DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE Day

Sunday **20260705**

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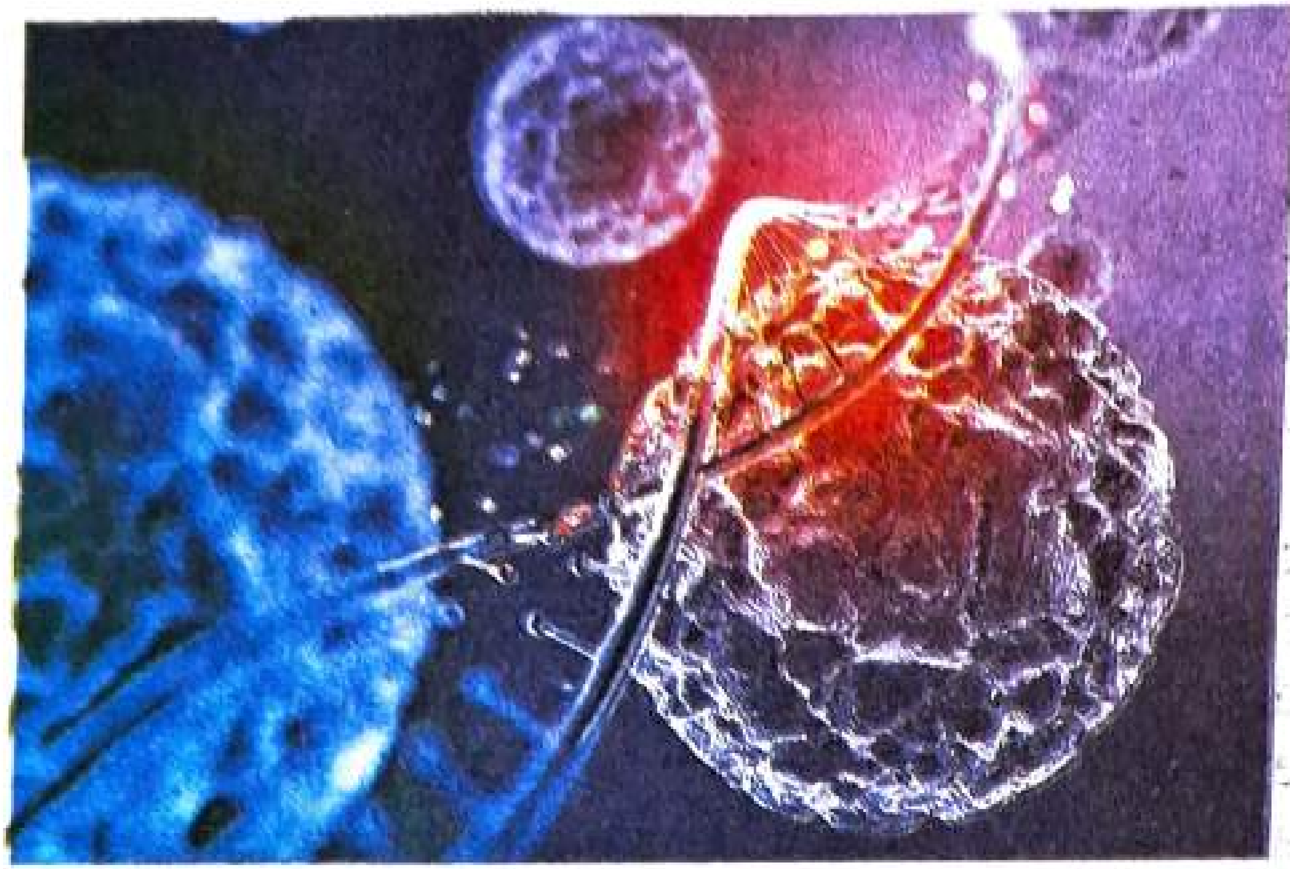
Essential drug list lags behind benchmark

The consequences, the Working Group argues, fall hardest on patients battling cancer and diabetes. Its letter identifies 17 active cancer-treating agents and four supportive cancer-care medicines that feature on the WHO list but not the NLEM. Also missing, it says, are nine monoclonal antibodies – a class of targeted biologic drugs increasingly central to modern cancer treatment – none of which currently appear on India's list.

"We urge immediate initiation of a transparent, time-bound, and conflict of interest-free process to revise the NLEM, ensuring that it reflects the latest evidence, public health priorities, and the WHO Model List of Essential Medicines. Timely action is essential to safeguard the constitutional guarantee of the Right to Life for it ensures equitable access to essential medicines for all citizens," said K.M. Gopakumar, co-convener, Working Group on Access to Medicines and Treatment, which comprises patient advocates, patient groups, civil society organisations, academics, lawyers and journalists.



CAR T-cell therapy 'sees' solid tumours thanks to protein

Researchers have developed a promising new CAR T-cell therapy for rare solid tumours, including alveolar soft-part sarcoma (ASPS) and certain kidney cancers. They found a protein, GPNMB, to be consistently expressed on these tumour cells and created a treatment called to target it. One patient with advanced ASPS saw their disease stabilise for three months while several smaller tumors disappeared, and the therapy was well-tolerated. Combining it with immune checkpoint blockers may also surmount

Early detection can change kidney cancer outcomes, says the doctor

Kidney cancer is a serious but treatable disease, especially when detected early, notes Dr Anil Kumar Gulia. He explains, "It usually affects older adults and is seen more commonly in men, although it can occur in anyone. The kidneys are two bean-shaped organs that filter waste, balance fluids, and help control blood pressure. Kidney cancer begins when abnormal cells in the kidney start growing uncontrollably. Because early kidney cancer may not always cause clear symptoms, awareness plays a very important role in timely diagnosis and better treatment outcomes." The doctor addresses some common queries from patients and talks about the common symptoms of the condition as well as the different types of kidney cancer.

What is kidney cancer?

Kidney cancer is a condition in which cancerous cells develop in the tissues of the kidney. These cells can grow into a tumor and, if not treated in time, may spread to nearby organs or other parts of the body. The most common type is renal cell carcinoma, also called RCC, which usually starts in the tiny filtering tubes of the kidney.

What are the common symptoms of kidney cancer?

In the early stages, kidney cancer may not cause any major symptoms and may be detected during an ultrasound or scan done for another reason. However, some warning signs should not be ignored. These include blood in the urine, pain in the side or lower back, unexplained weight loss, tiredness, fever, loss of appetite, and a general feeling of being unwell. A lump or swelling in the side of the abdomen may also be noticed in some cases.

Does blood in urine always mean cancer?

No. Blood in the urine can occur due to kidney stones, urinary infections, prostate problems, or injury. However, it should never be ignored. Even if there is no pain, blood in the urine needs proper medical evaluation. Early testing can help identify the cause and rule out serious conditions like kidney cancer.

What are the different types of kidney cancer?

The most common type is renal cell carcinoma, which begins in the kidney tubules. Another type is transitional cell carcinoma, which affects the renal pelvis or ureter, the tube that carries urine from the kidney to the bladder. Renal sarcoma is rare and starts in the connective tissue of the kidney. In children, a type called Wilms tumor is more commonly seen.

Who is at higher risk?

Several factors can increase the risk of kidney cancer. These include smoking, obesity, high blood pressure, a family history of kidney cancer, long-term exposure to certain chemicals or radiation, and some genetic conditions such as von Hippel-Lindau disease and tuberous sclerosis complex. Men and older adults are also at higher risk.

A view of the hospital

Dr Anil Kumar Gulia, Director and HOD – Urology and Renal Transplant, PSRI Hospital

PSRI HOSPITAL
A MULTI SPECIALITY HOSPITAL

How is kidney cancer diagnosed?

Diagnosis usually involves urine tests, blood tests, and imaging scans. A CT scan or MRI helps doctors understand the size, location, and spread of the tumor. Sometimes, a renal mass biopsy may be advised, in which a small sample of tissue is taken for testing. The treatment plan depends greatly on the stage of the cancer and the patient's overall health.

What are the treatment options?

Surgery is the main treatment for kidney cancer. In some cases, only the tumor and a small part of the kidney are removed. This is called a partial nephrectomy and may be done with robotic assistance. In larger or advanced tumors, the entire kidney may need to be removed, a procedure known as radical nephrectomy. For small tumors, ablation methods such as cryoablation or radiofrequency ablation may be used. In intermediate- or high-risk cancers, targeted therapy and immunotherapy may help improve survival.

Can kidney cancer be prevented?

Not all cases can be prevented, but the risk can be reduced by quitting smoking, maintaining a healthy weight, controlling blood pressure, staying active, and going for regular health check-ups, especially if there is a family history. Kidney cancer requires timely diagnosis and a personalized treatment plan. Early detection can help preserve kidney function, improve survival, and reduce complications. Anyone experiencing blood in the urine, persistent flank pain, or unexplained weakness should consult a doctor without delay. Awareness, healthy lifestyle choices, and regular medical care are key to better outcomes.

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Growing Pains

CLUBFOOT: WHAT PARENTS SHOULD KNOW

Dr Anupam Sibal and Maulin Shah

In this fortnightly column, renowned paediatrician Dr Anupam Sibal helps parents resolve common dilemmas. In today's guest column, reputed paediatric orthopaedic surgeon Dr Maulin Shah addresses clubfoot in children

My [illegible] -month-old baby's foot has remained [illegible] inwards since birth. [illegible] for treatment?

This is a question that often worries parents when they notice that their baby's foot [illegible] turned inward or [illegible] after birth. For [illegible], the answer is [illegible]. Although treatment is ideally started within the first few weeks of life, children who present later can still achieve excellent outcomes with appropriate treatment. Clubfoot is a common congenital foot deformity in which one or both feet are turned inwards and downwards. Affecting about one in every 1,000 births worldwide, it can be corrected successfully in most children with timely treatment.

The exact cause of clubfoot remains unknown, although research suggests that a combination of genetic and environmental factors may contribute to its development. Importantly, it is not caused by anything the mother did during pregnancy, nor is it the result of poor positioning inside the womb.

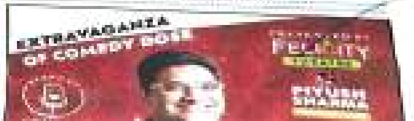
In most children, clubfoot occurs as an isolated condition. Less commonly, it may be associated with an underlying neurological, muscular or genetic disorder. Although it can sometimes be detected during an antenatal ultrasound, diagnosis and severity are best confirmed after birth through examination by an orthopaedic specialist.

Parents should seek medical attention as soon as they notice that their baby's foot is persistently turned inwards or downwards and cannot be gently straightened. While clubfoot is not a medical emergency, it is an orthopaedic condition that should not be ignored or left to correct on its own. The earlier treatment begins, the easier it is to reshape a newborn's foot. Without treatment, clubfoot does not improve with time. As children begin to stand and walk, they may bear weight on the outer edge or top of the foot, leading to pain, difficulty wearing shoes, abnormal walking and long-term disability. Delayed treatment may also make correction more difficult.

Fortunately, modern treatment has transformed the outlook for children born with clubfoot. The Ponseti method is now regarded as the gold standard of care worldwide. It involves gentle manipulation of the foot followed by weekly plaster casts that gradually correct the deformity. Most children achieve full correction after four to six casts. Around 70 to 80% of children also require an Achilles tenotomy, a minor procedure that improves correction. The procedure is quick, safe and significantly improves the final correction.

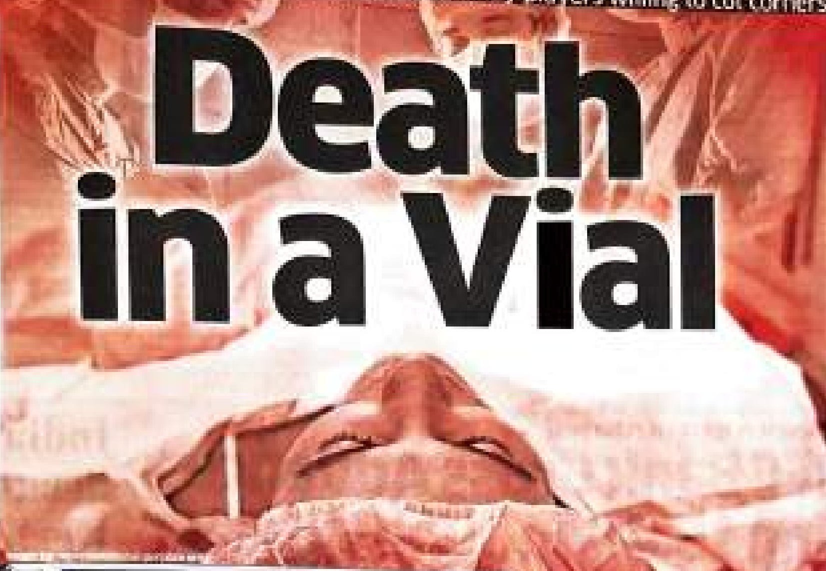
After treatment, children wear a special brace to maintain the corrected position, while regular follow-up helps reduce the risk of relapse. Most children achieve normal developmental milestones and can participate fully in sports and everyday activities. For parents, the message is simple: do not wait. With early, appropriate treatment, clubfoot can be corrected remarkably well, allowing children to lead healthy, active lives.

Dr Anupam Sibal is a leading Paediatric Gastroenterologist and Hepatologist with over three decades of experience and five books to his credit, including the bestseller Is Your Child Ready to Face the World?



An oxytocin vial that allegedly contained little more than water has laid bare many uncomfortable truths: spurious drugmakers continue to flourish, regulatory enforcement remains painfully weak and as organised pharma companies quietly exit unviable markets, shady players willing to cut corners move in

Death in a Vial



Teena Thacker

We were waiting for our first child to arrive," says Ravi Nayak, a 25-year-old mason in Kota, Rajasthan, his voice trailing off in anguish. When his wife Jyoti Verma developed labour pains on May 4, he rushed her to the Government Medical College. The next day, the 20-year-old underwent a caesarean section and delivered a healthy baby boy. Mother and child were fine. Nayak sighed with relief.

Doctors prescribed oxytocin for Verma shortly after delivery. An injection of synthetic oxytocin is widely used in childbirth to induce labour as well as to prevent and treat postpartum haemorrhage.

> Ravi Nayak, who is mourning the death of his wife Jyoti Verma, says: "Our entire world has been destroyed. But not a single phone call has come from the administration. We should at least get compensation. Don't we have that much right?"

Five Women Died After Delivery

May 5-17, 2026

Payal Malviya, 27
Jyoti Verma, 20
Priya Mahavar, 20
Pinki Mahavar, 20
Shireen, 20

Needle of suspicion pointed to oxytocin injections given to the women. On May 25, Rajasthan drug controller issued an alert: the oxytocin samples did not contain oxytocin. The vials just had water

The vials were manufactured by Jackson Laboratories based in Amritsar. The company has refuted the report

Inspectors of Punjab FDA & CDSCO visited its factory, reported multiple violations

They found that test records certifying the oxytocin vials were fabricated and the equipment was uncalibrated

Jackson Laboratories is under a Stop Production Order from Punjab FDA since 2023

THE MORNING BRIEF PODCAST

The Water in the Vial

A drugmaker allegedly sold oxytocin injections that had no active drug, and five women bled to death.

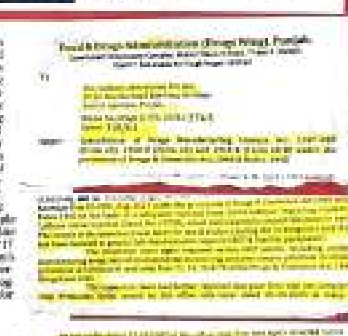
Tune in to ETPlay.com. Available on Economictimes.com/podcast, Amazon Prime Music, Apple Podcasts, JioSaavn and Spotify.

What is Oxytocin?

An injection of synthetic oxytocin is widely used in childbirth to induce labour as well as to prevent and treat postpartum haemorrhage. It is given to virtually every woman who delivers in a hospital

> According to Drugs and Cosmetics Act, if a spurious drug causes death, punishment is 10 years' imprisonment, extendable to life, plus a fine of ₹10 lakh or three times the value of drugs seized

> According to the Drugs and Cosmetic Act, a drug is called spurious if it does not have the active ingredient it claims to contain, and is substituted wholly or in part by another substance


Food & Drugs Administration (Drugs Wing), Punjab

Highlighted portions of Punjab FDA's report on Jackson Laboratories

> A probe of Punjab FDA and CDSCO into Jackson Laboratories' Amritsar facility found many discrepancies. They also flagged the drugmaker has a history of violations and data fabrication. In August 2023, AIIMS Jodhpur complained that Jackson Laboratories' oxytocin injection ... In October 13, 2023, the company was ordered not to conduct any manufacturing activity. An inspection of Jackson's Baddi unit in August 2023 also reportedly revealed that 3 out of 11 drugs tested were grossly substandard.

जेएनयू से प्रो. संजय भारद्वाज ने होने वाली चुनौतियों और अवसरों के स्कूल आफ संस्कृत एंड इंडिक
एआइ के तकनीकी और शैक्षणिक के विभिन्न पहलुओं पर चर्चा की। स्टडीज के संयुक्त तत्वावधान में किया

लिवर व मेटाबालिक रोगों की रोकथाम के लिए अंतरराष्ट्रीय सहयोग बढ़ाने पर जोर

जागरण संवाददाता, नई दिल्ली: लिवर और मेटाबालिक रोगों से निपटने के लिए शोध, नवाचार और अंतरराष्ट्रीय सहयोग को मजबूत करने की आवश्यकता है। शनिवार को यह बात इंस्टीट्यूट आफ लिवर एंड बिलियरी साइंसेज (आइएलबीएस) में लिवर एवं मेटाबालिक डिजीज नेटवर्क (इनफ्लाइमेन) की वर्षगांठ पर आयोजित बैठक में मुख्य अतिथि केंद्रीय विज्ञान एवं प्रौद्योगिकी मंत्री डा. जितेंद्र सिंह ने कही।

कार्यक्रम में केंद्रीय मंत्री ने कहा कि मेटाबालिक विकार देश के सामने तेजी से उभरती स्वास्थ्य चुनौती हैं। इसकी रोकथाम बचपन से शुरू होनी चाहिए। उन्होंने आइएलबीएस में राष्ट्रीय लिवर एवं मेटाबालिक रोग केंद्र स्थापित करने के प्रस्ताव का समर्थन करने के साथ सेलुलर थेरेपी के लिए करंट गुड मैन्युफैक्चरिंग प्रैक्टिस (सीजीएमपी) सुविधा का शुभारंभ भी किया। जैव प्रौद्योगिकी विभाग के

सेलुलर थेरेपी के लिए करंट गुड मैन्युफैक्चरिंग प्रैक्टिस (सीजीएमपी) सुविधा का शुभारंभ करते केंद्रीय विज्ञान एवं प्रौद्योगिकी व पृथ्वी विज्ञान मंत्री डा. जितेंद्र सिंह, साथ में आइएलबीएस के चिकित्सक व अन्य • **सौजन्य आइएलबीएस**

आइएलबीएस में राष्ट्रीय लिवर एवं मेटाबालिक रोग केंद्र बनाने का प्रस्ताव, केंद्रीय मंत्री डा. जितेंद्र सिंह ने किया समर्थन

सचिव डा. राजेश एस. गोखले ने कृत्रिम बुद्धिमत्ता एवं मशीन लर्निंग प्रयोगशाला की सराहना करते हुए मेटाबालिक रोगों पर शोध को बढ़ावा देने की आवश्यकता बताई। पूर्व नीति आयोग के सदस्य डा. विनोद पाल ने नवजात अवस्था से ही मेटाबालिक विकारों की पहचान और निगरानी को जरूरी बताया। फ्रांस दूतावास की विज्ञान एवं प्रौद्योगिकी अटैची डा. सिल्वियान पिए ने कहा कि भारत-फ्रांस सहयोग से इस क्षेत्र में नवाचार और बेहतर उपचार विकसित करने में मदद मिलेगी।

हिंसक होते किशोर...मामूली बात में भी खून से रंग रहे हाथ

छह माह में हत्या, लूट और दुष्कर्म जैसे गंभीर अपराधों में बढ़ोतरी, विशेषज्ञ बोले- पहचान बनाने की चाह, सोशल मीडिया का असर बढ़ा रहा हिंसक व्यवहार

आंकड़े भयावह

54.36%

54.80%

[illegible]

मनोचिकित्सक की राय

[illegible]

यौन अपराधों में भी बढ़ी नाबालिगों की संलिप्तता

[illegible]

फोन चलाते हुए बस चला रहा था चालक, मासूम को दो बार कुचला

[illegible]

यूनाइटेड रूस पार्टी के प्रमुख दिमित्री

हिन्दुस्तान

| कुछ अलग | एमबीबीएस के छात्रों पर किया गया शोध, फोन की लत और पढ़ाई के तनाव के बीच संबंध पाया गया

मोबाइल से दूरी मेडिकल छात्रों का तनाव बढ़ा रही

सुशील सिंह

लखनऊ। मोबाइल फोन से कुछ देर के लिए दूर होने पर बेचैनी, बैटरी खत्म होने, नेटवर्क जाने या फोन घर पर छूट जाने पर घबराहट महसूस होना 'नोमोफोबिया' (नो मोबाइल फोन फोबिया) के लक्षण हैं। लखनऊ के एक मेडिकल कॉलेज के 418 एमबीबीएस छात्रों पर किए गए शोध में उनमें यह लक्षण पाए गए।

शोध के दौरान करीब 70 फीसदी छात्रों में ये समस्याएं सामने आईं। फोन की लत और पढ़ाई के तनाव के बीच गहरा संबंध पाया गया। हर 10 में सात छात्र में मोबाइल से दूर होने का डर पाया गया। जिनमें मोबाइल की लत या फोन दूर होने का डर ज्यादा था, उनमें पढ़ाई, परीक्षा और बेहतर प्रदर्शन का तनाव कई गुना अधिक मिला। 67.57% छात्राएं और 70.39% छात्र इस लत के शिकार मिले। छात्रों से जाना गया कि मोबाइल पास न होने, इंटरनेट बंद होने, परिवार या दोस्तों से संपर्क टूटने या सोशल मीडिया से दूर होने पर छात्र कितनी बेचैनी महसूस करते हैं। जवाबों के आधार पर नोमोफोबिया को हल्के, मध्यम और गंभीर स्तर में बांटा गया।

राम मनोहर लोहिया आयुर्विज्ञान संस्थान और टीएस मिश्रा मेडिकल कॉलेज के डॉक्टरों ने यह संयुक्त शोध किया। शोध में 55.7% पुरुष और 44.3% महिला छात्र शामिल थे। शोध को इंडियन जर्नल ऑफ कम्युनिटी एंड फैमिली मेडिसिन ने प्रकाशित किया।

नोमोफोबिया क्या है

'नो मोबाइल फोन फोबिया' वह मानसिक स्थिति है, जिसमें व्यक्ति अपने फोन पर इस कदर निर्भर हो जाता है कि मोबाइल के बिना रहने या नेटवर्क से दूर होने पर उसे अत्यधिक घबराहट, बेचैनी और असुरक्षा की भावना होने लगती है।

• एआई तस्वीर

तनाव से ऐसे बचें

- मोबाइल का इस्तेमाल सिर्फ जरूरत के अनुसार ही करें।
- घर पर और पढ़ाई के समय फोन के उपयोग के कड़े नियम बनाएं।
- पढ़ाई के दौरान छोटे-छोटे ब्रेक लें, पर फोन से दूरी बनाकर रखें।
- खेलकूद, व्यायाम, योग या अपने अन्य पसंदीदा शौक में समय बिताएं।
- पूरी नींद लें, स्क्रीन टाइम कम करें।

हिन्दुस्तान

धड़ल्ले से ऑनलाइन बिक रहे थे एक्सपायरी खाद्य पदार्थ

फॉलोअप

नई दिल्ली, कार्यालय संवाददाता। ओखला औद्योगिक क्षेत्र में पकड़े गए बड़े फूड टैंपरिंग सिंडिकेट की जांच में चौंकाने वाला खुलासा हुआ है। आरोपी केवल स्थानीय बाजारों तक ही सीमित नहीं थे, बल्कि एक्सपायरी डेट बदलकर तैयार किए गए खाद्य उत्पादों को ई-कॉमर्स प्लेटफॉर्मों के जरिए देशभर में सप्लाई कर रहे थे।

जांच में सामने आया है कि गिरोह नामी और इंटरनेशनल ब्रांड्स के एक्सपायर्ड या एक्सपायरी के करीब पहुंच चुके खाद्य पदार्थों को सस्ते दामों पर खरीदता था। इसके बाद केमिकल की मदद से असली एक्सपायरी और मैन्युफैक्चरिंग डेट मिटाकर नई तारीख छाप दी जाती थी। फर्जी एमआरपी, बारकोड और न्यूट्रिशन लेबल लगाकर इन उत्पादों को नए पैक जैसा बना दिया जाता था और फिर इन्हें रिटेल दुकानों, मॉल के साथ-साथ ऑनलाइन प्लेटफॉर्म्स पर भी बेचा जाता था।

आसान नहीं असली-नकली की पहचान : इस मामले पर राष्ट्रीय मानवाधिकार आयोग के सदस्य प्रियंक कानूनगो ने चिंता जताते हुए कहा कि आम उपभोक्ता के लिए असली और फर्जी एक्सपायरी डेट में फर्क कर पाना बेहद मुश्किल होता है। उन्होंने बताया कि कई बार जांच अधिकारियों को भी यह पहचानने में काफी समय लग जाता है कि उत्पाद की डेट से छेड़छाड़ की गई है या नहीं। ऐसे में आम लोगों के साथ धोखाधड़ी और उनकी सेहत के साथ खिलवाड़ का खतरा और बढ़ जाता है।

उत्पादों पर लिखे निर्देशों का महत्व और उनके मायने

- **एक्सपायरी डेट :** यह आखिरी तारीख जब तक कंपनी प्रोडक्ट की सुरक्षा और असर की गारंटी देती है। इसके बाद उत्पाद कम नुकसानदायक हो सकता है।
- **शेल्फ लाइफ :** वह समय अवधि जिसमें उत्पाद अपनी गुणवत्ता बनाए रखते हुए इस्तेमाल या खाने लायक रहता है।
- **बेस्ट बिफोर :** यह तारीख स्वाद और फ्रेशनेस (गुणवत्ता) से जुड़ी होती है। इसके बाद भी चीज खाई जा सकती है पर उसका स्वाद या क्वालिटी कम हो सकती है।

सुरक्षा और सावधानियां

- **जरूरी निर्देश :** 'यूज बाई' और 'एक्सपायरी डेट' सुरक्षा से जुड़े हैं। डेयरी, मीट और दवाओं को इस तारीख के बाद इस्तेमाल न करें।
- **रखरखाव :** गलत तापमान में रखने या पैकेट खोलने के बाद उत्पादों की शेल्फ-लाइफ कम हो जाती है।
- **कानूनी नियम :** औषधि एवं प्रसाधन सामग्री अधिनियम, 1945 के तहत दवाओं पर मैन्युफैक्चरिंग और एक्सपायरी डेट लिखना कानूनी रूप से अनिवार्य है। बिना तारीख वाली दवाएं अवैध या नकली हो सकती हैं।

जब बच्चे किशोर हो जाएं तो दोस्त बना लें

किशोरावस्था यानी तरह-तरह के शारीरिक और मानसिक बदलावों का दौर। यह समय बच्चे के लिए चुनौती भरा तो होता ही है, पेरेंट्स भी अपने बच्चे को जानने-समझने और उन्हें सही परवरिश देने के लिए कई मोर्चों पर जूझ रहे होते हैं। इन चुनौतियों का सामना कैसे करें, बता रही हैं स्वाति गौड़

[illegible]

किशोर उम्र की चुनौतियां

[illegible]

समझें, बदलाव का सही मतलब

1 [illegible]

2 [illegible]

3 [illegible]

4 [illegible]

5 [illegible]

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व्यवहार

बढ़ते गुस्से की वजह जानें

बात-बात पर गुस्सा करना किशोर बच्चे के व्यक्तित्व पर हावी हो सकता है। उनकी नाराजगी अक्सर माता-पिता पर ही निकलती है। किशोरों में बढ़ते गुस्से की वजह कैसे जानें और कैसे गुस्से को शांत करें? बता रही हैं स्वाति शर्मा

[illegible]

India's essential medicine list lags behind global benchmark; unrevised in 4 years

Bindu Shajan Perappadan

NEW DELHI

India's roster of essential medicines has not been updated in nearly four years even as the World Health Organisation (WHO) has revised its own list twice in the same period, says a civil society network of activists and organisations working for affordable healthcare.

The collective – Working Group on Access to Medicines and Treatments – has written to the government demanding an urgent revision of the National List of Essential Medicines (NLEM), so that such drugs are available at affordable prices.

The NLEM is a curated list of medications compiled by the Ministry of Health and Family Welfare. It prioritises drugs that satisfy the critical healthcare needs of India's population. Medicines on this list – 384 at present – are generally dispensed free of cost by government hospitals. The government uses the NLEM to instruct the National Pharmaceutical Pricing Authority to enforce a strict price ceiling on them. The list was last overhauled in 2022.

The WHO Model List of Essential Medicines, meanwhile, was revised in 2023 and again in 2025, and contains 523 medicines – leaving India's list trailing well behind the global benchmark, said the group in its letter on Friday.

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Outdated prescription

The National List of Essential Medicines prioritises drugs that satisfy the critical healthcare needs of India's population

POINTS RAISED BY THE COLLECTIVE

- The NLEM, last notified in 2022, contains **384** medicines while the WHO list runs to **523** drugs
- **At least 17 active cancer-treating agents, 4 supportive cancer-care medicines, and 9 monoclonal antibodies feature on the WHO list but not on the NLEM**