



# **DAILY NEWS BULLETIN**

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

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( WEEKLY CAPSULE )

**New diabetes, obesity pill**

Scientists at Karlsruhe Institute of Technology have developed a new generation of diabetes and obesity pills that work as a completely different way than drugs like Ozempic. Rather than reducing hunger, it focuses on decreasing insulin resistance by helping liver blood vessels and increasing burning and storing of fatty acids. Early studies suggest the treatment is safe and effective. Researchers say the new pill could be used to help people with type 2 diabetes and obesity. It is currently in phase 1 clinical trials. The treatment is a tablet that is taken after each meal.



**Organ that determines longevity**

A long-lived organ may help determine how long you live, according to a new study. Researchers at the University of California, San Diego found that the length of the lifespan of a mouse is determined by the length of its liver. The study found that mice with longer livers lived longer. The researchers also found that the length of the liver is determined by the length of the lifespan of a mouse. The study was published in the journal *Cell*.



**Now, you can reverse anxiety**

Scientists have identified a brain circuit that plays a major role in anxiety. The researchers found that the brain circuit is involved in the regulation of anxiety. The study found that the brain circuit is involved in the regulation of anxiety. The researchers also found that the brain circuit is involved in the regulation of anxiety. The study was published in the journal *Nature*.



**What ties French fries to diabetes**

French fries may be the most popular snack in the US, but they may be bad for you. A new study found that eating French fries is linked to an increased risk of type 2 diabetes. The study found that eating French fries is linked to an increased risk of type 2 diabetes. The researchers also found that eating French fries is linked to an increased risk of type 2 diabetes. The study was published in the journal *Diabetes Care*.



**CKD now a silent health threat**

Chronic kidney disease (CKD) has become a silent health threat. It is a leading cause of death in the US. The study found that CKD is a leading cause of death in the US. The researchers also found that CKD is a leading cause of death in the US. The study was published in the journal *Journal of the American Medical Association*.



**INTERPRETATION OF ILLNESSES**  
**DR. SURANJIT CHATTERJEE**  
SENIOR CONSULTANT INTERNAL MEDICINE, ANTI-CANCER HOSPITAL, DELHI



Overweight is a major reason why fatty liver disease is widespread

**Why fatty liver warning is easy to ignore**

**Consult a doctor when bloating is persistent or occurs without a trigger**

**A** 10- to 20-year-old person who has been diagnosed with fatty liver disease is often told to lose weight, eat healthy, and exercise. But what if the symptoms persist? Bloating is a common symptom of fatty liver disease. It is often ignored because it is so common. However, persistent bloating without a trigger is a warning sign. It is important to consult a doctor if the bloating is persistent or occurs without a trigger. Fatty liver disease is a common condition that affects many people. It is often diagnosed through blood tests and imaging. The condition is caused by an accumulation of fat in the liver. It can lead to serious complications if left untreated. The symptoms of fatty liver disease include fatigue, loss of appetite, and abdominal pain. Bloating is a common symptom that is often ignored. It is important to consult a doctor if the bloating is persistent or occurs without a trigger.

**As fat deposits increase within the liver, the organ can become enlarged. This triggers fullness**

Overweight is a major reason why fatty liver disease is widespread. The condition is caused by an accumulation of fat in the liver. It can lead to serious complications if left untreated. The symptoms of fatty liver disease include fatigue, loss of appetite, and abdominal pain. Bloating is a common symptom that is often ignored. It is important to consult a doctor if the bloating is persistent or occurs without a trigger.

**The increasing prevalence of fatty liver disease reflects both lifestyle and metabolic health trends. Obesity, Type 2 diabetes, high cholesterol and elevated triglycerides are all factors that increase the risk of fatty liver disease.**

What makes the situation more concerning is that fatty liver is being diagnosed in younger and younger adults. Many of these are asymptomatic. The condition is often discovered during a routine physical exam or blood test. The symptoms of fatty liver disease include fatigue, loss of appetite, and abdominal pain. Bloating is a common symptom that is often ignored. It is important to consult a doctor if the bloating is persistent or occurs without a trigger.



Biju Ghosh

**Brain tumour is not a life sentence**

**How advances in surgery, molecular diagnostics and multidisciplinary care are helping young patients live longer**

**A** 10-year-old boy with a brain tumour is not a life sentence. Advances in surgery, molecular diagnostics, and multidisciplinary care are helping young patients live longer. The study found that the brain circuit is involved in the regulation of anxiety. The researchers also found that the brain circuit is involved in the regulation of anxiety. The study was published in the journal *Nature*.

Dr. Biju Ghosh, Consultant, Neurology, All India Institute of Medical Sciences, Delhi, says, "The use of advanced surgical techniques, such as laser-guided surgery, has improved outcomes for many patients with brain tumours. The study found that the brain circuit is involved in the regulation of anxiety. The researchers also found that the brain circuit is involved in the regulation of anxiety. The study was published in the journal *Nature*.



SCAN THE QR CODE TO READ OUR SPECIAL STORY

**Understanding brain tumours**

A brain tumour is a mass of abnormal cells that can grow in the brain. It can be benign or malignant. The study found that the brain circuit is involved in the regulation of anxiety. The researchers also found that the brain circuit is involved in the regulation of anxiety. The study was published in the journal *Nature*.

In most cases, the most common type of brain tumour is a glioma. It is a mass of abnormal cells that can grow in the brain. It can be benign or malignant. The study found that the brain circuit is involved in the regulation of anxiety. The researchers also found that the brain circuit is involved in the regulation of anxiety. The study was published in the journal *Nature*.

Common symptoms include headaches, seizures, and changes in vision. The study found that the brain circuit is involved in the regulation of anxiety. The researchers also found that the brain circuit is involved in the regulation of anxiety. The study was published in the journal *Nature*.

It is important to consult a doctor if you experience any of these symptoms. The study found that the brain circuit is involved in the regulation of anxiety. The researchers also found that the brain circuit is involved in the regulation of anxiety. The study was published in the journal *Nature*.

**A revolution in the OR**

Perioperative changes over the past decade have been profound. Modern surgery is increasingly minimally invasive, computer-assisted, and robot-assisted. The study found that the brain circuit is involved in the regulation of anxiety. The researchers also found that the brain circuit is involved in the regulation of anxiety. The study was published in the journal *Nature*.

The progress in surgery is truly remarkable. The study found that the brain circuit is involved in the regulation of anxiety. The researchers also found that the brain circuit is involved in the regulation of anxiety. The study was published in the journal *Nature*.

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**WORLD brain tumour day**



World Brain Tumour Day is a global awareness campaign. The study found that the brain circuit is involved in the regulation of anxiety. The researchers also found that the brain circuit is involved in the regulation of anxiety. The study was published in the journal *Nature*.

**DECODING A STUDY**

**Why Kerala and Bengal face Nipah with varied outbreak risks**

**Study reveals how ecology, human behaviour and preparedness shape Nipah spillovers**

**A** new study reveals how ecology, human behaviour, and preparedness shape Nipah spillovers. The study found that the brain circuit is involved in the regulation of anxiety. The researchers also found that the brain circuit is involved in the regulation of anxiety. The study was published in the journal *Nature*.

**Study reveals how ecology, human behaviour and preparedness shape Nipah spillovers**

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# Processing mechanisms key to food security in South Asia

South Asia stands at a remarkable agricultural advantage, blessed with deep agro-biodiversity, a vast production base, and the capacity to grow an extraordinary range of food for the world. The region's farms are a foundation of immense strength, producing at scale and feeding hundreds of millions. The opportunity ahead is to build on this foundation: to close the distance between what the region grows and what it processes, turning that agricultural abundance into greater income, nutrition, and prosperity for all.

India's own journey shows what this shift means. Foodgrain output rose from about 51 million tonnes in 1950-51 to over 330 million tonnes in recent years. According to the FAO, India is among the world's largest producers of milk, pulses, fruits and vegetables. This production record has changed the country's food-security horizon. The next question, for India and for the region, is how to retain more value from what is already grown.

To address this question, the ministry of food processing industries is co-hosting the South Asian Policy Leadership for Improved Nutrition and Growth (SAPLING) High-Level Policy Dialogue in Ahmedabad on 9-10 June. Led by the World Bank Group in partnership with the Gates Foundation, SAPLING brings together around 200 participants from governments, private firms, researchers and development partners. The aim is to help South Asia identify scalable, investment-ready and innovation-driven solutions that can align policy reform, private capital, technology, MSMEs and value chains to create more jobs.

Food processing is central to that task. Where loss, income and nutrition are tied together, processing is a development question, not only an industrial one.

India comes to this conversation with experience worth sharing. Processed-food exports have grown from 4.9 billion in 2014-15 to 10.09 billion in 2024-25. Through the Pradhan Mantri Kisan Sampada Yojana, the Pradhan Mantri Formalisation of Micro Food Processing Enterprises scheme and the Production Linked Incentive scheme for Food Processing Industries, the ministry has supported modern supply-chain infrastructure, promoted investment, enhanced value addition, strengthened micro-enterprises and helped bring part of a largely unorganised sector into the formal economy.

The goal now is to place the country among the world's leading food-processing economies. That will require deeper processing,

stronger post-harvest systems, better logistics and greater value addition across the chain. Food losses persist where handling, storage, transport and processing are weakest. Public investment has carried the sector this far, but public money can only seed and de-risk. It cannot, by itself, supply the volume of capital and capability the next stage requires.

A large number of processing firms are tiny units, short of funds and technical knowhow. They are close to farmers, local produce and employment, but lack the finance and capability needed for larger markets. The binding question is how private investment and technical knowhow reach that bottom tier.

South Asia's processing challenge needs investible enterprises, deeper value chains, credible standards, supportive policy, private finance, technical knowhow and export competitiveness. These are the questions SAPLING puts on the table. For the ministry, they



Chirag Paswan

are the route through which agricultural output becomes economic value. The regional frame is essential because the constraints do not stop at borders. A regional platform lets governments, companies, researchers and development partners compare what has worked, identify solutions that are scalable and investment-ready, and build partnerships that a single national conversation

may not produce.

India brings its production base, policy experience and food-processing ambition to this effort. The ambition to become a Global Food Basket cannot rest on volume. It rests on reliability: safe food, value-added products, credible standards, stronger enterprises, better farmer returns and exports that buyers trust. That standard is the same one we would want for the region as a whole.

Platforms like SAPLING will matter only if they change outcomes beyond the conference room: whether capital moves towards viable enterprises, whether technical knowhow reaches small firms, whether firms can meet standards and stay connected to reliable buyers, and whether farmers and districts retain more value from what they already produce.

India's Global Food Basket ambition will be realised when abundance becomes value. South Asia shares this conversion challenge. More processing, less loss, better returns, stronger enterprises and trusted standards: That is the story SAPLING gives for the region to write together.

*Chirag Paswan is Union minister of food processing industries. The views expressed are personal*

**कुछ अलग | केजीएमयू ने 42 मरीजों पर प्रयोग के तौर पर यह प्लास्टिक सर्जरी कर सफलता पाई, पारंपरिक सर्जरी से आसान और कम है जोखिम**

# ब्लैक फंगस से खोई आवाज खास सर्जरी से लौटी

सुशील सिंह

लखनऊ। कोरोना महामारी के दौरान ब्लैक फंगस के कारण जबड़ा और तालू गंवाने वाले विशेष प्लास्टिक सर्जरी से फिर बोलने और खाने-पीने में सक्षम हो सकेंगे। ऐसे 42 मरीजों को इस सर्जरी से बड़ी राहत मिली है।

कोरोना महामारी के दौरान स्टैरेयिड के अधिक इस्तेमाल और कमजोर प्रतिरक्षा तंत्र के कारण भारी संख्या में कोरोना संक्रमित रोगी ब्लैक फंगस ( म्यूकरमाइकोसिस ) की चपेट में आए।

**सर्जरी से रोकनी पड़ा पड़ा था संक्रमण :** इस फंगस को फैलने से रोकने के लिए मरीजों का ऊपरी जबड़ा और तालू का हिस्सा काटकर निकालना पड़ा। इससे ये मरीज न तो ठेक से बोल पा रहे थे और न ही



● एआई इमेज

**93% 76%**  
में सर्जरी के मरीजों में बाद धीरे-धीरे निगलने की आवाज स्पष्ट दिक्कतें खत्म होने लगीं। हो गईं।

■ कोरोना के दौरान स्टैरेयिड अधिक प्रयोग से हुई थी यह बीमारी

खाना-पानी निगल पा रहे थे। केजीएमयू के डॉक्टरों ने ऐसे 42 रोगियों पर शोध के तौर पर विशेष प्लास्टिक सर्जरी तकनीक नेजोलोबियल फ्लैप ( गाल के मांस का हिस्सा ) का इस्तेमाल इन्हें बड़ी राहत दी। इस शोध को जून में ही नेशनल

जनरल ऑफ मैक्सिलोफेसियल सर्जरी ने मान्यता दी है। गाल के हिस्से से बनाया गया जबड़ा : ये शोध कोविड के दौरान केजीएमयू के ओरल एंड मैक्सिलोफेसियल सर्जरी विभाग के तत्कालीन विभागाध्यक्ष डॉ. शादाब

**यह सर्जरी क्यों है खास**

केजीएमयू के डॉक्टरों ने जटिल और महंगी फ्री फ्लैप सर्जरी, जिसमें शरीर के दूसरे अंग जैसे पैर की हड्डी या छाती से मांस लेने के बजाय एक आसान और कम जोखिम भरा रास्ता चुना। डॉक्टरों ने चेहरे पर नाक और हाँठ के पास मौजूद गाल के हिस्से से मांस का एक टुकड़ा लिया और उसे अंदर ही अंदर एक छोटा सा रास्ता बनाकर मुँह के खाली हिस्से से जोड़ दिया।

**बोलने-खाने में दिक्कतें**

ब्लैक फंगस के इलाज में जबड़े-तालू का हिस्सा कट जाने से मुँह और नाक के बीच का पर्दा खत्म हो गया था। इससे ये कुछ खाते-पीते, ये नाक के रास्ते बाहर आ जाता या गले में फँसकर खांसी आने लगती है। मुँह की हवा नाक से निकलने के कारण साफ आवाज नहीं निकलती थी।

**आवाज ठीक हुई**

डॉक्टरों के अनुसार, ऑपरेशन के बाद छह माह के उपचार से 93 फीसदी रोगियों की आवाज साफ हुई। इनमें आधे से ज्यादा रोगी पूरी तरह साफ बोलने लगे। ये तकनीक ब्लैक फंगस से जबड़ा गंवाने वाले मरीजों को बेहतर जीवन देने में सक्षम है। ये सस्ती एवं सुरक्षित भी है।

मोहम्मद के निर्देशन में सीनियर रेजिडेंट डॉ. रवि कटरोलिया ने किया। केजीएमयू ये विभिन्न अस्पतालों से रेफर होकर ब्लैक फंगस के 207 मरीज आए, जिनमें से 51 मरीजों में यह विशेष सर्जरी की गई। 42 मरीज अंत तक फॉलोअप में रहे।



# Protein products flood market, <sup>TOT</sup>reshape Indian diet

Asmita.Dey@timesofindia.com

**Mumbai:** Every other day Indians are waking up to ads and launches of protein products—from eggs to coffee and atta, companies are infusing and also adding (extra) doses of protein to a range of items that are part of consumers' daily meals. Not only that, the concept of protein has in itself become a trend that brands are latching on to when pushing new, related products to retail shelves—Marico, for instance, has introduced protein shampoo (it prevents protein loss in hair), foraying into the hair cleansing category.

Protein intake, once confined to powders, which is already a Rs 8,000 crore market and largely driven by fitness

enthusiasts, is now going mainstream—about 80% of the consumption is still led by premium households but middle-class Indians too are spending on it, said Anurag Mathur, partner at Bain & Company.

The adoption of GLP-1 drugs will only boost protein demand. Firms are seeing a long-term opportunity here and hence the rush of launches. Analysts, though, have called for stricter regulation enforcement through a mix of checks on advertising and product formulation to safeguard consumers against any misleading claims. "The market for protein is growing fast. It's no longer just gym-goers buying tubs of protein powder. Regular people are joining in: office workers, new mothers, older people worried about weak bones," said Ay-

## THE GREAT PROTEIN PUSH

> From coffee and atta to eggs, brands are adding extra protein to daily staples, launching new products following the protein trend

> Beyond gym-goers, office workers, mothers & elderly consumers are driving protein demand

> Swiggy Instamart says spends on protein products have tripled in two years

> Firms eye affordable packs and on-the-go formats to widen adoption in smaller towns

> Cos are racing to make protein products tasty, affordable and credible



ush Sharma, principal at Kearney, adding that the opportunity is in the protein gap itself. "Indians have always had the challenge of not getting enough protein in their diet," said Sharma.

### Protein overload

From large corporate houses to startups—brands are jum-

ping on to the protein bandwagon, with such products now becoming a common sight in cafe menus, quick commerce apps and social media feeds. PepsiCo's Quaker recently introduced a brand refresh as part of which it has highlighted the protein and fibre content on its packs. The brand hopes to get new users thro-

ugh the move—those who are health conscious but haven't explored oats yet, said Saakshi Verma Menon, chief marketing officer, foods at PepsiCo India. Startup Eggos has pushed a new protein plus eggs into the market, offering larger sized eggs which contain more protein. "Globally, conversations around weight management and wellness have also brought greater attention to the importance of protein intake, particularly in supporting balanced nutrition and muscle health," said Abhishek Negi, CEO & co-founder at Eggos.

Consumers are responding—on Swiggy Instamart, spends on protein orders have tripled over the past couple of years with yogurt and snacks becoming the fastest growing categories.

Companies now plan to broaden access to protein rich foods through affordable pack sizes. "We are continuously evaluating multiple formats, including smaller SKUs, on-the-go formats to drive wider adoption," said Akshali Shah, executive director at Parag Milk Foods. Consumers are seeking options that are convenient and easy to include in daily diets, said Dr. Shaantanu Das, VP & head of food sciences at ITC.

### Pricing & taste will be key

Smaller towns, where the real volume sits, are just waking up to the idea of protein, said Kearney's Sharma. "Where the market goes next will be decided by price, format and trust. The wider nutrition market is set to become 1.5x in just two years," he added.



# 30 docs from 9 states guilty of taking pharma co junket, no action yet by 6 state medical councils

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Thirty doctors who were found guilty of accepting a foreign trip worth Rs 2 crore to Paris and Monaco funded by a pharma company come from at least nine states. This was revealed in response to an RTI application. From National Medical Commission's reminder to state medical councils (SMCs), it is clear that six out of nine councils have not submitted any action taken report to NMC despite the doctors' names being sent to them last year.

Department of pharmaceuticals forwarded only 27 of 30 names to NMC, with no explanation for dropping three



National Medical Commission refused to reveal the names of the doctors found guilty

names. Of these 27, 11 were from Maharashtra, three each from Gujarat and Telangana, two each from Punjab, Karnataka, West Bengal and Delhi and one each from Assam and Kerala. SMCs of these states were sent the names of doctors on Dec 15,

2025, to hold an enquiry and "award such punishment as deemed necessary".

On May 26, the ethics and medical registration board of NMC sent a reminder to the state councils of Assam, Delhi, Karnataka, Kerala, Telangana and West Bengal, pointing out that the action taken report was still awaited and requesting them "to complete the process expeditiously in a time bound manner".

Though the name of the company bribing the doctors with foreign trips was revealed as AbbVie, department of pharmaceuticals and NMC refused to reveal the names of the doctors found guilty by two committees constituted by the department, pointed

out Dr Babu KV, the RTI applicant and an ophthalmologist.

According to MCI Act, if a complaint has not been decided by an SMC within six months, NMC has the option of referring it to its own ethics committee. By June 15, it will be six months since SMCs received the complaint and nine months since NMC got the names from the pharmaceutical department in Sept 2025.

In May 2024, department of pharmaceuticals received a complaint following which the department constituted a special committee to audit AbbVie. It concluded that AbbVie had violated the Uniform Code of Pharmaceutical Marketing Practices.

# High protein, healthy: Why brands are betting on GLP-1-friendly foods

TOS

CONTINUED FROM • 1

## 'The meals don't work the same as the drugs'

GLP-1-friendly foods generally refer to meals designed to keep people fuller for longer and avoid sudden hunger spikes. These meals are typically higher in protein and fibre, while being more balanced than standard fast-food options. "For example, a GLP-1 friendly pizza may have a high-protein base, lean chicken toppings, more fibre, or lower sugar sauces. The idea is to create foods that fit better into a weight-management lifestyle. But it is important to understand that the 'GLP-1 friendly' foods do not contain weight-loss medicines or work the same way as these drugs. The term is mainly being used for meals that are higher in protein, more filling, and designed to support healthier eating habits. It has gained popularity as conversations around GLP-1 weight-loss drugs continue to grow globally," points out Dr Richa Chaturvedi, Senior Consultant, Endocrinology, Indraprastha Apollo Hospital, Delhi.



High-protein meals can help with fullness, reduce snacking, and support weight management when combined with a healthy lifestyle. But, we also need to be practical. A pizza is still a pizza. Just because it says 'high protein' or 'GLP-1 friendly,' it doesn't become healthy

- Richa Chaturvedi, Senior Consultant, Endocrinology, Indraprastha Apollo Hospital, Delhi

## The larger shift toward healthier eating

While 'GLP-1-friendly' may currently be a buzzword driven by the popularity of Ozempic and Mounjaro, experts believe the broader shift towards healthier food is likely to stay. "While the term 'GLP-1-friendly' is currently being used heavily for marketing and does not have a medically regulated definition, the concept itself is rooted in genuine nutritional science. Nutrition experts caution against over-relying on the label itself, as companies are largely using it to attract attention around a trending category. In fact, some brands are already moving away from explicitly using 'GLP-1' terminology and instead focusing on terms such as: high-protein, fibre-rich foods, portion-controlled and balanced nutrition," explains Dr Rajiva Gupta, Senior Consultant, Internal Medicine, CK Birla Hospital, Gurgaon. As per Dr (Prof) Sandeep Aggarwal, "Companies are clearly trying to align themselves with the weight-loss and metabolic health conversation."

## Effective shift or attention-grabbing trend?

Experts say these meals are often nutritionally improved versions of everyday comfort foods, but the label should not be mistaken for a free pass to overconsume. "Individuals typically are eating more nutritious versions of their everyday foods that are prepared with high protein flour, whole grains, lean meat, vegetables, and fibre rich foods. Although they are healthier than standard fast food, portion control and a healthy balance of diet are still crucial for long term health and weight management," says Dr Chirag Tandon, director, Internal Medicine, ShardaCare Healthcity.

"In reality, we are still eating regular foods like pizza, pasta, sandwiches, or rice bowls, just with some nutritional modifications," says Dr Richa Chaturvedi, adding, "Calories, sodium, fat content, and portion sizes still matter."



# How ICMR is rewiring the health ecosystem

As the nation advances toward the vision of Viksit Bharat 2047, the question is not only about how to treat disease, but how one builds a health system that is anticipatory, equitable, and innovation-driven. At the heart of this transformation lies a reimagined approach to health, one that connects data to decisions and decisions to impact.

Building on the hard-earned lessons of the COVID-19 pandemic, the Indian Council of Medical Research (ICMR), India's apex body for biomedical research, has undertaken a series of forward-looking reforms. These reforms range from reimagining its institutional architecture to strengthening the way research is funded and translated into impact. This shift reflects a deliberate move towards integrated, institute-led research aligned with national priorities, where science is designed not just to generate knowledge, but to solve pressing public health challenges.

## A strategic reorientation

A cornerstone of this transformation is the restructuring of the ICMR's institutional architecture. Recent reforms have expanded the mandates of several institutes, repositioning them as interdisciplinary hubs rather than narrowly defined entities. The evolution of institutes toward domains such as digital health and data science, child health, and women's health reflect the changing contours of India's disease burden and technological capabilities. Another important step is the creation of a network of regional National Institutes of Health Research across the country, from Dibrugarh in the Northeast to Jodhpur in the west. These institutes will conduct operational research with State and district health systems to ensure that relevant research is conducted and the output is used on the ground. These changes signal a strategic reorientation toward future-ready science.



**Rajiv Bahl**

Secretary to Govt. of India, Department of Health Research, Ministry of Health & Family Welfare and Director-General, Indian Council of Medical Research

The roadmap to 2047 will be shaped by advances in digital health, bio-manufacturing, and sustainable development, with a strong emphasis on capacity building and global collaboration

where AI, genomics, and real-time data systems are integral to public health decision-making.

Equally important is the shift from compartmentalised functioning to a connected national research ecosystem. Institutes are now envisioned as resource centres that contribute to a shared national mission, ensuring that evidence generated in one setting informs action across the country. This systems-level thinking is critical in an era where health challenges, be it antimicrobial resistance, pandemics, or non-communicable diseases, are complex and interconnected. Similarly, the research funding ecosystem is also going through a redesign.

This integrated continuum marks a decisive shift from funding projects to enabling solutions. It is further reinforced by the National Health Research Programme (NHRP), which has identified 13 priority areas ranging from antimicrobial resistance and tuberculosis to mental health, nutrition, and emergency care.

Technology, too, is playing a transformative role. The integration of AI into diagnostics, surveillance, and program implementation is helping bridge longstanding gaps between urban and rural healthcare. AI-enabled tools for tuberculosis and diabetic retinopathy screening are already supporting frontline health workers, while innovations such as AI-driven nutritional monitoring are improving program delivery at scale. The i-Drone initiative, which began with vaccine delivery and has expanded to transport critical medical supplies, exemplifies how cutting-edge technology can overcome geographic barriers and bring care closer to communities. At the frontier of science, advances across the medtech gamut, from medical devices and diagnostics to next-generation vaccines and therapeutics, are enabling more targeted, patient-centric interventions. In parallel, the integration of

traditional knowledge systems through innovative, evidence-based models is gaining global recognition. Schemes such as First in the World Challenge complemented with platforms such as MedTechMitra and the Medical Innovations-Patent Mitra initiative are accelerating the journey from research to commercialisation, ensuring that publicly funded science translates into affordable, accessible technologies for the people.

## Towards universal access

The true measure of these reforms, however, lies in their impact on public health. Initiatives such as the India Hypertension Control Initiative have demonstrated how evidence-based strategies can transform chronic disease management at scale. Mission-mode programmes in emergency care, including mobile stroke units and rapid cardiac response systems, are redefining outcomes in life-threatening conditions. Expanded diagnostic networks and indigenous technologies are strengthening early detection and treatment across diseases ranging from cancer to infectious outbreaks. These efforts are closely aligned with the National Health Policy 2017, which emphasises preventive and promotive healthcare, universal access, and quality of care.

As we look to the future, the vision is clear. The ICMR will continue to serve as a catalyst, bringing together researchers, clinicians, policymakers, and the industry to build a resilient health ecosystem. The roadmap to 2047 will be shaped by advances in digital health, bio-manufacturing, and sustainable development, with a strong emphasis on capacity building and global collaboration. The transformation underway within the ICMR is an invitation to all stakeholders to participate in this journey and to ensure that science serves society in the most meaningful way.



Movie  
REVIEW  
'द पिरामिड स्कीम'

वेब सीरीज 'द पिरामिड स्कीम' उन आम मिडिल क्लास परिवारों की कहानी है, जो एक अच्छा जीवन जीने का सपना देखते हैं। यह सीरीज जल्द पैसे कमाने की स्कीम का लालच और फ्रॉड दोनों दिखाकर इसके पीछे की कड़वी सच्चाई सामने लाती है।

## कहीं नमक ज्यादा तो कहीं कम

गोधूलि श्रीवास्तव

आप अपने आसपास ऐसी कई चीजें देखते हैं जिनसे बिदागी में कभी न कभी सामना होता ही है। इनमें से एक है 'मल्टी लेवल मार्केटिंग'। यहाँ काम करने वाले आम लोगों के सपने और उन्हें पूरा करने की जद्दोजहद। यही कहानी है वेब सीरीज 'द पिरामिड स्कीम' की।

■ **कहानी :** परिवार की आर्थिक स्थिति ठीक न होने की वजह से गोल्डी चौहान (परमवीर सिंह चौमा) की समाज में कोई इज्जत नहीं है। अचानक एक दिन वो अक़रता है एक पिरामिड स्कीम वाली कंपनी 'जंबो टाइफ' से। कंपनी उसे सपने दिखाती है और गोल्डी मेंहनत करता है। मगर अंत में उसे पता चलता है कि कंपनी ही 'फ्रॉड' है। अब वह अपने पैसे कैसे वापस लाएगा? इसके तार कहां-कहां तक जुड़े हुए हैं? यह जानने के लिए आपको सीरीज देखनी होगी।

■ **अभिनय :** सीरीज में सभी किरदारों का अभिनय अच्छा है। परमजीत सिंह चौमा के किरदार की शुरुआत



स्क्रिप्ट के अनुसार धीमी रखी गई है। हालांकि, एपिसोड दर एपिसोड उनका किरदार बड़ा और अभिनय भी बेहतरीन होता गया। सीरीज में शेखर सुमन हैं तो पर उनका किरदार भी छोटा है और स्क्रीन टाइम भी कम। इसके चलते पूरी सीरीज में शेखर का मैजिक नहीं दिखा। मगर रणवीर शौरी ने कमाल का अभिनय किया है। पूरी सीरीज में आप उन पर से अपनी नज़रें नहीं हटा पाते त्वहीं बाकी किरदार जैसे आशीष राघव, स्मिता बंसल, अंजन श्रीवास्तव, अखिलेंद्र मिश्रा सभी आपको सीरीज से बांधे रखते हैं। फिल्म निर्माता रूमी जाफरी की बेटी अलिफया जाफरी ने अपने एक्टिंग करियर की शुरुआत की है। वह दर्शकों को खुद से रूबरू करवाने में सफल रही।

सीरीज देखने में क्या है मुनाफा ?

टीवीएफ यानि द चायरल फीवर हमेशा से ही सामाजिक आम मुद्दों पर कहानी बुनते हैं। उनके पहले से ही दर्शक तय हैं जो 'पंचायत' और 'गुल्लक' जैसी वेब सीरीज से जुड़े हुए हैं। वह नेटवर्क मार्केटिंग का सच खोलती इस वेब सीरीज की कहानी से जुड़ा हुआ महसूस करेंगे। अगर आप या आपके परिवार में कोई है जो इस तरह के किसी बिजनेस से जुड़ा है या जुड़ना चाहता है। उसे सबसे पहले यह सीरीज दिखानी चाहिए। अभिनय, किरदार और कहानी तीनों ही काफी सच दिखाती हैं। कहीं कोई ओवर ड्रामा नहीं है।

सीरीज देखने पर क्या है घाटा ?

सीरीज की शुरुआत के तीन एपिसोड बहुत ही धीमे थे। अगर आप ये तीन एपिसोड देख पाते हैं तो असल कहानी आपको चौथे एपिसोड से पता चलती है। कहानी जब आखिरी एपिसोड में स्पीड पकड़ती है तब एक साथ इतना सब कुछ हो जाता है कि हजम नहीं होता। कुल मिलाकर कहें तो यह सीरीज आपको ऐसी लगेगी जैसे खाने में कहीं नमक ज्यादा और कहीं कम।

# NFHS-6 data on child nutrition has sobering warnings

Yet overall wasting fell only marginally, from 19.3 per cent to 19 per cent, meaning nearly one in five Indian children under five remains acutely malnourished. The proportion of underweight children moved from 32.1 per cent to 31.8 per cent. Nearly one in three Indian children is still underweight.

The state-level data is even more troubling. In Jharkhand, underweight prevalence increased from 30.4 per cent to 41.1 per cent. In UP, wasting rose from 27.3 per cent to 29.2 per cent and underweight from 32.3 per cent to 34.5 per cent. Rajasthan recorded similar deterioration, with wasting rising from 36.8 per cent to 39.8 per cent and underweight from 27.6 per cent to 33.3 per cent. These setbacks in some of India's largest states are obscured by the national headline.

The stunting figure itself conceals wide disparities. Kerala's stunting rate is 20.1 per

cent, compared with 35.6 per cent in Bihar and 35 per cent in Jharkhand. The gap reflects two very different childhood realities under the same national programmes. Jharkhand's wasting rate stands at 22.3 per cent, more than double Kerala's 10.9 per cent, and virtually unchanged from NFHS-5's 22.4 per cent despite four years of programme implementation.

Only 15.3 per cent of children aged 6-23

**Breastfeeding remains one of the most evidence-backed, low-cost public-health interventions available. Its decline in states with high malnutrition burdens is a serious policy failure**

months receive an adequate diet, up from 11 per cent. This is progress, but it still means more than eight in 10 children during the most critical developmental period are not receiving what nutrition science recommends. Dietary adequacy is only 8.7 per cent in Rajasthan and 11.9 per cent in Bihar. The decline in stunting has occurred despite this gap, not because it has been resolved.

Perhaps the most worrying finding is breastfeeding. Exclusive breastfeeding among infants under six months has fallen nationally from 63.7 per cent to 55.8 per cent. In UP, it has dropped from 59.7 per cent to 34.6 per cent. Jharkhand and Rajasthan have also seen sharp declines. Kerala, in contrast, improved from 55.5 per cent to 72.7 per cent. This suggests the problem is not institutional delivery but postnatal support after discharge. Breastfeeding remains one of the

most evidence-backed, low-cost public-health interventions available, benefiting both child survival and maternal health. Its decline in states with high malnutrition burdens is a serious policy failure.

There are clear successes. Full vaccination coverage increased from 83.8 per cent to 87.1 per cent, while rotavirus vaccine coverage surged from 36.4 per cent to 85.4 per cent, reflecting effective national rollout.

NFHS-6 confirms India can reduce stunting. But wasting, dietary inadequacy and declining breastfeeding remain major risks. Whether the next NFHS shows continued progress on stunting will depend on whether these warning signs are addressed now.

The writer is senior fellow, Public India Foundation and former director, office of vice-chancellor, NTU Ayyer



URVASHI PRASAD

THE HEADLINE from NFHS-6 on child health is heartening. Stunting — children who are too short for their age — has declined nationally from 35.5 per cent to 29.3 per cent. That is a substantial improvement and deserves recognition. However, read in full, NFHS-6's child nutrition story presents a more complicated picture. National gains are uneven, several large states have deteriorated, and key drivers of child nutrition remain deeply concerning.

Severe wasting, the most dangerous form of acute malnutrition, declined from 27 per cent to 5.2 per cent. This is a meaningful gain that should translate into fewer child deaths.



# Health is wealth and both wear away

## COVERNOTE

By Niza Sabiri

Health is wealth and conversely, ill-health is erode of wealth. Conventional wisdom says this is where health insurance comes in. Until health insurance itself becomes a large drain on the pocket. Ironically, things have been taking this direction in the last few years and now we have entered a stage where many are questioning the high premiums for reasonable levels of cover. And, by extension, wondering about health insurance economics and what it will become in the future. We will come back to this question in a bit but first let's take specific examples of premium increases.

### Sleep insurance

A \$10 lakh hospitalisation policy for a 45-year old costs ₹31,000 is 25,000 today compared with about ₹5,000 to ₹10,000 a year ago. As much as 10% increase in a year is quite a shocker but still tame compared with the 20-30% increases for older people.



**CATCH UP:** As much as 10% premium rise in a year is quite a shocker with sea-level rise

Premium rates vary quite a bit by coverage, age, location and definitely insurance company, but the direction is clear, namely upwards, simply because you think the premium jump to start to age 45 when you enter a new slab with higher rates. That was the case until last year. Annual increases have started across locations and there are differentiators by state as well.

### Rising medical inflation

The reason offered is rising costs, centrally, medical inflation which is reportedly about 15% in recent years. The customer is still left wondering where this is all going. Going by the trend, in six or seven years our 45-year-olds would be paying double the premium for the same coverage. On that premium today will get but only half the sum insured. Today's 45-year-old, at 52 will be looking at a more intimidating premium structure.

All this if today's morbidity trends remain the same. Cancer diagnoses are growing, as are chronic diseases and Card for that matter pandemic.

Sure, top-up policies help increase coverage but relatively reach lower premiums and has been the portfolio track many have taken. It has taken the best of those who want higher coverage but cling at the premium rates of basic hospitalisation policies. Coming back to the basic policy, questioning the worth of insurance is an inadequate response. What about the cost of medical care WITHOUT insurance? Here is a creative idea - suggested in CoverNote a couple of years ago - which is now becoming the topic of family conversations and major decisions. Why not have only a top-up cover with a ₹10 lakh threshold and desired sum insured and be ready with funds to meet the first ₹10 lakh?

I know families that opted for this perhaps because paying an average of ₹10,000 a year for a ₹10 lakh policy for 10 years with no claim meant you have paid the entire sum insured in premiums and are set to keep paying.

Also, perhaps if they were denied hospitalisation cover due to age or medical reasons and they did not have much of a choice. In this position, the top-up policy takes care of peak risk and the emergency medical fund pays bills of up to ₹10 lakh. Can this work? Yes and No. Let us see some scenarios in the next installments of CoverNote.

(The writer is a business journalist specialising in insurance & corporate history.)

Send queries regarding finance and insurance to the postmaster@covernote.in. Our experts will respond where possible, but will not give specific recommendations or opinions in a particular financial field, when it has to do so.



Insider

# ताकि बढ़ती रहे भारत की आर्थिक ताकत



आलोक जोशी | वरिष्ठ पत्रकार

## पुनौती यही है कि भारत निर्णायक छलांग लगाकर दिखाए, जो उसे सिर्फ बड़ी अर्थव्यवस्था नहीं, बल्कि विज्ञान, तकनीक और उद्योग के मोर्चे पर महाशक्ति बना सके।



पछले कुछ दिनों से भारत की अर्थव्यवस्था लगातार सभी तबकों में चर्चा और विमर्श के केंद्र में आ गई है। ईंधन, युद्ध और कच्चे तेल के दामों का असर अन्न-पासदिल ही रहा है, साथ में शेयर बाजार की भारी उठापटक भी रोज लोगों के दिल चलाती आ रही है। अन्न आराम को पेट्रोल-डीजल के दाम चुभने लगे हैं और चाले-अनचाहे उसे महंगाई का डर भी सताने लगा है।

कुछ अर्थशास्त्री भी ठगवने हालात की तरफ इशारा कर रहे हैं। खासकर उन अर्थशास्त्रियों की चर्चा ज्यादा हो रही है, जो पिछले कई साल से इस खबर के बड़े समर्थक रहे हैं, लेकिन अब किसी न किसी कारण से आर्थिक नीतियों या सरकार के फैसलों पर उंगली उठाने लगे हैं। इस बीच दो ऐसी खबरें आ गईं, जिनसे चर्चा और गर्व हो गई। पहली थी, भारत के शेयर बाजार में सारे शेयरों की कुल कीमत (मार्केट कैपिटलाइजेशन) दुनिया में पांचवें नंबर से छिटाकर पहले छठे और फिर सातवें नंबर पर पहुंच गई है और दूसरी खबर थी, एक अंतरराष्ट्रीय समाचार एजेंसी का यह दावा कि माई के अंत में भारत के करीब 12 अरब डॉलर का सोना बेच दिया है। दोनों ही खबरें चटपट सुर्खियां बन गईं।

अखिर भारत का शेयर बाजार अचानक दुनिया की रेश में लिफ्टा क्यों दिख रहा है, जबकि देश की अर्थव्यवस्था ने पूरे साल उम्मीद से बेहतर प्रदर्शन किया है? यह चिंता स्वाभाविक है, क्योंकि मात्र डेढ़-दो साल पहले भारत दुनिया के शेयर बाजारों में मार्केट कैप के पैमाने पर पांचवें पायदान पर पहुंच गया था। अठारह महीने पहले के अंकड़े देखें, जो भारत का शेयर बाजार दक्षिण कोरिया के शेयर बाजार से सट्टे तीन गुना और ताइवान से दोगुने से ज्यादा था, पर आज कोरिया भी भारत से आगे निकल चुका है। ताइवान को उससे एक महीने पहले ही भारत की पीछे छोड़ चुका था।

हालांकि, भारत का बाजार कुछ खास नहीं मिला है। अब भी वह 4.8 ट्रिलियन डॉलर के करीब का दुनिया के बड़े बाजारों में से एक है, लेकिन पहले ताइवान और

दक्षिण कोरिया का ट्रिलियन डॉलर का मार्केट कैप खार कर्के भारत से अगे निकल गए हैं। यह दावा भी यह रखना चाहिए कि विदेशी निवेशक भारत के बाजार में लगातार बिकवाली कर रहे हैं। सिर्फ 2026 में अब तक वे भारत से करीब 26 अरब डॉलर निष्कात चुके हैं। जबकि, दूसरी तरफ ताइवान और दक्षिण कोरिया के बाजार इसी दौरान तुलना से रफ्तार से बढ़ रहे हैं।

उनकी बढ़ोतरी को सबसे बड़ी वजह है, कुविम मेथा या एआई का घुम-घड़ना। जिस अंदजबे एआई हमारे जीवन के हर पहलु को जकड़ना ना रहा है, उससे दुनिया भर के बड़े-छोटे निवेशक सम्मोहित हो चुके हैं। इसीलिए एआई और सेमीकंडक्टर वाली कंपनियों में पैसा लगाने की होड़ लगी है। सेमीकंडक्टर या चिप बनाने वाली दुनिया की सबसे बड़ी कंपनी- ताइवान सेमीकंडक्टर कॉर्पोरेशन (टीएसएमसी)। दक्षिण कोरिया में सैमसंग और एस्कंडाइनस जैसी कंपनियां भी इस बरोबर का एक अहम हिस्सा हैं। एआई से सम्मोहित निवेशक अब इन कंपनियों के शेयरों में

जमकर पैसा लगा रहे हैं। क्या आलम है, इसे पुं समाईर कि ताइवान के स्टॉक मार्केट इंडेक्स में करीब 42 फीसदी की लिस्सेवारी टीएसएमसी की है। इस साल इसका शेयर डेढ़ गुना हो चुका है। दुनिया भर के निवेशक तो इसके पीछे भाग ही रहे हैं, सरकार भी उनका उस्ताह अवसान कर रही है। ताइवान के म्यूचुअल फंड किसी एक कंपनी में अपनी कुल रकम का कितना हिस्सा लग सकते हैं, इस नियम में ढील दे दी गई है। अंतरराष्ट्रीय निवेश संस्थानों का अनुमान है कि सिर्फ इसी वजह से ताइवान में लगभग छह अरब डॉलर का अतिरिक्त निवेश आ सकता है।

भारत के लिए चिंता की बात यह है कि वह लिस्टेड कंपनियों में कोई भी ऐसी बड़ी कंपनी नहीं है, जो एआई या सेमीकंडक्टर बाजार में दुनिया की दिग्गज कंपनियों के सामने खड़ी हो। तो क्या इसका मतलब है कि भारत की अर्थव्यवस्था बुरे हाल में है? इसका जवाब देने से पहले दूसरी खबर का भी हिस्सा लग लेना बेहतर होगा। क्या रिजर्व बैंक ने चाकई 12

अरब डॉलर का सोना बेच दिया? इतिहास में पहली बार? बहुत खस्ता आर्थिक स्थिति में भी बस एक उदाहरण है, जब भारत ने अपना सोना निरवरी रखा था, इसीलिए सोना बेचने की चर्चा होती ही इस पर बवाल मच गया। यह खबर समाचार एजेंसी ब्लूमबर्ग के हवाले से आई थी, जिसमें कहा गया था कि क्विंटो मुद्रा बांडर पर दबाव से मुकदमले के लिए आरबीआई ने माई के अंत में करीब 12 अरब डॉलर का सोना बेचा हो सकता है। रिजर्व बैंक ने बाकायदा बयान जारी कर इस खबर को गलत बताया और गुरुवार की रात ब्लूमबर्ग ने भी इस खबर को गलत बताया हुए वापस ले लिया, अगर हमारा ले बरपा हो ही चुका था।

फिर भी, क्या भारत की अर्थव्यवस्था खतरे में है? एक बड़ा संकेत तो सामने खड़ा है, जो ईरान-अमेरिका के बीच स्वामी शक्ति-समझौता होने तक खड़ा रहेगा। अगर भारत को पेट्रोल, गैस, नौजवान आबादी, बुनियादी ढांचे पर खर्च, मैन्युफैक्चरिंग को बढ़ावा देने की नीति और मजदूरों के बीच प्रणाली ऐसी चीजें हैं, जो इसकी अर्थव्यवस्था को मजबूती दिखाती हैं। शेयर बाजार में भी पेट्रोल संस्थानों या छोटे निवेशकों की एसआईपी से अगे चाले पैसे का प्रवाह मनकूल बना हुआ है।

हालांकि, पुनौती भी कम नहीं है। अगर ईरान को लड़ाई से उतारी गई है तो आरंभ की किन्तरे रख दें, तब भी तेज आर्थिक वृद्धि के बरअक्स अच्छे रोजगार के मौके जरूरत के मुताबिक नहीं पैदा हो रहे। दूसरा, निर्यात के मोर्चे पर भारत को जमान परिशिवाई देशों से ही पार पाना मुश्किल हो रहा है। आवाजित तेल पर निर्भर होने के अपने दर्द हैं, पर इस वजह की सबसे बड़ी पुनौती खोजनीकी की है। एआई और आधुनिकता तकनीक की दुनिया में भारत का पनी कमजोर स्थिति में दिखता है। वहां उपभोक्ता बनकर चुनाव नहीं होने वाला है। नई तकनीक के सॉफ्टवेयर और हार्डवेयर, दोनों ही पक्षों में भारत की मौजूदगी बहुत कम है।

शेयर बाजार के छठे या सातवें नंबर पर पहुंचने का कोई खास अर्थ नहीं है, लेकिन अगर नई तकनीक के मोर्चे पर भारत लिफ्टा रहा, तो आगे चाले कुछ सालों का सक्की में निरभर से कदम मिलाकर चलना भी मुश्किल होगा। पुनौती यही है कि क्या अब भारत एक निर्णायक छलांग लगाकर दिखाएगा, जो उसे सिर्फ बड़ी अर्थव्यवस्था नहीं, बल्कि विज्ञान, तकनीक व उद्योग के मोर्चे पर एक महाशक्ति भी बना सके?

(ये लेखक के अपने निचार हैं)

# Disable Bureaucratic Blindness, Empathise

In a country where even able-bodied people find it difficult to negotiate infrastructural deficiencies and unmindful planning, the case of Falguni Maheshwari is a reminder that for differently-abled people, life in India can be one of perpetual crisis which, instead of being solved, one is forced to get used to. Or not. Maheshwari, a student in Germany, was stopped at Ahmedabad airport from boarding her flight to Bhuj because she did not have a fit-to-fly certificate. Wheelchair-bound Maheshwari flew on a 9-hr flight from Frankfurt without a hitch on the same airline, Air India, but was deboarded from her domestic connection, leaving her stranded at the gate.

Recall a 2022 Ranchi airport case where IndiGo barred a teenager with a neurological disability because staff 'panicked'. Or the tragic 2024 Mumbai incident where an 80-year-old man died after Air India failed to provide a pre-booked wheelchair, forcing him to walk 1.5 km? This is unthinking bureaucratic blindness. Ground teams routinely throw up barriers, hide behind vague 'sa-



fety' jargon, and treat assistive service as a burden. This problem is not confined to airports. Police naka points suddenly pop up on our roads without any logic or warning—an arbitrary roadblock created by people in uniform simply because they have the power to do so.

DGCA's manual is clear: airlines can't demand medical certificates unless a passenger has a contagious or life-threatening condition. While Maheshwari's mistreatment exposes a shocking lack of empathy, it points to a deeper malaise: failure of basic institutional training. Why can't airlines institutionalise this: if it needs a document, ask for it at the time of booking. Rules should be made to serve people, not the other way around.

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# दावा: युवाओं को चिड़चिड़ा बना रहा वर्क फ्रॉम होम

अमेरिका में 5.80 लाख से अधिक कर्मचारियों पर शोध से खुलासा

## सेहत

वाशिंगटन, एर्जेसी। घर से काम करने के कई फायदे हैं, लेकिन 'साइंस' जर्नल में छपे शोध में दावा किया गया है कि घर से काम करना कर्मचारियों के मानसिक स्वास्थ्य पर बुरा असर डाल रहा है। उनमें अकेलेपन, तनाव, चिड़चिड़ेपन की शिकायतें बढ़ी हैं।

**5.80 लाख कर्मचारियों पर शोध:** यह शोध 5.80 लाख से अधिक अमेरिकी कर्मचारियों पर किया गया। शोध के अनुसार घर से काम करने की व्यवस्था लोगों के मानसिक स्वास्थ्य पर नकारात्मक प्रभाव डाल रहा है। यह यह अध्ययन येल विश्वविद्यालय के समाजशास्त्र विभाग की एम्मा जांग और रूरके ओ'ब्रायन ने किया है। रिमोट और नॉन-रिमोट नौकरियों वाले कर्मचारियों की तुलना से पता चलता है कि रिमोट वर्क अकेले बिताए जाने वाले समय और मानसिक परेशानी, दोनों को बढ़ाता है।

**घर से काम की प्रवृत्ति बढ़ी:** कोरोना महामारी के बाद घर से काम करने वालों की संख्या बढ़ी है। वर्तमान में लगभग चार में से एक अमेरिकी वर्क फ्रॉम होम कर रहे हैं। पिछले शोधों में सामने आया था कि घर से काम करने वाले लोग अपनी नौकरी से अधिक संतुष्टि जरूर व्यक्त करते हैं, लेकिन उनके बीच चिंता और अवसाद की दर अधिक होती है। शोधकर्ताओं ने 2011 और 2024 के बीच अमेरिकी



- महामारी के बाद घर से काम करने वालों की संख्या बढ़ी
- मानसिक परेशानी में बढ़ोतरी का एक तिहाई कारण रिमोट वर्क संभव

## भारत की स्थिति भी कुछ अलग नहीं

डेलॉयट इंडिया, निमहंस और अन्य संस्थानों के अध्ययन के अनुसार भारत में रिमोट वर्क ज्यादा आईटी, सॉफ्टवेयर और बीपीओ कंपनियों में अपनाया गया है। यहां भी स्थिति अमेरिका से अलग नहीं है। घर से काम करने वाले कर्मियों में अकेलेपन और दुनिया से कटे होने की भावना बढ़ी। 35% कर्मियों ने अकेला महसूस किया, जबकि 47% ने वास्तविक दुनिया से कटाव महसूस किया। रिमोट वर्क चिंता, अवसाद का कारण है। सामाजिक संपर्क ने होने से परेशान हुए।

कर्मचारियों पर की गई पांच स्टडीज की समीक्षा की। उन्होंने इंजीनियरिंग जैसे रिमोट-फ्रेंडली करियर वाले लोगों की तुलना नौकरियों में खुद मौजूद रहने वाले कर्मियों से की। महामारी से पहले और बाद के समय के बीच अमेरिका में

## ये तथ्य सामने आए

1. घर से काम करने की व्यवस्था अकेलेपन को बढ़ाती है और तनाव बढ़ाती है, खासकर उन लोगों में जो परिवार के साथ नहीं रहते।
2. लोग हर कार्य दिवस में 1.1 घंटे अतिरिक्त अकेले बिताते हैं।
3. उनके पूरे दिन घर पर ही रहने की संभावना चार गुना अधिक होती है।
4. कई दिन इंसानों से संपर्क के बिना बिता रहे हैं। जिससे वो अपनी बातें किसी से शेयर नहीं कर पाते
5. स्क्रीन के सामने रहने, मीटिंग्स के बोझ के कारण कर्मचारियों में तनाव की शिकायतें बढ़ी हैं।

सामने आई मानसिक परेशानी में बढ़ोतरी का लगभग एक तिहाई कारण रिमोट वर्क हो सकता है। घर से काम करनेवाले कर्मचारियों के मानसिक स्वास्थ्य विशेषज्ञ के पास जाने की संभावना ज्यादा थी।

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चेक हैं। उ  
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एक्सपर्ट न

# Delhi's infant feeding practices see sharp dip across nutrition indicators: NFHS

The Indian Express

Early initiation of breastfeeding is widely regarded as critical for newborn survival

Ankita Upadhyay  
New Delhi, June 7

CHILD FEEDING practices in Delhi have significantly deteriorated over the past three years, according to new data released by the National Family Health Survey (NFHS-6) 2023-24, with dips observed across nearly every key indicator of infant and young child nutrition.

The share of babies breastfed within one hour of birth dropped from 51.2% in NFHS-5 (2019-21) to 45.1% in the latest survey. The drop is significant: early initiation of breastfeeding is widely regarded as critical for newborn survival, helping infants receive colostrum - the antibody-rich first milk - and establishing feeding patterns linked to sustained breastfeeding in early life.

The data shows that exclusive breastfeeding among infants aged below six months saw an even sharper decline: from 64.3% to 48.3%. Exclusive breastfeeding is defined as feeding only breast milk - including expressed milk or milk from a wet nurse - with no other food or drink, not even water, except oral rehydration solution and prescribed drops or syrups, such as vitamins or medicines.

The World Health Organization recommends exclusive breastfeeding for the first six months of life, noting that breastmilk alone provides all required energy and nutrients while protecting against common childhood illnesses.

Overall breastfeeding coverage among infants under six months also slipped, with the proportion of babies receiving breastmilk declining from 96% to 88%. The share of infants who were exclusively or pre-

## Feeding practices, nutrition received by children in Delhi

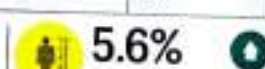
	Urban (%)	Rural (%)	Total as per NFHS-6 (%)	NFHS-5 (2019-21) (%)
Children under 3 yrs breastfed within 1 hr of birth	45.1	46.6	45.1	51.2
Children under 6 months exclusively breastfed	47.5	*	48.3	64.3
Children under 6 months currently breastfed	88	*	88	96
Children under 6 months exclusively or predominantly breastfed	71.9	*	72.2	83.9
Children aged 6-8 months receiving breastmilk and complementary food	52.2	*	52.5	62.9
Children aged 6-23 months receiving breastmilk and adequate diet	11	10.4	10.9	18
Children aged 6-23 months receiving adequate diet, but not breastmilk	12	*	11.9	8.6
Children aged 6-23 months receiving adequate diet	11.3	8.9	11.2	16
Stunted (height-for-age)	26.4	28.5	26.4	30.9
Wasted (weight-for-height)	15.1	10.3	15.0	11.2
Severely wasted (weight-for-height)	4.2	0.0	4.1	4.9
Underweight (weight-for-age)	27.4	26.6	27.4	21.8
Overweight (weight-for-height)	1.8	0.3	1.7	4.0



Decline in exclusive breastfeeding (under 6 months)



Decline in children getting breastmilk and an adequate diet (6-23 months)



Underweight children

dominantly breastfed fell from 83.9% to 72.2%.

Among older infants, feeding practices also deteriorated. The proportion of children aged 6-8 months receiving complementary food alongside breastmilk declined from 62.9% to 52.5%. Only 11.2% children aged 6-23 months were receiving a minimum adequate diet, down from 16% - suggesting that nearly nine in ten children in this age group are not receiving basic standards of dietary diversity and meal frequency.

Doctors and public health experts say the trend points to a broader breakdown in early childhood nutrition practices. Dr Uma Vaidyanathan, director of obstetrics and gynaecology at Fortis Hospital Shalimar Bagh, termed the decline "a matter of concern", noting that despite

routine counselling, many mothers are unable to continue exclusive breastfeeding for the recommended duration.

She said returning to work early after childbirth is a major factor, with many women introducing formula or other feeds within a few months to accommodate care-giving arrangements. The issue, she added, is not limited to working mothers. "Even among homemakers, we have observed a growing tendency to discontinue breastfeeding early, often due to lack of sustained encouragement," Vaidyanathan said.

"There is generally no such thing as a biological failure of lactation," she said, adding that most women are physically capable of breastfeeding for one to two years, but increasingly choose not to continue.

Dr Neelam Benara, Consultant, Obstetrics and Gynaecology at Kailash Hospital, Noida, said the NFHS-6 findings point to a worrying decline across multiple indicators. The reductions in early initiation, exclusive breastfeeding, timely complementary feeding and dietary adequacy, she said, suggest that many children are not receiving optimal nutrition during a critical window of growth and development. While the survey does not identify specific causes, she said possible barriers include gaps in breastfeeding support, caregiver awareness and nutrition counselling.

Dr Vaidyanathan cautioned against a growing reliance on formula feeding, saying it may be associated with higher rates of digestive issues and allergy-like symptoms.

## Skywatch



Forecast: June 8, 2026

Partly cloudy sky, possibility of thunder.

MAX: 41-43

3°C above normal

MIN: 24-26

3.6°C below normal

## AQI Tracker



Anand Vihar  
Poor  
AQI: 276



JNU  
Moderate  
AQI: 124



Jahangirpuri  
Moderate  
AQI: 178



Rohini  
Moderate  
AQI: 160

- Good (0-50)
- Satisfactory (51-100)
- Moderate (101-200)
- Poor (201-300)
- Very Poor (301-400)
- Severe (401-500)

## Govt to induct 2,800 e-buses under Centre's PM E-DRIVE

Devansh Mittal  
New Delhi, June 7

THE DELHI government is set to induct 2,800 air-conditioned low-floor electric buses under the Centre's PM Electric Drive Revolution in Innovative Vehicle Enhancement (PM E-DRIVE) scheme, including 1,400 nine-metre buses and 1,400 twelve-metre buses, as part of its plan to expand the city's public transport fleet. Transport Minister Pankaj Kumar Singh said on Sunday.

The proposed fleet is expected to improve connectivity across the city, particularly in areas with limited public transport access. The mix of nine-metre and twelve-metre buses is intended to serve both neighbourhood routes and high-demand corridors, said officials.

The government said that currently, nearly 4,300 electric buses operate in Delhi and it aims to increase the number to

two promising athletes that ended in tragedy

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The India

# 'Detailed NFHS report will provide a broader picture'

**Press Trust of India**

NEW DELHI

Union Health Ministry sources addressed criticism directed at "missing" indicators, such as anaemia, sanitation, and coverage of clean cooking fuel, in the National Family Health Survey (NFHS)-6 factsheets saying those are being monitored through dedicated national surveys and administrative databases, and were not "duplicated" in the preliminary release.

Responding to "commentary in sections of the media regarding the absence of certain indicators", official sources said the factsheets represent the first stage of dissemination and cover 101 major indicators intended to provide a concise snapshot of India's most critical health and demographic trends.

"The factsheets are the first stage of dissemination. The detailed national report will provide a much broader picture," sources said. The report will be released subsequently with a much wider range of indicators, detailed analyses and methodological documentation.

"The aim is to ensure

that each indicator is reported through the most appropriate and authoritative source, reducing duplication and improving overall data coherence," sources said. They said several indicators cited as "missing" from the factsheets are being monitored through dedicated national systems. Sanitation and clean cooking fuel coverage, for instance, are tracked through specialised surveys and administrative platforms such as Swachh Survekshan Grameen and the Statistics and Programme Implementation Ministry's surveys, making duplication within the factsheets unnecessary, they said.

Key statistics relating to mortality, birth registration and population characteristics continue to be generated through systems such as the Sample Registration System, Civil Registration System and Census framework.

On the absence of anaemia estimates in the factsheets, they said that haemoglobin testing was not undertaken in NFHS-6 due to concerns surrounding the capillary blood sampling methodology used in previous rounds.

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with Sanskrit within the formal curriculum while attempting to retain some internatio-

opted for Spanish in some schools are being shifted to Sanskrit. "The biggest issue

ject's subject matter. However, nothing has been finalised yet," she said.

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# Hidden victims: Air pollution may harm babies before birth

Anuja Jaiswal@timesofindia.com

**New Delhi:** Exposure to air pollution during pregnancy may do far more than affect a mother's health. A new study by researchers at AIIMS Delhi has found that fine particulate matter in polluted air can damage the placenta, restrict fetal growth, increase the risk of low birth weight and pregnancy complications, and may even affect a child's development after birth.

Published in *EMBO Molecular Medicine*, the study examined how urban particulate matter (PM2.5 and PM10) affects pregnancy through laboratory experiments, animal models and human data. Researchers found that tiny pollution particles can cross the placental barrier, trigger inflammation and oxidative stress, and interfere with the placenta's ability to supply oxygen and nutrients to the developing baby.

The team observed that exposure to urban particulate matter impaired key placental functions, including blood vessel formation, nutrient transport and fetal growth. In animal studies, pregnant rats exposed to pollution had smaller litters, abnormal placentas and babies with reduced birth weight and growth.

The findings were supported by an analysis of 994 pregnancies from regions with different pollution levels. Researchers found that higher PM2.5 exposure was associated with a greater risk of low birth weight and preeclampsia, a potentially serious pregnancy complication marked by high blood pressure.

Corresponding author Prof

## POLLUTANTS CAN ENTER PLACENTA

*Air pollution & pregnancy: What AIIMS found*

Study: **994** pregnancies + laboratory and animal research

Pollutants studied **PM2.5** **PM10**

### HOW POLLUTION AFFECTS THE BABY

Pollution particles can enter the placenta

Trigger inflammation and oxidative stress

Disrupt nutrient and oxygen delivery

Affect fetal growth and development

### WHAT POLLUTION MAY CAUSE?

- 1 Low birth weight
- 2 Preeclampsia
- 3 Impaired fetal growth
- 4 Developmental changes after birth

### KEY FINDING

Pollution suppresses IGFBP3, a gene important for healthy fetal growth

### TOXIC METALS DETECTED

Lead   
Cadmium   
Antimony 



All Image

Subhradip Karmakar from the biochemistry department at AIIMS Delhi said gestational exposure to PM2.5 and PM10 could breach the placental barrier and trigger oxidative stress and inflammation, affecting genes that regulated fetal growth.

"We also found evidence of toxic metals such as lead, cadmium and antimony accumulating in placental tissue, suggesting that pollutants can reach the fetus and potentially influence growth and neurodevelopment," he said.

One of the study's key discoveries was the identification of a gene called IGFBP3, which plays an important role in fetal growth. Researchers found that pollution-related inflammation sup-

resses this gene, potentially disrupting placental development and healthy fetal growth.

The study also found evidence that toxic metals present in polluted air, including lead, cadmium and antimony, can accumulate in placental cells and may be transferred to the fetus. Offspring exposed to pollution during pregnancy showed behavioural and developmental changes after birth in animal experiments.

Researchers said the findings provided fresh evidence that air pollution was not only a respiratory and cardiovascular health issue but also a significant threat to maternal and child health. They stressed the need for stronger pollution-control measures.

**उदासीनता** | गैर घरेलू कार्यों में सीवरेज के बेकार पानी को शोधित कर दोबारा इस्तेमाल बढ़ाने जैसी योजनाओं पर एक बार फिर चर्चा तेज हुई, विशेषज्ञों ने जताई आवश्यकता

# सहेज लेते बाढ़-बारिश का पानी तो गर्मी में नहीं होता जल संकट

**राजिंदर सिंह**  
 नई दिल्ली। दिल्ली में पंचतल संकट के बीच गैर घरेलू कार्यों में सीवरेज के बेकार पानी को शोधित कर दोबारा इस्तेमाल बढ़ाने जैसी योजनाओं पर एक बार फिर चर्चा तेज हो गई है। इस संदर्भ में विशेषज्ञों का कहना है कि दिल्ली शहर पानी और अपने जल संचयन के तरीके से सहेज लेती तो पंचतल संकट नहीं होता। विशेषज्ञों के अनुसार, जल संरक्षण सेक्टर बहुत खोजनाएं भी बनीं। एवं घटी बाढ़ों से काफी फायदा व शोषण के बीच बढ़े-बढ़े जातारण शहर बाढ़ का पानी एकत्र करने को लाहें। केंद्रीय भूजल बोर्ड ने भी कई अल्प मुद्दाय दिए, लेकिन जल संरक्षण व प्रस्ताव धरातल नहीं उतर पाए। अगर यमुना

समझौते के तहत दिल्ली को वर्ष भर में यमुना से 724 एमसीएम ( मिलियन क्यूबिक मीटर ) पानी आयांटा है। इसमें से सिर्फ 76 एमसीएम पानी मार्च से जून के बीच उपलब्ध होता है। 580 एमसीएम पानी यमुना में जुलाई से अक्टूबर के बीच आता है। इसमें से 298 एमसीएम पानी बर्बाद फला जला है। वर्ष 2016 में जल बोर्ड द्वारा तैयार जल वित्तिस मसौदे में बाढ़ के इस पानी का बंधारण करने पर और दिया गया था। केंद्रीय भूजल बोर्ड द्वारा तैयार कृत्रिम भूजल रिचार्ज मास्टर प्लान में भी कहा गया कि मानसून के दौरान बारिश व बाढ़ को मिलकर 457 एमसीएम पानी संग्रहण के लिए उपलब्ध होता है। इसे संग्रहित करने की सिफारिश की गई थी। जल बोर्ड के पूर्व सदस्य आरएस

**580**  
 एमसीएम पानी में से 298 पानी फला जला है बेकार जुलाई से अक्टूबर के बीच

■ विशेषज्ञों ने कहा- पानी का बंधारण कर अपूर्ण बढ़ाने की योजनाएं बहुत तैयार हुए लेकिन धरातल पर नहीं उतरे



राजगी ने बताया कि वर्षों पहले ओखला बैराज से खुल कर पानी पंप कर घटी बाढ़ों में बने गड्ढों में ले जाकर धरने की योजना बनी। ओखला एसीटीपी के 30 एमजीटी सीवरेज का शोधित पानी घटी मार्ग और जैतपुर में ले जाकर बंधारण किया

जाना था। तकि भूजल रिचार्ज हो सके और नरुनत बढ़ने पर अपूर्ण हो सके। बोर्ड अब भी संभावनाएं तलाश रहा है। वर्षों, पल्ला के भूजल से 90 एमजीटी पानी निकाला जा सकता है लेकिन वहां से 35-40 एमजीटी पानी ही निकाला जा रहा है।

दिल्ली में पानी की जरूरत वानी की उपलब्धता

1250 एमजीटी करीब 1002 एमजीटी



**अत्याधुनिक कुआं योजना नहीं हुई सफल**

सैनिया विहार में 30 अत्याधुनिक कुआं बनाए गए। इसके माध्यम से बरसात में भूजल रिचार्ज की सुविधा दी गई। तथा किया गया कि इन कुआं से प्रतिदिन 38 से 48 मिलियन गैलन पानी आपूर्ति होगी। ये योजना सफल नहीं हुई।

**जलाशय बनाकर जल संग्रहण की योजना रुकी**

दिल्ली सरकार ने 2019-20 में पल्ला में यमुना छातर में 26 एकड़ में जलाशय बनाकर उसमें बाढ़ का पानी एकत्र कर भूजल सार बढ़ाने की फाल की। तत्कालीन सरकार ने इस योजना को लेकर बड़े-बड़े उद्योग भी किए थे। इसके तहत पल्ला से जलसंधार के बीच करीब एक हजार एकड़ जमीन में जलाशय बनाकर बाढ़ का पानी संग्रहित करने की योजना थी। लेकिन योजना अगे नहीं बढ़ी।

# प्रकृति संतुलन बनाने के लिए हमारा इंतजार नहीं करेगी

समुद्री तापमान में उतार-चढ़ाव के साथ ही हवा के रुख के अनुकूल गर्म और ठंडे पानी के बदले बहाव ने इस वर्ष जलवायु जनित आपदाओं को तेज कर दिया है। गर्मों के और भयानक होने की आशंका है। आपने गौर किया होगा, अप्रैल के आखिरी दिनों में कई इलाके गर्म हो गए थे, पर मई शुरू होते ही बारिश आ गई और तैयार फसलें खराब हो गईं। कई क्षेत्रों में तेज आंधी ने भी खूब उत्पात मचाया। हालांकि, जल्द ही तापमान फिर से 45 से 50 डिग्री सेल्सियस पहुंचने लगा। विजली की मांग और आपूर्ति का असंतुलन अलग से। जाहिर है, त्राहि-त्राहि मचनी थी। गर्मी बढ़ते ही पंखे, कूलर और एसी चलने लगे। थोड़े दिन ही सही, इस साल सर्दी भी खूब पड़ी। बारिश का तो अब कोई हिसाब ही नहीं रहा। इस बार सुपर अल नीनो और ला नीना जैसी प्राकृतिक घटनाओं की भी आशंका बन रही है।

प्रश्न है, ऐसे में लोग क्या करें? घरों में छिपे रहें, एसी चलाएं और पानी पीते रहें। जिनके पास ये सब नहीं हैं, वे क्या करें? आजकल हर ओर लंबी-चौड़ी फरटिदार सड़कें बन रही हैं। नए शहर और बाजार बसाए जा रहे हैं। बहुमंजिली इमारतें लोगों से ठसाठस भरी रहती हैं। पहाड़, समुद्र, शहर, घर्मस्थान सालों भर पर्यटकों से भरे रहने लगे हैं। साफ है, लोग समृद्ध हो रहे हैं, तो यात्राएं करेंगे ही और सुविधाएं भी चाहेंगे। रिंग रोड बनते ही शहरों के बाहरी हिस्सों में अनियोजित विस्तार होने लगता है। राजधानियों के चारों ओर औद्योगिक और आर्थिक क्षेत्र विकसित किए जा रहे हैं।

तेज आर्थिक विकास, नए निवेश, ज्यादा से ज्यादा रोजगार सृजन और राष्ट्रीय व क्षेत्रीय समृद्धि के लिए इन आधारभूत संरचनाओं के महत्व को नकारा नहीं जा सकता, पर इससे भी इनकार नहीं किया जा सकता कि बड़े शहरों में गर्मी के ऐसे झीपे बढ़ते जा रहे हैं, जिनमें दिन तो तपते ही हैं, अब रातें भी बहुत गर्म बनी रहती हैं। शहरों में बढ़ते कंक्रीट के जंगल दिन भर तेज धूप व गर्मी सोखते हैं और रात में उत्सर्जित करते हैं। पुराने विशाल पेड़ों और हरियाली की कमी से वातावरण में ऑक्सीजन कम होता जा रहा है, जबकि सांसें से, गाड़ियों से, घरों से, बाजारों से और कारखानों से निकलने वाला कार्बन निरंतर बढ़ता जा रहा है।

पौधे लगाना और उसे बड़ा करना विकास का सबसे सस्ता सौदा है। सरकारों के पास घन, बागवानी और



राणा प्रताप सिंह

मानद निदेशक, सीएसई

पर्यावरण संरक्षण के अनेक विभाग हैं, बजट है और योजनाएं भी हैं। पर, हम नहीं जान पाते कि पानी और पेड़ कम क्यों होते जा रहे हैं? इन पर अक्सर छोटे-बड़े समारोह होते रहते हैं। पौधरोपण के वर्ष-दर-वर्ष बढ़ते आंकड़ों के दावे होते रहते हैं, पर न ऑक्सीजन बढ़ रही है, न गर्मी घट रही है। गर्मी में धूप की तल्लखी बढ़ रही है और जाड़े में धुंध का घनत्व। बड़े और विशाल पेड़ कटते हैं और ड्रोल, तालाब व नदियों में गाद, कचरे भर जाते हैं

या उन पर कब्जा हो जा रहा है। सड़कें हैं, पर उनके किनारे पेड़ नहीं हैं। पार्क, कॉलोनिआस सब कृत्रिम-विहीन हैं। नदियों के किनारे बाजार बस गए, बहुमंजिली इमारतों की पंक्तियां खड़ी हो गईं, उद्योग लग गए, पर पेड़ नहीं लगे।

पेड़ कटता है, तो कितने तरह के जंतुओं और वनस्पतियों का घर उजड़ जाता, इसका कोई हिसाब-किताब नहीं। कार्बन उत्सर्जन लगातार बढ़ रहा है, पर उसके अवशोषीकरण में साल-दर-साल कमी आ रही है।

विकास का मतलब एक सुखी, संपन्न और समावेशी समाज का बनना है, जिसमें एकाधिकार, वर्चस्व, संघर्ष, घृणा, हिंसा और भ्रष्टाचार न हो, बल्कि प्रेम, सद्भावना, सहयोग और शांति हो। यह सब हो कैसे, इस पर कोई विमर्श और संवाद नहीं हो रहा है।

पेड़ अपना स्वरूप गढ़ने में दशकों लगाते हैं, लेकिन कंक्रीट के निर्माणों के लिए उनको तत्काल काटकर बेच दिया जाता है। हम भूल जाते हैं कि पृथ्वी-तंत्र अपना संतुलन बनाने के लिए किसी का इंतजार नहीं करेगा। वहां न कोई राजनीति है, न भ्रष्टाचार और न ही विरोधाभास। प्रकृति करोड़ों वर्षों में विकसित हुई व्यवस्था है, जिसकी सूक्ष्मता तक मनुष्य पहुंच नहीं पाया है। प्रकृति को मनुष्य की नहीं, बल्कि अपनी व्यवस्था बचाए रखने की चिंता है, जिससे उसकी जननी पृथ्वी बची रहे; मनुष्य के साथ नहीं, तो मनुष्य के बिना ही सही।

(ये लेखक के अपने विचार हैं)

**प्रकृति को अपनी व्यवस्था बचाए रखने की चिंता है, जिससे उसकी पृथ्वी बची रहे; मनुष्य के साथ नहीं, तो मनुष्य के बिना ही सही।**

गुरु नानक आई सेंटर में 'SMILE PRO' सर्जरी, 200 लोगों का उतरा चश्मा

# दिल्ली सरकार के अस्पताल में चश्मा हटाने की खास सर्जरी

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■ नई दिल्ली : अगर आप कई साल से चश्मे या कॉन्टैक्ट लेंस के इंसर्ट से परेशान हैं, तो आपके लिए अच्छी खबर है। दिल्ली सरकार के गुरु नानक आई सेंटर (GNEC) ने अत्याधुनिक VisuMax 800 तकनीक के जरिए SMILE Pro सर्जरी की शुरुआत की है। इस तकनीक के जरिए अब तक चश्मा हटाने की 200 से सफल सर्जरी की जा चुकी है।

दावा है कि दिल्ली सरकार के अस्पताल में इकलौता ये अस्पताल है, जहां किफायती दर में यह सर्जरी की जा रही



AI Image

है। अस्पताल के डॉक्टरों के अनुसार, SMILE Pro आज की सबसे आधुनिक लेजर आई सर्जरी तकनीकों में गिनी जाती है। इसकी सबसे बड़ी खासियत यह है कि इसमें आंख की कॉर्निया पर बड़ा फ्लैप नहीं

बनाया जाता। नतीजतन, मरीज को कम असुविधा होती है। अस्पताल की डॉ पारुल जैन बताती हैं कि यह तकनीक उन लोगों के लिए बेहद कारगर है जो निकट दृष्टिदोष (मायोपिया) या सिलिंडर नंबर से छुटकारा पाना चाहते हैं और जिनका चश्मे का नंबर पिछले एक साल से स्थिर है।

डॉ पारुल बताती हैं इसमें खास बात यह है कि चश्मा हटाने का लेजर टाइम महज 10 सेकंड है। बाकी अन्य तकनीक में इससे अधिक वक्त लगता है। चश्मा हटाने का खर्च गुरु नानक आई सेंटर में करीब 50 हजार रुपये है, जबकि निजी अस्पतालों में यह खर्च 1 लाख रुपये से अधिक हो सकता है।

<sup>NBT</sup>  
CGHS पैनेल से  
बाहर हुआ बीएल  
कपूर अस्पताल

■ NBT रिपोर्ट, नई दिल्ली : केंद्रीय सरकारी स्वास्थ्य योजना (CGHS) ने पूसा रोड स्थित डॉ. बीएल कपूर मेमोरियल अस्पताल को अपने पैनेल से बाहर करने की मंजूरी दे दी है। अस्पताल के अनुरोध पर यह निर्णय लिया गया है। 22 मई 2026 से इसे प्रभावी माना जाएगा। इसको लेकर सीजीएचएस ने 4 जून 2026 को एक पत्र जारी किया है। पत्र के अनुसार, इस निर्णय से पहले अस्पताल में इलाज करा रहे सीजीएचएस लाभार्थियों का इलाज प्रभावित नहीं होगा। ऐसे मरीजों का इलाज सीजीएचएस दरों पर जारी रहेगा और अस्पताल उनके बिल नियमानुसार संबंधित विभागों और राष्ट्रीय स्वास्थ्य प्राधिकरण (NHA) को भेज सकेगा।

# संकट: दिल्ली का भूजल स्तर तेजी से पाताल में समा रहा

Handwritten: *Handwritten*



**विशेष**

■ प्रभात कुमार

नई दिल्ली। राजधानी दिल्ली में भूजल का स्तर तेजी से पाताल में समा रहा है। जलस्तर पिछले पांच वर्षों में साढ़े चार मीटर से अधिक नीचे चला गया है। केंद्रीय भूजल प्राधिकरण की ओर से नेशनल ग्रीन ट्रिब्यूनल में पेश रिपोर्ट में यह खुलासा हुआ है।

रिपोर्ट के अनुसार, जैसे-जैसे आबादी बढ़ी, भूजल के स्तर में गिरावट देखी गई। वर्ष 2020 में जब दिल्ली की जनसंख्या करीब दो करोड़ थी, उस वक्त जमीन की सतह से 64.1 मीटर नीचे पानी मिल जाता था। वहीं, 2025 में जब दिल्ली की जनसंख्या दो करोड़ 22 लाख हुई, तब भूजल का स्तर 68.69 मीटर नीचे चला गया। रिपोर्ट के

अधिकतम भूजल स्तर (एमबीजीएल में)



कहां-कितना दोहन

जिला	दोहन (% में)	जिला	दोहन (% में)
मध्य	75.62	उत्तर पश्चिमी	64.82
पूर्वी	96.42	शाहदरा	112.21
नजुल लैंड	65.71	दक्षिणी	103.41
नई दिल्ली	123.24	दक्षिणी-पूर्वी	88.25
उत्तर	89.13	दक्षिणी पश्चिमी	88.65
उत्तर-पूर्वी	106.01	पश्चिमी	92.54

मुताबिक, अधिकांश इलाकों में भूजल का दोहन अति गंभीर, गंभीर या अर्ध गंभीर श्रेणी में है। हालांकि, औसतन यह

गंभीर श्रेणी में बना हुआ है। सिर्फ उत्तर पश्चिमी जिला और नजुल लैंड में स्थिति सुरक्षित श्रेणी में है।

AS PARKINSON'S PROGRESSIVELY ERODED HIS ABILITY TO PLAY GUITAR, MUSICIAN SAMUEL SMITH USED AI-GENERATED DEMOS TO HELP COMPLETE TRACKS ON HIS SECOND ALBUM. THE ART OF LETTING GO

# He could no longer play guitar because of Parkinson's; AI helped him finish an album

Murtakin Hamath

London, New York

SAMUEL SMITH spent years writing songs with a guitar in his hands.

Now, the London-based singer-songwriter is using artificial intelligence tools to help him continue making American music after Parkinson's disease largely took away his ability to play guitar.

Smith, who was diagnosed with the progressive neurological disorder in 2010, recently released his second album, *The Art of Letting Go*. For one of the eight tracks, an instrumental piece titled *Horizon*, he asked his producers to use AI to gen-

erate music to create clever arrangements that would convey his vision to the musicians who recorded the song.

The demos he created by humming rough melodies into his phone and uploading the recordings to a song generator like Suno and Udio weren't for making into the final studio version of *Horizon*, Smith stressed. But tremors, stiffness and fatigue, which are common symptoms of Parkinson's, caused his guitar skills to wane during the more than a year he worked on the album, he said.

"So then I'm faced with a question," Smith, 49, said. "Don't play, don't be creative, or find a way out. Find a way out."

And for me, that was the route."

Generative AI has divided the music industry, whose artists and record labels have complained of their copyrighted work being used to train the models behind AI-powered music tools. Song Music Entertainment, Universal Music Group and Warner Records sued Suno and Udio in June 2024, although Universal later reached a settlement and partnership deal with Udio and Warner did the same with Suno.

Less debated is what these platforms can do when employed by a serious musician like Smith, whose disease affixed the tools central to his songwriting and identity as a



Sam Smith writing audio tracks at his home in London.

guitarist—his hands. He released his debut album, *In the Lonely Hour*, in 2015, saying he wanted to give his fans a

way to remember when he could perform and record music himself.

"I'd always written. I'd also

played, I always sang," he said. "And immediately it became clear to me that I was in trouble, that my music was going to be seriously compromised."

AI music generators use systems trained on large datasets of recorded music and audio. The platforms analyze patterns in melody, harmony, and rhythm before generating new audio based on prompts or uploaded recordings. Users don't need musical talent to end up with a serviceable song, or even a popular one.

Smith said producing convincing demos from the synthetic tracks did appear easier often required "50,000, 150 attempts" and extensive editing

"to get something that sounds closer to my music." After featuring a song into his phone and uploading the recording, he gives prompts describing instrumental, vocal and style.

"AI is not replacing anything for me," he said. "It's enabling, it's allowing me to keep writing. I upload my lyrics, AI doesn't create my lyrics. I upload my music, AI doesn't create my music."

He added: "It then brings it to life in a way that I can play to session players and say, 'Here, that's what I'm thinking, that's what I'm hearing.'"

The album was produced by Grammy-winning pianist and producer Matt Rollings, who

assembled a group of established roots and bluegrass musicians for the project. They included dobro player and fiddler Grammy winner Jeff Douglas, Grammy-winning banjo player Alison Brown, fiddle great Duncan, guitarist Bryan Sutton, bassist Victor Krauss and singers Jonathan Brooks and Glen Phillips.

For Smith, the experience of singing in a Nashville studio alongside musicians he had admired for decades was "an extraordinary moment."

Smith said he hopes his experience demonstrated how AI could benefit society and expand creative access, if it's developed responsibly. 89