



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE Day
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SC won't budge: Human life paramount, strays must go


'Ill, Aggressive, Rabid Dogs Can Be Euthanised'

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New Delhi: Holding that constitutional balance must tilt in favour of human life if it clashes with welfare of animals, Supreme Court Tuesday strongly reaffirmed its Nov 2025 order to remove stray dogs from public institutions and spaces — hospitals, schools, colleges, playgrounds — noting that dog bite cases have assumed an “alarming proportion”.

It directed govt to take all legally permissible measures to control the problem, including euthanasia in cases involving rabid, incurably ill or demonstrably dangerous dogs.

“The right guaranteed under Article 21 of Constitution...stands at the highest pedestal of constitutional protection, and casts upon the State

 The right to live with dignity under Art 21...encompasses right of every citizen to move freely and access public spaces without...constant apprehension of physical harm, attack or exposure to life-threatening events such as dog bites

The scheme of ABC Rules, 2023... cannot be elevated to confer... unqualified right of existence upon such animals...particularly in spaces where considerations of public safety assume significance
—SC bench



MCD drags its feet on promises to court

Despite its many promises before SC, in its Oct 2025 affidavit, to implement measures to curb the city's stray dog population and prevent incidents of conflict, the Municipal Corporation of Delhi has moved at a sluggish pace, reports Vibha Sharma. For instance, work has not started on the Dwarka shelter it proposed to house aggressive dogs. Of the 735 feeding points identified, sign boards have come up only for 28. P5

an affirmative, non-negotiable and continuing duty to take all expedient, effective, preventive and legally permissible measures...to secure citizens against threats to life and

safety arising from stray dog attacks,” a bench of Justices Vikram Nath, Sandeep Mehta and NV Anjaria said.

► 'Survival of fittest', P 5

Activists welcome & question verdict

There was mixed reaction among animal welfare groups and activists, with some saying the SC verdict would give a push for scientific implementation of the ABC framework, while others said it could lead to “arbitrary removal of community dogs”. Overall, activists welcomed SC's emphasis on accountability of civic agencies and govts. P5

Delhi govt must help, support MCD: RWAs

Residents' Welfare Associations in Delhi welcomed the order but wondered how the directions would be implemented, given the lack of infrastructure, shelters and manpower to handle the problem. The RWAs demanded that Delhi govt support and monitor the implementation instead of leaving the responsibility entirely to MCD. P5

City tops ^{T 8 I}46°C on torrid Tuesday; scorching days ahead, warns IMD

New Delhi: Temperatures topped 46 degrees C at several places on a torrid Tuesday, the season's hottest day in Delhi, with the punishing prospect of a weeklong spell of broiling heat in store. The met department has sounded orange alerts for heatwave conditions across the city till May 25, reports **Kushagra Dixit**.

The mercury crossed heatwave thresholds at multiple

► At 48.2°C, UP's Banda tops heat chart again, P 11

spots — Delhi Ridge logged a scorching 46.5 degrees C, Mungeshpur 46.1 and Ayanaagar 45.5. Base station Safdarjung was at 45.1 degrees C, 4.7 notches above normal.

This was the city's first heatwave day in May in two years and the second this season. IMD warned that the region faces an unforgiving



Blazing sun and searing loo winds forced people to take cover

spell of blazing, dry weather in the next few days with little respite—unlike April and the first half of May, when western disturbances and dust storms brought relief.

AQI deteriorated to 'poor', prompting the CAQM to impose Grap stage 1. While not restrictive, it imposes pre-emptive measures to curb

Delhi power demand surges to year's high

Delhi's power demand surged to 7,776 MW at 3.30pm Tuesday, the highest so far this year. This was significantly higher than the corresponding peaks recorded till May 19 in the previous two years. Nationally, power demand clocked an all-time high of 260.5 GW, breaking the record set just a day ago. **P 2, 11**

pollution. The minimum was 28.2 degrees C at Safdarjung, two notches above normal, while Rajghat logged 31.2 degrees C, satisfying 'warm night' criterion of maximum temperature over 40 degrees and minimum at least 4.5 notches above normal.

► No May heatwave in '25, P 2

TOL

MCD Stray Plans: Quick To Pledge, Slow To Implement

Shelter For Aggressive Dogs, Feeding Points Non-Starters

Vibha Sharma
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New Delhi: Municipal Corporation of Delhi's (MCD) progress on the implementation of several commitments it made before Supreme Court to curb the city's stray dog population and reduce incidents of human-animal conflict has remained sluggish.

MCD was among the first few civic bodies in the country to submit an affidavit before the apex court in Oct 2025, detailing measures taken or proposed to tackle the problem.

Among its key promises was the establishment of a dog shelter in Sector 29, Dwarka, to house aggressive or ferocious dogs. No work has started at the identified site despite visits by members of the deliberative wing of MCD, along with other officials, in the past.

The first such facility in the city is proposed on a 2.5-acre plot where an animal birth control (ABC) centre is already functional. The shelter is expected to house over 1,500 dogs at a time. After approval from the MCD commissioner, the public health department agreed to fund the project.

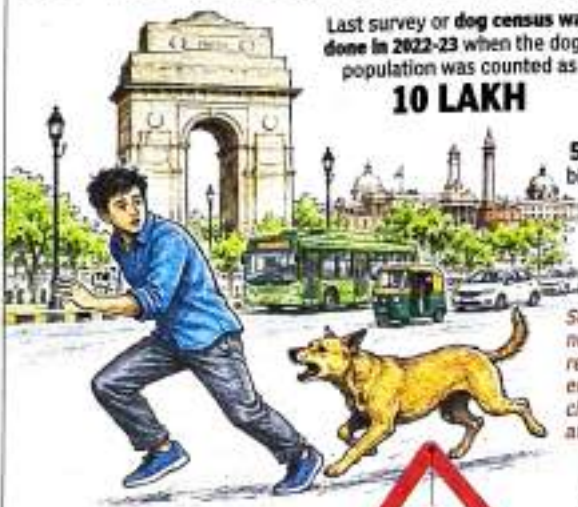
"However, the implementation will be carried out by the engineering department. It has to float a tender, after which it will take at least five months to complete construction and make the site operational," an MCD official said.

Despite the corporation assuring the court that it will set up dog-feeding points, it has yet to finalise the project. The department concerned had identified 736 feeding points in the city, but only 28 signage boards have been installed so far.

To scale up its sterilisation programme, MCD had proposed in its affidavit before SC that it would construct additional kennels at five ABC centres — one each in Bijwasan, Bela Road and Usmanpur, and two in Rohini.

"To expedite the ABC programme, construction of 14 additional dog kennels has now started at the Bijwasan sterilisation centre run by Friendicoes SECA, an NGO. The facility currently can house 550 to 600 stray dogs. After expansion, around 550 more can be accom-

13 ABC CENTRES CAN STERILISE UP TO 9K DOGS PER MONTH



Last survey of dog census was done in 2022-23 when the dogs' population was counted as **10 LAKH**

Delhi reported **57,173** dog bite cases in 2023

In 2024, the number was as high as **64,995** till Aug alone

MCD has **20 animal birth control centres (ABC)** in locations such as Rohini, Timarpur, Dwarka, Tughlaqabad, Usmanpur, Bijwasan, etc, for sterilisation and immunisation of strays

Of them, **seven** are yet to obtain certificate of project recognition from Animal Welfare Control Board of India

The remaining 13 centres can sterilise and give anti-rabies vaccination to up to **9,000 dogs per month**



SOME PLANS STUCK, OTHERS IN PROGRESS

- > Work on dog shelters at Dwarka Sec 29 yet to start
- > At Bela Road, work on developing additional kennels for keeping dogs after sterilisation started, may take three-four months to be completed
- > At Bijwasan, work of adding 14 kennels may take a month
- > Project for installing micro chipping on stray not started yet
- > Estimate sought from engineering dept for installing over 700 feeding boards
- > MCD looking for space for setting up a facility for stray dogs collected from institutions or public places
- > It also plans to engage NGOs for feeding them

modated, enabling sterilisation and immunisation of over 1,000 dogs per month. The process for installing sheds is in progress, and we expect the work to be completed within a month," another MCD official said.

A project for building kennels at the Bela Road centre began only last week and is expected to take another three to four months before it becomes fully operational.

No significant progress has been reported on a proposed microchipping project for strays, which aims to create a database of sterilised and vaccinated dogs for better monitoring and management. The veterinary department plans to initiate the tendering process in the current financial year, for which Rs 20 crore has been

allocated. Earlier, funds were largely restricted to sterilisation drives, officials said.

MCD currently has 20 sterilisation centres, of which 13 are operated by eight NGOs. The remaining seven are yet to obtain the mandatory certificate of project recognition from Animal Welfare Board of India. "The certification is necessary to verify service quality, staffing and other operational capacities," an official said.

In comparison, New Delhi Municipal Council (NDMC) has set up a dedicated shelter for aggressive dogs at its veterinary hospital in Moti Bagh, with the facility capable of housing up to 30 dogs at a time. Kennels have been built specifically for keeping aggressive dogs, and there are plans to

further expand the facility. Acting on Supreme Court directions, NDMC has earmarked 100 designated feeding points across 14 circles, covering major markets, parks, religious places and residential colonies.

Officials said the court's direction against filing criminal cases or FIRs against govt officials and dog catchers carrying out orders to remove stray dogs from public areas would help in conducting sterilisation drives more effectively.

"The court has ordered strict contempt action against individuals or organisations obstructing municipal operations. There have been several instances where our staff faced hostility and lack of cooperation while carrying out such drives," the official added.

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Mankind Pharma Profit Jumps 30% on Chronic Therapy Demand in Q4

The Economic Times

New Delhi: Mankind Pharma on Tuesday reported a 30% year-on-year rise in fourth-quarter profit, driven by strong demand for chronic therapies and consumer healthcare products. The drugmaker's consolidated net profit from continuing operations rose to ₹554 crore for the quarter ended March 31, compared with ₹425 crore a year earlier. Revenue from operations increased nearly 12% to ₹3,443 crore.

Brokerage Motilal Oswal said Mankind Pharma's domestic formulations business is in a "revival mode", with March growth of 11.5%, ahead of the Indian pharmaceutical market's 10.6% growth. The momentum was led by chronic therapies such as cardiac and anti-diabetes treatments.

The brokerage added that the company's recovery was aided by improved sales execution following a reorganisation of its field sales team. It also noted that Mankind's acquisition of Bharat Serums and Vaccines has moved beyond initial integration challenges and is now delivering stronger growth.

The results come amid a mixed earnings season for Indian drugmakers. **Reuters**



The pharma company's revenue from operations grew nearly 12% year-on-year to ₹3,443 cr

NUTRITION

PREVENTION

WELLNESS

BODY

TIPS, TRENDS & TECH

A fungal infection that is trapping Indians quietly

Ringworm strain discovered here in 2020 has spread everywhere and is silently colonising patches of skin

Swathi Sankar | TOI

WHAT'S THE SUPER-FUNGUS?

Trichophyton indohense, a strain of ringworm that's resistant to standard antifungal treatments. It quickly migrates from one individual to the entire family, creating a cycle of infection that's difficult to break

WHY THE CONCERN?

Many seek 'quick fixes' from local chemists, which provide instant relief from itching but suppress skin's local immunity, allow fungus to spread and grow deeper, and mask symptoms until infection becomes severe



HOW TO BREAK THE CYCLE

1 Laundry war: Wash infected person's clothes, towels, and bedlinens separately in hot water



2 Single use: Don't share seats, towels or bed space during infection period



3 Fabric fix: Switch to loose cotton clothing, avoid denim, leggings, and gear wear until fully cleared by doctor



4 Keep it dry: After bathing, ensure skin folds (underarms, groin, between toes) are completely dry before dressing



5 Fungal cream: Even while using perfect cream medication for full prescribed duration. Always consult a dermatologist before stopping treatment

Dr Manjivani M Shetty, professor of dermatology at Vellore Medical College, Mangalore and lead author of the study, points to two culprits: a common family towel and soap bar. "Our study revealed a high prevalence of co-infections; these items, in a typical Indian

household, are often between personal and shared property (bathroom shared, creating a perfect highway for the fungus to travel)," he says.

It's not just about sharing; it's about the environment the fungus gets to thrive. T. indohense grows best on moist skin, especially within skin folds. "Hotter, less-porous footwear wears in summer and in humid weather when we wear more. It is important to wear loose cotton clothing during these times as moisture is both mild on skin and allows us rest," says Dr Shetty.

The multi-centre study also revealed that 54% of patients regularly wear tight-fitting clothes such as heavy denim jeans or synthetic leggings, which trap moisture. "The skin needs to breathe to heal," says Dr Pradipganga Vaidya, the microbiologist at Deemed-to-be Manipal Hospital, Pune. "We see a

direct correlation between skin area and recalcitrant infections. We now prescribe light cotton clothing as strictly as we prescribe medication."

The study notes that breaking the chain of transmission requires a complete lifestyle overhaul. "Infected patients must abandon tight jeans and thick fabrics. The shared laundry bin that could also pose a hazard. Experts suggest that clothes touching infected areas need to be laundered separately in hot water. For a busy household, these extra steps—separate soaps, separate wash, separate laundry—can feel like a burden, but this too the only way to "starve" the infection, he stresses.

Make a hygiene pact

Perhaps the most dangerous player in this war is the "quick fix." Across India, steroid-based creams are sold over the counter (OTC) as easily as candy. These creams are really well in short-term clothing. They provide instant relief by suppressing inflammation, but actually weaken the skin's local immunity. "Using steroids on ringworm causes the fungus to proliferate wildly. It masks the symptoms while the infection grows deeper," warns Dr Khanna. By the time the patient sees a dermatologist, the fungus has spread to multiple areas and the skin may have permanent, disfiguring scars.

Even when the right medication is prescribed, as soon as the visible redness fades and the itching stops, many patients stop their treatment. "An important message is the single most important factor in recovery," says Dr Kapil Kumar Gogia, a skin specialist based in Gurugram. Patients mistake "looking better" for "being cured". But when treatment is only half, the strong anti-fungal spores survive, leading to a resurgence that is even harder to kill.

The solution isn't a one better cream; it's a better system. The dermatologists are calling for a total ban on OTC sale of steroid-based creams and/or more regulation on over-the-counter drugs. Until then, the burden of care lies with the home. Employs a "hygiene pact" around family members: no sharing, no scratching, and no stopping the medication early.

As Dr Shetty notes, dermatological services are often low in rural hospitals now in India, so it's a "game-changer" for Bombay's health, and this must be done, the lesson is hard learned: the infection only leaves when the whole habit changes its ways.



Get well soon? A blood test aims to predict if you will

Wondered why the same infection affects two people differently, taking in a few days for one while landing the other in hospital? Scientists from Imperial College, London have hit upon a method to forecast how disease could progress in a patient from gene expressions in their blood

What's it called?

Called **WBCB**, this method was tested on blood samples from:
 ■ 400 kids across Europe, who were hospitalized with flu
 ■ Healthy adults, after viral exposure in controlled settings, to see if they get flu or Covid-19

■ Those with HIV, tuberculosis, and inflammatory bowel disease to highlight complications and response to treatment

This type of test could greatly benefit patients and healthcare staff. Offering medicines a test that can predict the course of illness could help them to triage patients much faster, getting the right treatment to the right patient at the right time

Aubrey Cunningham, MCh, Infectious Diseases Dept, Imperial College, London

How does it work?

■ When we're sick, our cells switch genes 'on' or 'off' in a personalised immune response
 ■ Ribonucleic Acid (RNA) messenger molecules in blood, which carry DNA commands to regulate cellular processes, can be a "fingerprint" pointing to what's causing illness
 ■ WBCB uses bioinformatics to go beyond direct cause and understand how it will affect our bodies
 ■ RNA velocity, an existing method used to map what happens in single stem cells (whether they turn to skin or blood based on gene expression), was applied to analyse blood samples with millions of cells

■ So, instead of a single cell, this approach helped predict clinical fate of person as a whole

It's like a computer programme...

When genes get activated, their DNA is unwrapped, read & transcribed, with an RNA copy of data
 But raw RNA has non-coding regions (introns) & needs to be processed before cells can use it
 More raw RNA that processed RNA in blood means illness is getting worse. Opposite means infection is subsiding

What next?

Researchers have filed for a patent and aim to refine this method into a quick "point of care" test, which, by looking at a few key RNA markers, doctors can decide whether a patient needs to be hospitalised or can safely recover at home

Source: Imperial College, London

WHICH ONE IS HEALTHIER?

Kaffir falooda	1 serving	Chia pudding
180-200	CALORIES	180-250
45-70g	CARBS	12-18g
6-8g	PROTEIN	6-10g
15-25g	FAT	10-15g
10-50g	Sugar	4-8g
1-1/2	FIBRE	8-12g



kaffir falooda is milk thickened with rice, topped with sugar, vanilla, rose syrup & sugar. This pudding is less sweet, topped with milk, fruit & nuts. A mild sweetener, kaffir falooda is low-fat & high on calcium, fat, sugar, which can cause an insulin spike. Chia pudding is low-GI, high-fibre (4-8 times more), & better for metabolic health. Kaffir falooda is an occasional treat, but one pudding is functional food.

Source: bit.ly/HealthPlus, bit.ly/HealthPlus, bit.ly/HealthPlus, bit.ly/HealthPlus



National Arthritis Awareness Month

SPOTLIGHT



Dr. Chandra Shekhar Yadav

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Dr. Sumit Kumar Jain

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When to see a doctor for joint pain?

Joint pain is a common problem that can affect people of all ages. It may occur due to pressure, minor injuries, temporary inflammation, poor posture or age-related wear and tear. In many cases, mild discomfort improves with rest, stretching, hydration and simple lifestyle changes. However, persistent or worsening joint pain should never be ignored, especially when it begins to interfere with routine activities and mobility.

Many individuals experience discomfort while walking, climbing stairs, bending, standing for long periods or getting up from a chair. Swelling, stiffness, reduced flexibility or weakness during the joints may indicate an underlying condition that requires medical attention. Morning stiffness, pain during movement or difficulty performing daily tasks are also important warning signs. Some people may even notice crackling sounds or catching in the joints while walking.

One of the most common causes of chronic joint pain is osteoarthritis, a condition in which the protective cartilage between joints gradually

wears down over time. Excess body weight, lack of exercise, repetitive strain and previous injuries can place additional stress on the joints and worsen symptoms. In younger individuals, ligament injuries, sports-related strain or inflammatory conditions like rheumatoid arthritis can also contribute to persistent pain and stiffness.

Consulting a doctor helps to obtain accurate diagnosis and timely treatment. Delaying medical care can gradually worsen joint damage, reduce mobility and impact overall quality of life. Modern treatment options are highly effective and may include physiotherapy, joint exercise programs, weight management, medications and advanced pain relief when required.

Ignoring persistent joint pain can lead to further stiffness, muscle weakness and progressive joint damage over time. Maintaining a healthy weight with regular movement, proper posture and weight control can play a major role in protecting long-term joint health. Early diagnosis and timely treatment can help prevent mobility, improve daily function and support a healthier, pain-free future.

Prevent osteoarthritis early

Osteoarthritis is a degenerative joint condition that commonly affects the knees, hips and spine, especially with aging. It occurs when the protective cartilage between joints gradually wears down, leading to pain, stiffness and reduced mobility. While osteoarthritis is common, it is not an inevitable part of aging. In many cases, it can be delayed or prevented through healthy lifestyle habits adopted early in life.

Maintaining a healthy body weight is one of the most important steps in protecting joint health. Excess weight places additional pressure on weight-bearing joints such as the knees and hips, accelerating cartilage damage over time. Even moderate weight loss can significantly reduce stress on joints and relieve discomfort.

Regular physical activity helps keep joints flexible and muscles strong. Low-impact exercises such as walking, swimming, yoga and cycling are excellent for maintaining mobility without placing excessive strain on the joints. Strength training is also beneficial because strong muscles

support the joints and act as natural shock absorbers during movement. Good posture and proper ergonomics are equally important. Sitting correctly, using supportive footwear and balancing posture during long hours help reduce body weight stress and prevent unnecessary joint strain. Repetitive stress and overstress injuries should not be ignored, as they may contribute to early joint degeneration.

Diet also plays an important role in joint health. A balanced diet rich in fruits, vegetables, nuts and anti-inflammatory foods such as turmeric, omega-3 fatty acids, and antioxidants may help reduce inflammation and support healthy joints. Adequate calcium and vitamin D are essential for maintaining strong bones and joint function.

Avoiding smoking and excessive alcohol consumption is equally important, as both may accelerate joint damage. Regular health checkups after the age of 40 can help detect early joint changes and allow timely intervention. Healthy habits started today can preserve mobility, reduce future joint problems and support an active, pain-free life.

Weight: It's impact on joint health

Body weight plays a much bigger role in joint health than many people realise. Excess weight places continuous pressure on weight-bearing joints such as the knees, hips and lower back, increasing the risk of osteoarthritis and long-term joint damage. Over time, this added stress gradually wears down the protective cartilage between joints, leading to pain, stiffness and reduced mobility.

Even small increases in body weight can significantly affect the joints. Studies have shown that every extra kilogram of weight adds several kilograms of pressure on the knees during walking and climbing stairs. This repeated strain can accelerate joint degeneration and cause everyday activities to become increasingly uncomfortable.

The encouraging news is that even modest weight reduction can make a meaningful difference. Losing a few kilograms can help reduce pressure on the joints, improve flexibility and ease pain during movement. Many individuals notice improvements in walking, climbing stairs and overall mobility after gradual and sustained

weight loss. A balanced approach combining proper nutrition and regular physical activity is essential for maintaining healthy joints. Low-impact exercises such as walking, swimming, cycling and yoga help improve flexibility while strengthening the muscles that support the joints. Strong muscles act to reduce shock absorbers and reduce excessive stress on the knees and hips. Guided exercise routines and physiotherapy may also help improve balance, posture and joint function.

Diet also plays an important role in managing inflammation and supporting joint health. Eating a balanced diet rich in fruits, vegetables, nuts, lean proteins and anti-inflammatory foods can support healthy weight management and overall well-being.

Managing body weight is not only about aesthetics or fitness goals; it is an important step in protecting joint health, preventing long-term disability and maintaining an active lifestyle. Small, consistent lifestyle changes adopted early can have a lasting impact on joint comfort, movement and overall quality of life.



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Joint health problems: Rising across all ages

Joint pain is often considered a problem associated only with spring, but this belief is increasingly proving to be incorrect. Today, a growing number of younger adults are experiencing joint discomfort due to changing lifestyles, long working hours, reduced physical activity and poor posture habits. Extended screen time, prolonged sitting and lack of regular exercise are placing unnecessary stress on joints at a much earlier age.

Conditions such as osteoarthritis, rheumatoid arthritis, tendonitis and early cartilage wear are no longer limited to the elderly population. Many individuals in their 30s and 40s now report symptoms such as knee pain while climbing stairs, stiffness after long periods of sitting, reduced flexibility and discomfort during routine movements. Ignoring these early warning signs can allow the condition to progress and affect overall mobility and quality of life.

Certain symptoms should not be overlooked. Persistent pain, swelling, morning stiffness, reduced range of motion or pain that worsens with activity may indicate an underlying joint problem requiring medical attention. Early diagnosis plays a crucial role in preventing long-term damage and improving treatment outcomes.

Fortunately, several preventive measures can help maintain healthy joints. Regular low-impact exercises such as walking, cycling, swimming and stretching help strengthen muscles and improve joint flexibility. Maintaining a healthy body weight

reduces pressure on weight-bearing joints like the knees and hips.

A balanced diet rich in calcium, vitamin D and protein also supports bone and joint health.

Equally important are proper posture, ergonomic work habits and avoiding self-medication. Consulting an orthopaedic specialist when symptoms persist can help identify the root cause early and ensure timely treatment. With the right care and lifestyle changes, joint health can be preserved and an active, independent lifestyle can be maintained at every age.



Simple lifestyle changes can protect your joints

Joint health is influenced by everyday habits for many more people realise. The way we sit, move, sit and rest each day has a direct impact on our joints and overall mobility. Poor posture, prolonged sitting, lack of physical activity, unhealthy eating habits and inadequate sleep can gradually place stress on the joints and increase the risk of pain, stiffness and reduced flexibility over time.

Modern lifestyles have contributed significantly to joint-related problems, even among younger individuals. Long hours of desk work, excessive screen time and reduced physical activity further

worsen the impact on joints, making them more vulnerable to strain and injury. Prevention can therefore become essential for maintaining healthy joints and preserving mobility in the long term.

Fortunately, simple lifestyle changes can make a meaningful difference. Maintaining correct posture while sitting, standing and driving helps reduce unnecessary pressure on joints, particularly the spine, knees and hips. Taking short movement breaks during long periods of sitting can improve circulation, flexibility and muscle strength. Regular low-impact

exercise such as walking, stretching, cycling and swimming help maintain joint function and improve overall fitness without placing excessive stress on the body.

Nutrition also plays a major role in protecting joint health. A balanced diet rich in calcium, vitamin D, protein and anti-inflammatory foods supports stronger joints, healthy cartilage and improved muscle strength. Staying hydrated helps maintain joint lubrication, while adequate sleep allows the body to recover and repair tissues effectively.

Healthy joints are not maintained through major changes alone but through small, consistent habits practised every day. By adopting healthier lifestyle choices early, individuals can reduce the risk of joint problems, manage discomfort more effectively and maintain independence and mobility as they age. Prioritising your joints today can help ensure a more active, comfortable and healthier future.



A patient awareness initiative by



Self-Discipline Enables A Positive Outlook

Arun Mitra

After an enormous struggle, we may move only a small step towards the Truth; however, the invisible hand helping us will never fail us. Such was the belief of the scientist Madame Curie. On the one hand, we face serious challenges in every walk of life and on the other, our mental capacity to deal with them expands enormously with every barrier we encounter. The most desirable attribute to cultivate is self-discipline. It helps us become aware of the mistakes we make in pursuing our own goals. At the same time, it makes us proficient at realising our potential and utilising it skillfully.

It requires a great deal of effort to pursue good action, which may be possible only when we have self-discipline. Otherwise, we tend to repeat

selfish deeds. We may try to create fortune and secure our future at the cost of others. Indeed, Yudhishtir, in Mahabharat, mentions that the greatest wonder in the world is that despite realising our transient existence on our visit to a cremation ground, the next moment we behave as if we are going to live on earth forever. Our biggest folly is when people try to deprive others and benefit at their expense, not realising that their unfair action can be the cause of one's loss.

Similarly, gross inequality at societal level is not always the result of differences in endowments and capabilities. Our self-centred actions cause deprivation for others, and inequality begets inequality. Vivekananda said, "Him i call a mahatma, great soul,

whose heart bleeds for the poor." Tagore urged that your god stands where the tiller tills the hard ground and where the path maker breaks the stones. It is through self-discipline that we can envision the broader outcome of our individual actions.



THE SPEAKING TREE

Sometimes we are frustrated with the adverse outcomes of our hard work. But the gift of self-discipline teaches us to interpret everything with a positive spirit. For example, we may realise that a painful result contains the seed of innovation, which takes us a step forward. What we sometimes consider the end may be the beginning of an era.

Another virtue associated with self-discipline is the ability to ignore others' follies. If we are unhappy with

an individual, our conscience can help us recall benefits we may have received from that person. Such recalling makes our frustrations smaller, and mind revives with positive energy.

If someone is constantly harming us, through self-discipline, we learn not to settle the score. At the same time, we maintain a distance and self-protect in a manner that negativity does not come our way. Forgiveness does not mean that we must trust someone perpetually.

Self-discipline ignites intelligence in a way that one sticks to the path of creativity. The mental energy is greatly enhanced: the closure of one path opens hundreds of alternative channels. These options may already exist, but we were not able to realise them, or, with our enhanced capacity, we may create new options. Both the individual and society can benefit from pursuit of self-discipline.



How Cos Can Deal With Employee Anxiety Amid AI Gold Rush

By Arun Aggarwal

Artificial Intelligence (AI) is the engine of our future.

The statistics make sure: AI taking over jobs is not just hype, it is driving an inevitable crisis of employee anxiety. Companies can no longer afford to ignore this mental toll. To safeguard workers' well-being, leaders must confront the AI panic head-on before anxiety morphs into widespread disengagement and burnout.

Role of companies in steering these issues varies across industries. For instance, companies at the forefront of the digital takeover in IT-related domains will need to work more actively. Research shows that companies in traditional domains like construction have less intense

fears concerns about the strength of employees' mental health. While companies do roll out initiatives at the organisational level, AI-related change requires greater investment to proactively support employees.

Being proactive is key

Employees find themselves emotionally exhausted with continuous anxiety about what the future will bring with AI. When they feel replaceable, there is a perceptible shift in how they perceive and conduct work. There is a tendency to focus only on the required work and avoid innovation. The focus shifts from doing meaningful work to visibly staying busy. Employees end up proving they are still needed, rather than focusing on productivity and outcomes. There is a clear relation to this.

Companies should communicate with employees



well in advance about the direction the company is headed and how AI will affect each person's work in the short and long term. Will AI play a supportive role in enhancing existing work, or will it replace roles altogether? Uncertainty about how their role will evolve will lead to decreased productivity, absenteeism, and disengagement from the company's vision. Since technology is evolving at such a rapid pace,

and uncertainty cannot be eliminated. It is especially important for employees to understand how the company values its people. Open discussions and transparent communication will go a long way in reducing the anxiety for employees.

Walk the talk

Once communication is addressed, organisations should provide avenues for employees to voice concern about their roles and career paths. While AI adoption has occurred at various levels, outcomes have ranged from job losses to dramatic changes in job roles. Training and reskilling before and after implementing AI tools and providing information well in advance for major impacts on job roles, are necessary. Clarity in work transitions and reskilling options is also important to address the fear that AI

might replace person's job.

People before AI

Another major step for organisations is to ensure that employees find meaning in their work and that it aligns with the organisation's purpose. Employee well-being

initiatives should include sessions that discuss the impact of the AI judgement on the workplace environment. Opportunities like celebrating in the company's CSR initiatives will create space for conversations that let employees put their hearts to

work and discuss the dilemma of machine replacing humans.

Companies should focus on the long term and have conversations that connect employees to the company's work, making them feel part of the company's growth story instead

of the threat of the jobs that AI is an instrument, and not a replacement by humans, will be a catalyst for a transparent and healthy workplace.

(The writer is MD, ITI Executive Search)



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पापता निजा केकाल के मध्यम से का ट्रॉपिकल काल न केजरोवाल, हलाकि मम्मले कि सुनवाई करगी। हालाकि अब वे इस मामले की सुनवाई से भी अलग हो चुकी हैं।

दैनिक जागरण

स्वास्थ्य आपातकाल का रूप ले रहा लगातार गर्म होता मौसम, रिपोर्ट में सामने आया सच

संजीव गुप्ता • जागरण

नई दिल्ली: दिल्ली और एनसीआर सहित देश भर में लगातार गर्म होता मौसम अब गंभीर सार्वजनिक स्वास्थ्य आपातकाल का रूप ले चुका है। इसका असर न केवल अर्थव्यवस्था बल्कि मानव स्वास्थ्य पर भी बड़े स्तर पर देखने को मिल रहा है। राष्ट्रीय राजधानी दिल्ली भी इसके प्रभावों से अछूती नहीं है।

गैर सरकारी संगठनों 'क्लाइमेट राइज एलायंस' और 'दासरा' द्वारा हाल ही में जारी की गई नवीनतम संयुक्त रिपोर्ट "अंडर द वेदर: इंडियाज क्लाइमेट-हेल्थ इंटरसेक्शंस एंड पाथवेज टू रेजिलिएंस" ने देश में पैर पसारते जलवायु संकट को लेकर एक गंभीर और डरावनी तस्वीर पेश की है। दिल्ली के निर्माण कार्य में लगे मजदूरों और गिग वर्कर्स (जैसे डिलीवरी बाय) पर इस मौसम का सबसे घातक असर पड़ रहा है।

स्थिति में सुधार के लिए सुझाव: रिपोर्ट में इस पर विशेष जोर दिया गया है कि स्वास्थ्य, आपदा प्रबंधन, पर्यावरण और शहरी नियोजन विभागों को अपने पारंपरिक दायरों से बाहर निकलकर एक साथ मिलकर काम करना चाहिए। ऐसा इसलिए तर्क इस गहराते संकट से आम नागरिकों और आने वाली पीढ़ियों को बचाया जा सके।

संबंधित खबरें » जागरण सिटी



- रिपोर्ट ने जलवायु संकट व स्वास्थ्य पर इसके प्रभावों को लेकर चेतावनी
- निर्माण कार्य में लगे मजदूरों व गिग वर्कर्स पर इस मौसम का घातक असर

« घिलघिलाती धूप व गर्मी से बचने के लिए खुद को व अपने बच्चे को ढके व्यक्ति • जागरण

रिपोर्ट के मुख्य बिंदु: तनाव, उच्च रक्तचाप आदि बीमारियां बढ़ रही

- गान्त्व व शिशु स्वास्थ्य पर संकट: बढ़ते तापमान की वजह से गर्भवती महिलाओं में मानसिक तनाव, उच्च रक्तचाप आदि बीमारियां बढ़ रही हैं। राष्ट्रीय स्वास्थ्य सर्वेक्षण (2019-21) के अनुसार, देश में 13 प्रतिशत बच्चे समय से पहले व 17 प्रतिशत बच्चे कम वजन के साथ पैदा हो रहे हैं, जिसका एक बड़ा संबंध प्रतिकूल मौसमी दशाओं से पाया गया है।
- शिक्षा और बच्चों पर असर: साल 2022 से अब तक दुनिया भर में 40 करोड़ से अधिक छात्रों को घरम मौसम के कारण स्कूल बंद होने का सामना करना पड़ा है। इस व्यवधान से बच्चों में सीखने की क्षमता कम हो

रही, वे लंबे समय तक मानसिक आपात का शिकार हो रहे हैं।

- उम्मीद की किरण: इस भीषण संकट के बीच रिपोर्ट में सकारात्मक और व्यावहारिक कदमों का भी उल्लेख किया गया है। भारत के कुछ राज्यों ने इस चुनौती से निपटने के लिए अपनी 'राज्य स्तरीय जलवायु-स्वास्थ्य कार्य योजनाओं' के तहत बेहतरीन प्रयास शुरू किए हैं। दिल्ली समेत कई राज्यों ने इस दिशा में सबसे आशाजनक रणनीतियां अपनाई हैं। इसमें स्वास्थ्य केंद्रों और अस्पतालों को हीट-प्रूफ व चिकित्सा आपूर्ति श्रृंखलाओं को पर्यावरण-अनुकूल बनाना आदि शामिल है।

एम्स सहित चार अस्पतालों में आश्रय स्थल की सुविधा शुरू

राज्य धूरी, जागरण • नई दिल्ली: भीषण गर्मी और लू के बीच दिल्ली शहरी आश्रय सुधार बोर्ड ने चार प्रमुख अस्पतालों में मरीजों के साथ आने वाले तीमारदारों के लिए आश्रय स्थल की सुविधा शुरू की है। कई मरीजों के तीमारदार तेज गर्मी में अस्पतालों के बाहर रात बिताने को मजबूर हो रहे थे, इसलिए दिल्ली सरकार ने इन अस्पतालों के पास स्कूलों और कम्युनिटी हाल को अस्थायी आश्रय में बदल दिया है, जहां मुफ्त रहने और बेसिक सुविधाएं उपलब्ध कराई जा रही हैं। सरकार ने कहा है कि यदि स्थान उपलब्ध होता है, तो इस सुविधा को अन्य अस्पतालों के आसपास भी शुरू करने पर विचार किया जाएगा। एम्स, लेडी हार्डिंग मेडिकल कालेज एंड हास्पिटल, आएमएल अस्पताल और सफदरजंग अस्पताल के पास यह सुविधा शुरू की गई है। 15 मई से नगर निगम और नई दिल्ली नगर परिषद के स्कूलों और कम्युनिटी हाल में शुरू की गई ये सुविधाएं 15 जुलाई तक जारी रहेंगी। दिल्ली सरकार के एक अधिकारी ने बताया कि कई तीमारदार, विशेषकर दिल्ली के बाहर से आने वाले, पैसे की तंगी और रहने की जगह की कमी के कारण अस्पतालों के बाहर, बस स्टैंड या फुटपाथ पर रातें बिताने को मजबूर होते हैं। इन आश्रय स्थलों का उद्देश्य उन्हें हीटवेव के दौरान राहत प्रदान करना है।

विशेषज्ञों का दावा-अनिद्रा के मरीजों में हार्ट फेलियर, अस्पताल में भर्ती होने और मृत्यु के बड़े मामले

लंबे समय तक मेलाटोनिन लेना ^{अनिद्रा} बढ़ाता है ^{हृदय} हृदयघात का जोखिम

अमर उजाला नेटवर्क



शरीर की जैविक घड़ी और सोने-जागने के चक्र को नियंत्रित करने में मदद करता है। यह शरीर में पीनियल ग्रंथि द्वारा बनाया जाता है। अंधेरा बढ़ने पर इसका स्तर बढ़ता है और दिन के समय कम हो जाता है। इसका सिंथेटिक संस्करण कई देशों, विशेषकर अमेरिका में, बिना डॉक्टर के पर्चे के सप्लीमेंट के रूप में उपलब्ध है।

अध्ययन का नेतृत्व न्यूयॉर्क के ब्रुकलिन स्थित एसयूएनवाई डाउनस्टेट, किंग्स काउंटी प्राइमरी केयर में इंटरनल मेडिसिन के चीफ रेजिडेंट

एकेनेडिलिचुक्व न्नादी ने किया। शोधकर्ताओं ने टाइनेटएक्स ग्लोबल रिसर्च नेटवर्क के इलेक्ट्रॉनिक हेल्थ रिकॉर्ड्स का उपयोग करते हुए 1 लाख 30 हजार 828 व्यक्तियों के डाटा का विश्लेषण किया। इन सभी लोगों को लंबे समय से अनिद्रा की समस्या थी। अध्ययन में शामिल लोगों की औसत आयु 55.7 वर्ष थी और 61.4 प्रतिशत महिलाएं थीं।

शोधकर्ताओं ने उन मरीजों को लॉन्ग-टर्म यूजर माना जिनके रिकॉर्ड में कम से कम एक मेलाटोनिन प्रिस्क्रिप्शन दर्ज था और जिन्होंने एक वर्ष या उससे अधिक समय तक इसका उपयोग किया था। इनकी तुलना ऐसे मरीजों से की गई जिनके मेडिकल रिकॉर्ड में मेलाटोनिन उपयोग दर्ज नहीं था। दोनों समूहों को लगभग 40 कारकों के आधार पर संतुलित किया गया।

सबसे अधिक हार्ट फेल होने का जोखिम

अध्ययन के अनुसार जिन लोगों ने 12 महीने या उससे अधिक समय तक मेलाटोनिन का उपयोग किया, उनमें अगले पांच वर्षों में हार्ट फेलियर की दर 4.6 प्रतिशत पाई गई, जबकि गैर-उपयोगकर्ताओं में यह 2.7 प्रतिशत थी। शोधकर्ताओं के अनुसार यह लगभग 90 प्रतिशत अधिक जोखिम का संकेत देता है। शोधकर्ताओं ने एक अतिरिक्त विश्लेषण भी किया जिसमें केवल उन लोगों को शामिल किया गया जिन्होंने कम से कम 90 दिनों के अंतर से दो बार मेलाटोनिन प्रिस्क्रिप्शन लिया था। इस स्थिति में भी जोखिम लगभग 82 प्रतिशत अधिक पाया गया। अस्पताल में भर्ती होने और मृत्यु का जोखिम भी बढ़ा है।

न्यूयॉर्क। नींद सुधारने के लिए जिन लोगों ने एक वर्ष या उससे अधिक समय तक मेलाटोनिन का उपयोग किया उनमें हार्ट फेलियर, अस्पताल में भर्ती होने और पांच वर्षों के भीतर मृत्यु का जोखिम आम लोगों की तुलना में अधिक पाया गया। हालांकि शोधकर्ताओं ने स्पष्ट किया है कि यह अध्ययन केवल संबंध दिखाता है, प्रत्यक्ष कारण और परिणाम साबित नहीं करता।

अमेरिकन हार्ट एसोसिएशन की साइंटिफिक सेशंस में प्रस्तुत रिपोर्ट साइंस और हेल्थ प्लेटफॉर्म अर्धस्नैप में प्रकाशित हुई है। शोधकर्ताओं का कहना है कि निष्कर्ष प्रारंभिक हैं, लेकिन वे एक ऐसे सप्लीमेंट की सुरक्षा को लेकर सवाल उठाते हैं जिसे आमतौर पर नेचुरल और सुरक्षित माना जाता है। मेलाटोनिन एक हार्मोन है जो

In stray dogs case in SC, questions of right to life, compassion to living beings

Anand Sheikh

New Delhi, May 19

THE SUPREME COURT on Tuesday dismissed all challenges to stray dog management and warned that the state cannot remain a "passive spectator" to the threat of dog attacks in public spaces.

The bench, comprising Justices Vikram Nath, Sanjeev Mishra and NV Anand, said the stray dog crisis had reached alarming proportions because of poor implementation of the Animal Birth Control (ABC) framework.

Linking the issue to Article 21 of the Constitution, the court held that the right to life includes the right to move freely in public spaces without fear of attack. "The Constitution does not envisage a society where children and elderly citizens are left to survive at the mercy of physical strength or dexterity," it held.

What triggered the case?

The SC stepped into the stray dogs issue last July following two writs originating from a report about a six-year-old girl in New Delhi dying after a dog bite.

The case went before a bench of Justices Dhananjaya Kumar and R. Indu Malhotra, who in August 2020 directed civic authorities across Delhi-NCR to pick up stray dogs from public places and give them to shelters. It also said the dogs should not be released back onto the streets.

This triggered protests, with animal welfare groups and others arguing that the directions were contrary to the ABC Rules. The rules require stray dogs to be sterilised and vaccinated before being released into the same area from where they were picked up.

Applications were filed in the SC seeking to have this order recalled. The matter was eventually placed before a larger three-judge bench led by Justice Vikram Nath. The court



The SC said last year that the stray dog issue had become a public safety concern.

followed the earlier directions and ordered the sterilisation and release policy, while allowing authorities keep watch for aggres-

sive dog breeders. It also barred feeding in public spaces outside designated zones.

What was argued earlier?

Animal groups and families of dog bite victims argued that authorities had failed to control rising attacks, especially near schools, residential colonies, etc. They told the court that the issue could no longer be treated only as an animal welfare concern.

Animal welfare groups took the opposite view, arguing that mass removal of dogs was neither sustainable nor effective. As dogs are territorial animals, removing sterilised dogs from an area would only create space for unsterilised dogs to move in, which would worsen the problem.

Gradually, the hearings broadened into a review of how municipal bodies across states were implementing directives, shelter and vaccination policies.

In November 2022, the SC passed another

order directing states and the National Highway Authority of India to remove stray animals from highways and institutional premises such as schools and hospitals. It also directed feeding of such animals.

What SC has now directed

The court directed every district to establish at least one fully functional ABC centre and add at least one more to expand infrastructure depending on population density and local requirements.

The court further held that authorities may take legally permissible measures, including euthanasia, in cases involving rabid, severely ill or demonstrably dangerous and aggressive dogs posing a threat to human life, strictly in accordance with the Prevention of Cruelty to Animals Act and the ABC Rules. The court also directed all High Courts to register suo motu proceedings to monitor the implementation of its directions.

What do the ABC Rules say?

The Animal Birth Control Rules, 2003, issued under the Prevention of Cruelty to Animals Act, 1960, treat sterilisation and anti-rabies vaccination as the primary way to control stray dog populations. They also require dogs to be released back into the same locality after sterilisation, recognising that stray dogs are territorial by nature.

The Rules do not permit indiscriminate killing or relocation. Euthanasia is allowed only in limited situations involving rabid, terminally ill or fatally injured animals.

The case also raised constitutional concerns. Animal welfare groups relied on Article 21(A)(g), which asks citizens to show compassion towards living creatures. Petitioners representing residents and bite victims argued that unchecked stray dog populations affected citizens' rights under Articles 19 and 21, including the right to move freely and live safely.



दिल्ली 2027 तक होगी ड्रग्स फ्री, तोड़ी जा रही चेन

Shanker.Singh
@timesofindia.com

■ नई दिल्ली: राजधानी को 2027 तक 'नशा मुक्त' करने का लक्ष्य रखा गया है। इसके तहत दिल्ली पुलिस की एंटी नारकोटिक्स टास्क फोर्स (ANTF) ने अलग-अलग एरिया में 123 'रेड जोन' की पहचान की है। नशे के नेटवर्क की रीढ़ तोड़ने के लिए 'अवैध कमाई' पर चोट की जा रही है। अर्जित प्रॉपर्टी पर बुलडोजर चलवाया जा रहा है। सिर्फ छोटे तस्कर या पैडलर ही नहीं, बल्कि पूरी सप्लाय चेन को तोड़ा जा रहा है। पिछले साल नाइजीरियाई और पाकिस्तानी ड्रग कार्टेल का भी भंडाफोड़ किया गया था।

पुलिस अफसरों के मुताबिक, नशे के खिलाफ एक्शन को ज्यादा सटीक बनाने के लिए अलग-अलग इलाकों में होने वाले नारकोटिक्स ड्रग्स एंड साइकोट्रोपिक सबस्टेंस (NDPS) के केसों, मानस एप पर आई शिकायतों और पुलिस कंट्रोल रूम (PCR) कॉल्स का विश्लेषण किया गया। इसके आधार पर 123 रेड जोन की पहचान की गई है। पैरामिलिट्री फोर्सों के साथ जॉइंट ऑपरेशन चला कर डोर-टु-डोर वेरिफिकेशन किया जा रहा है। निगरानी के आधार पर छापेमारी की जा रही है और आदतन अपराधियों के खिलाफ एक्शन किया जा रहा है।

ANTF में एक जॉइंट सीपे और अडिशनल सीपे की तैनाती पहली बार हुई है, जहां अतिरिक्त स्टाफ दिया गया है। मालवीय नगर में प्रस्तावित ANTF थाने में 50 पुलिसकर्मी तैनात होंगे। एडवॉंस टेक्निक, वित्तीय जांच, क्रिप्टो ट्रेडिंग और ओपन सोर्स इंटेलिजेंस (OSINT) से लैस किया जा रहा है। PIT-NDPS

बढ़ रहे केस, पकड़े जा रहे हैं तस्कर



- 48,192 किग्रा बरामद ड्रग्स 2022 से अब तक वरी जा चुकी है नष्ट
- 1697 किग्रा ड्रग्स भई में जलाई, जो थी 72 करोड़ रुपये की
- 13 स्पेशल NDPS कोर्ट दिल्ली में, राज ज एवेन्यू में बन रही है 16 नई कोर्ट
- 2,987 पेडिंग NDPS केसों का बोझ कम करने के लिए बन रही नई कोर्ट
- 1179 NDPS केस दर्ज हुए थे 2022 में, तब 1499 हुए अरेस्ट
- 2154 NDPS के केस 2025 में हुए और 2853 तस्कर गिरफ्तार

Act के तहत 2021 से अब तक 39 डिटेन्शन ऑर्डर जारी किए गए हैं, जिनमें 9 आदेश 2026 जारी हुए और 48 और प्रस्ताव तैयारी है। हाई-रिस्क वाले 452 दो से ज्यादा तो 40 तीन से अधिक केसों वाले तस्कर सर्विलांस पर रखे गए हैं।

पुलिस अफसरों का मानना है कि ड्रग अर्थव्यवस्था उसकी कमाई खत्म होने पर खुद बंद जाती है। इसलिए वित्तीय जांच को नारकोटिक्स एन्फोर्समेंट का प्रमुख हिस्सा बनाया गया है। तस्करों के अलावा उनके पैरिमिले मेम्बर्स की चल-अचल संपत्ति की भी जांच की जाती है। कमर्शियल क्वॉन्टिटी की ड्रग के साथ गिरफ्तार 90 तस्करों की करीब 39.5 करोड़ रुपये की प्रॉपर्टी जब्त की गई है।

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बांदा एशिया में सबसे गर्म दिल्ली में पारा 45 के पार

चिलचिलाती धूप व लू के थपेड़े झुलसा रहे ■ यूपी के 22 जिलों में पारा 40 डिग्री से ऊपर

अमर उजाला ब्यूरो

नई दिल्ली। उत्तर भारत में आसमान से आग बरस रही है। आमतौर पर 25 मई के आसपास शुरू होने वाले जोरताप से पहले ही भोषण गर्मी ने लोगों को बेहाल कर दिया है। दिल्ली-एनसीआर समेत उत्तर प्रदेश, राजस्थान, पंजाब और हरियाणा के कई हिस्से भोषण लू की चपेट में हैं। ज्यादातर जगहों पर पारा 45 डिग्री के आसपास बना हुआ है। उत्तर प्रदेश का बांदा मंगलवार को भी देश ही नहीं, एशिया में सबसे गर्म रहा। यहां अधिकतम तापमान 48.2 डिग्री सेल्सियस पहुंच गया। पंजाब के फरीदकोट में भी पारा 47.3 डिग्री दर्ज किया गया। वहीं, दिल्ली में अधिकतम तापमान 45.1 डिग्री रहा, जो मौसम का सबसे गर्म दिन रहा। मौसम विभाग ने दिल्ली में भोषण गर्मी और लू का यलो अलर्ट जारी किया है।



आसमान से बरसी आग

47.3°

तापमान पंजाब के फरीदकोट में

46.9°

पारा रोहतक का

45.0°

तापमान रहा नोएडा का

अगरा में 46.5 डिग्री की तपती गर्मी से बचने की कोशिश।

यहां सुबह 9 बजे ही तीखी और चिलचिलाती धूप झुलसाने लगी है। दोपहर में लू के थपेड़े कहर बरपा रहे हैं, तो रात में भी गर्म हवाओं से

राहत नहीं मिल रही है। उत्तर भारत में तापमान सामान्य से 4 से 6 डिग्री ऊपर है। यूपी के 22 जिलों में तापमान 40 डिग्री से अधिक रहा।

तपिश इसलिए...

पाकिस्तान के बलूचिस्तान व थार मरुस्थल की ओर से आ रही सूखी और गर्म हवाएं सीधे उत्तर भारत के मैदानी इलाकों में पहुंच रही हैं। इससे, मई के आखिरी हफ्ते या जून वाली गर्मी अभी महसूस की जा रही है। 29 मई को नया परिचयी विशेष सत्रिय होने से मौसम में बदलाव की संभावना है।

यूपी में लू का ऑरेंज अलर्ट

- मौसम विभाग ने यूपी के 39 जिलों में 21 मई तक भोषण लू व 13 जिलों में गर्म रात का ऑरेंज अलर्ट जारी किया है।
- हरियाणा में रोहतक 46.9 डिग्री के साथ सबसे गर्म रहा। पंजाब व हरियाणा के ज्यादातर स्थानों पर तापमान 45 डिग्री के आसपास बना हुआ है।
- पहाड़ भी तप रहे : श्रीनगर में अधिकतम तापमान 30.7 डिग्री, कान्जीगुंड में 30.2 डिग्री रहा।

लेना का सुख और उसे जगती की समझाओं को लेकर पूरी तरह आसक्तवशित बने हुई है। प्रेतों

समय परफर... विभिन्न प्रकार के जलजल होना है। इसमें मध्यम वर्ग और गरीब वर्गों पर अतिरिक्त बोझ पड़ता है।

इसमें मध्यम वर्ग और गरीब वर्गों पर अतिरिक्त बोझ पड़ता है।

एकल शब्दस विषय के संश्लेषण परककर मुक्ति कुमार ने भंग दिया। श्रुती

प्रयोग दिलाव कि पत्नी को आ...

अध्ययन

दिल्ली-एनसीआर स्थित नेशनल एर्रोसिएशन ऑफ द ब्लाइंड में 18 से 45 वर्ष के वयस्कों पर किया गया शोध

बाजरे वाली डाइट शरीर में बढ़ा सकती है विटामिन बी12 और डी

अन्य उदाहरण श्रुती

महिलाओं में विटामिन डी के स्तर में भी उल्लेखनीय सुधार दर्ज किया गया

बाजरा फाइबर, खनिज और एंटीऑक्सीडेंट्स से भरपूर

नई दिल्ली। देश में लोगों के बीच विटामिन और पोषक तत्वों की कमी लगातार बढ़ी समस्या सामना करने लगी है। दिल्ली में नई शोधों में सामने आया है कि बाजरे पर आधारित डाइट, यदि विटामिन और मल्टीविटामिन सप्लीमेंट्स के साथ ली जाए, तो यह शरीर में विटामिन बी12, विटामिन डी और हीमोग्लोबिन के स्तर को बेहतर बनाने में मदद कर सकती है।

प्रभावित हुआ है। इस शोध की अधिकला धाराएव अपूर्णितान सम्पन्न (एम्प), कॅलिफ़ोर्निया एंजि इंजियर और डॉ. ईशा लेव के शोधकर्ताओं ने मिलकर तैयार किया।

यह शोध दिल्ली-एनसीआर स्थित नेशनल एर्रोसिएशन ऑफ द ब्लाइंड (एनएबी) में 18 से 45 वर्ष के वयस्कों पर किया गया। अध्ययन का उद्देश्य यह बात लगाना था कि क्या

शोधकर्ता चंद्रशेखर एक संश्लेष ने बताया कि बाजरा फाइबर, खनिज और एंटीऑक्सीडेंट्स से भरपूर होता है, जो शरीर में पोषक तत्वों के अवशोषण को बेहतर बनाने में मदद करता है। शोधक विशेषज्ञ इली खोसला ने बताया कि बाजरे को नियमित डाइट में शामिल करने से भोजन और कई पुरानी बीमारियों का खतरा भी कम हो सकता है। हालांकि, उन्होंने यह भी कहा कि भोजन की मात्रा और समय का ध्यान रखना जरूरी है। एक अन्य शोधकर्ता कर्णिका शेट्टी ने बताया कि विटामिन डी और बी12 के स्तर में सुधार का मुख्य कारण सप्लीमेंट्स थे, जबकि बाजरे से अतिरिक्त लाभ मिलने की संभावना दिखाई दी। उन्होंने कहा कि पुरुषों की तुलना में महिलाओं में ज्यादा लाभदायक परिणाम देखने को मिले। इसके पीछे पुरुष प्रतिशतियों की कम संख्या को एक कारण माना गया।

बाजरा से भरपूर भोजन, विटामिन सप्लीमेंट्स के साथ लेने पर, अकेले सप्लीमेंट्स की तुलना में अधिक लाभदायक रहता सकता है। रैंडमाइज्ड कंट्रोलड ट्रायल के तहत कुल 54

प्रतिशतियों की दो समूहों में बांटा गया। एक समूह को केवल विटामिन डी, विटामिन बी12 और मल्टीविटामिन सप्लीमेंट्स दिए गए, जबकि दूसरे समूह को इन्हीं

सप्लीमेंट्स के साथ बाजरी पर आधारित भोजन भी दिया गया। यह अध्ययन 60 दिनों तक चला। शोध के तत्वों में पाया गया कि बाजरे वाली डाइट लेने वाले समूह

विशेषकर महिलाओं में विटामिन बी12 और विटामिन डी के स्तर में अधिक सुधार देखने को मिला।

अध्ययन के अनुसार, बाजरे वाला भोजन लेने वाले समूह में विटामिन बी12 का स्तर औसतान 302 पिक्ोग्राम प्रति मिलीलीटर तक बढ़ा, जबकि केवल सप्लीमेंट लेने वाले समूह में यह बढ़ोतरी 78 पिक्ोग्राम प्रति मिलीलीटर रही। महिलाओं में विटामिन डी के स्तर में भी उल्लेखनीय सुधार दर्ज किया गया। इसके अलावा हीमोग्लोबिन का स्तर भी बेहतर पाया गया।

नई दिल्ली... हर हिम्म... नई दिल्ली... हर हिम्म... नई दिल्ली... हर हिम्म...



केमिस्ट बंदी को लेकर केंद्र अलर्ट, दवा उपलब्धता सुनिश्चित करने के निर्देश

जागरण संवाददाता, नई दिल्ली: ई-फार्मसी को कोरोना महामारी के दौरान टी गई अस्थायी सूट के विरोध में बुधवार को राष्ट्रव्यापी दवा दुकानों की बंदी को लेकर केंद्र सरकार अलर्ट हो गई है। केंद्रीय औषधि मानक नियंत्रण संगठन (सीडीएससीओ) ने सभी राज्यों और केंद्र शासित प्रदेशों को दवाओं की निर्वाह उपलब्धता सुनिश्चित करने के निर्देश दिए हैं।

ड्रग्स कंट्रोलर जनरल आफ इंडिया (डीसीजीआई) डॉ. राजीव सिंह राधुवंशी ने मंगलवार को जारी एडवाइजरी में कहा गया है कि 17 मई को राज्यों के ड्रग कंट्रोलरों के साथ

राजधानी में शाम से खुल जाएंगी दवा की दुकानें

नई दिल्ली: दिल्ली रिटेल डिस्ट्रीब्यूशन केमिस्ट अलायंस (आरडीसीए) वन बंद का समर्थन करते हुए दिन भर की बंदी के बाद बुधवार शाम से सभी दवा दुकानें खोलने जाने की घोषणा की है। अध्यक्ष संदीप नगिया ने बताया कि हमारा उद्देश्य सरकार तक अपनी परेशानी पहुंचाना था। क्योंकि सरकार

हुई बैठक के बाद यह निर्णय लिया गया है। राज्यों से कहा गया है कि दवाओं की कमी रोकने के लिए सभी जल्दी कदम उठाए जाएं और

और उसके लोग हमारी बात नहीं सुन रहे थे। पर, जनता की परेशानी भी हम समझते हैं। इसलिए निर्णय लिया गया है कि दिल्ली में शाम से सभी दुकान खोल दी जाएं। बंदी के दौरान आपातकालीन सेवाएं चालू रहेंगी। मरीजों और जनता को दवा की कोई कमी नहीं होने दी जाएगी।

सुनिश्चित करें कि हर इलाके में कम से कम कुछ मेडिकल स्टोर अवश्य खुले रहें। किसी भी फार्मसी को जब्त बंद नहीं कराने दिया जाए और

दवा उपलब्धता को लगातार निगरानी की जाए। साथ ही जनता को जानकारी देने के निर्देश दिए हैं कि सरकारी अस्पतालों की फार्मसी, प्रधानमंत्री भारतीय जनऔषधि केंद्र, सरकारी सम्बंधित मेडिकल स्टोर, निजी अस्पतालों की फार्मसी, चैन फार्मसी और बंद में शामिल नहीं होने वाली दुकानें खुली रहेंगी।

उधर, आल इंडिया आर्गनाइजेशन ऑफ केमिस्ट्स एंड ड्रगिस्ट्स (एआइओसीडी) और उससे जुड़े संगठन ई-फार्मसी को मिला कोरोना महामारी के दौरान की 'अस्थायी सूट' समाप्त करने, आनलाइन दवा विक्री

पर सख्त नियमन और प्रिवेंटिव प्राइसिंग रोकने की मांग को लेकर बंदी पर डटे हुए हैं। दिल्ली रिटेल डिस्ट्रीब्यूशन केमिस्ट अलायंस (आरडीसीए) वन दिल्ली ने भी बंद को समर्थन दिया है, हालांकि आपातकालीन दवा सेवाएं जारी रखने की बात कही गई है।

यूपी व असम में बंदी पर सख्ती: उत्तर प्रदेश औषधि प्रशासन ने मेडिकल स्टोर नियमित खुलवाने के निर्देश दिए हैं। असम ड्रग कंट्रोलर ने अस्पताल फार्मसी, जनऔषधि केंद्र और गैर-भागीदारी मेडिकल स्टोर खुले रखने का आदेश जारी किया है।

NBT

आज कई दवा दुकाने बंद रहेगी

■ NBT रिपोर्ट, नई दिल्ली: दिल्ली में आज कई केमिस्ट संगठनों ने दवाओं की ऑनलाइन बिक्री के विरोध में बंद का ऐलान किया है। हालांकि, कुछ केमिस्ट संगठनों से इस बंद का समर्थन नहीं दिया है।

केमिस्ट एलायंस के अध्यक्ष संदीप नंगिया ने बताया कि दिल्ली में भी 20 मई को केमिस्ट की दुकानें बंद रहेगी। वहीं, AICDF के अध्यक्ष कैलाश गुप्ता ने कहा कि बंद बुलाने वाले संगठनों का उद्देश्य व्यापारियों के हितों की रक्षा से ज्यादा बाजार में दबाव बनाना प्रतीत होता है।

लिहाजा, दवा की दुकानें कहीं बंद रहेगी तो कहीं खुली रहेगी। रिटेल डिस्ट्रीब्यूशन

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जलभराव को समस्या खत्म हो जाएगा और जाम से भी राहत मिलेगी।

इमारतों को ध्वस्त करने का आदेश दिया है। इसके तहत 30 मई को इमारतों को

रह रहे हैं। हमारे पास संपत्ति से जुड़े पंजीकृत जायज दस्तावेज भी हैं।

मधुमेह पीड़ितों को प्राथमिकता मिलेगी

■ रणविजय सिंह

नई दिल्ली। मधुमेह टाइप एक के कारण किडनी खराब होने की बीमारी से जूझ रहे मरीजों को प्राथमिकता के आधार पर किडनी-पैंक्रियाज संयुक्त प्रत्यारोपण की जरूरत होती है।

इसके मद्देनजर एम्स के डॉक्टरों ने राष्ट्रीय अंग और ऊतक प्रत्यारोपण (नोटो) से किडनी-पैंक्रियाज संयुक्त प्रत्यारोपण की जरूरत वाले मरीजों के लिए अलग प्रतीक्षा सूची तैयार कराने की सिफारिश की है। ताकि उन्हें

प्राथमिकता के आधार पर प्रत्यारोपण हो सके। सूत्रों के अनुसार, नोटो एम्स की सिफारिश पर विचार भी कर रहा है। ऐसे में आने वाले समय में डायबिटीज टाइप एक से पीड़ित मरीजों को प्राथमिकता के आधार पर पैंक्रियाज के साथ किडनी प्रत्यारोपण की सुविधा मिल सकेगी।

एम्स के एक वरिष्ठ डॉक्टर ने बताया कि किडनी प्रत्यारोपण के मरीजों की वेटिंग अधिक होती है। इस वजह से किडनी के मरीजों को प्रत्यारोपण के

लिए छह से सात वर्ष इंतजार करना पड़ता है। तब तक उन्हें डायलिसिस पर रहना पड़ता है।

मधुमेह टाइप एक से बच्चे और युवा पीड़ित होते हैं। मधुमेह टाइप एक के कारण पैंक्रियाज से इंसुलिन नहीं बन पाती। इस वजह से मरीज को बचपन से ही प्रतिदिन इंसुलिन का इंजेक्शन लेना पड़ता है। शुगर अनियंत्रित रहने की स्थिति में मधुमेह टाइप एक से पीड़ित करीब 30 प्रतिशत मरीजों को 15 से 18 वर्ष के बाद किडनी खराब हो जाती है।

की गई, फिलहाल बारिश के आसार नहीं

सावधान! सिरदर्द, उल्टी और निम्न रक्तचाप के मरीजों की संख्या बढ़ी

गर्मी के चलते अस्पतालों की ओपीडी में डिहाइड्रेशन, उल्टी, सिरदर्द मरीजों की तादाद बढ़ गई है। डॉक्टरों ने सड़कों पर काम करने वाले मजदूरों, बच्चों, बुजुर्गों, गर्भवती और शुगर-बीपी के मरीजों को विशेष सावधानी बरतने की सलाह दी है।

सर्द-गर्म का शिकार हो रहे

डॉक्टरों ने चेतावनी दी है कि दिन के साथ-साथ अब रात का तापमान बढ़ने से लोगों की नींद प्रभावित हो रही है, जिससे सुबह थकान और कमजोरी की शिकायतें आ रही हैं। इसके अलावा, तेज धूप से सीधे एसी वाले कमरों में आने-जाने (सर्द-गर्म) के कारण भी लोगों की सेहत बिगड़ रही है।



24 से 27 डिग्री सेल्सियस के बीच रखें एसी

- आकाश सुपर स्पेशियलिटी अस्पताल के डॉ. अक्षय बुधराजा के मुताबिक, लोग अक्सर एसी को 16-18 डिग्री पर चलाते हैं, जिससे शरीर का तापमान संतुलन बिगड़ जाता है। एसी का तापमान हमेशा 24 से 27 डिग्री सेल्सियस के बीच रखना ही सेहत के लिए सुरक्षित है।
- ठंडे कमरे से अचानक गर्मी में निकलने से सांस के पुराने मरीजों में समस्या बढ़ रही है।

क्या करें और क्या न करें



दोपहर 11 बजे से 3 बजे के बीच धूप में निकलने से बचें। बच्चे इस दौरान बाहर न खेलें।



नियमित अंतराल पर पानी पीते रहें। ओआरएस, नींबू पानी और नारियल पानी का सेवन सबसे बेहतर है। रेहड़ी का खुला पानी पीने से बचें।



यदि बाहर जाना जरूरी हो, तो चेहरा ढककर

निकलें और छाते व पानी की बोतल का इस्तेमाल जरूर करें।



हाइपरटेंशन (हाई बीपी) के मरीज इस मौसम में अपने डॉक्टर की सलाह लेकर दवा की डोज री-शेड्यूल करवा लें।

प्रदूषण नियम तोड़ने वालों पर कार्रवाई

कमीशन फार एयर क्वालिटी मैनेजमेंट (सीएक्यूएम) की 131वीं बैठक में एनसीआर में प्रदूषण नियंत्रण को लेकर की गई कार्रवाई की समीक्षा की गई। इस दौरान निर्माण स्थलों, औद्योगिक इकाइयों और डीजल जनरेटर सेट से जुड़े मामलों में पर्यावरण मानकों के उल्लंघन पर चिंता जताई गई।

Mercury to stay above 43°C, could touch 46°C this week

Aaditya Khatwani

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NEW DELHI: Delhi is likely to get hotter still this week, with temperatures expected to touch 46°C on Wednesday, the India Meteorological Department (IMD) said on Tuesday, as it issued orange alerts warning of heat-wave like conditions for six straight days.

The forecast came even as the maximum temperature at the Safdarjung station — the base weather station for Delhi — soared to 45.1°C, the highest yet this year and 4.7°C above normal for this time of the year.

The oppressive heat also brought with it uncharacteristically high pollution levels, with Delhi's air quality index (AQI) touching 208 at 4pm, the highest since April 28, according to data from the Central Pollution Control Board (CPCB).

The surge prompted the Commission for Air Quality Management (CAQM) to enforce Stage 1 anti-pollution measures under the Graded Response Action Plan (Grap). The highest temperature clocked in the city was at Ridge station (46.5°C), with Ayanagar second (45.5°C), followed by Lodhi Road (45.2°C).

The daytime mercury this week is unlikely to fall below 43°C, the weather office said in its bulletin. IMD declares a heat-wave when the maximum temperature exceeds 40°C and is at least 4.5°C above normal.

Weather experts said the ris-



An elephant being hosed down at the Delhi zoo on Tuesday to help it cope with the harsh noon heat.

SANJEEV VERMA/HT

ing temperatures were due to a lack of continuous weather activity. "There are no active western disturbances, and no cyclonic circulations, while dry, hot winds from the west and northwest are blowing over the city. Such heatwaves are normal for the latter half of May and April, and sometimes early June as well," said Mahesh Palawat, vice president, Skymet Weather, a private weather forecaster.

Sustained relief, he warned, may be several weeks away.

"Usually, temperatures subside a little in the second half of June, as easterly winds from the Bay of Bengal reach the city," Palawat said.

Delhi's peak power demand on Tuesday also surged to the summer's highest.

According to the city's State Load Dispatch Centre, the peak

power demand was 7,776MW at 3.30pm, up from a high of 7,600MW at 11.11pm on Monday.

The last time Delhi's temperature reached 46°C was on May 29, 2024.

Grap-1 curbs in place

According to CAQM's order, the air quality is likely to get worse and swing to the far end of the "poor" zone this week.

Under Grap Stage 1, agencies across the National Capital Region have been directed to strictly implement pollution-control measures and intensify monitoring to prevent a further dip in air quality.

The commission has also issued directions to curb vehicular pollution caused by vehicles that are running without valid pollution under control certificates, said officials.

100,000 WORKERS AT CONSTRUCTION SITES TO BE GIVEN HEAT RELIEF KITS

Snehil Sinha

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NEW DELHI: To provide relief to construction workers battling extreme summer temperatures and heatwave conditions, the Delhi government has decided to distribute special "summer kits" to more than 100,000 registered construction workers across the capital, officials said on Tuesday.

The initiative will be implemented through the Delhi Building and Other Construction Workers Welfare Board.

Officials said the government will spend more than ₹18 crore on the scheme. The summer kits will contain nine items intended to protect workers from dehydration and heat-related illnesses. These include a one-kilogram packet of sattu (ground pulses), 30 packets of ORS, 250 grams of glucose, a cotton towel, a sun-protection cap, a utility bag, a one-litre steel water bottle, 250 ml of sharbat or syrup concentrate, and heat rash powder.

"The kit is aimed at providing immediate relief and essential hydration support to registered construction workers during the ongoing summer season," a senior government official said, adding that the distribution process would begin shortly.

Delhi court denies Umar Khalid interim bail



Once your kids are grown and you know that you're completely healthy, consider cancelling your life insurance policy

To I

- SUZE ORMAN

Sense & Insurance

Irdai is right, insurers should put customers before shareholders. CEO incentives are a good place to start

Insurance is a business, but it's no ordinary business. It exists to provide financial stability to families when a breadwinner dies, and to shield monthly budgets from hospital bills, and cracked windshields. So, unlike hair salons and cafes, it *shouldn't* be driven by the profit motive alone. But it is, and not just in India, as the killing of UnitedHealthcare CEO Brian Thompson in Dec 2024 reminded us. Why don't insurance and greed sit well together? Because an insurer with a profit-first business model isn't above misselling – pitching unsuitable products to customers – pumping premiums, and arbitrarily denying claims. And insurance regulator Irdai has repeatedly flagged these problems in India.

So, Irdai's new guidance to insurers, to link CEO pay to customer outcomes, is welcome. Essentially, it's asking insurers to put customers, not shareholders, first. When CEO pay is linked to how satisfied customers are – measured by complaints against a company and regulatory breaches – the incentive structure changes. Greater transparency, better quality of service are key to growing business. In fact, they are pillars of any customer-centric business, from cookies to cars. Doing business honestly may result in lower profits this year, but a far bigger business in five years. Beyond linking executive pay to quality of service, Irdai wants penal clauses, or clawbacks, so that



CEOs who don't deliver have to surrender some of their remuneration.

Irdai has also expressed concern about upper management cornering a disproportionate share – up to 14% – of overall compensation. It says the pay gap between highest and lowest paid CEOs in life insurance is about ₹16cr, which rises to almost ₹23cr in general insurance. Are the highest paid CEOs being rewarded for delivering shareholder-pleasing results? That seems to be Irdai's apprehension. Its 2024-25 annual report shows that complaints of misselling rose 14% over the previous year. In March, govt said the two main complaints against insurers relate to keeping claims pending (15%), and denying claims without a reason (6.5%). An image problem of that kind can slow down insurance coverage, which has become a necessity as healthcare and other costs rise. Insurers should pay heed.

W. T. Make Peace

Indian Express

World isn't prepared for next pandemic

ON SUNDAY, the World Health Organisation declared the Ebola outbreak in Uganda and the Democratic Republic of Congo a "public health emergency of international concern". More than 500 people have contracted the viral disease and at least 130 have succumbed to it in the two countries in the past two weeks. The WHO has warned that the scale of the outbreak is "likely larger" than these figures suggest. The emergency involves the Bundibugyo strain of the virus, for which there are no vaccines or therapeutics. The crisis has assumed even graver proportions because the global health agency's ability to mount an effective response has been undermined by funding cuts, after the US withdrew from the organisation in January. Germany, France, the Netherlands and the UK have also slashed their funding for the agency, forcing it to reduce its 2026-2027 budget by about 8 per cent. The cuts have reportedly weakened disease surveillance systems in conflict-ridden areas such as the Democratic Republic of Congo.

After the Covid pandemic, there was broad agreement that the world required a binding international framework to respond to a health emergency. The adoption of the Global Pandemic Treaty in May last year had generated hope that countries, barring the US, could come together to forge a robust health-security architecture. But the treaty was under stress even before it was ratified. Rich countries have been reluctant to commit to mandatory technology transfers or binding obligations on sharing medical resources during crises. Developing nations continue to distrust a system that allowed vast inequalities during the Covid vaccine rollout.

In the post-Covid years, the ability to detect emerging threats and develop medical countermeasures has improved appreciably. With advances in vaccine platforms, particularly mRNA technology, pharma researchers can design inoculation programmes at a much faster pace than in pre-Covid times. Yet, as the latest report of the Global Preparedness Monitoring Board — co-convened by the World Bank and WHO — points out, "the world is not ready to take on the next pandemic". The Ebola outbreak is a stark reminder that containing infectious disease requires sustained investment in healthcare, scientific cooperation and international collaboration.

The Economic Times

Ebola-related Deaths Touch 131, WHO Seeks Answers

Twenty-six more suspected Ebola deaths were recorded in 24 hours in eastern Democratic Republic of Congo (DRC), authorities said on Tuesday, and the head of the World Health Organization (WHO) expressed deep concern about the outbreak's spread.

The new deaths brought to 131 the fatalities associated with the outbreak in eastern DRC. There have been 543 suspected cases and 33 confirmed cases in the country, according to Congolese health authorities, and two confirmed cases in neighbouring Uganda.

GLOBAL CONCERN

WHO Director-General Tedros Adhanom Ghebreyesus declared the outbreak of the rare Bundibugyo strain of the virus a public health emergency of international concern on Saturday, the first time a chief of the organization has done so before convening an emergency committee. The outbreak has alarmed experts as it was able to spread for weeks undetected across a densely populated area ravaged by widespread armed violence. A 2018-20 outbreak in eastern DRC was the second deadliest on record, killing nearly 2,000 people.

Butembo, a city of hundreds of thousands of people, saw its first two confirmed cases Monday. Jean Jacques Muyembe, director of DRC's

"I'm deeply concerned about the scale and speed of the epidemic"
TEDROS ADHANOM GEBREYESUS
 Director General, World Health Organisation

National Institute for Biomedical Research, told Reuters Ugandan authorities have started restricting movement across the Ishasha-Kyeshero border crossing, Ambrose Amanyire Mwezigye, a local government official, told Reuters, but added the border was not formally closed.

Further south, Congolese people trying to cross into

Rwanda from the cities of Goma and Bukavu were being stopped at the border, Reuters reporters said, Rwandan officials could not immediately be reached for comment.

On Saturday, the WHO urged countries not to close their borders, saying this could lead to informal border crossings that are not monitored.

Ebola, which spreads via direct contact with bodily fluids from infected people or animals, has an average fatality rate of about 50%, as per the WHO.

DIAGNOSIS CHART

Here's what is known about the strain of the Ebola virus, known as Bundibugyo.

WHAT IS BUNDIRUGYO?

Named after Uganda's Bundibugyo province where it was first identified during an outbreak in 2007-08

Current outbreak so far limited to the Democratic Republic of the Congo (DRC) and Uganda

30-40% lethality rate, compared to 90% of the more common Zaire strain

One of the four species of ebolavirus genus that cause life-threatening illness in humans and are transmitted through direct contact with bodily fluids of infected animals or humans

CURRENT OUTBREAK

- Cases, as of Tuesday: >500 suspected and 33 confirmed in eastern DRC, including a US doctor working in the country
- 2 confirmed in Uganda
- Casualties, as of Tuesday: 131 in eastern DRC

SYMPTOMS

- 1 Sudden onset of fever, fatigue, muscle pain, headache & sore throat
- 2 Vomiting & diarrhea
- 3 Internal & external bleeding, and multi-organ failure

IS TREATMENT AVAILABLE?

No approved vaccines or drugs

Potential candidates that have helped to control Bundibugyo in trials in non-human primates include Merck's Ervebo, Mapp Biopharmaceutical's MBP 134, and Auro Vaccines' VeskuloVax

IS THERE A TEST?

Tests for Bundibugyo exist but are not widely used. Initial analysis of this outbreak's samples using standard tests did not detect the infections

HOW BUNDIRUGYO IS DIFFERENT FROM OTHER STRAINS

- Replicates more slowly, compared to Zaire strain
- Slower to invade, disable and kill immune cells, eventually crippling patient's immune defenses
- May have less severe long-term effects on liver and kidneys than Zaire strain



"I'm deeply concerned about the scale and speed of the epidemic," Tedros told members of the World Health Assembly in Geneva on Tuesday. Anne Anla, WHO's representative in DRC, said identifying cases was slowed by low diagnostic capacity for the Bundibugyo strain, at just six tests possible per hour.

IMPACT OF FUNDING CUTS
 Experts say the delays in detecting the outbreak show gaps in preparedness following cutbacks by the US and other major donors to global health funding. "We seemed to have wasted a pandemic because everybody has gone back to doing what they're doing," Sierra Leone's health minister, Austin Demby, said in Geneva.

Meanwhile, an American hastened positive for Ebola, the US Centers for Disease Control and Prevention said on Monday. The individual, identified as Dr Peter Staffed by his Christian mission organisation, and six other Americans who were exposed to the virus were being moved to Germany for care and monitoring, the CDC said.

The US suspended entry of travellers who had been in the DRC, Uganda or South Sudan during the past 21 days for 30 days. Reuters

Fortnite Makes 'Epic' Return to App Store

Epic Games said on Tuesday its popular shooter hit 'Fortnite' has returned to the App Store.

Iran Energy Shock Set to Give Fillip to Clean Energy

The world's largest oil producer is set to announce a major shift in its energy strategy.