lifetime," Ms. Pereira said. "But it's not. We have fires every year."

The Amazon has experienced an increased rate of fires during drought periods in the last 20 years, but this year is "unusual" because drought has not yet hit, said Laura Schneider of Rutgers University-New Brunswick.

Ms. Schneider, an associate professor in the geography department, said fire is commonly used by people to clear land for cultivation, and the actual area burned this year must be measured for an accurate comparison with damage in past years though that data is not yet available.

The world's largest rainforest is a major absorber of carbon dioxide, considered a critical defence against rising temperatures and other disruptions caused by climate change, and it produces a vast amount of water vapour that affects regional weather patterns.

The state hymn of Rondonia takes pride in the region's famously beautiful skies. "Blue, our sky is always blue," it says. "May God keep it unrivaled, crystal, pure, and always keep it that way."

Some clouds and a blue sky were partly visible Wednesday. But then the haze settled again blanketing the horizon with thick smoke that covered the early morning red-blood sun.

Ms. Pereira, the agronomist, said that smoke was "everywhere."

"It's bad for everyone," she said. "Not just our children."