



# **DAILY NEWS BULLETIN**

**LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE Day**  
**Monday**

**20260511**

# विमान से भेजे गए हंता वायरस से प्रभावित यात्री

## जहाज पर सवार हैं 20 देशों के 140 से अधिक लोग, इनमें दो भारतीय शामिल

टेनेरीफ। हंता वायरस संक्रमण से प्रभावित क्रूज जहाज एमवी हॉंडियस के यात्रियों के पहले जत्थे को विमान के जरिये रविवार को स्पेन की राजधानी मैड्रिड भेजा गया। प्रभावित जहाज के इन यात्रियों को मैड्रिड के सैन्य अस्पताल में रखा जाएगा। इनमें दो भारतीय हैं। इससे पहले जहाज को स्पेन के सबसे बड़े द्वीप टेनेरीफ लाया गया था।

विश्व स्वास्थ्य संगठन ने यात्रियों को रविवार से 42 दिनों तक क्वारंटीन में रखने की सलाह दी है।



प्रभावित यात्रियों को तैनात विमान।

स्पेन के स्वास्थ्य अधिकारियों ने बताया कि जहाज से निकासी में स्पेन के नागरिकों को प्राथमिकता दी गई। देश में केवल स्पेनिश नागरिकों को ही क्वारंटीन किया जाएगा। क्रूज

ऑपरेटर ओशनवाइड एक्सपेडिशनस ने जहाज पर 13 स्पेनिश यात्रियों और एक स्पेनिश चालक दल के सदस्य की जानकारी दी है। स्पेन के स्वास्थ्य मंत्रालय, विश्व स्वास्थ्य संगठन और क्रूज कंपनी के मुताबिक, हॉंडियस जहाज पर सवार 140 से अधिक लोगों में से किसी में भी वायरस के लक्षण नहीं दिख रहे हैं। रविवार से सोमवार तक अन्य देशों के यात्रियों और कुछ चालक दल के सदस्यों को निकाला जाएगा। जहाज पर 20 से अधिक देशों के लोग सवार हैं। एजेंसी

31/12 35110M

# Census 2027: 80% houses mapped in New Delhi district

**Suruchi Kumari**  
NEW DELHI

With less than a week left for the completion of the first phase of Census 2027 in New Delhi district, enumerators have surveyed nearly 60,000 households through the House Listing Operations (HLO) mobile application and mapped around 80% of Census houses ahead of the May 15 deadline, according to official progress data accessed by *The Hindu*.

The house listing and housing census exercise began on April 16 across areas under the New Delhi Municipal Council (NDMC) and Delhi Cantonment jurisdictions. It involves physical mapping and geo-tagging of structures, followed by a door-to-door survey conducted by enumerators.

The district has been divided into 586 House Listing Blocks (HLBs), each assigned to an enumerator and estimated to cover around 180-200 houses and a population of 600-800 people. Enumerators collect responses to 33 questions through the HLO. These include details related to construction material used in houses, sources of drinking water, cooking fuel, Internet connectivity, household composition and household amenities, among others.

The information is then verified by supervisors before being uploaded to the Census Management and Monitoring System (CMMS) portal. While enumeration data for nearly 60,000



Enumeration data for nearly 60,000 households have been uploaded. FILE PHOTO

households have been uploaded through the HLO application, supervisor verification has been completed for 55,202 households.

## More houses identified

"When the exercise started, 571 HLBs were identified. However, as the door-to-door exercise progressed, more houses were identified and marked," said New Delhi district Census officer Kapil Chaudhary.

According to the May 8 progress report, 96,550 Census houses have been marked by enumerators in New Delhi district. Of these, around 77,000 houses, nearly 80%, have been mapped so far. Delhi Cantonment recorded the highest proportion of pending mapping work with over 70% of mapping still to be completed.

"For locked houses, enumerators make three visits before marking them absent, as per the rules," Mr. Chaudhary said.

He said the overall exercise remains on track and is expected to be completed within the deadline.

memory, mood and cognitive speed, especially in people with lower functioning levels. Researchers are also exploring treatment roles in Parkinson's disease, Alzheimer's and neurodegenerative disease and brain loss.

through multiple pathways. Regularly drinking it helped reduce cardiovascular disease risk and



## SUGAR-FREE LIFE

DR. MOHAN

CHAIRMAN, DIABETES SPECIALIST CENTRE, CHENNAI



11 FEBRUARY 2014

Cigarette smoke affects multiple systems in the body

# He smoked for 15 years. Then he had severe diabetes

*The 3, now Super*

What's the link between cigarettes, insulin resistance and blood sugar?

FOR YEARS, 45-year-old Chennai resident Ramoth (name changed) considered himself reasonably healthy. He had a desk job, long work hours and a smoking habit he had picked up in his late 20s — a pack every couple of days, sometimes more during stressful weeks. Like many smokers, he associated cigarettes with risks such as lung and heart disease, but never once considered that smoking could quietly be increasing his chances of developing diabetes.

When he began feeling unusually tired, he blamed it on deadlines. The constant thirst and frequent trips to the restroom were dismissed as side effects of too much coffee and too little sleep. It was only during a routine health screening camp organised at his workplace that tests revealed the real problem: His blood sugar levels were dangerously high. He was diagnosed with Type 2 diabetes. Further medical evaluation showed that years of smoking had likely accelerated insulin resistance, one of the key mechanisms behind Type 2 diabetes. Ramoth's case is far from rare. While smoking is widely recognised as a leading cause of cancer and respiratory illness, its role in triggering metabolic disorders such as diabetes often receives far less attention. Yet growing evidence shows that smoking is a significant and often under-recognised risk factor for the disease.

The link between smoking and diabetes is not merely indirect. Cigarette smoke affects multiple systems in the body that regulate blood sugar and metabolism. Most notably, it interferes with the body's ability to use insulin effectively. Insulin is the hormone responsible for helping glucose move from the bloodstream into the body's cells, where it is used for energy. When nicotine disrupts this process, cells become less responsive to insulin, forcing the pancreas to work harder to compensate. Over time, this can lead to persistently high blood sugar levels and eventually Type 2 diabetes.

**Research shows that quitting smoking can improve insulin sensitivity. The body begins repairing itself soon after**

to use insulin effectively. Insulin is the hormone responsible for helping glucose move from the bloodstream into the body's cells, where it is used for energy. When nicotine disrupts this process, cells become less responsive to insulin, forcing the pancreas to work harder to compensate. Over time, this can lead to persistently high blood sugar levels and eventually Type 2 diabetes.

Smoking also triggers chronic low-grade inflammation throughout the body. This inflammatory state damages blood vessels and worsens metabolic dysfunction, creating conditions that make diabetes more likely to develop.

Another key factor is fat distribution. Contrary to the common perception that smokers are leaner, many long-term smokers tend to accumulate visceral fat — the dangerous abdominal fat wrapped around internal organs. This type of fat is strongly associated with insulin resistance. The chemicals in cigarettes can disrupt hormones that regulate appetite, metabolism and stress responses, making it harder for the body to maintain stable glucose control.

The risks do not stop at diagnosis. For people already living with diabetes, smoking can complicate its management. Smokers struggle more to maintain stable blood sugar levels despite medication. Smoking narrows blood vessels and reduces circulation, which compounds the damage diabetes can already inflict on the cardiovascular system. This sharply raises the risk of heart attacks and stroke.

For circulation increases the likelihood of heart disease and blood clots, among the most serious complications of uncontrolled diabetes. In clinical practice, smokers with diabetes often require more intensive treatment and closer monitoring, yet outcomes remain poorer compared to non-smokers. One reason this link remains under-recognised is that public health messaging around smoking has traditionally focused on its respiratory consequences. Far fewer realise that cigarettes can quietly damage metabolic health long before respiratory symptoms appear. The early warning signs of diabetes — fatigue, excessive thirst, frequent urination, blurred vision — are also easy to dismiss. They are often mistaken for stress, aging, dehydration or overwork. As in Ramoth's case, diagnosis frequently comes only after routine screening or once blood sugar levels have risen enough to cause noticeable complications.

The relationship between smoking and diabetes is serious but not irreversible. Research shows that quitting smoking can gradually improve insulin sensitivity. The body begins repairing itself soon after cessation. Regular blood sugar screening is particularly important for smokers, especially those over 40 or with other risk factors.



# देश में पहली बार आईसीयू के एक जैसे मानक

**हि विशेष**

■ प्रियंका शर्मा

नई दिल्ली। केंद्र सरकार ने पहली बार देशभर के अस्पतालों में गहनचिकित्सा इकाइयों यानी आईसीयू के लिए एक समान मानक तय किए हैं। इसके तहत अब हर आईसीयू को तीन अलग-अलग स्तरों में बांटा जाएगा और हर स्तर के लिए बिस्तरों की संख्या, जरूरी मशीनें, डॉक्टरों की योग्यता और नर्सों की उपलब्धता जैसे नियम बनाए गए हैं। इसी के अनुसार बिल की दरें तय हो सकती हैं।

स्वास्थ्य सेवाओं के महानिदेशालय (डीजीएचएस) ने इस संबंध में दिशा-

**तीन स्तरों में बांटे जाएंगे आईसीयू**

**स्तर-1**

ये आईसीयू शुरुआती आपात इलाज के लिए होंगे। इनमें कम से कम छह बिस्तर और एक वेंटिलेटर होना जरूरी होगा। इनका मुख्य काम गंभीर मरीज को शुरुआती इलाज देकर स्थिर करना होगा।

**स्तर-2**

इन आईसीयू में कम से कम आठ बिस्तर होना जरूरी होगा। यहां केंद्रीय ऑक्सीजन व्यवस्था, आधे बिस्तरों पर वेंटिलेटर और किडनी से जुड़ी आपात चिकित्सा सुविधा उपलब्ध होनी चाहिए।

**स्तर-3**

ये सबसे उन्नत श्रेणी के आईसीयू होंगे। इनमें कई अंगों के फेल होने जैसी गंभीर स्थिति वाले मरीजों का इलाज किया जाएगा। इनमें पोर्टेबल सीटी स्कैन और उन्नत निगरानी प्रणाली जैसी सुविधाएं होंगी।

निर्देश जारी किए हैं। सरकार का मानना है कि इससे अस्पतालों में गंभीर मरीजों के इलाज का स्तर बेहतर होगा और अलग-अलग अस्पतालों में मौजूद असमानता कम की जा सकेगी। यह

फैसला देश के करीब 71,000 अस्पतालों और 13.8 लाख से ज्यादा पंजीकृत डॉक्टरों पर लागू होगा। नए निर्देशों के अनुसार, अस्पतालों के डिजाइन को लेकर भी दिशा-निर्देश दिए

गए हैं। आईसीयू को आपात विभाग और ऑपरेशन थिएटर के पास बनाने की सलाह दी गई है, ताकि गंभीर मरीजों को जल्दी इलाज मिल सके। हर बिस्तर पर मल्टीपैरामीटर मॉनिटर लगाना जरूरी होगा, जिससे मरीज की लगातार निगरानी की जा सके।

**क्यों जरूरी थे :** देश में अब तक आईसीयू के लिए एक समान राष्ट्रीय मानक नहीं थे। कोविड महामारी के दौरान यह कमी साफ दिखाई दी थी। कई जगहों पर ऑक्सीजन, वेंटिलेटर और प्रशिक्षित स्टाफ की भारी कमी सामने आई थी। इसके अलावा, कई निजी अस्पतालों में बिना प्रशिक्षित विशेषज्ञों के आईसीयू चलाए जा रहे थे।

**mint**

## Your Health

SUNDAY, MAY 11, 2020

The Indian Express

WEEKLY CAPSULE

## Creative's hidden powers

**C**reative might be found in the gym. But when it comes to fitness, it's not about the physical. It's about the mind. A study published in the journal *Psychology of Women Quarterly* found that women who were creative had better cardiovascular health. The study found that creative women had better cardiovascular health, and the heart is very important for overall health. Supporting with creative can boost your heart rate, improve your mood, and help you support your heart. Creativity is a great way to improve your health. It can help you stay motivated and focused on your goals. It can also help you find new ways to exercise and stay active. So, if you're looking for a way to improve your health, try being creative. It might just be the key to a healthier you.



## How coffee impacts gut, brain

**C**offee does not just make you feel good. It also has a profound impact on your gut and brain. Researchers at University College London found that regular coffee consumption can lead to a healthier gut microbiome. The study found that coffee consumption was linked to a more diverse gut microbiome, which is associated with better overall health. Coffee also has a positive impact on the brain. It can improve cognitive function and reduce the risk of neurodegenerative diseases. So, if you're looking for a way to improve your gut and brain health, coffee might be the answer. Just be sure to drink it in moderation and without too much sugar.



## A supp for Alzheimer's

**A** new study suggests a promisingly simple compound could help fight Alzheimer's disease. Researchers at the University of California, San Diego, have found that a natural compound called curcumin can help improve cognitive function in mice. Curcumin is a powerful antioxidant and anti-inflammatory agent. It has been shown to have neuroprotective effects and to improve memory in animal models. The study found that curcumin treatment led to a reduction in amyloid plaques, which are a hallmark of Alzheimer's disease. This suggests that curcumin might be a promising treatment for Alzheimer's. However, more research is needed to confirm these findings in humans.



## Best exercise for arthritis

**A** new review of 21 trials, published in *BMJ*, shows that low-impact exercise is the most effective option for managing knee osteoarthritis. Activities like walking, cycling, and swimming can help reduce pain and improve function. The study found that low-impact exercise was more effective than high-impact exercise for reducing pain and improving function. It also found that low-impact exercise was more effective than medication for reducing pain. So, if you have arthritis, low-impact exercise might be the best option for you. Just be sure to start slowly and gradually increase your activity level. It's also important to maintain a healthy weight, as excess weight can put additional stress on your joints.



## New Trojan Horse obesity drug

**R**esearchers led by metabolic expert Prof Timo D. Müller at Heinrich Heine University have developed a new strategy to treat obesity and Type 2 diabetes. Their approach uses a specially designed hybrid molecule that takes advantage of the well-known GLP-1/GIP signalling pathway as a entry point into cells. Once inside, it delivers an additional metabolic compound directly where it is needed. In laboratory tests, mice treated with this compound ate less food, lost more weight and showed better blood-glucose control than those given standard medication. This new drug could be a game-changer for the treatment of obesity and Type 2 diabetes. It offers a more targeted and effective approach to these conditions. However, more research is needed to determine its safety and effectiveness in humans.



**SUGAR-FREE LIFE!**  
DR. MILIND SOMAN

CHAIRMAN, DR. SOMAN'S DIABETES SPECIALITY CENTRE, CHENNAI

How Milind Soman completed his toughest sea swim at 60

'No extreme prote...

# 14.5k student suicides in 2024, most in at least 10 years: NCRB

Sanjay Maurya

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**NEW DELHI:** The number of student suicides in India climbed to 14,488 in 2024 — the highest in at least a decade — marking a 4.3% rise from 13,892 cases in 2023, even as overall suicides in the country declined marginally by 0.4% during the same period, according to the latest data released by the National Crime Records Bureau (NCRB).

**STUDENT SUICIDES ACCOUNTED FOR 8.5% OF THE 170,746 SUICIDES IN '24, UP FROM 8.1% IN '23**

Student suicide cases grew at a sharp pace — rising 15.7% from 12,526 in 2020 and surging at a much steeper 62.2% from 8,934 in 2015. Student suicides accounted for 8.5% of the 170,746 total sui-

cides in 2024, up from 8.1% of 171,418 cases in 2023, according to NCRB's Accidental Deaths and Suicides in India (ADSI) report.

Experts said the rise in suicide cases reflects a growing student mental health crisis fuelled by academic pressure, untreated psychological distress and weak support systems, and called for stronger counselling systems, early intervention, awareness of government helplines and easier access to mental health support. →P2

# Rain in store, temps to be below normal: IMD

Jasjeev Gandhlok

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**NEW DELHI:** The Capital is in for a wet and windy start to the week, with the India Meteorological Department (IMD) issuing a "yellow alert" for Monday and Tuesday. A fresh western disturbance is likely to bring scattered showers and gusty winds of up to 50 km/hr across north-west India, including Delhi NCR.

Though the disturbance is feeble, an IMD official said it began

affecting the western Himalayan region on Sunday. "There are chances of light rain over the plains, including Delhi, on Monday and Tuesday," the official added.

Thundery conditions are forecast for Wednesday, following which temperatures will gradually rise again.

The maximum is expected to be between 37-39°C on Monday, dipping to 35-37°C on Tuesday and 34-36°C on Wednesday. →P3

→OCEAN TEMPS RISE AS EL NIÑO NEARS, P3

The Indian Express

# With low HPV vaccine cover, India may miss targets

## While high income countries may eliminate cervical cancer by 2050, Indian women will be at risk: Lancet

Anuradha Mascarenhas

HIGH-INCOME countries could eliminate cervical cancer by 2048 but without expanded efforts in vaccination and screening, many women in lower- and middle-income regions, including India, will still face high risks of cervical cancer. According to a new modelling study in *The Lancet*, reaching the World Health Organization's (WHO) goals — vaccinating 90 per cent girls, screening 70 per cent women and treating 90 per cent of pre-cancer and cancer cases — is crucial to eliminating cervical cancer globally and saving millions of lives.

Achieving these goals could avert 37 million cervical cancer cases over the next century and accelerate progress toward elimination. "For India, reaching these targets would avert over 10 million cervical cancer cases over the next century, accelerate prog-

ress toward elimination and reduce inequalities with high income countries," said Prof Marc Brisson, Canada Research Chair in Mathematical Modelling and Health Economics Related to Infectious Diseases and lead author of the study.

Using current national cervical cancer vaccination and screening efforts, researchers estimated that high-income countries are on track to eliminate cervical cancer by 2048, while low- and middle-income countries (LMICs) will see only slight reductions over the next century. As a result, the gap between regions will widen dramatically, with women in poorer countries facing much higher rates of this preventable disease. For India, according to Prof Brisson, a low HPV vaccination coverage would mean that the incidence rate would increase from two times more than high income countries to 12 times more by the end of the century.



Till April 10, only 10.63% of the 1.15 crore eligible girls got their shots



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"However, if India reaches 90 per cent vaccination coverage of girls, elimination would be possible by 2085, preventing six million cervical cancer cases over the next century," he said.

The study authors also said that recent advancements, such as lower-cost and single-dose vaccines, expanded screening programmes, multi-age cohort vaccinations and efforts to include boys in vaccination campaigns can help make cervical cancer elimination feasible worldwide but require global, coordinated efforts from governments and international health agencies.

India accounts for a fifth of all cervical cancer cases in the world, with it being the second most common form of cancer among women. It reports over 1.2 lakh cases and 80,000 deaths each year. So, the HPV vaccination campaign for all 14-year-olds rolled out on February 28 this year was a welcome move.

"It is true that the uptake of HPV vaccination is very slow/low in India. There are multiple factors such as the timing of HPV vaccination launch just before the final examinations, with majority of schools on summer break in April and May. There was not enough awareness generation or demand generation from the public, no strong messages on social media. In fact negative messages, videos went viral," Dr Smita Joshi, senior scientist at the public health platform, Prayas, said. Data from GoI's central digital platform U-WIN portal suggests that till April 10 this year, only 10.63 per cent of the 1.15 crore girls eligible for vaccination got their shots.

Cervical cancer screening coverage is also very low in India with less than two per cent of women getting screened, she said.

# Webinar on allied health and nursing to be held today

**The Hindu Bureau**  
CHENNAI

The Hindu

SRM



The Future Career Conversations series, jointly organised by SRM Institute of Science & Technology and *The Hindu*, continues to provide students and professionals with insights into emerging academic disciplines and evolving career opportunities.

The seventh webinar in the series, titled "Allied health & nursing: the backbone of modern healthcare", will be held online at 4 p.m. on Monday.

With the growing demand for quality healthcare services, allied health and nursing professionals are playing an increasingly significant role in strengthening healthcare systems across the world.

From patient care and diagnostics to rehabilitation and preventive healthcare, these professionals

form the foundation of modern medical services.

As the healthcare sector evolves through technological advances, changing patient needs, and expanding global opportunities, the demand for skilled and specialised professionals in allied health sciences and nursing rises in India and abroad.

## Emerging opportunities

The panel discussion will explore emerging career opportunities, the increasing global demand for healthcare professionals, existing skill gaps, the integration of technologies such as robotics and AI-

based patient monitoring in healthcare delivery, work conditions and policy support, as well as opportunities for career progression and specialisation in allied health and nursing.

The panel will feature Dr. Helen Shaji J. C., Dean, SRM College of Nursing, SRMIST; Dr. D. Jagadeswaran, Dean - Allied Health Sciences, SRM Medical College Hospital & Research Centre, SRMIST; Mary Marjeri, Chief Nursing Officer, Naruvi Hospitals, Vellore; and Dr. Rashmi Shukla, Senior Scientist, Division of Genetics, Department of Paediatrics, AIIMS, New Delhi.

The session will be moderated by Meenakshy S., Principal Correspondent, *The Hindu*. To register, visit <https://newsth.live/THSRMNE> or scan the QR code.



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**विंताजनक** | दुनियाभर में प्रकाश प्रदूषण पिछले आठ साल में 16% तक बढ़ा, वैज्ञानिकों ने साझा की जानकारी

# चमकीली रातें चुरा रहीं लोगों की नींद और चैन

वाशिंगटन, एजेंसी। नेचर पत्रिका में हाल ही में प्रकाशित अध्ययन में पाया गया कि आकाश और अधिक चमकीला होता जा रहा है। इसके अनुसार, पिछले आठ वर्षों में वैश्विक कृत्रिम प्रकाश में 16% की वृद्धि हुई है। इससे रात की नींद और चैन दोनों पर असर पड़ रहा है।

शोधकर्ताओं ने 2014 से 2022 के बीच नासा के सैटेलाइट डेटा का विश्लेषण कर निष्कर्ष निकाला।

कनेक्टिकट विश्वविद्यालय के शोधकर्ताओं के मुताबिक, कृत्रिम रोशनी के कारण नींद के चक्र पर असर पड़ रहा है और मेलाटोनिन हार्मोन को दबा देती है। इससे पहले किए गए अध्ययन में पाया गया था कि रात में अधिक कृत्रिम प्रकाश के



संपर्क में रहने वाले लोगों में कैसर का खतरा ज्यादा बढ़ रहा है। रिपोर्ट के अनुसार, सबसे अधिक प्रकाश उत्सर्जित करने वाले देशों में अमेरिका सबसे आगे है। इसके बाद चीन, कनाडा, भारत और ब्राजील

## उपग्रह भी दे रहे बढ़ावा

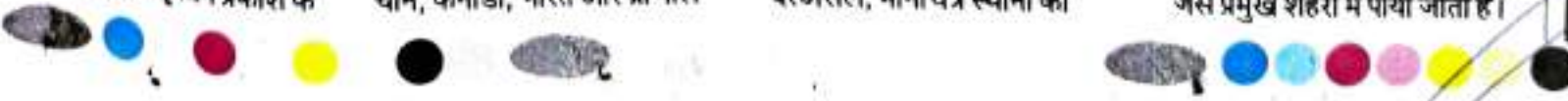
कनेक्टिकट विश्वविद्यालय के शोधकर्ताओं के हवाले से रिपोर्ट में कहा गया कि सिर्फ जमीन से निकलने वाली रोशनी ही समस्या नहीं है। बल्कि पृथ्वी की कक्षा में मौजूद भारी संख्या में सैटेलाइट्स भी प्रकाश प्रदूषण में काफी हद तक बढ़ावा देने में योगदान दे रहे हैं।

जैसे अन्य औद्योगिक दिग्गज देश शामिल हैं। यूनिवर्सिटी ऑफ कनेक्टिकट के निदेशक जैंग झू के अनुसार, घरती का लाइटिंग फुटप्रिंट लगातार फैल और बदल रहा है। दरअसल, मानचित्र स्थानों को

## प्रकाश प्रदूषण का जीवों पर असर

- अमेरिका में सालाना एक बिलियन से अधिक पक्षी प्रकाश प्रदूषण के संपर्क में आने से मर गए या उनकी संख्या कम हो गई
- कृत्रिम रोशनी से 70 फीसदी जुगनु की आबादी प्रभावित हो गई
- 20-60 फीसदी समुद्री कछुए कृत्रिम रोशनी के कारण रास्ता भटक जाते हैं

बोर्डल स्केल के जरिये चमक रेटिंग दी जाती है। इस माप के नौ स्तर हैं, जिसमें क्लास 9 प्रकाश प्रदूषण के अधिकतम स्तर का प्रतिनिधित्व करता है। यह लंदन और न्यूयॉर्क जैसे प्रमुख शहरों में पाया जाता है।



# Another death takes Kota C-section toll to 3

TIMES NEWS NETWORK

**Kota:** A 22-year-old woman died after undergoing a C-section at Kota's JK Lon Hospital, even as two others developed serious kidney-related complications and were shifted to another facility, officials said Sunday.

The deaths came amid concerns over recent post-C-Section complications at

govt hospitals here after two women died last week allegedly due to suspected infection following surgery. Health authorities, however, maintained the latest death was linked to a cardiac complication and not post-surgical infection.

The deceased, Priya Mahawar, was from Bundi district. Doctors said her newborn baby was healthy.

JK Lon superintendent Nirmala Sharma said Priya had been brought to the facility in critical condition after being administered labour pain treatment locally. Doctors performed emergency C-section to save the baby following which she developed severe cardiac complications. "She suddenly suffered from paroxysmal supraventricular ta-

chycardia, which sharply increased her heart rate. Despite all efforts by the medical team, she could not be saved," Sharma said.

Two other women, Aarti and Pinky, were referred to the nephrology department of New Medical College and Hospital, Kota, after allegedly developing kidney complications and urinary blockage.

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SHA

# Six 'heatstroke' deaths in Maharashtra this yr

HT Correspondent

letters@hindustantimes.com

**MUMBAI:** The Maharashtra public health department has reported 236 heatstroke cases between March 1 and May 9, along with six suspected deaths linked to the severe heatwave conditions across the state, revealed government data.

Under the National Programme on Climate Change and Human Health, implemented since 2019 to address climate-sensitive health issues, the state government monitors and compiles district-wise data on heatstroke and related illnesses.

Several districts in Marathwada, Vidarbha and north Maharashtra have recorded temperatures above 41 degrees Celsius in recent days. Officials said the prolonged heatwave conditions since April have led to a sharp rise in patients suffering from heat-related ailments.

According to public health



**Prolonged heatwave-like conditions have led to a sharp rise in heat-related ailments, according to officials.**

department officials, residents in Mumbai and the Mumbai Metropolitan Region (MMR) are also reporting symptoms associated with extreme heat, including dehydration, heat exhaustion, vomiting and headaches. Authorities have advised people to avoid prolonged exposure to the sun, stay hydrated and take precautions during peak afternoon hours.

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AIM IS TO ENSURE EVERY ADULT GETS TO BUILD SAFE LIFE, SAYS CM

# 'To build self-reliant future': CM announces aftercare scheme for young adults leaving orphanage

Devansh Mittal  
New Delhi, May 10

ASSISTANCE FOR higher education, access to skill development and vocational training programmes are among the highlights of a new government scheme announced by Chief Minister Rekha Gupta on Sunday for the rehabilitation and support of young people leaving institutional care after turning 18.

Stating that the government's responsibility does not end with providing shelter and protection to orphans and children in child care institutions, the CM said that the 'Aftercare Scheme for Young Persons' — launched on the occasion of Mother's Day — includes monthly stipends, counselling, mentoring, rehabilitation and emergency assistance.

"Mother's Day reminds us that every child deserves protection, care, guidance and the opportunity to move forward in life. The aim is to ensure that every child and young adult gets the opportunity to build a safe, dignified and self-reliant future," Gupta said as she visited the Village Cottage Home in Lajpat Nagar on Sunday and interacted with children at the facility, run by the Women and Child Development Department.

An allocation of Rs 3.5 crore was made in Delhi's budget



Chief Minister Rekha Gupta visited Village Cottage Home in Lajpat Nagar to mark Mother's Day on Sunday. X/GUPTA, REKHA

2026-27, tabled in the Assembly in March.

According to the government, nearly 150 to 200 young people leave child care institutions in Delhi every year after turning 18 and many end up struggling with continuing education, skill development, employment and starting an independent life.

Several of them lack family support or a secure environment, she said. She added that children and young people receiving assistance under sponsorship and foster care programmes also require guidance, education, skill development and rehabilitation support as they enter adulthood.

Gupta said the government's approach goes beyond institutional care and focuses on preparing children for

**Delhi, Gupta said, currently has 88 child care institutions, run jointly by the government and NGOs**

provided accommodation, food and educational support to help them transition towards independent living.

Regular monitoring and review of aftercare services will also be carried out at both the state and district levels. The government said a State Aftercare Committee, headed by the Women and Child Development Secretary will also be constituted to oversee policy-making and monitoring of the scheme. District-level committees, headed by District Magistrates will assess rehabilitation needs and review individual care plans.

The Chief Minister said the Delhi government will continue working with various departments and partner organisations to connect aftercare youth with internships, jobs, skill programmes and livelihood opportunities.

"The Delhi government stands firmly with every child and young person who needs support to build a better future," she said.

*The Indian Express*

life ahead. As part of the scheme, approved under the Juvenile Justice (Care and Protection of Children) Act, 2015, the government will also facilitate internships and employment opportunities for beneficiaries. The government said the scheme includes emergency assistance. Beneficiaries will be identified through need-based assessments, and individual care plans will be prepared for each of them.

Delhi, Gupta said, currently has 88 child care institutions, run jointly by the government and NGOs, which provide care, education, rehabilitation and protection to children up to the age of 18.

She added that the city also has two aftercare homes where young adults aged above 18 are

## MONEYWISE

**Wait unworthy:** The middle-class waiting child, who has been faithfully paying premiums into the whole life endowment or money-back policy for two to three decades, receives something far smaller than expected. [www.mssars.com/news](http://www.mssars.com/news)

## Should you really await your second 'marshmallow'?

*The Answer*  
A money-back policy does not match a retirement goal; a whole life endowment plan does not match a child's education needs; does the promise match the goal of your wait?

### WHAT'S IN STORE?

Vibhali R Venkat

**L**ife is a labyrinth brimming with twists and turns. It is never linear; no single pattern; no one-size-fits-all map; but it unfolds like stars scattered across the sky. And so for our third child, we spoke about last week, who is waiting for its second marshmallow; there is no single clear outcome.

Caught in the maze of uncertainties in life, the promise of the second marshmallow may unfold in many ways. Perhaps the marshmallow arrived, and the child savoured the candy, finding it much like the first. Perhaps the candy melted before it reached the child's lips. Or perhaps it never arrived at all, and the person who promised the second one never returned, leaving the child waiting for Godot.

One wait but three different destinies. And at the outset, there is simply no knowing which path the child would eventually land upon. Without much ado, let us first understand who this mysterious third child is. The shocking part: the third child is in fact not a child at all, but the middle-class dreamer waiting for the right time, the right opportunity, the right job, the right salary, the right investment option, or the right what not. Likewise, in the real world of money, the wait has taken many forms, and not all of them



Is this financial wait truly worth it? Simply ask yourself: will the time you spend waiting match the promised returns?

have ended well. Let's unwrap each destiny...

#### The eternal wait

Across the country, millions of ordinary people entrusted their hard-earned savings to Ponzi schemes or fraudulent debt fund companies that promised very high returns. They saved month after month; year after year. They were not greedy or reckless. They were simply the third child who believed every word of the so-called 'promise'. They kept saving for children's education, daughters' marriage or a dignified old age.

Then one black morning, the office slatters came down. The phone went unanswered. The agent absconded. The company collapsed, and the night-flies disappeared into the dark. In one blow, both marshmallows vanished. The second marshmallow, the promised returns, and the first one, the principal amount, as well were snatched from the soiling hands.

#### When it melts

This time, the marshmallow agent returned promptly, but melted on the way. The middle-class



What exactly am I waiting for: a specific corpus amount, a target return, a salary increase, debt clearance or financial security?

waiting child who has been faithfully paying premiums into the whole life endowment or money-back policy for two to three decades received something far smaller than expected. Inflation had quietly gobbed up the returns, and when the marshmallow finally arrived, it was never whole. Just a peanut.

#### The fruitful wait

Not every wait ends in tears. Those who patiently held Sovereign Gold Bonds, stayed invested in index funds or ETFs through market crashes, or quietly let their EPF/VPF compound decade after decade found the second marshmallow as expected.

What was never asked: Before waiting faithfully, the child never asked a few crucial questions. First, is my current environment stable enough for me to wait, or should I grab or ignore the opportunity? Second, for whom exactly am I waiting for, and are they reliable enough to keep the promise? This awareness will help one stay away from honeyed promises and night-flies. Third, what exactly am I waiting for: a specific corpus

amount, a target return, a salary increase, or debt clearance? Fourth, is this financial wait truly worth it? Simply ask yourself one honest question: will the time you spend waiting match the promised return? Fifth, am I prepared for every outcome of the wait? If the marshmallow (the expected fruits of the wait) never comes, will it ruin my life, or can I muster the courage and rely on other backups? If it melts on the way, can I absorb the loss and accept its sour taste? And if at all it arrives whole, do I really know what to do with it?

Sixth, does the promise match the goal of your wait? A money-back policy does not match a retirement goal. A whole life endowment plan does not match a child's education needs. An EPF/VPF does not match an emergency fund. Gold does not match the goal of wealth creation. The marshmallow may be sweet. But, was it the one you were actually waiting for? Ask: The Gaza child never asked these questions because hunger gave it no time. The Washington child never bothered to ask because abundance made the wait itself unnecessary. Also! The third child never asked simply because nobody told it to. So, ask before you wait. Because, not every marshmallow is worth the wait, and not every wait is blessed with a marshmallow.

(The writer is an MSW & Child-Care/Child Health Manager and certified in MSARS Research Analyst module)

### Personal Loans

Rate and Charges

Loan Amount 1 Lak to 10 Lak  
Tenure 1 year

Loan Amount 1 Lak to 10 Lak  
Tenure 1 year

Pre-Paid amount

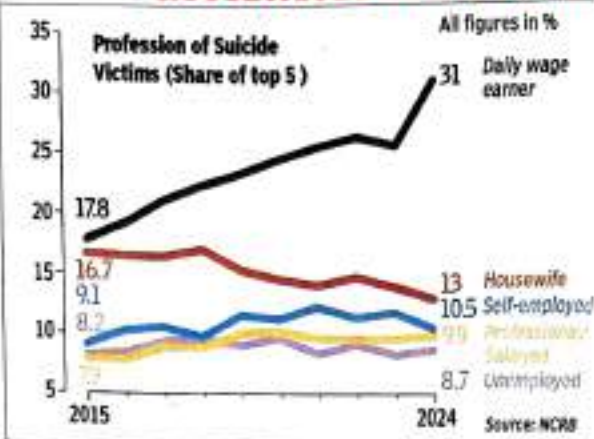
### Car Loans

Rate and Charges

Loan Amount 1 Lak to 10 Lak

# Daily wage earners' suicides 31% of total, highest in a decade

## CASES OF HOUSEWIVES DOWN: NCRB



Dipak.Dash@timesofindia.com

**New Delhi:** Daily wage earners accounted for 31% of all suicide deaths in 2024, the highest share in a decade (2015-2024), according to the latest National Crime Records Bureau (NCRB) data.

A total of 52,910 daily wage earners died by suicide during the year, marking a sharp rise from the previous peak of 26.4% recorded in 2022.

Casual labourers, a category that largely includes daily wage earners, constituted nearly one-fifth of and the biggest share of India's total workforce.

The total number of suicide deaths in the country rose to 1.7 lakh in 2024, compared with 1.34 lakh in 2015.

A comparative analysis of suicide deaths since 2015 shows that daily wage earners, housewives and the self-employed continue to account for the three largest categories under "suicide victims by profession".

However, the share of suicides among housewives and the self-employed has declined over the past decade.

Similarly, the share of suicide deaths among persons engaged in the farming sector fell from 8.7% in 2016 to 6.2% in 2024. The farming category was introduced in

**The share of suicide deaths among persons engaged in the farming sector fell from 8.7% in 2016 to 6.2% in 2024**

the NCRB's Accidental Deaths and Suicides in India report in 2016.

According to the 2024 NCRB report, Tamil Nadu recorded the highest number of suicides among daily wage earners at 10,556 — nearly one-fifth of all such deaths in the country — followed by Maharashtra (6,811), Telangana (5,745), Madhya Pradesh (5,299) and Chhattisgarh (3,413).

Among Union Territories, Delhi reported the highest number of such deaths at 343.

The report also noted that 62.9% of suicide victims in 2024 — around 1.1 lakh persons — had an annual income of less than Rs 1 lakh. Among the causes of suicide, "family problems" remained the leading reason, accounting for 35% of all deaths, followed by "illness" at 17.9%.

The major means adopted for deaths by suicide was hanging (62.3%) and by consuming poison (24.5%).

# खाने में मिलावट से बढ़ रही फूड एलर्जी

आगरा, वसं। यूरोप और अमेरिका जैसे विकसित देशों में जो प्रिजर्वेटिव्स प्रतिबंधित हैं, भारत में उनका धड़ल्ले से इस्तेमाल किया जा रहा है। इसका नतीजा यह कि तीन से चार फीसदी बच्चे फूड एलर्जी से पीड़ित हैं। फूड सेफ्टी कानून ढीले हैं और उनके मानकों का पालन नहीं किया जा रहा है।

इंडियन एसोसिएशन आफ पीडियाट्रिक की कांफ्रेंस-26 में यूपी चैप्टर के अध्यक्ष डा. आरएन द्विवेदी ने बताया कि विकसित देशों में हर तरह के खाने पर फूड सेफ्टी की ग्रेडिंग होती है। लगातार रिव्यू होते रहते हैं। तब उत्पाद

## यहां अनुमति, ईयू में प्रतिबंध

### प्रिजर्वेटिव्स

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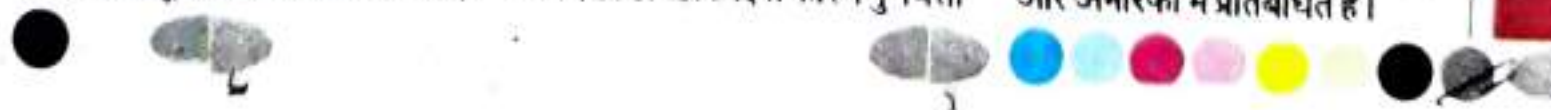
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### यूरोपियन यूनियन

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कई में प्रतिबंधित

बाजार में टिका रह पाता है। कमी पाए जाने पर लाइसेंस रद्द कर दिए जाते हैं, प्रतिबंध लगा देते हैं। भारत में ऐसा नहीं है। यहां लचर व्यवस्था के कारण एफएसएसएआई के मानकों की अनदेखी हो रही है। इस कारण गुणवत्ता

रहित या कम गुणवत्ता वाला खानपान लोगों तक पहुंच रहा है। बच्चे सबसे आसान टारगेट हैं। उनकी पसंद की चीजों में प्रिजर्वेटिव्स इस्तेमाल किया जा रहा है। जबकि ऐसे प्रिजर्वेटिव्स यूरोप और अमेरिका में प्रतिबंधित हैं।



# एम्स में पैंक्रियाज-किडनी का एक साथ प्रत्यारोपण

*in India*

नई दिल्ली, प्रमुख संवाददाता। एम्स के डॉक्टरों ने 30 वर्षीय युवक की किडनी और पैंक्रियाज (अग्न्याशय) दोनों का एक साथ प्रत्यारोपण करने में सफलता हासिल की है।

युवक मधुमेह टाइप-एक और अंतिम चरण के किडनी रोग से पीड़ित था। बीते दिनों एम्स के जनरल सर्जरी विभाग के डॉक्टरों ने युवक का सफल प्रत्यारोपण किया। इसके बाद अब उसे मधुमेह टाइप-एक से छुटकारा मिल गया है और किडनी भी ठीक काम कर रही है। मरीज के स्वास्थ्य में सुधार है।

एम्स के डॉक्टर बताते हैं कि अस्पताल में पहली बार 2008 में इस तरह की सर्जरी हुई थी। तब डॉ. संदीप

■ मधुमेह टाइप-एक और अंतिम चरण के किडनी रोग से पीड़ित था युवक

गुलेरिया ने पैंक्रियाज प्रत्यारोपण किया था। बताया जा रहा है कि 18 वर्ष में पहली बार एम्स में किडनी के साथ पैंक्रियाज का भी प्रत्यारोपण किया गया। मरीज मूलरूप से हरियाणा का रहने वाला है। वह टाइप एक डायबिटीज से पीड़ित था। इस वजह से उसके पैंक्रियाज से इंसुलिन नहीं बन पा रही थी। बीते माह 14 अप्रैल को पीजीआई रोहतक में ब्रेन डेड डोनर उपलब्ध होने की सूचना एम्स को मिली। इसके वहां से अंग लाकर सर्जरी की गई।

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# लैब में इंसुलिन बनाने वाली कोशिकाएं तैयार

वैज्ञानिकों ने कहा, इंसुलिन के इंजेक्शन से मिल सकती है निजात

## संज्ञान सेहत

स्टॉकहोम, एजेसी। वैज्ञानिकों ने टाइप-1 मधुमेह बीमारी की दिशा में एक बड़ी कामयाबी हासिल की। वैज्ञानिकों ने ऐसी इंसुलिन बनाने वाली कोशिकाएं तैयार की हैं, जो शरीर में जाकर काम कर सकती हैं। स्वीडन के करोलिंस्का इंस्टीट्यूट और केटीएच रॉयल इंस्टीट्यूट ऑफ टेक्नोलॉजी का यह शोध नेचर पत्रिका में प्रकाशित हुआ।

इन कोशिकाओं का परीक्षण मधुमेह से पीड़ित चूहों पर किया गया। वैज्ञानिकों ने पाया कि ये कोशिकाएं शरीर में मधुमेह को नियंत्रित करने में पूरी तरह सफल रहीं। इन कोशिकाओं ने छह महीने तक ब्लड शुगर को सामान्य बनाए रखा। वैज्ञानिक ओलोफ बर्गग्रिन ने कहा कि टाइप-1 मधुमेह शरीर की प्रतिरक्षा प्रणाली की उन कोशिकाओं पर हमला करता है जो इंसुलिन बनाती हैं। इंसुलिन की कमी से रक्त में शुगर का स्तर बढ़ जाता है। इससे थकान, वजन कम होना, धुंधली दृष्टि और भविष्य में गंभीर अंगों की विफलता जैसी समस्याएं हो सकती हैं। अब तक इसका एकमात्र समाधान बाहरी इंसुलिन इंजेक्शन ही रहा है।

**क्या है इंसुलिन इंजेक्शन :** वैज्ञानिकों ने कहा कि इंसुलिन एक हार्मोन है जो शरीर में प्राकृतिक रूप से



- कोशिकाओं को शरीर में डाला जाएगा फिर इंजेक्शन लेने की जरूरत नहीं पड़ेगी
- शरीर अपनी जरूरत के हिसाब से इंसुलिन बनाने लगेगा
- मधुमेह इम्यून सिस्टम सेल्स को खत्म करता है जो इंसुलिन बनाते हैं

## शरीर में कोशिकाओं का काम

इन कोशिकाओं का पहला कार्य ब्लड शुगर की निगरानी करना है। जब हम कुछ खाते हैं और रक्त में ग्लूकोज बढ़ता है, तो ये कोशिकाएं इसे तुरंत महसूस कर लेती हैं। ये उतनी ही मात्रा में इंसुलिन छोड़ती हैं जितनी शरीर को जरूरत होती है, जिससे शुगर लेवल सामान्य बना रहता है। यदि शरीर में ये कोशिकाएं नहीं होंगी या ठीक से काम नहीं करेंगी, तो इंसुलिन की कमी हो जाएगी। खून में शुगर का स्तर अनियंत्रित रूप से बढ़ जाएगा। यही स्थिति मधुमेह कहलाती है, जो समय के साथ हृदय, किडनी और आंखों को नुकसान पहुंचा सकती है।

## इलाज में काफी मदद मिलेगी

वैज्ञानिकों का मानना है कि भविष्य में यह तकनीक इंसानों के इलाज में बड़ी क्रांति ला सकती है। यदि मुनष्चों में परीक्षण सफल रहा, तो मरीजों को बार-बार इंसुलिन इंजेक्शन लेने की परेशानी कम हो सकती है। कई मरीजों को इससे मदद मिलेगी।

बनता है। इसका मुख्य काम शरीर में खून में मौजूद शुगर को शरीर की कोशिकाओं तक पहुंचाना है, ताकि वे ऊर्जा बना सकें। टाइप-1 मधुमेह में शरीर का इम्यून सिस्टम इंसुलिन बनाने

वाली कोशिकाओं को खत्म कर देता है। ऐसे में मरीज को जीवित रहने और ब्लड शुगर को नियंत्रित रखने के लिए बाहर से इंजेक्शन या पंप के जरिये इंसुलिन लेना पड़ता है।

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## अपना देश

विंताजनक : इंडियन जर्नल ऑफ मेडिकल रिसर्च के शोध में दावा, शिशु पर पड़ रहा असर

# मां-बाप का मोटापा बच्चों पर भारी पड़ेगा

नई दिल्ली, विशेष संवाददाता। मोटापा बड़ों में ही नहीं शिशुओं में भी चुनौती बन रहा है। एक नए वैज्ञानिक अध्ययन में दावा किया गया है किया गया है कि मां-बाप यदि ओवरवेट हैं तो उनके बच्चों के भी मोटे होने की संभावना 70 फीसदी होती है।

उन महिलाओं के शिशु मोटापे के शिकार पाए गए हैं जिनका वजन गर्भधारण से पहले तय मानकों से ज्यादा था। इंडियन जर्नल आफ मेडिकल रिसर्च में प्रकाशित एक शोध में यह दावा किया गया है। यह शोध गर्वमेंट मेडिकल कालेज तिरुवनंतपुरम के डाक्टरों ने किया है। इस शोध के दौरान



### मोटापे में भारी वृद्धि दर्ज की गई

2021-22 में हुए नेशनल फैमिली हेल्थ सर्वे के अनुसार पांच साल से कम उम्र के 3.4% बच्चे ओवरवेट पाए गए हैं। पांच साल पूर्व हुए सर्वे एनएफएचएस-4 की तुलना में इसमें 60% की बढ़ती दर्ज हुई है। तब दो फीसदी बच्चे मोटे थे। दूसरी तरफ वयस्क आबादी की बात करें तो 44% पुरुष और 41% महिलाएं मोटापे की जद में हैं।

एक महीने से लेकर 2 साल तक के शिशुओं में मोटापे के कारणों की पड़ताल की गई।

सबसे बड़ा कारण गर्भधारण करने से पूर्व मां के मोटापे की जद में होना था। जिन महिलाओं का बाड़ी मास इंडेक्स यानी बीएमआई 25 से ज्यादा था, उनके

बच्चों में जन्म से ही वजन ज्यादा था तथा उम्र बढ़ने के साथ-साथ वजन भी बढ़ता रहा।

दूसरा कारण शिशुओं को फार्मूला फीड का सेवन कराना तथा तीसरा कारण परिवार में जीवनशैली से जुड़ी बीमारियों का होना पाया गया। इस शोध

में मां के मोटापे के साथ-साथ पिता के मोटापे को लेकर भी अध्ययन किया गया। दावा किया गया है कि यदि माता-पिता में से कोई एक मोटापे की जद में हो तो बच्चों के भी ओवरवेट होने की संभावना 40 फीसदी रहती है। यदि दोनों पैरेंट मोटापे से ग्रस्त हों तो बच्चों के ओवरवेट होने की संभावना 70 फीसदी तक हो जाती है। अध्ययन में दावा किया गया है कि कुछ ऐसी महिलाओं ने जिन्होंने पहले बच्चे के बाद बेरियाट्रिक सर्जरी की जिसके जरिये वजन कम किया जाता है, ऐसी महिलाओं के दूसरे बच्चे का वजन पहले बच्चे की तुलना में कम हो गया।