



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY

Monday

20210920

Third wave

Gear up for a possible third wave, Chandigarh Health Secretary asks private hospitals (The Tribune: 20210920)

<https://www.tribuneindia.com/news/coronavirus/gear-up-for-a-possible-third-wave-chandigarh-health-secretary-asks-private-hospitals-313652>

Says next three months crucial, need to be prepared for any eventuality

Gear up for a possible third wave, Chandigarh Health Secretary asks private hospitals

Health Secretary Yashpal Garg (in yellow T-shirt) at a city hospital. File photo

In view of an imminent threat posed by the third wave of Covid, private hospitals of the city have been directed to install oxygen generation plants and procure enough oxygen cylinders to deal with any sudden patient surge.

The hospitals will also be subjected to oxygen and fire audits anytime soon.

The hospitals have also been asked to check manpower arrangements and ambulance services so that there is no last minute hassle.

Oxygen audit

An oxygen audit team will be formed to check leakages and other discrepancies in the oxygen flow system of the hospitals, at least on a weekly basis. Proper record to be kept for oxygen supplies and its utilisation on a daily basis. A fire-audit will also be conducted within 15 days.

UT Health Secretary Yashpal Garg said: “Considering the threat of the third wave of Covid-19, there is a need to prepare for handling of the positivity rate which may be even higher than the second wave that was witnessed during April-May this year.”

“The next three months, up to December-end, are very crucial and we need to remain in alert mode,” Garg asserted.

All the private hospitals are advised to install a pressure swing adsorption (PSA) oxygen plant, which is mandatory for the hospitals with 50 or more beds, said a health official.

During a meeting headed by the Health Secretary on September 10, it was agreed to allow the hospitals to install the PSA plant on roof top.

As per the instructions, each of the private hospitals should have enough empty cylinders to take care of any sort of delay in refilling – a backup for 2-3 days.

Accordingly, a hospital should have a sufficient number of oxygen cylinders, which is at least three times of the daily requirement, said the official.

The Health Secretary, meanwhile, directed that oxygen supply lines and other equipment need to be tested immediately and if required, repair works be carried out to ensure that there was no leakage.

“There should not be any oxygen leakage and the staff should be trained for rational use of oxygen,” said Garg.

“The training for optimum utilisation of oxygen was conducted during the second wave and the same can be conducted again on a short notice of three days,” said the Health Secretary.

“The equipment like flow metres and other consumables should be available in sufficient quantity to take care of any emergency,” he added.

The private hospitals have also been asked to create a back-up plan so as to reduce dependency on oxygen cylinders.

The hospitals have also been asked to procure sufficient number of oxygen concentrators (10l capacity).

They have also been told to create buffer stock for all the critical medicines. The suggestive list of medicines will be provided by the Director, Health Services, said the health official.

Garg, meanwhile, instructed that the ambulances must be equipped with the facilities to handle and transport the patients on oxygen support and the critical care patients.

The ambulance drivers and staff must be trained in basic life support and ambulance oxygen delivery system, so that the patient care can be enhanced for better outcome, he said.

Garg further instructed that in order to meet the additional requirement of qualified manpower, hospitals should tie-up with some manpower supply agencies.

UNICEF

UNICEF calls on nations to open schools (The Tribune: 20210920)

<https://www.tribuneindia.com/news/coronavirus/unicef-calls-on-nations-to-open-schools-312452>

UNICEF calls on nations to open schools

A man in a spiderman costume plays with a boy whose mother died of Covid in Sukoharjo, Central Java, Indonesia. Reuters






The United Nations children's agency UNICEF has urged education authorities to reopen schools as soon as possible in countries where millions of students are still not allowed to return to classrooms 18 months into the Covid-19 pandemic.

Schools in around 17 countries remain fully closed, while those in 39 countries remain partially closed, according to a report released by UNICEF on Thursday.

Among those “almost completely closed” are schools usually attended by nearly 77 million students in the Philippines, Bangladesh, Venezuela, Saudi Arabia, Panama and Kuwait.

Pupils from the six countries represent more than half of the 131 million students worldwide that have missed more than three-quarters of their in-person learning, UNICEF said.

TRACKING VIRUS

| NATION | DEATHS |
|--|----------|
|  US | 6,85,132 |
|  BRAZIL | 5,88,640 |
|  INDIA | 4,43,928 |
|  RUSSIA | 1,95,835 |
|  UK | 1,34,647 |

WORLDOMETER TILL SEPT 16, 11 PM

WHO

WHO to take call on Covaxin on Oct 6(The Tribune: 20210920)

<https://www.tribuneindia.com/news/coronavirus/who-to-take-call-on-covaxin-on-oct-6-313459>

WHO to take call on Covaxin on Oct 6

The Strategic Advisory Group of Experts on Immunisation (SAGE) of the World Health Organisation would be meeting on October 6 to make its recommendations on Bharat Biotech's Covid-19 vaccine Covaxin on emergency use listing.

Bharat Biotech is expected to give a presentation on the vaccine's safety and efficacy data of clinical trials (phase 1-3 trial results and post marketing) and risk management plans and other implementation considerations, according to the SAGE draft agenda.

SAGE is authorised with advising the WHO on overall global policies and strategies, ranging from vaccines and technology, research and development, to delivery of immunization and its linkages with other health interventions. Hanna Nohynek, member of SAGE, will be presenting a draft recommendation for the vaccine and the session will make its recommendations. The session will thoroughly discuss the clinical data on Covaxin from phase 1, 2, 3 trials and post marketing studies on safety, immunogenicity, efficacy and effectiveness. — PTI

Reviewing data

The WHO is currently reviewing the data submitted by the vaccine maker and the date for a decision on the jab is yet to be confirmed, according to the update available on the WHO website.

Weight loss

Weight loss: Are you guilty of making these diet mistakes? (The Indian express: 20210920)

<https://indianexpress.com/article/lifestyle/health/diet-no-results-weight-loss-fitness-portion-control-protein-fibre-7515103/>

Nutritionist Nancy Dehra listed reasons your diet may not be yielding results

dietIs your diet helping you? (Source: Getty Images/Thinkstock)

Many people opt for specific diets as part of their weight loss journey. But weight loss is not about starving oneself, or eating bland food, it is instead about following a proper diet, and exercising portion control. And, if your diet is not yielding desired results, it is time you may want to re-consider a few things.

Nutritionist Nancy Dehra listed what one should be mindful about.

*Eating salads and fibrous foods while dieting is a great way to keep hunger at bay but most of us forget to count calories in oils/dressings that are used to make salads tasty.

*Unaccounted calories from bites and licks off your kid, partner or friend's plate can be erasing your deficit. "Two bites of white sauce pasta can be anywhere from 80-120 calories. I am not saying it is wrong to taste a food while dieting; not accounting the calories is what's putting your efforts in vain. Just be mindful to not do it everyday," she mentioned.

ALSO READ |Why getting more fibre in our daily diet is important

*Making time for exercise or just moving more even inside the house can increase your non-exercise activity thermogenesis. “It is always better to move a little than staying in bed all day long,” she said.

*Eating too many fruits can also put you out of your deficit. “Fruits are great source of vitamins and minerals, fibre and antioxidants, but at the same time have calories (not a lot but enough to throw you out of your diet), noted Dehra.

What must be done?

“Watching your portion size and creating accountability is what it takes to keep your game strong,” she said.

In an earlier post, she also pointed out three “underrated” ways of eating less

Nuts

[This is why you should start your mornings with nuts \(The Indian express: 20210920\)](https://indianexpress.com/article/lifestyle/health/nutritionist-start-mornings-nuts-digestion-walnuts-almonds-benefits-7510202/)

<https://indianexpress.com/article/lifestyle/health/nutritionist-start-mornings-nuts-digestion-walnuts-almonds-benefits-7510202/>

"Begin your mornings with nuts and face your day with power and energy", said nutritionist Lovneet Batra

walnuts, almonds, morning nutrition, how to start your day, indianexpress.com, indianexpress, Begin your mornings with nuts and face your day with power and energy (Source: Getty Images/Thinkstock)

It is important to start one's day on a healthy and energetic note. As such, there's nothing like loading up on fibre and antioxidants in the mornings. And if you are wondering how to do that, nutritionist Lovneet Batra recently answered that question for you..

ALSO READ |Want more energy? Here's what you should pair your fruits with

“Mornings can usually make or break your day, isn't it? How your morning unfolds tends to affect the rest of the day, hence it's important to start your mornings fresh, happy and healthy to have a good day. So to start my mornings, I prefer having nuts as they boost up my body and allow it to function in the right way for the rest of the day,” she mentioned.

In simple terms, instead of opting for a heavy meal, one should start their day with foods that are light yet nutritious.

She prefers soaked almonds and soaked walnuts.

Food and Nutrition

Dietitian lists eight foods that can help boost your mood (The Indian express: 20210920)

From dark chocolate to green tea and nuts, do you include these foods in your diet?

<https://indianexpress.com/article/lifestyle/health/foods-mental-health-mind-boost-mood-healthy-eating-healthy-diet-7486386/>

healthy eating, healthy diets, foods that can boost mood, mood boosters, healthy diet, clean eating, balance diet, brain health, mental health, indian express news Foods play a major role in balancing our various moods. (Photo: Getty/Thinkstock)

Food plays an important role in health. A balanced diet can make one feel energised throughout the day and also balance the mood, says Jyoti Bhatt, a dietitian at Jaslok Hospital and Research Centre.

“Foods play a major role in balancing our various moods — either happy, sad, angry, depressed, or anxious. Researchers have studied few foods and nutrients that can be associated with brain health,” she adds.

As such, she lists a few foods and nutrients that play a role in boosting the mood.

1. Dark chocolate: Cocoa is rich in tryptophan that is used by our brains to produce serotonin, a neurotransmitter. Serotonin is a key hormone that helps to stabilise our moods.
2. Green tea: Known for aiding weight loss and helping reduce inflammation, green tea is also loaded with antioxidants like catechin (EGCG), which help to boost brain function. It also helps a person feel alert — thanks to its caffeine content — along with improving memory.
3. Bell pepper: Packed with vitamin A, and B6, it is an essential nutrient for brain development and function, and also helps the body make the hormones serotonin and norepinephrine (influencing mood).
4. Omega-3 rich foods: Omega-3 helps to control heart disease, aids weight loss, and also has antioxidant properties. It’s also known for lowering depression, and other mental and behavioural conditions. Salmon, flax seeds, chia seeds, nuts, are some of the well-known sources.

healthy eating, healthy diets, foods that can boost mood, mood boosters, healthy diet, clean eating, balance diet, brain health, mental health, indian express news Increase the intake of green leafy vegetables. (Photo: Getty/Thinkstock)

5. Fermented foods: Fermented foods are important to maintain gut health as they are rich in probiotic bacteria. Foods like kimchi, buttermilk, sauerkraut, miso, tempeh, pickled vegetables, kefir, yoghurt are rich source of probiotics. These foods are important for lifting the mood as serotonin (happy hormone) is produced in the gut.

6. Nuts: Nuts are the richest sources of many vitamins, minerals, magnesium and also have antioxidant properties. They are equally important to keep our mood boosted. Low levels of magnesium can lead to increased risk of depression.

ALSO READ |Improve your haemoglobin count with these special recipes

7. Green leafy vegetables: Spinach, methi contain B-vitamin folate, deficiency of which can hinder the metabolism of serotonin, dopamine, and noradrenaline (neurotransmitters important for mood). More studies are needed to understand the exact role of folate in mental health.

ALSO READ |Fact check: Can immunity really be 'boosted'?

8. Caffeine: Caffeine helps improve performance and mood by triggering the release dopamine, a brain chemical. Caffeine can act differently for each individual so if coffee makes you irritable, sad, sleepless, or brings other adverse effects, avoid drinking it. Take caffeine-free beverages or choose lower-caffeine beverages like black tea or green tea.

Uttar Pradesh: Cap at gatherings increased to 100 people

Hindu Jagran Manch leader booked for 'abetting assault' on Muslim youth

Ultimate Karate League shifted to Lucknow, to be hosted in December

COVID-19 vaccination coverage

A spike: On records and COVID-19 vaccination coverage (The Hindu: 20210920)

<https://www.thehindu.com/opinion/editorial/a-spike/article36557723.ece>

India must prioritise vaccines to States and districts that are at greatest infection risk

India on September 17 administered a record 2.5 crore vaccine shots, which

COVID-19 vaccine

Nicki Minaj's COVID-19 vaccine 'swollen testicles' claim is false, says Trinidad health minister (The Hindu: 20210920)

<https://www.thehindu.com/news/international/nicki-minajs-covid-19-vaccine-swollen-testicles-claim-is-false-says-trinidad-health-minister/article36490009.ece>

Nicki Minaj sparked an international furor when she alleged on Twitter that a person in Trinidad became impotent after getting vaccinated for COVID-19

Trinidad and Tobago Health Minister Terrence Deyalsingh on Wednesday criticized as "false" the claim by American rapper Nicki Minaj that a person on

COVID-19 booster dose not a central theme at the moment:

COVID-19 booster dose not a central theme at the moment: Government(The Hindu: 20210920)

<https://www.thehindu.com/news/national/covid-19-booster-dose-not-a-central-theme-at-the-moment-government/article36498243.ece>

“The important understanding is that full vaccination of both the doses is absolutely essential.”

Stress hormones

Elevated stress hormones can develop higher blood pressure risk (New Kerala: 20210920)

A study of more than 400 adults with normal blood pressure has shown that those who had elevated stress hormones detected in their urine were more likely to de-> View it->

<https://www.newkerala.com/news/2021/135693.htm>

Mother's diabetes

Mother's diabetes can cause birth defects: Study (New Kerala: 20210920)

Maternal diabetes, even when controlled with insulin and blood sugar levels are kept mostly in check, can cause permanent damage to the fetus and birth defects, according to -> View it--> <https://www.newkerala.com/news/2021/135687.htm>

Vegetables along with doing exercise makes you happier

Study suggests consumption of fruits, vegetables along with doing exercise makes you happier (New Kerala: 20210920)

The findings of a new study suggest that fruit and vegetable consumption along with exercise can aid in increasing levels of happiness-> View it-->

<https://www.newkerala.com/news/2021/135604.htm>

Sleeping

More sleep boosts teens' ability to cope with pandemic: Study (New Kerala: 20210920)

While poor sleep was linked to higher levels of stress during the COVID-19 pandemic, more teens actually obtained the recommended amount of sleep compared to pre-> View it--> <https://www.newkerala.com/news/2021/135364.htm>

Mental health issues

Study suggests witnessing abuse of sibling by parent might lead to mental health issues (New Kerala: 20210920)

The findings of a new study from the University of New Hampshire suggest that children who witness the abuse of a sibling by their parent can-> View it--> <https://www.newkerala.com/news/2021/135329.htm>

Covaxin

कोवैक्सिन को वैश्विक मान्यता अगले माह संभव (Hindustan: 20210920)

<https://epaper.livehindustan.com/>

विश्व स्वास्थ्य संगठन का टीकाकरण संबंधी रणनीतिक परामर्श विशेषज्ञ समूह भारत बायोटेक के कोविड रोधी टीके कोवैक्सिन को आपात इस्तेमाल के लिए सूचीबद्ध किए जाने पर सिफारिशें देने के लिए अक्तूबर में बैठक करेगा। इस दौरान कोवैक्सिन की सुरक्षा और चिकित्सीय परीक्षण के आंकड़ों के प्रभाव तथा खतरे के प्रबंधन की योजनाओं पर जानकारी दिए जाने की उम्मीद है।

संबंधित विशेषज्ञ समूह को टीके और प्रौद्योगिकी, अनुसंधान तथा विकास, टीके की आपूर्ति से लेकर अन्य स्वास्थ्य मुद्दों से इसके संबंध के बारे में वैश्विक नीतियों और रणनीतियों पर डब्ल्यूएचओ को सलाह देने का अधिकार है। भारत बायोटेक ने हाल में कहा था कि उसने आपात इस्तेमाल के लिए सूचीबद्ध किए जाने के लिए डब्ल्यूएचओ को कोवैक्सिन से संबंधित सभी आंकड़े सौंप दिए हैं और वह उसके जवाब का इंतजार कर रहा है। कोवैक्सिन कोरोना वायरस रोधी उन छह टीकों में से एक है जिन्हें भारत के दवा नियामक से आपात इस्तेमाल की मंजूरी मिली है।

Coronavirus

कोरोना के 41 नए मामले आए, 44 को छुट्टी मिली (Hindustan: 20210920)

<https://epaper.livehindustan.com/>

दिल्ली के स्वास्थ्य विभाग के अनुसार शनिवार को दिल्ली में 41 नए मामले सामने आए, जबकि 44 मरीजों को छुट्टी दी गई। इस दौरान किसी मरीज की कोरोना के कारण मौत नहीं हुई। दिल्ली में अब तक 1438469 लोग कोरोना से संक्रमित हो चुके हैं।

इनमें से 1412980 मरीज ठीक हो गए हैं। वहीं, अबतक 25085 मरीजों ने कोरोना के कारण दम तोड़ दिया है। दिल्ली में कोरोना से मृत्युदर 1.74 फीसदी है। विभाग के अनुसार, राजधानी में 404 सक्रिय मरीज हैं। दिल्ली के विभिन्न अस्पतालों में 237 मरीज भर्ती हैं। कोविड केयर सेंटर में सात और होम आइसोलेशन में 119 मरीज भर्ती हैं। दिल्ली में कोरोना की जांच के लिए शुक्रवार को 68624 टेस्ट हुए, जिसमें 0.06 फीसदी मरीज संक्रमित पाए गए। इन जांच के लिए आरटीपीसीआर से 46734 और रैपिड एंटीजन से 21890 टेस्ट हुए। दिल्ली में अब तक 26889904 टेस्ट हो चुके हैं। दिल्ली में बढ़ते मामलों के साथ हॉटस्पॉट की संख्या बढ़कर 98 हो गई है।

Dengue

विशेषज्ञ दूसरे टाइप को अन्य के मुकाबले अधिक खतरनाक मानते हैं, समय से लक्षण पता नहीं चलने पर हो सकता है जानलेवा साबित(Hindustan: 20210920)

चिंताजनक: राजधानी में डेंगू के खतरनाक स्वरूप ने डराया

रक्तचाप की भी निगरानी जरूरी

<https://epaper.livehindustan.com/>

मेडिसिन विभाग के प्रोफेसर डॉक्टर आशुतोष विश्वास ने बताया कि प्लेटलेट्स की संख्या पर निगरानी से ज्यादा जरूरी हेमेटोक्रिट और ब्लडप्रेसर की निगरानी है। प्लाज्मा लीक होना जानलेवा हो सकता है। हेमेटोक्रिट रक्त में लाल रक्त कोशिकाओं की मात्रा का प्रतिशत है। पुरुषों के लिए यह 45 और महिलाओं के लिए 40 होता है। हेमेटोक्रिट बढ़ना यह बताता है कि कैपिलरी से खून में मौजूद प्लाज्मा का रिसाव होने लगा है। सीबीसी जांच कराने पर हेमेटोक्रिट कितना है, यह पता चल जाता है।

क्यों शॉक सिंड्रोम कहते हैं

एम्स के मेडिसिन विभाग के प्रोफेसर डॉक्टर नीरज निश्चल के मुताबिक, शॉक सिंड्रोम में डेंगू का मरीज बेचैन हो जाता है और तेज बुखार के बावजूद त्वचा ठंडी महसूस होती है। मरीज धीरे-धीरे होश खोने लगता है। नाड़ी कभी तेज तो कभी धीरे चलती है। रक्तचाप एकदम कम हो जाता है। इससे मरीज शॉक में चला जाता है और महत्वपूर्ण अंगों में रक्त संचार कम हो जाता है। इसमें पेशाब भी कम आता है।

नई दिल्ली | वरिष्ठ संवाददाता

दिल्ली में डेंगू के मामले बढ़ने लगे हैं। एम्स के सूत्रों के मुताबिक, इस बार भी डेंगू का डेन-2 और डेन-1 स्ट्रेन ज्यादा सक्रिय है। अब तक मरीजों में इन दोनों स्ट्रेन के मामले ही मिल रहे हैं। दरअसल, डेंगू के चार स्ट्रेन होते हैं। इनमें डेन-1, डेन-2, डेन-3, डेन-4 स्ट्रेन शामिल हैं।

एम्स के डॉक्टरों का कहना है कि डेन-2 स्ट्रेन वाला डेंगू अन्य के मुकाबले खतरनाक है। इसमें कुछ मरीजों के शॉक सिंड्रोम में जाने का खतरा होता है। इतना ही नहीं इसमें मरीज के शरीर का तापमान भी अधिक नहीं मालूम पड़ता। ऐसे में लक्षण पता न हो तो यह जानलेवा हो सकता है।

प्लेटलेट्स बढ़ना काफी नहीं : डॉक्टर ने कहा कि डेंगू के इलाज का मतलब केवल प्लेटलेट्स बढ़ाना नहीं है। जान तभी बचेगी जब मरीज का रक्तवाहिनियों में रिसाव ठीक होगा। मच्छर के काटे जाने के तीन से पांच दिनों बाद बुखार के लक्षण दिखने लगते हैं। मरीज को तरल पदार्थ जरूर देते

रहें। बहुत कम मरीजों में प्लेटलेट्स इतनी कम हो पाती है कि वे जानलेवा बन जाए। शॉक सिंड्रोम के मामले अधिक जानलेवा हो सकते हैं। डॉक्टर ने बताया कि कुछ लोग देसी नुस्खे जैसे पपीते के पत्ते खाते हैं, अगर उन्हें उल्टी हो रही है तो यह बंद कर दें, क्योंकि शरीर में डिहाइड्रेशन होने से और ज्यादा नुकसान हो सकता है।

चार बार हो सकता है : डॉक्टर के मुताबिक डेंगू के चार स्ट्रेन होते हैं। इसलिए कम-से-कम चार बार डेंगू होने का खतरा है। अगर किसी को डेंगू हुआ है तो अगली बार वह उसी स्ट्रेन से संक्रमित नहीं होगा, बाकी तीन स्ट्रेन में किसी से संक्रमित हो सकता है।

डिस्कलेमर: इस वेबसाइट पर मौजूद सामग्री का कॉपीराइट हिन्दुस्तान डिजिटल स्ट्रीम्स (HTDS) के पास है। अखबार के डिजिटल वर्जन ईपेपर समेत डाउनलोड करने सहित किसी भी सामग्री का उपयोग व्यक्तिगत उपयोग के लिए ही किया जा सकता है। यहाँ मौजूद सामग्री और ईपेपर (पीडीएफ या किसी और स्वरूप में) का गैर-अधिकृत/ बिना अनुमति/ बिना लाइसेंस के प्रकाशन अथवा प्रचार, प्रसार या वितरण सोशल मीडिया अथवा किसी भी अन्य माध्यम से करना निषेध है।

Diabetic

मधुमेह के बहाने बीमा दावा खारिज नहीं कर सकते(Hindustan: 20210920)

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उपभोक्ता आयोग ने एक अहम फैसले में कहा कि बीमा लेते वक्त मधुमेह सहित जीवनशैली से जुड़ी बीमारियों का ब्योरा नहीं देने के आधार पर बीमा कंपनी मुआवजे से इनकार नहीं कर सकती।

राज्य उपभोक्ता विवाद निवारण आयोग ने उपभोक्ता के हक में फैसला देते हुए बीमा कंपनी से शिकायतकर्ता को 06 ब्याज के साथ 75 लाख रुपये मुआवजा देने का आदेश दिया। साथ ही, 50 हजार रुपये मुकदमा खर्च भी देने के लिए भी कहा।

आयोग की अध्यक्ष जस्टिस संगीता धींगरा सहगल और सदस्य अनिल श्रीवास्तव की पीठ ने नीमा सैनी की शिकायत पर फैसला दिया। बीमाधारक ने पति की मौत के बदले कंपनी से मुआवजा दिलाने की मांग की थी।

पीठ ने कहा कि 'मधुमेह सहित जीवनशैली से जुड़ी बीमारियों के आधार पर कंपनी पॉलिसी धारक की मौत के बदले मुआवजा देने से इनकार नहीं कर सकती।' आयोग ने कहा, मौजूदा मामले में बीमाधारक धर्मवीर सैनी की मौत 'सेप्टिक शॉक विद मॉड्स' से हुई है, न कि मधुमेह या क्षय रोग से। आयोग ने बीमा कंपनी की उन दलीलों को खारिज कर दिया जिसमें कहा गया था कि बीमाधारक ने बीमा लेते वक्त मेडिकल हिस्ट्री नहीं बताई।