



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE Day
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3 widely used medicines classified as carcinogenic by WHO research agency TM _{med}

Bindu Shajan Perappadan
NEW DELHI

Three widely prescribed medicines used to treat high blood pressure, fungal infections, and organ transplant rejection have been classified as "carcinogenic to humans" (Group 1) by the International Agency for Research on Cancer (IARC), the World Health Organization (WHO)'s cancer research agency.

Experts said the classification is a hazard identification and should not prompt patients to discontinue treatment without consulting their doctors.

The three medicines – hydrochlorothiazide (hypertension), voriconazole (fungal infections), and tacrolimus (an immunosuppressant preventing transplant rejection) – are on the WHO Model List of Es-

sential Medicines, prescribed to millions worldwide. The assessment, published as Volume 137 of the IARC Monographs, expands on conclusions first released in *The Lancet Oncology* in November 2024.

There is sufficient evidence that hydrochlorothiazide causes squamous cell skin carcinoma and lip cancer, IARC said.

Voriconazole was similarly linked to squamous cell skin carcinoma in transplant recipients on prolonged therapy, through the same phototoxic mechanism. Tacrolimus was linked to non-Hodgkin lymphoma and post-transplant lymphoproliferative disorder, with limited evidence for leukaemia and skin carcinoma.

Kabir Sardana, Director, Professor and Head of the Department, Department

of Dermatology, at Atal Bihari Vajpayee Institute of Medical Sciences and Dr. Ram Manohar Lohia Hospital, said: "Hydrochlorothiazide has long been recognised as carrying a risk, especially in rural areas, the Northeast, hilly and coastal regions, and among outdoor workers.

Voriconazole is another concern, not only because of its known association with skin cancer risk, but also because it is frequently prescribed without labelled indications, including for fungal infections caused by *Trichophyton indotineae*. We cannot ignore these warnings in a country where irrational prescribing, over-the-counter availability, and poor adherence to ethical prescribing and dispensing practices remain significant challenges."

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'Six-in-one vaccine may boost immunisation programme'

Introducing the hexavalent (six-in-one) vaccine into India's Universal Immunisation Programme could improve the efficiency of childhood immunisation programme, according to a study conducted by the Union Health Ministry along with the George Institute for Global Health India; the Gates Foundation; Gavi, the Vaccine Alliance; and John Snow India Private Limited. A hexavalent vaccine is a combination that protects infants against diphtheria, tetanus; pertussis (whooping cough), Hepatitis B, polio, and Haemophilus influenzae type b (Hib) in a single injection. It eases the workload of frontline health workers, lowers cold-chain requirements, and saves caregivers' time.

The Hindu



BABULAL MARANDI

Why must people be poor in a state rich with minerals?

JHARKHAND POSSESSES nearly 40 per cent of India's mineral wealth, yet many of its mining districts remain among the country's least developed. For decades, coal, iron ore, bauxite and limestone have fuelled India's economic growth, while the communities living closest to these resources have continued to struggle with poor healthcare, inadequate schools, damaged roads, polluted environments and shrinking livelihood opportunities.

It was this contradiction that prompted the Centre to establish the District Mineral Foundation Trust (DMFT) in 2015. PM Narendra Modi had argued that mining-affected communities bear the greatest social and environmental costs of extraction but receive the least share of its benefits. DMFT sought to correct this imbalance by ensuring that a portion of mining revenues was reinvested in the welfare of those living in mining-affected areas. Unfortunately, that promise remains largely unfulfilled.

I recently travelled through West Singhbhum, including the Saranda mining belt, and witnessed first-hand the widening gap between the district's immense mineral wealth and the condition of its people. West Singhbhum, home to some of India's richest iron ore reserves, should have been a model of inclusive development. Between 2016 and 2026, nearly Rs 3,700 crore accumulated under its DMFT. Such resources could have transformed

Saranda and surrounding mining villages through better hospitals, schools, drinking water systems, roads and livelihood programmes. Instead, what I saw were struggling local markets, shrinking economic activity, unemployed youth and communities asking a simple question: Where has the money gone?

The DMFT Rules require every district to make annual reports, budgets, approved works, project progress, governing council decisions, and beneficiary details publicly available. Yet, across Jharkhand, these disclosures are either missing, outdated or inaccessible. Mining-affected communities, for whom the fund was created, have little means of knowing how thousands of crores collected in their name have actually been spent. In Jamda, once a bustling mining township, local traders spoke of declining incomes. Several mining leases expired years ago. As mines shut down, employment disappeared. The effects spread far beyond mine workers. Transport operators lost business, roadside eateries emptied, shops struggled to survive, and young people increasingly migrated in search of work.

Cross the border into Barbil in neighbouring Odisha, barely 20 km away, and the contrast is striking. The geology is identical. The mineral deposits are the same. What differs is governance. Odisha ensured timely auctions after mining leases expired. Jharkhand hesi-

tated. The consequences are visible in the numbers. Since 2019-20, India has auctioned 434 mineral blocks. Odisha auctioned 45, Chhattisgarh 41, while Jharkhand auctioned only three, despite being the country's richest mineral-bearing state. The production gap is equally revealing. Between 2018-19 and 2024-25, Odisha's iron ore production increased from around 120 million tonnes to nearly 180 million tonnes. Jharkhand's production remained almost unchanged at approximately 23 million tonnes.

Revenue tells an even more compelling story. Odisha's mineral resources are less than half of Jharkhand's. Yet in 2025-26, Odisha generated nearly Rs 46,000 crore in mining revenue compared with Jharkhand's Rs 22,000 crore.

Delayed auctions reduce production. Lower production means lower royalty collections. Lower royalties translate into reduced contributions to DMFT. Mining-affected villages receive fewer resources precisely because the mining economy itself has been allowed to stagnate. The debate around DMFT, therefore, is not merely about financial accounting; it is about restoring trust. Before organising new investment summits or announcing ambitious industrial plans, the state must first demonstrate that it can effectively manage the resources it already possesses.

The writer is Jharkhand's first Chief Minister and currently the Leader of the Opposition in the Jharkhand Legislative Assembly

Odisha's mineral resources are less than half of Jharkhand's. Yet in 2025-26, Odisha generated nearly Rs 46,000 crore in mining revenue compared with Jharkhand's Rs 22,000 crore

Ebola kills 1,700 in eastern Congo as fastest-growing outbreak surges

Associated Press
Bunia, August 4

EBOLA HAS killed more than 1,700 people in eastern Congo in the fastest-growing outbreak of the disease, data showed.

As of Tuesday, 3,802 cases had been recorded, with 1,707 deaths, according to the latest government update.

It is not clear when the outbreak will reach its peak, Africa CDC Director-General Jean Kaseya said during his second visit to the town of Bunia near the outbreak's epicenter on Tuesday. Kaseya cautioned that nearly 80% of new cases are not coming from contact tracing but instead from community spread.

The Director-General of the World Health Organization, Tedros Adhanom Ghebreyesus, will arrive in the Congolese capital, Kinshasa, today and is expected to visit Bunia later this week.

The outbreak, declared on May 15, has been linked to the Bundibugyo virus for which there are no approved vaccines or treatments. Delays in contact tracing, difficulties accessing affected areas, mistrust from communities, and violence by armed groups and some residents have hampered the response, the Africa CDC has said.

Two clinical trials for post-exposure prophylaxis drugs are ongoing in Ituri province as well as two separate vaccine trials in the



Neighboring Uganda declared itself free of Ebola

UK and Canada.

The outbreak is mostly concentrated in eastern Congo's remote Ituri province, which accounts for nearly 90% of cases, but cases have also been confirmed in five other provinces, including in one of the country's largest cities, Kisangani.

Neighboring Uganda declared itself free of Ebola following the discharge of the country's last patient in mid-June.

A key challenge is that patient zero has yet to be identified in the outbreak while displacement from armed conflict and illegal mining in the region have made it difficult to trace thousands who have come in contact with infected individuals. The WHO said Tuesday that it was monitoring over 17,000 potential contacts with nearly 80% of them being seen daily.

What Midday Meal Promises, And What Reaches The Child

A contamination scare has brought fresh scrutiny to Delhi's school lunch programme, from hygiene and serving size to eggs, vegetables and budget constraints

Shilpa Jaiswal & Meghna Shukla / TNN

New Delhi: Recently a dead lizard was found in the midday meal served to students at a govt school in west Delhi's Mayapuri area, sparking the city's school meal programme under scrutiny. Such incidents often trigger debates over hygiene and food safety, but beyond that are other questions. Even if an ideal setup is in place, what if not every child is getting the same amount? What if the menu could be more nutritious? What if additional eggs are an option? What if adding more vegetables could make a difference?

What the scheme promises

Under the PM Poshan scheme, every primary school child is entitled to a meal consisting 30g of pulses, 40g of vegetables and 2g of oil or fat, together providing around 10g of protein and 400 calories. For upper primary students, the entitlement increases to 50g of pulses, 50g of vegetables and 2g of oil or fat, delivering 20g of protein and 700 calories. The weekly menu rotates among chapuri rice, parli of chole, vegetable (dalcha, lachi) rice, sambar rice and other dishes, along with roasted chana, peanuts, puffed rice, khakhra, fruits and cookies.

"Midday meal scheme is generally prepared after due consultation, with an effort to ensure that kids receive the essential nutrients they need, especially proteins. Looking at this menu, I can see that the protein requirement is being addressed to some extent through chole dal and a few other sources," said Shilpa Jaiswal, a nutrition expert. She added, "A balanced meal is not just about protein. There is scope to increase the vegetable content, as vegetables provide vitamins, minerals and fibre, essential for a child's growth and immunity. Ingredients such as matar, soya and paneer can be used more often. Even small additions can make a meaningful difference."

Does every child get the same meal?

Meals in many schools are served from large containers and whatever lachos or plate a child carries. Although the serving ladle is standard, handouts differ in size and portions can vary. One server may fill the ladle generously, another may not. Officially, however, every child is recorded as having received the same food. That means nutrition can become an estimate rather than an entitlement. Those distributing the meals in schools acknowledge that the focus is mainly on the quality of ingredients, hygiene, cooking processes and the total quantity dispatched from central kitchens. What happens between the serving vessel and the child's plate is rarely measured, teacher said.

Is cost per meal a factor?

Every time on a child's midday meal plate comes with a price tag. Behind the rotating menu is a tight financial calculation that balances nutrition with affordability. According to The Akshaya Patra Foundation, the gross cost of preparing one meal is ₹17 per child. Of this, the govt contributes ₹12.46, while ₹4.54 is met through interest and other income. The remaining ₹5.54 per meal is raised by the foundation through donations. The programme cost stands at ₹13.77, with administrative overheads at ₹1.38 and outreach costs at ₹0.60. Based on the national average of 200 school working days,

The menu debate

The discussion over what belongs on the menu gained fresh momentum in June after the newly elected West Bengal govt criticised the preparation of PM Poshan meals in Kolkata Municipal Corporation schools to the ISROON Limited. According to the govt, the preparation serves only vegetable food, eggs, which were earlier served once a week, were dropped from the menu. Instead, children were to receive vegetarian protein sources such as soy chunks, paneer, rajma and pulses. The move sparked a nationwide debate over how best to meet children's nutritional needs. "As for eggs, their inclusion depends on govt policy and regional preferences. But from a nutritional standpoint, eggs are one of the best sources of high-quality protein and are easy for growing children. Wherever they are acceptable and feasible under the policy, we recommend including them as part of a balanced diet," said Shilpa. For Pooja, the debate is less about any single ingredient and more about whether the overall meal meets nutritional requirements. "The menu differs from state to state. What matters is whether the overall meal meets children's nutritional requirements," he said.

In the classroom

Teachers, meanwhile, see the quality of meals has improved over the years. Anu, a New Delhi govt secretary of the Government Schools Teachers' Association, mentions a very different system. "The food was often watery, the khakhra poorly cooked and sometimes even cold. It often felt like the meals were supplied just to complete a formalities," he recalled. He also pointed to improvements in monitoring. "With student as taster, now online, discrepancies are much easier to detect during audits." Parents, too, are divided over what should be on the menu. While some believe the existing menu is nutritious and varied enough, others feel they should include more proteins and greater variety with options such as eggs, milk, fruits or other protein-rich foods. Another teacher said the next focus should be on improving nutritional quality rather than simply ensuring meals reach schools. "The midday meal should not be viewed merely as a welfare scheme but as an investment in child's health and learning."

For now, there are no easy answers. Hygiene failures make headlines and eggs dominate political debates. But the question remains: Is the nutrition promised on paper reaching every child's plate?

FROM 4.30AM TO LUNCH BELL

A clockwork look at Delhi's central kitchen journey from prep to distribution to school serving

Photo: Pooja Bhattacharya



4.30am

Raw ingredients arrive
Vegetables, pulses, pulses and spices are received and quality-checked

WHAT PM POSHAN PROMISES

Primary school

20g pulses, 50g vegetables, 2g oil/fat

Upper primary

30g pulses, 75g vegetables, 2.5g oil/fat

Calories

450 for primary, 700 for upper primary

Weekly rotation

Rajma-rice, chhole, dalia, lachi-rice, sambar-rice, snacks and fruits

7am onwards

Dispatch to schools
Containers are loaded with insulated vehicles, with the farthest schools served first

11.30am-1pm

Serving the meal
Students line up with their lunch bowls and are served the day's meal

From pan-down to cooking line...

It's 4.30 am. While most of Delhi is still asleep, the Gole Market kitchen of Akshaya Patra Foundation—one of the prominent organisations that cater to the nutritional requirements of Delhi's schoolchildren—is already buzzing with activity. Before long, even the trucks, there are rules. Mask. Head cap. Shoe covers. Everyone entering has to suit up. Street vendors along Connaught Place. Workers in blue caps, masks and gloves move swiftly between stations. In less than three hours, everything being cooked here will be on its way to thousands of schoolchildren across Delhi. Once through the door, it's machines, not people, that make the noise. There's a sizzle, the air hot, and workers move quickly between rows of stainless-steel stoves. The first step is the pre-processing section. What would take hours in a household kitchen, takes minutes here. Crops of vegetables are unloaded. They pass through a washing machine before getting scraped clean from another. Nearby, machines chop vegetables and grind spices. Tomatoes and spices into a fine paste. "Today, we are making lachi chawal," says a supervisor, pointing to the day's ingredients.

A few steps later, the heart of the kitchen comes into view. Giant kettles bubble with lachi, vegetables and rice. Instead of cooks standing over smoky stoves, machines keep the food moving while operators monitor temperatures and timings. Within a few hours, the food is packed and dispatched to schools across Delhi. By 6 am, the kitchen is in full swing. Steam billows from giant vessels where lachi, sambar and rice cooks in enormous quantities. Workers move in synchronised, measured steps, ensuring hygiene at every stage. The scale is a far cry from the organisation's beginnings. "We began by serving just 1,500 children in one district of Bengaluru. At that time, there was no govt-supported midday meal programme. Temple trustees raised funds, cooked meals themselves and personally transported the food to schools," recalled Govind Datta Das, founder head, Delhi-NCR and AK, Akshaya Patra Foundation. By 7 am, the meals are ready. What began as raw ingredients barely two hours earlier is now hot food. Stainless-steel containers are filled, sealed and loaded onto insulated vans. The farthest schools are served first.

The menu changes with geography. "Children should receive food they are familiar with," Das said. While the south has rice, sambar and chutney, Gujarat serves dalia, lachi, chhole. In north India, meals typically include pulse, lachi and rice. In Delhi, the foundation adds paneer, serving a third dish despite the govt's two-dish norm, and sends a snack for the following morning.

...And the lunch is served

By the time Delhi's meals begin filling up, lunch is already on its way. For many children, it's the day's biggest meal. Around 11.30 am, insulated containers pull up outside a govt school and to the kitchen. Teachers and staff unload the containers. Students line up with lunchboxes in hand. Some are empty. Some still have leftovers from home.

Then the lids come off. The same aroma that filled the kitchen before sunrise now fills the classroom. Lunch is served between 11.30 am and 1 pm, ending a journey that began before dawn.

"Lathi-chawal is usually good. It's tasty. I've had it twice today," said Pooja. "But I don't like the lachi (chhole) that we get as a snack. We also get bananas." Gaurav has a different wish. "I wish the porri-sambar tasted better. The school has a mix of vegetables that I don't like. It may be healthy, but it is not my taste."

For most children, lunch is served in a simple glass plate. Tasty. Bland. Too watery. Worth another helping. Behind these everyday verdicts is a carefully choreographed operation that begins hours before the first school bell rings. "Recently, khakhra has been served more frequently and ingredients such as soy chunks are added. During winter, sprouts are also incorporated to enhance the nutritional content," said Ravi Gupta, principal of the Gole Market school.

PARENT OF A CLASS VI CHILD

"The midday meal has improved a lot. The quality is much better now, and the children are happy with the food they receive. I also feel that eggs or an equivalent source of protein should be included in the midday meal or at least the kids should have an option. They are a good source of protein and would help improve children's nutrition, especially for those who may not get enough nutritious food at home."

—SHARAD PRASAD

NUTRITION EXPERT

"Even dishes like lachi-chawal can be served with vegetables as a regular dish. But every meal offers a more balanced nutritional profile. Small additions like these can make a meaningful difference to the overall quality of the diet. As for eggs, their inclusion depends on govt policy and regional preferences. But from a nutritional standpoint, eggs are one of the best sources of high-quality protein and energy for growing children."

—SHALINI GANWANI BLISS

GOVT TEACHER

"I have seen a line where the food was often watery, the khakhra was poorly prepared, and the meals frequently arrived cold. These days very little accountability there, it seems. As though the food was being supplied merely to fulfill a requirement. The system is much better now. As for including eggs in the midday meal, children certainly need protein, but that can come from both animal and plant sources. I don't believe any one option should be imposed on everyone."

—ANU YADAV

GENERAL SECRETARY, GOVERNMENT SCHOOLS TEACHERS' ASSOCIATION

PARENT OF CLASS VII CHILD

"The scheme is important because it helps ensure that children receive proper nutrition along with education, contributing to their overall health and well-being. The menu includes items such as lachi, pulses, paneer, bhajia, snacks, roasted grains and millet bars. We also receive different cooked meals on different days, including dalia (broken wheat porridge), rajma-chawal (kidney beans with rice), chhole-chawal (chickpeas with rice) and other nutritious dishes. We are happy with the meals that we get."

—PRAMIL ARYAN

FSSAI bans '100% pure' Dabur products, firm's share falls 4%

Labels such as '100% pure, natural, organic and tender' are in contravention of food safety regulations, as they are ambiguous, unverifiable and likely to mislead consumers, says regulator

The Hindu Bureau
MUMBAI

In a major clamp down on companies making false and misleading claims, the Food Safety and Standards Authority of India (FSSAI) has issued an order directing FMCG major Dabur India Ltd. to withdraw products carrying 'misleading 100% claims'.

The regulator issued notice to the company to withdraw such products from the market with immediate effect and report the action taken, in 15 days.

The order is against the company's food products which include honey, apple cider vinegar, virgin coconut oil, sesame oil, cow ghee, coconut water, and coconut milk.

Stating that several critical non-compliances had been observed, FSSAI said, "Food products being sold on the company's website were found carrying misleading '100%' claims such as '100% Natural', '100% Pure', '100% Purity Guaranteed', '100% Organic' and '100% Tender'.

"The use of the 100% claims are in contravention



Block list: The order is against Dabur products including honey, apple cider vinegar, virgin coconut oil, and cow ghee. FILE PHOTO

of the FSS (Advertising & Claims) Regulations, 2018, as they are ambiguous, unverifiable and likely to mislead consumers," the regulator said on X.

It said Dabur Himalayan Organic Apple Cider Vinegar and Dabur Organic Honey were found displaying the Jaivik Bharat Logo without valid FSSAI organic endorsement, in contravention of the FSS (Organic Foods) Regulations, 2017.

"Dabur Hommade Coconut Milk was marketed with the claim '100% Purity'. Such a claim is not permissible for compound foods under the FSS (Advertising & Claims) Regulations, 2018, FSSAI said.

Despite an earlier notice directing discontinuation of misleading "100%"

claims, no satisfactory corrective action was taken by the company, the FSSAI stated. The regulator directed Dabur India to immediately halt sale of the food products identified in the notice and all other food products carrying misleading "100%" claims, and to submit an action taken report (ATR) within 15 days.

Following reports of the action, the company's shares fell by about 4% to ₹408.25 on the BSE. In a filing with stock exchanges, Dabur India said, "The company believes that the declaration on our product labels comply with the prevailing legal and regulatory framework and are consistent with long-standing industry practices." "Dabur

stands by the purity and quality of its products and has never made any misleading claims," it stated.

The company said it was exploring options in relation to the prohibitory order. "However, as a good corporate citizen, Dabur had already initiated transitioning of the product labels as mentioned in the FSSAI letter to new labels/advertisements without the 100% claim," it said.

'In transition'

"Most product labels/advertisements/website as mentioned in aforesaid order, have either already transitioned or are in the process of transition. The company is responding accordingly to FSSAI and will continue to engage constructively with them to resolve the matter," it added.

"We reiterate that Dabur stands by the purity and highest standards of quality of its products and does not make any misleading claims," it emphasised.

The company said the order would have limited impact on its business operations, financial position or performance and be confined to the food products under objection.

What can be done to curb 'paper leaks' and ensure institutional accountability?

Despite the Public Examinations (Prevention of Unfair Means) Act, 2024, the fundamental need to fix accountability for detecting examination breaches, preventing them and preserving the integrity of public examinations remains

Rajesh Kumar

NET is one of India's highest-stakes examinations, where intense competition, immense social prestige, and the multi-crore value of a medical seat generate enormous academic, financial, and psychological pressure. Similar pressures surround other national examinations, scholarship and recruitment examinations. In such an environment, paper leaks and other irregularities have repeatedly surfaced.

The controversies surrounding NEET-2024, UGC-NET 2024, and NEET-2026 triggered unprecedented national concern. UGC-NET 2024 was cancelled and held again, while NEET 2026 was also re-conducted. All three were conducted by the National Testing Agency (NTA), which attributed these decisions to specific external or intelligence inputs.

The CBI investigated the NEET-2024 and UGC-NET 2024 cases. Although the investigations initially led to arrests and extensive nationwide media coverage, the CBI has since submitted closure reports in both cases, reportedly finding no prosecutable evidence of a conventional paper leak under the Bharatiya Nyaya Sanhita (BNS), 2023, or the Public Examinations Act (PEA), 2024. The NEET-2026 investigation remains in progress, with a chargesheet already filed.

These developments raise a more fundamental question: if repeated examination crises ultimately yield no prosecutable evidence of a conventional paper leak, what exactly constitutes a "paper leak"? Where do such compromises originate, and who is responsible for detecting, preventing, and being held accountable for them?

Defining a 'paper leak'

Traditionally, a "paper leak" refers to the unauthorised disclosure of a printed question paper before the examination, typically during printing, packaging, storage, or transportation. Investigation protocols, therefore, focus on tracing printed papers and recovering physical evidence. The recent Maharashtra Teachers Eligibility Test (TET) case is a classic example in which coded printed question papers were allegedly leaked from a compromised printing press.

High-stakes examinations, however, present a far more complex picture. Long before printing, questions pass through question-setting, moderation, translation, digitisation, and final compilation, where a limited number of individuals have privileged access. Compromises at any of these stages may never result in a leaked printed paper. Yet, it can selectively disclose questions or other confidential material, providing an unfair advantage to a few candidates before spreading through organised networks.

The NEET and UGC-NET controversies illustrate this distinction. Although investigations reportedly found no evidence of leaked printed papers in the 2024 cases, the examinations nevertheless led to arrests, cancellations, re-examinations, and a crisis of public confidence. Similarly, the circulation of highly targeted "guided papers" before NEET-2026 raised questions about whether confidential information had



Students entering an examination centre in Odisha during the NEET exam on June 21, 2025. (PTI Photo)

flowed through insider or informal networks despite the absence of any recovered printed paper.

Examination compromise may therefore involve far more than a printed paper: selected questions, question banks, recurring themes, high-probability question pools, examiner identities, confidential instructions, digital data, or administrative information may all be unlawfully disclosed through insider access, cyber intrusions, or coaching networks.

Restricting the definition of a "paper leak" to a leaked printed question paper overlooks these significant vulnerabilities. In this context, extraordinary measures such as transporting the re-NEET 2026 question papers by aircraft may secure the final logistical stage but do little to address vulnerabilities at the source. The real issue is whether confidential examination information was disclosed in any form that compromised the fairness, integrity, or credibility of the examination.

Other examination breaches

The integrity of an examination may be undermined equally by failures before, during, or after the examination, even when no printed paper is ever recovered.

NEET-2024 illustrates this broader spectrum. Reported irregularities included the distribution of an incorrect question paper, followed by its replacement; delayed collection or replacement of OMR sheets; exceptional grace marks; tie-breaking disputes; clustering of near-perfect scores; and unusually high scores from certain centres and coaching hubs. Collectively, these exposed weaknesses in examination management and institutional oversight.

Other breaches include cybersecurity failures, manipulation of candidate or examination data, disclosure of confidential information, compromised examination centres, impersonation, organised unfair means, and insider access or coaching network access to privileged information.

Safeguarding public examinations,

therefore, requires securing the entire examination lifecycle – from question development to result processing.

Failures in the transport of printed question papers alone cannot explain many examination breaches. Critical processes—including question selection, paper allocation, examination-centre management, OMR handling, grace marks, result processing, cybersecurity, and access to confidential data—are controlled by the examination authority and its associated agencies. Irregularities at these stages naturally raise questions about institutional controls and insider vulnerabilities.

The NEET-2024 controversy illustrates this broader picture. Distribution of an incorrect question paper, delayed OMR handling, exceptional grace marks, unusually high scores from certain centres, and the circulation of highly targeted "guided papers" all point to vulnerabilities that extend beyond conventional paper leaks. Such patterns warrant scrutiny of repeated expert engagement, conflicts of interest, links to coaching ecosystems, and other insider risks. This does not imply that every irregularity results from insider misconduct. However, securing examinations requires protecting confidential information, institutional processes, and printed question papers alike.

Primary accountability

Preventing examination breaches cannot be left to the CBI, police, or courts, which act only after a crisis. Primary responsibility lies with the examination authority, supported by the Ministry of Education, intelligence, and cybersecurity agencies, and independent oversight.

Accountability should extend across the entire examination lifecycle – from the selection of question writers and translators to examination centres, digital systems, evaluation, and result processing. It requires rigorous antecedent vetting, conflict-of-interest scrutiny, periodic

rotation of experts, cybersecurity audits, intelligence-based monitoring, and clear audit trails.

Official narrative and unanswered questions

The official response to the NEET-2024, UGC-NET 2024, and NEET-2026 controversies has largely rested on the absence of conclusive evidence of a conventional paper leak. Before the Supreme Court, the NTA attributed the cancellation and re-conduct of NEET-2026 to specific intelligence inputs, while the High-Powered Steering Committee emphasised compliance with its recommendations and SOPs. The CBI's investigations into NEET-2024 and UGC-NET 2024 resulted in closure reports, reportedly finding no prosecutable evidence of a paper leak and no basis to prosecute NTA officials. The NEET-2026 investigation, however, remains ongoing.

These official positions contrast sharply with the ground reality. Cancelled or re-conducted examinations, arrests, allegations of widely circulated "guided papers", cyber-security incidents, operational lapses, and disruptions affecting millions of candidates. In NEET-2026, official action reportedly followed a whistleblower's FIR rather than detection through the examination's own security or intelligence systems.

This raises an obvious question: if no credible abnormality was detected, what justified cancelling NEET-2026? Conversely, if credible intelligence existed, why did institutional safeguards fail to detect or prevent the compromise beforehand?

Until these questions are answered transparently, stronger logistics or harsher penal laws alone are unlikely to restore public confidence. The priority must shift from post-crisis response to institutional prevention.

The way forward

As its first task, the newly constituted committee headed by former UPAI chairman Nandan Nilekani should prepare a comprehensive White Paper documenting the full spectrum of breaches in NEET-2024, UGC-NET 2024, and NEET-2026—covering leakages, operational failures, cybersecurity incidents, centre-level irregularities, investigations, judicial outcomes, and lessons learned.

The White Paper should underpin a Public Examination Integrity Framework (PEIF) for all major examination bodies. The Framework should prescribe standardised end-to-end SOPs covering the entire examination lifecycle, with an emphasis on conflict-of-interest management, expert selection, cybersecurity, examination administration, audit, and institutional accountability.

Ultimately, public confidence will be restored not by tougher laws or more post-facto investigations, but by an examination system that detects risks early, prevents breaches before they occur, and ensures institutional accountability.

(Rajesh Kumar is a former Company Science Professor at IIT Kharagpur, IIT Kanpur, BITS Pilani, and IIT, and a former scientist at DRDO and ISRO.)

Why SC expanded scope of domestic cruelty law to women in live-in relationships

Vincent Khanna

New Delhi, August 9

DOWNING THIS protection against domestic cruelty under criminal law, the Supreme Court has ruled that such protection, ordinarily given to married women under Section 498A of the erstwhile Indian Penal Code (IPC), extends to women in live-in relationships as well, provided the couple shares an "intent to marry".

Since the IPC has now been replaced by the Bharatiya Nyaya Sanhita (BNS), the judgment will likely apply to the corresponding BNS provision, Section 85. The judgment, delivered on Monday by a bench of Justices Sanjay Karol and N. Ravindra Singh, recognises that women, being cruelty in domestic relations cannot be denied the protection of criminal law merely because they have not undergone a formal marriage.

The **legal position until now**
Section 498A of the IPC penalises a hus-

band or his relatives for subjecting a woman to cruelty, because the provision explicitly uses the word "husband". Its application was traditionally restricted to legally valid marriages.

Over the years, the Supreme Court expanded this definition to cover such men who coerced a woman into a marriage that is legally void or voidable — for instance, by hiding a previous subsisting marriage — holding that such men owed duties that they were not a "husband" in scope protection under cruelty.

It is what had transpired in the present case as well. The accused man approached the courts to quash a Section 498A case filed by his partner, arguing that since he was already married to someone else, his relationship with the complainant was not a valid marriage. The Karnataka High Court rejected this argument, ruling that when "a man induces a woman to believe that she is lawfully married to him, and thereafter subjects her to cruelty, [he]

cannot be permitted to evade criminal responsibility on the plea that no valid marriage existed in law." This led him to appeal to the Supreme Court.

Beyond void marriages

The Supreme Court could have dismissed the appeal by relying on the established precedent regarding void marriages, but the bench took up the broader question of whether a man in a live-in relationship can be prosecuted under Section 498A.

The judgment, written by Justice Karol, adopted a "purposive interpretation" of the law, noting that since the original objective of Section 498A was to deter domestic cruelty, the law must adapt to changing social realities, observing that "cruelty, in any which way, does not check at the door, whether the house is entered by a married woman or not". The court reasoned that if a woman faces cruelty from her partner, it makes no logical sense to offer her the protection of criminal law if she is

married, but deny it if she is cohabiting before marriage. This distinction, it said, "has no rational nexus with the object of preventing domestic violence and is as such ineffective to Article 14 of the Constitution of India", which guarantees the fundamental right to equality.

Why the DV Act is not enough

During the hearings, both the petitioner and the Union government argued against expanding Section 498A, pointing out that unmarried women are already protected under the Protection of Women from Domestic Violence (DV) Act, 2005, since the Act expressly covers not just married persons but also those "related... through a relationship in the nature of marriage".

The Supreme Court rejected this argument on the basis of the fundamental difference between the two laws. The DV Act, it pointed out, is primarily a piece of civil legislation providing remedies like maintenance and protection orders. The court

said that equating it with Section 498A would be a "misstatement of law" because "the import of civil and criminal law is different" since "lojas has almost singularly civil and monetary consequences, whereas the other is backed by the force of criminal deterrence".

'Intent to marry' is crucial

To determine which live-in couples get this protection of criminal law, the Supreme Court borrowed the concept of a "relationship in the nature of marriage" from the DV Act. The court clarified that a "relationship in the nature of marriage" is narrower legal subset of a general "live-in relationship". Relying on a 2016 judgment by it, the court delineated the features of such a relationship, which include pooling financial resources, sharing domestic arrangements, having a social relationship, and holding themselves out to society as being akin to spouses.

Monday's judgment, however, added a caveat for the application of Section 498A:

The couple must, in addition to the above, also have the "intent to marry".

This is because, according to the court, while many relationships "may meet all the requirements to be a 'relationship in the nature of marriage'", the partners "might choose never to enter matrimony. When this intent is absent, the court held, the relationship should not be equated with marriage for the purpose of invoking a penal provision and its "long list of adverse consequences".

"Those relationships that are in the nature of marriage will also have the requisite intent to marry as the closest to marriage itself, and it is those relationships that shall be entitled to the protection of [Section 498A]," the court ruled.

The judgment noted that the initial burden of proof to establish this intent will lie on the female partner seeking the law's protection. But it did not lay down specific parameters for how this internal "intent" is to be legally recognised.

Govt to grill Meta brass on child abuse, AI content

Will Also Quiz Co on PM Post Takedown

New Delhi: Govt will press Meta on child sexual abuse material, AI-generated content and safeguards around takedown of posts by prominent personalities, including that of PM Modi, when the company's senior executives meet officials here this week, **reports Aabhas Sharma.**

MeitY secretary S Krishnan said Meta executives, including Joel Kaplan, head of Meta's public policy, are expected to meet govt officials on Wednesday and Thursday,

WA tests new age verification system

To comply with upcoming Digital Personal Data Protection Act, WhatsApp has begun testing optional age verification methods for users in India. It said the pilot is designed to verify a user's age in a privacy-protective manner and is voluntary. **P 30**

with discussions set to cover compliance with Indian laws, content moderation and challenges posed by AI content.

► **'Wants to know....,' P 30**

Child rights body takes up with Meta issue of CSAM ads on Instagram

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Persons in the know said NCPCR had taken note of a media report that alleged the presence of advertisements related to CSAM on the company's platforms. The child rights body sought an explanation from Meta regarding the allegations and the company submitted its response about a week later.

After examining the reply, the panel has now decided to institute a

Want to know how Meta is tackling CSAM: Govt

► Continued from P 1

MeitY secretary S Krishnan said Tuesday, "We want to ensure that compliance happens. There are a range of issues."

He said govt wants to know what measures Meta has taken to tackle CSAM on its platforms and how effectively it is monitoring synthetically generated content. "CSAM issue has been raised, and we want to know what measures have been taken to address it. We also want to understand to what extent synthetically-generated content is being monitored," he said.

Krishnan also flagged concerns over the removal of content posted by verified accounts of prominent personalities, saying that such actions should be backed by stronger safeguards.

formal inquiry into the matter to ascertain the facts and examine the issues raised in the media report.

The development comes amid heightened scrutiny of online platforms over child safety. Authorities

have increasingly been pressing social media and digital platforms to strengthen safeguards, improve content moderation systems and ensure compliance with Indian laws aimed at protecting children online.

"Catch them young: City schools put anti-drugs campaigns in high gear

Meghna Dhulia
 @timesofindia.com

New Delhi: The warning signs have been visible for some time. School counsellors speak of children as young as those in Class VI struggling with substance abuse, teachers recount instances of students experimenting with tobacco, alcohol, inhalants and drugs, and education authorities have responded with awareness campaigns, counselling programmes and student-led Prahari Clubs to prevent addiction before it takes root.

The issue has now received renewed national attention with Prime Minister Narendra Modi launching the 100-week 'Nasha Mukti Yuva for Viksit Bharat Sankalp Abhiyan', urging young people to reject drugs.

The urgency is backed by emerging evidence. A nationwide survey conducted last year across schools in 10 Indi-

an cities highlighted the growing concern over early substance use among adolescents. The AIIMS-Delhi-led study found that the average age at which students first experimented with drugs, smoking or alcohol was 12.9 years. The survey also found that one in seven school students had tried a psychoactive substance at least once, reinforcing concerns among educators and mental health experts about the need for preventive interventions from primary school onwards.

"I've counselled students in three different govt schools of Delhi, and substance abuse has been a common issue," said Kadambari Katoch, a psychologist working with Delhi govt schools. "What was truly shocking was that some of the students caught in this cycle were as young as those in Class VI."

According to Katoch, counsellors look for warning

A PRINCIPAL SAYS

Often driven by peer pressure, curiosity or a desire to escape academic stress or emotional issues, children may begin using these substances without fully understanding the consequences

signs such as irritability, sudden behavioural changes, poor hygiene, shortened attention spans and bloodshot eyes. "We try to make them understand the repercussions and why substance use is harmful. But in some cases, children have seen the same behaviour at home and think it's normal. Convincing them otherwise becomes difficult in such situations," she said.

Teachers say experimen-

tal among adolescents is becoming increasingly varied. "Often driven by peer pressure, curiosity or a desire to escape academic stress or emotional issues, children may begin using these substances without fully understanding the consequences," said the principal of a govt school in east Delhi. "They may misuse prescription medications or even try more dangerous drugs. In some cases, a lack of parental supervision, exposure to substance use at home or easy availability of drugs further fuels the problem."

Recognising these patterns, Delhi schools have begun strengthening preventive measures with Prahari Clubs that aim to make the city drug-free by 2027. Functioning during zero periods, assemblies and parent-teacher meetings, the clubs seek to educate students about addiction while encouraging them to lead peer awareness activities. Parents are also being brought into discussions.

An official from the women and children department also acknowledged that there is a need to nip it in the bud. "We hope to make youngsters aware about the impact of drugs on both mental and physical health through campaigns," the official said.

Alongside the clubs, counsellors and educators in several govt schools have designed specialised classroom modules. The curriculum also teaches practical coping strategies, encourages students to seek help for themselves or others, promotes empathy towards those struggling with addiction and guides them in developing personalised self-care toolkits.

Universities, too, are no longer viewing substance abuse as an issue confined to schools. As students move to higher education, greater independence and new social environments can create fresh vulnerabilities. Delhi University has Nasha Mukti Prahari in place to handle this. It is a campus-wide initiative that relies on trained student volunteers to become the first line of support for their peers. "Under this, colleges run frequent awareness campaigns," a university official said.

NIPPING IT IN THE BUD

WHAT AIIMS-DELHI MULTI-CITY SURVEY 2025 FOUND

Average age of first substance use:

12.9 years

Youngest reported age of initiation:

11 years

1 in 7 students (15.1%) had tried a psychoactive substance at least once

After tobacco and alcohol, the most commonly used substances were **opioids (2.8%)**, **cannabis (2%)** and **inhalants (1.9%)**

40% reported tobacco or alcohol use within the family, highlighting the influence of home environments



WHY TIMELY INTERVENTION IS KEY

Students as young as Class VI seen struggling with substance abuse

Peer pressure, curiosity, academic stress, home environment among key triggers

Leads to poor attendance, low academic performance and dropouts

Increases risk of long-term unemployment and social challenges

SOME WHO OVERCAME IT

● **ARVIND** (name changed), a 12-year-old student at a south Delhi govt school, first came to the attention of his teacher after arriving in class with bloodshot eyes. Sensing that something was wrong, the teacher referred him for counselling. During the sessions, Akash revealed that he had been struggling with substance abuse. With timely intervention and sustained counselling, he was able to overcome the addiction within a few months.

● Thirteen-year-old **AKSHAY'S** struggles began after his parents' separation, when he moved with his mother and elder sister to a different neighbourhood. The upheaval was followed by behavioural changes. His physical training instructor referred him to the school health clinic after repeated disciplinary issues. Nikhil's mother told counsellors that he had become increasingly defiant, spent heavily on online games and had even gone missing overnight before being found in a nearby park. At school, he was bullied over his family circumstances, with classmates making derogatory remarks about his mother. During counselling, Nikhil admitted that using drugs made him 'feel better'.

'100% pure, 100% natural...'? Stop sale of misleading products, FSSAI tells Dabur

Anuja Jaiswal
@timesofindia.com

New Delhi: If a food label says "100% pure", "100% natural" or "100% purity guaranteed", consumers may still need to read it with caution. In one of its strongest actions against misleading food labels, Food Safety and Standards Authority of India (FSSAI) has ordered Dabur India, New Delhi, to stop selling a range of products carrying such claims, saying they violated food labelling regulations and could mislead buyers.

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According to FSSAI, the company had made unauthorised organic claims, creating an impression of regulatory endorsement.

The regulator also found that some claims on the labels were not permitted under Food Safety and Stan-

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The company said that it is responding to the regulator, will continue to engage constructively to resolve the matter and is also seeking legal advice on the future course of action.

Census phase 2 likely to accept half-filled forms

Enumerators To Fill In The Blanks After E-Filing

Bharti Jain@timesofindia.com

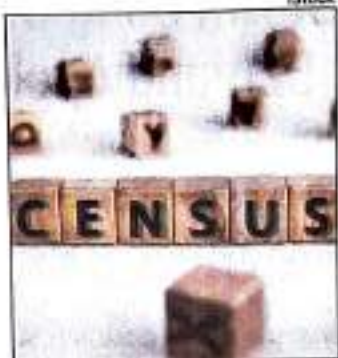
New Delhi: Census authorities are considering allowing persons self-enumerating for the population enumeration phase of Census 2027 to submit a partially filled form online.

In the first phase of the census — involving housing and houselisting operations — those opting for self-enumeration were not able to submit the form with blank fields. If any field was left blank — either accidentally or intentionally due to lack of clarity — the user could not advance to the submission window.

Sources said that it was felt during discussions among census teams that this feature forced many to opt out of self-enumeration and rely on the enumerator's visit to record their replies to the questionnaire.

There is now a realisation that even a partially filled form, provided a minimum number of questions are answered, would help in easing the task of the enumerator. Besides, self-declared data tends to be more accurate and reliable.

"Internal deliberations focused on why the self-enumeration option should not be made flexible, given



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that the data is to be entered digitally either by the respondent or the enumerator. The census application anyway allows the enumerator to access the filled-up form and change any wrongly entered data. So why can't he access a partially filled-up form and fill in the few remaining fields during the house visit, saving time and effort?" an officer told TOI.

The population enumeration exercise is set to be conducted nationwide in Feb 2027. However, the exercise, as per convention, is advanced for select states/UTs like Ladakh, J&K, HP and Uttarakhand that become wholly or partially snow-bound in Feb. These areas will witness population enumeration from Sept 1 to 30, preceded by a self-enumeration window of Aug 17-30.



The Hack To A Healthy Life

Biohacking has arrived in India. Though still in the early stages, Indian consumers are increasingly looking to expand their 'health span', and are willing to pay a premium for it

By Apoorva Mittal

To sustain the 15-hour workdays that come with running Upsurge Labs—a research lab that combines AI, robotics, and biotech—39-year-old Sowmay Jain from Bengaluru began injecting himself with a synthetic peptide that made him sleep less but recover as though he had slept for eight hours.

The lab is part of Zelta Research, a project in which biohacking community volunteers explore peptides to test their effects on recovery, performance, and preventive health. Peptides are a rage in Silicon Valley's biohacking circles, and Jain believes India will enter a similar phase, with a flourishing underground market in Mumbai and Bengaluru.

"You are preventing things before they happen, and you are also advancing your own capabilities," says Jain, who claims that after two weekly doses, he could feel a difference in his recovery. For him, longevity is about a better quality of life aka "health span" through *preventative medicine*, which includes clinics, diagnostics, supplements, wearables, and biohacking services. Dr Bhavna Sharma, gynaecologist,

recalls: "When we started The Anti-Ageing Centre, the longevity concept was very new," she says. "But within a few years, there has been a lot of awareness. Longevity is now a household word."

Sharma has since renamed her wellness clinic The Longevity Centre, or TLC, which now has centres in Delhi, Pune, Gurugram, Mumbai, Bengaluru, Goa, and Nagpur, and offers diagnostic testing for blood biomarkers, gut microbiome, genetics, and epigenetics. While TLC recommends such testing for people above 25, Sharma says most customers are in their 40s. The gender mix is roughly even.

According to Grand View Research's India Longevity Diagnostics Market Size and Outlook Report, India's longevity diagnostics market generated \$105.6 million in 2025, compared with a global market valued at \$2.8 billion that year. The US led the market. In India, by contrast, the density of testing, analysis, and clinics is still at an early stage.

"Most offerings focus on wellness," says Dilip Kumar, investments head at *flintech* and health fund Rainmatter. "Businesses are integrating clinical protocols, but outcome-driven approaches are still evolving. The market will grow in the next few years."

Rishi Pardal, co-founder, Biopeak, agrees the market is still nascent. Biopeak went live with its first clinic in Bengaluru last year and is now opening a flagship centre in Indiranagar, which will be equipped with an endurance pool, underwater treadmills, VO2 max machines, and hypoxia training machines. It offers personalised protocols after customers undergo what Pardal calls 360-degree testing. The data is analysed by systems biologists, doctors, nutritionists, and physiotherapists to understand issues at a cellular level. This is followed by a protocol

covering nutrition, lifestyle, meditation, food, supplementation, medication, and exercise.

Pardal says its customers broadly fall into two groups. People with unresolved symptoms that are not severe enough to take them to a hospital, or where they are unconvinced by a hospital's recommendation; and people who want to optimise performance for a specific goal, such as climbing a mountain, running faster, or training for an endurance event.

The majority, however, still come for health span rather than pure performance. Pardal says the instinct tends to begin when people cross the "hump of immortality"—the age when they no longer feel they can drink, work, party, or push their body without consequences. Its flagship programme, he says, typically costs around ₹1 lakh, depending on the tests required.

Pardal is conscious that positioning is tricky in a category where science, aspiration, and overclaiming can easily blur. "You don't want to be a snake-oil purveyor and promise people the moon," he says. "Our promise is that we'll make you live life fully. It's the health span that we emphasise, and lifespan as an outcome."

In the wearable segment, Ultrahuman's founder Mohit Kumar says 45% of their existing user base has an early marker for cardio-metabolic risk (basis blood tests, HRV, and RHR trends).

Kumar says that Indian consumers' willingness to pay for longevity-linked products is beginning to broaden but the average ticket size is still the same. "What this means is people are willing to buy a variety of things (supplements, devices, therapies) but don't want to pay a premium for additional efficacy yet. We're still experimenting heavily as a country—that's usually the first step."

In India, the nascent longevity market is being built around preventive care. Biohackers at one end testing the limits of human biology, and middle-aged urban elites at the other trying to improve the quality of their years even if there is no guarantee of adding to their lifespan.

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Q&A

Steven N. Austad,
PhD, scientific director, American Federation for Aging Research

What is longevity science about?
Longevity science is a newly popular term for an old field of study (research on the biology of ageing or more recently 'geroscience'). There's a massive amount of research showing this can be accomplished in multiple ways in animals. Its central goal is to extend health and life by targeting and modifying the biology of ageing. So far, we have no convincing evidence on whether such approaches work in humans or not.

Where do these longevity services fit within that science?
Some of these are legitimate services to monitor health (wearables), some are unnecessary (and expensive) diagnostics, some are part of ongoing research, and some are frankly nonsense. Any form of hormone therapy falls into this category as do NAD precursors. Anyone who claims human immortality is just around the corner is seriously deluded by hope not evidence.

What are the key things that work for a better lifespan based on what we know today?
The best advice are the things your mother told you about.

The field of human nutrition is as full of false claims as is the field of longevity science.

NUMBER THEORY

Refocusing mid-day meals:
What children really need

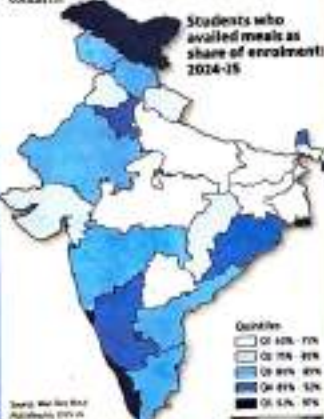
By Dipsi Sinha and Bhargav BS

Over the last week, government school students in Uttar Pradesh, Rajasthan and Bihar were out in protest, asking for better facilities. In addition to poor infrastructure and shortage of teachers, mid-day meals (MDM) are an important aspect of government school education in India. Following Supreme Court orders in 2001, hot cooked meals for children up to Class 8 across government and aided schools were expanded to the entire country. The MDM is a legal entitlement under the National Food Security Act (NFSA). Evidence shows that it protects against hunger, boosts enrolment and attendance, provides relief to mothers and improves nutritional outcomes. Over 100 million children across 1.2 million schools are covered under the scheme, providing employment to 2.5 million cooks and helpers, mostly women. MDM, however, does not get enough public attention, and concerns related to implementation and quality remain. It is in the news only when there is a controversy over serving eggs or when cases of food poisoning occur. MDM can be expanded creatively to address the continuing burden of malnutrition, poor dietary diversity and high wastage among children. A proposal costing ₹4,000 crore to introduce breakfast in MDM by the education ministry, as recommended by parliamentary panel and the new national education policy, NEP, was rejected by the finance ministry a few years back. The state governments of Assam, Gujarat, Karnataka, Tamil Nadu and Telangana have started providing breakfast on their own. With increasing enrolment in secondary and senior secondary classes, Andhra Pradesh, Karnataka, Tamil Nadu, Telangana, Lakshadweep and Puducherry have also extended beyond Class 8. Expanding such initiatives nationally can have lasting benefits at a low cost. Here is a brief overview of what can be done to make MDM more effective.



1 Universal on paper, but MDM coverage varies across states

While MDM is a universal scheme covering all children in eligible schools, nationally only 76.2% of enrolled children are being served. The coverage is uneven across states, with Goa having the highest coverage of 97% and Bihar the lowest with 60%. What explains this large variation? A thorough evaluation is required, but anecdotal evidence suggests that this gap could be due to a combination of inflated enrolment figures and some better-off children opting out of the scheme because of quality concerns.



2 MDM also has a funds problem

One of the reasons for quality concerns regarding MDM is that the scheme is under-funded. This is despite the fact that MDM is one of the state schemes where the principle of inflation indexing to built-in features are non-negotiable. The base costs have not been revised since 2009. The cost-sharing norms were revised in 2015, reducing the contribution of the union government from 75% to 60% of the cooking costs. Subsidising allocations by states (at 40% of central allocations) and then doing an inflation adjustment using Consumer Food Price Index, saw a decline of 30% in real MDM allocations between 2012-13 and 2022-23. With increasing GDP and growing recognition of the nutritional challenge, we should be giving greater priority to the scheme, what we see is lower real allocations, which affect the quality and regularity of the scheme.

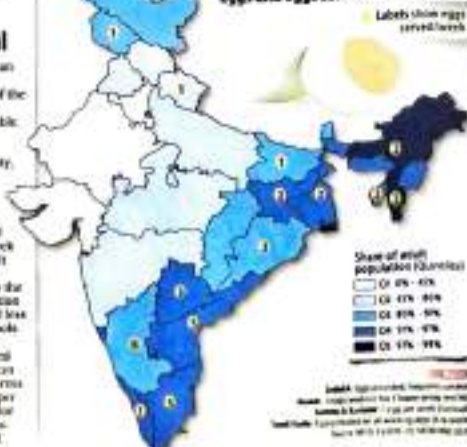
Budget for school meals has declined in real terms Centre - state budget estimates in ₹1000 crore



3 The debate on eggs is more fiscal than cultural

Introducing eggs in the meal is an effective way of improving nutritional quality and appeal of the scheme. Eggs are a complete protein source, highly bioavailable, cost-effective, and logistically feasible. Ranting religious opposition from a small minority, the bigger constraint is cost. While the richer southern states now provide 4-6 eggs a week in their school meals, the poorer states such as Bihar and Jharkhand give only 1 or 2 a week (Figure 2). Over 80% of the adult population in most states is non-vegetarian. Further, across the country, the vegetarian population is also typically upper caste and less likely to be in government schools. Rather than debate cultural objections, a real limiting, the real constraint is the finances that can be addressed by raising costs across. Currently, the cost is about ₹6 per egg. We can easily afford that for the children of this country who continue to be undernourished.

Share of adult population that eats eggs and eggs served/week in MDM



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Anuja Jaiswal
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1 अध्ययन | एम्स के आरपी सेंटर के डॉक्टरों की ओर से किए गए शोध में यह बात सामने आई, रिफ्रेक्टरी ग्लूकोमा से पीड़ित मरीजों के लिए अहम

काले मोतिया की नई सर्जरी आंखों की रोशनी बचाएगी

■ रणविजय सिंह

नई दिल्ली। ग्लूकोमा (काला मोतिया) से पीड़ित मरीजों के लिए सर्जरी की नई तकनीक उम्मीद की नई किरण साबित हो सकती है। ट्यूबिंग ट्राबेकुलेक्टोमी से जहां मरीजों की आंखों का बढ़ा हुआ प्रेशर कम होगा। यहाँ, आंखों की रोशनी बचाई जा सकती है। साथ ही, दवाएं भी कम हो जाती हैं।

एम्स के आरपी सेंटर के डॉक्टरों की ओर से किए गए एक अध्ययन में यह बात सामने आई है। यह शोध अंतरराष्ट्रीय मेडिकल जर्नल 'आई' में

प्रकाशित हुआ है, जिसे रिफ्रेक्टरी ग्लूकोमा से पीड़ित मरीजों के लिए अहम माना जा रहा है। आरपी सेंटर के प्रोफेसर डॉ. चित्तेश गुप्ता के नेतृत्व में यह अध्ययन किया गया।

ग्लूकोमा के इलाज के लिए ट्राबेकुलेक्टोमी सर्जरी की जाती है। इसमें आंख के सफेद हिस्से में एक छोटा छेद कर तरल पदार्थ (आंख के फ्लूइड) को निकालने के लिए नया रास्ता बनाया जाता है, ताकि आंख के अंदरूनी हिस्से का प्रेशर कम हो सके। कई मरीजों में दवा, सर्जरी और लेजर से इलाज के बाद भी खास फायदा नहीं

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प्रतिशत पाई गई सर्जरी की सफलता की दर, दो सप्ताह के बाद प्रेशर अपने आप ठीक हो गया



ग्लूकोमा अंधेपन का पांचवां बड़ा कारण

ग्लूकोमा को काला मोतिया भी कहा जाता है। इस बीमारी में आंख के अंदरूनी हिस्से में प्रेशर बढ़ता है। इस वजह से ऑप्टिकल नर्वस को नुकसान पहुंचता है। समय पर इलाज नहीं मिलने से अंधेपन की बीमारी हो सकती है। देश में करीब 3.23 प्रतिशत व्यस्क लोग ग्लूकोमा की बीमारी से पीड़ित हैं। ग्लूकोमा देश में अंधेपन का पांचवां बड़ा कारण है।

होता। ऐसे में आंख की रोशनी जाने का खतरा होता है। ऐसी स्थिति को रिफ्रेक्टरी ग्लूकोमा कहा जाता है। रिफ्रेक्टरी ग्लूकोमा के इलाज के सर्जरी को पारंपरिक प्रक्रिया में थोड़ा बदलाव कर आंख के पिछले हिस्से से तरल

पदार्थ निकालने का रास्ता बनाने के लिए डिजाइन की गई टनल में एक ट्यूब (26जी IV कैनुला) इस्तेमाल की गई। इस तकनीक से रिफ्रेक्टरी ग्लूकोमा पीड़ित 43 मरीजों की सर्जरी की गई। इससे पहले मरीजों की आंखों

का प्रेशर 41.4 था और चार दवाएं चल रही थीं। उन मरीजों को 12 माह तक फॉलोअप किया गया। इसमें पाया गया कि मरीजों की आंखों का प्रेशर घटकर 14.6 हो गया और दवाएं भी चार की जगह एक ही लेनी पड़ रही थी।



बाल यौन शोषण सामग्री से जुड़े विज्ञापनों की जांच शुरू

सरख्ती

नई दिल्ली, विशेष संवाददाता। राष्ट्रीय बाल अधिकार संरक्षण आयोग (एनसीपीसीआर) ने सोशल मीडिया कंपनी मेटा प्लेटफॉर्म आईएनसी. के खिलाफ बाल यौन शोषण एवं दुरुपयोग सामग्री से जुड़े विज्ञापनों के आरोपों की औपचारिक जांच शुरू कर दी है। सूत्रों के अनुसार, आयोग ने कंपनी की ओर से पहले दिए गए जवाब की समीक्षा के बाद यह फैसला लिया है।

यह मामला 3 जुलाई 2026 को जारी किए गए स्वतः संज्ञान नोटिस से जुड़ा है। यह नोटिस एक रिपोर्ट के आधार पर जारी किया गया था, जिसमें आरोप लगाया गया था कि मेटा के प्लेटफॉर्म पर बाल यौन शोषण सामग्री से जुड़े विज्ञापन दिखाई दिए थे।

मेटा ने एक सप्ताह के भीतर अपना जवाब आयोग को सौंपा : आयोग ने मेटा से इन आरोपों पर स्पष्टीकरण मांगा था। सूत्रों के मुताबिक, मेटा ने एक सप्ताह के भीतर अपना जवाब आयोग को सौंप दिया था। जवाब की समीक्षा के बाद एनसीपीसीआर ने तथ्यों की पुष्टि करने और मामले की गहन जांच के लिए

कार्रवाई की सिफारिश करने का अधिकार

बाल अधिकार संरक्षण आयोग अधिनियम, 2005 के तहत गठित एनसीपीसीआर को बच्चों के अधिकारों के उल्लंघन से जुड़े मामलों की जांच करने, स्वतः संज्ञान लेने और आवश्यक कार्रवाई की सिफारिश करने का अधिकार है। ऑनलाइन बाल सुरक्षा और डिजिटल प्लेटफॉर्म से जुड़े मामलों की निगरानी भी उसके अधिकार क्षेत्र में आती है। मेटा ने अपनी वैश्विक सुरक्षा नीतियों में पहले भी कहा है कि वह बाल यौन शोषण से जुड़े किसी भी कंटेंट या उसके प्रचार पर पूरी तरह प्रतिबंध लगाता है।

औपचारिक जांच शुरू करने का निर्णय लिया।

हालांकि, एनसीपीसीआर ने अभी तक मेटा के जवाब की सामग्री सार्वजनिक नहीं की है। आयोग ने यह भी स्पष्ट किया है कि फिलहाल किसी उल्लंघन पर कोई अंतिम निष्कर्ष नहीं निकाला गया है। जांच का उद्देश्य आरोपों की सत्यता, उपलब्ध साक्ष्यों और संबंधित तथ्यों की पड़ताल करना है।

युवा पीढ़ी में तेजी से घट रहा डेटिंग ऐप का चलन

हाल ही में फोर्ब्स के सर्वेक्षण में हुए चौंकाने वाले खुलासे

ट्रेंड

न्यूयॉर्क, एजेंसी। युवाओं में 'डेटिंग ऐप बर्नआउट' यानी डिजिटल थकान का दौर देखा जा रहा है। नकली प्रोफाइल, बेजान बातचीत से तंग जेन-जी अब असल दुनिया की गतिविधियां पसंद कर रहा है।

हाल ही में फोर्ब्स द्वारा पांच हजार से ज्यादा युवाओं पर किए गए एक सर्वे में चौंकाने वाला खुलासा हुआ है। इसमें पाया गया कि 80 फीसदी मिलेनियल और 79 फीसदी जेन-जी डेटिंग ऐप से दूर हो रहे हैं। ब्रिटेन की मीडिया रेगुलेटर एजेंसी ऑफकॉम की रिपोर्ट भी इस बदलाव की पुष्टि करती है। सबसे मशहूर ऐप टिंडर की लोकप्रियता में गिरावट आई है। इसने 5.9 लाख, बम्बल ने 3.6 लाख और हिंज ने 1.3 लाख यूजर खो दिए हैं। युवाओं का मानना है कि इन ऐप ने रिश्तों को एक बेजान खेल बना दिया है, जहां लोग एक-दूसरे को



भारत में चलन बढ़ा

भारत में युवाओं के बीच डेटिंग ऐप का चलन बढ़ा है, खासकर मेट्रो और टियर-1 शहरों में। एक अनुमान के मुताबिक, लगभग 40 फीसदी शहरी युवा नए लोगों से मिलने, दोस्त बनाने या पार्टनर की तलाश के लिए इन ऐप का इस्तेमाल करते हैं। भारतीय यूजर में जेन-जी और मिलेनियल की संख्या अधिक है, लेकिन अब डेटिंग ऐप बर्नआउट के कारण इन ऐप से हट रहे हैं।

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से अधिक युवाओं पर किया गया अहम सर्वे, जानकारों के अनुसार, 79 फीसदी जेन-जी डेटिंग ऐप से पूरी तरह तंग आ चुके हैं

दोस्तों के जरिये संपर्क

- डांस, सोशल क्लब और कम्युनिटी इवेंट में नए लोगों से मिल रहे हैं
- मजेदार गेम के जरिये नए रिश्ते बनाने की कोशिश कर रहे हैं
- ग्रुप एक्टिविटी, हॉबी क्लब और वर्कशॉप में हिस्सा ले रहे हैं
- आमने-सामने बातचीत को ज्यादा भरोसेमंद और बेहतर मान रहे हैं
- दोस्तों और साझा रुचियों के जरिए नए लोगों से परिचय बढ़ा रहे हैं

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सभ्य समाज के अंतरात्मा पर हमला व जघन्य अभिशाप है शिशुओं की तस्करी: न्यायालय

जागरण संवाददाता, दक्षिणी दिल्ली: अदालत ने एक अंतरराज्यीय बच्चा तस्करी रैकेट का हिस्सा होने के आरोपित को जमानत देने से इनकार कर दिया। कोर्ट ने कहा कि शिशुओं की तस्करी एक जघन्य अभिशाप है जो सभ्य समाज के नैतिक अंतरात्मा पर हमला करती है। साकेत कोर्ट के अतिरिक्त सत्र न्यायाधीश हरगुरवरिंदर सिंह जग्गी आरोपित राजकुमार की ओर से दायर जमानत याचिका पर सुनवाई कर रहे थे, जो एक अविवाहित दुष्कर्म पीड़िता से पैदा हुई नवजात बच्ची की तस्करी के संबंध में दर्ज एक मामले में आरोपित था। तीन अगस्त के एक आदेश में कोर्ट ने कहा कि बच्चों की तस्करी एक धिनौना अभिशाप है और सभ्य समाज के नैतिक सोच पर हमला है। बच्चे हमारे समाज के सबसे कमजोर और कीमती सदस्य हैं और उनकी जिंदगी, आजादी और सम्मान को बाजार के हवाले नहीं किया जा सकता।

अभियोजन पक्ष के मुताबिक यह मामला तब सामने आया जब महिलाओं और बच्चों के लिए स्पेशल पुलिस यूनिट को नवंबर 2023 में सफदरजंग अस्पताल में

- दुष्कर्म पीड़िता की नवजात बच्ची की तस्करी के आरोपित को जमानत देने से किया इनकार
- कहा, बच्चे समाज के सबसे कीमती सदस्य, बाजार के हवाले नहीं कर सकते उनकी जिंदगी



एक 18 साल की दुष्कर्म पीड़िता से पैदा हुई बच्ची को गैर-कानूनी तरीके से गोद लेने और उसकी तस्करी के बारे में जानकारी मिली। आरोप है कि अस्पताल के एक हाउसकीपिंग असिस्टेंट ने पीड़ित परिवार को पैसे के बदले बच्ची देने के लिए मनाया, जिसके बाद यूपीआई के जरिये पीड़िता के चाचा को 50,000 रुपये ट्रांसफर किए गए। जांच में आरोप लगाया गया कि बच्ची राजकुमार और उसकी पत्नी सुनीता उर्फ सोनिया तक पहुंचने से पहले कई आरोपितों के

हाथों से गुजरी। यह भी आरोप है कि उन्होंने बच्ची को एक दिन अपने पास रखा और फिर 1.65 लाख रुपये में किसी दूसरे आरोपित को बेच दिया। इसके बाद बच्ची को कथित तौर पर 1.75 लाख रुपये में आगे बेच दिया गया।

पुलिस ने यह भी दावा किया कि इस वर्ष फरवरी में मुंबई से तस्करी की शिकार दो और बच्चियों को बचाया गया था, जबकि एक बच्ची की बीमारी के कारण मौत हो गई थी। बचाव पक्ष ने दलील दी कि राजकुमार को सिर्फ इसलिए झूठे मामले में फंसाया गया क्योंकि वह एक सह-आरोपित का पति था। याचिका का विरोध करते हुए अभियोजन पक्ष ने तर्क दिया कि राजकुमार नवजात बच्ची की तस्करी में सक्रिय साजिशकर्ता था और उसकी पत्नी एक आदतन अपराधी थी जो ऐसे ही चार मामलों में शामिल थी। याचिका को खारिज करते हुए कोर्ट ने कहा कि शिकायतकर्ता का बच्चा गायब है, तीन आरोपित फरार हैं और आवेदक की पत्नी पहले भी ऐसे ही अपराधों में शामिल रही है, ऐसे में इस स्टेज पर बेल देने से जांच पटरी से उतर सकती है।

सेहत भरे जीवन का

बुधवार 5 अगस्त, 2026



जीवनशैली

मो बड़ल या टैबलेट देखते समय या लैपटॉप पर काम करते समय सही पोश्चर क्या होना चाहिए? अक्सर इस बात को लेकर लोग सचेत नहीं रह पाते। कोई जरूरी काम निपटाने या निरंतर आ रहे नोटिफिकेशन के कारण मोबाइल का प्रयोग कितने घंटे कर लिए, इसका भी ध्यान नहीं रह पाता। यह बात जितनी सरल लग रही है, उतनी ही नहीं, हमें समझना होगा कि इससे टेक नेक का जोखिम बढ़ रहा है। लैपटॉप को कभी गोद में रखकर तो कभी बिस्तर पर लेटकर काम कर रहे हैं तो यह आदत भी बदल लेनी चाहिए। यह एक सामान्य आदत है, पर इससे न केवल गर्दन में दर्द, बल्कि रीढ़ के स्थायीक ढांचे में भी बदलाव आ सकता है। आगे चलकर यही सर्वाइकल डिस्क का भी कारण बन सकता है।

क्या है टेक नेक

गर्दन में दर्द ज्यादातर कामकाजी वर्ग ही नहीं, सामान्य लोगों के लिए भी समस्या बन रहा है। बता दें कि जितना अधिक आप अपनी गर्दन को उसकी सामान्य स्थिति जहाँ आपके कान व कंधे एक सीध में होते हैं, उससे एक इंच भी अछूत रखते हैं तो इससे सिर का भार बढ़ जाता है। जब गर्दन आगे की ओर झुकती है जिसे नेक फ्लेक्शन कहा जाता है तो उससे गर्दन पर भार बढ़ने लगता है। इस गुरुत्वाकर्षण के प्रभाव को कम करने के लिए गर्दन की मांसपेशियों को बहुत अधिक मेहनत करनी पड़ती है, जिससे केवल गर्दन ही नहीं कंधे, कलाई के साथ आँखों को तकलीफ भी बढ़ जाती है।

आँखों व हाथों की समस्या

लगातार फोन देखने से आँखों में सूखापन (ड्राई-आइज) की समस्या आम हो गई है।

गलत पोश्चर में फोन चलाने की आदत या घंटों सिर झुकाकर टैबलेट या लैपटॉप पर काम करने की मजबूरी टेक नेक यानी गर्दन में खिंचाव और दर्द की समस्या दे सकती है। यह आँखों के लिए भी नुकसानदेह है। आइए जानें, क्या है टेक नेक और क्या है बचाव का सही तरीका, **रीमा झा की रिपोर्ट...**

ये उपाय अपनाएं

- फोन या किसी भी डिवाइस को देखते समय गर्दन को झुकाने के बजाय उसे आँखों की सीध में लाएं। इस दौरान बाहों, कंधों, कलाई पर तनाव हो सकता है।
- कंप्यूटर स्क्रीन और मॉनिटर के लिए, आँखों को सीधे रखने की कोशिश करें।
- हर 10-15 मिनट में थोड़ा टहलें। फुर्सत पर सीधे बैठने का प्रयास करें।
- लंबे समय तक काम के दौरान अपने शरीर को स्ट्रेच करें या अपनी बैठने की स्थिति बदलें।
- अपने फोन या टैबलेट को आँखों के स्तर पर रखने के लिए फोन स्टैंड, लैपटॉप स्टैंड आदि का प्रयोग केहतर है।

काम की है ये कसरत

- गर्दन को दाएँ-बाएँ व ऊपर-नीचे घुमाएं।
- कंधों को ऊपर-नीचे करके स्ट्रेच करें।
- गर्दन को पीछे की ओर हल्का खींचें ताकि टोपी छतरी के निकट आए।

दरअसल, अपलक यानी बिना ब्रेक के स्क्रीन देखने से आँखों की नमी सूखने लगती है। इसकी मांसपेशियाँ झुकने लगती हैं और नजर धुंधली हो सकती है। इसी तरह, फोन का लगातार प्रयोग अंगुलियों व कलाई में दर्द पैदा कर सकता है। फोन को लगातार एक ही मुद्रा में पकड़े रहने से हाथों की नसें पर भी दबाव पड़ता है व हाथों के साथ कलाई में भी कमजोरी महसूस होने लगती है।

लक्षणों को पहचानें

टेक नेक तकनीक पर बढ़ती निर्भरता के

• फोटो: मैनीफिक

खिंच रहा रीढ़ का ढांचा

इंसान का शरीर सीधा देखने के लिए बना है, लेकिन स्क्रीन पर लगातार देखने के कारण पोश्चर बिगड़ रहा है। गर्दन को झुका कर फोन का प्रयोग करते हैं तो इससे गर्दन पर पांच

कब मिलें चिकित्सक से

- बाहों में सुनपन या कमजोरी हो।
- दैनिक गतिविधियों या नींद में बाधा आ रही हो।

कारण गर्दन के साथ दूसरे अंगों पर दुष्प्रभाव का एक चिकित्सकीय टर्म है।

कार्पल टनल : यह फोन को लगातार पकड़े रहने से कलाई की नसें पर दबाव के कारण होने वाली समस्या है। इससे अंगुलियों में दर्द हो सकता है। इससे बचने के लिए कलाई को सीधे रखें और कलाई को टेबल

टेक नेक के लक्षण

- गर्दन में दर्द या अकड़न हो।
- कंधे में जकड़न हो।

• ऊपरी पीठ में दर्द हो।

- सिर के निचले हिस्से में दर्द, हाथों या बाजूओं में झुनझुनी हो रही हो।

किग्रा तक दबाव पड़ता है। गर्दन को थोड़ा झुकाकर 15 डिग्री रखें तो इससे 12 किग्रा का दबाव और वही यदि यह 45 डिग्री झुकता है तो 22 किग्रा का दबाव गर्दन की मांसपेशियों और रीढ़ की हड्डियों पर पड़ता है। यही कारण है कि रीढ़ का ढांचा तेजी से बिगड़ रहा है।

या तबिए को सहायता से ऐसे पकड़ें ताकि फोन आपके आँखों की सीध में रहे।

पिकी स्ट्रेन : यदि आपकी अंगुलियाँ गुलबन्दी दिखने लगती हैं तो यह भी फोन को निरंतर पकड़े रहने के कारण हो सकता है। इसे पिकी स्ट्रेन कहा जाता है। इससे बचाव के लिए आप फोन रिंग या स्टैप का प्रयोग

फोन दे रहा है गर्दन व कंधे का दर्द



टाण, तंबाकू, अल्कोहल जैसे कारकों
अक्सर वयस्कों में कैंसर होने की
शंका रहती है, लेकिन बच्चों में कैंसर
के पीछे अन्य कारण जिम्मेदार होते
हैं। किस तरह

के लक्षणों पर
गौर करना है
जरूरी, क्या
है बचाव के
जरूरी
उपाय,
आइए
जानें...



डा. नरेंद्र अग्रवाल
सीनियर कंसल्टेंट, हेमेटो-
ऑन्कोलॉजी, राजीव गांधी
कैंसर हॉस्पिटल, दिल्ली

कैंसर की बीमारी

किसी व्यक्ति के
स्वास्थ्य से जुड़ी समस्या ही नहीं होती, बल्कि
इसमें जगह, स्वास्थ्य देखभाल की व्यवस्था
और जांच-उपचार की सुविधाओं की भी
भूमिका होती है। लॉसेट के एक ताज़ा
अध्ययन की मानें तो दक्षिण एशियाई देशों में

बच्चों में होने वाले कुल कैंसर
37,717 में से 25,939
मामले अकेले

बच्चों के कैंसर के उपचार में बाधक है जागरूकता की कमी

क्या है उपाय

- बच्चे को सही आहार दें
- समय पर टीके लगवाएं
- साफ वातावरण दें
- संक्रमण से बचाएं

भारत से संबंधित हैं यानी कैंसर के 10
मामलों में से सात भारत से आते हैं। रिपोर्ट
बताती है कि बच्चों में ल्यूकेमिया सबसे
आम तरह का कैंसर है, 35 से 50
प्रतिशत मामलों में यही चिह्नित होता है।

वयस्कों से अलग है बच्चों का कैंसर :
इसकी सबसे बड़ी वजह डीएनए में होने
वाले बदलाव (म्यूटेशन) हैं। वयस्कों में कैंसर
तंबाकू, अल्कोहल, मोटापा या हानिकारक
पदार्थों के संपर्क से जुड़े हो सकते हैं, लेकिन
बच्चों में ज्यादातर कैंसर इन कारणों से नहीं
होते। जब बच्चा बड़ रहा होता है, तो नई
कोशिकाएं तेजी से बनती हैं। इस दौरान कभी-
कभी डीएनए की कापी बनने में गलतियां हो
जाती हैं। सामान्य तौर पर शरीर का डीएनए
रिपेयर मैकेनिज्म और प्रतिरक्षा प्रणाली इन्हें

कैंसर होने पर क्या है उपाय

अगर किसी बच्चे का कैंसर का इलाज चल रहा
है, तो डाक्टर की सलाह के अनुसार संक्रमण से
बचाव, सही पोषण और नियमित फालो-अप
इलाज की सफलता में महत्वपूर्ण भूमिका निभाते
हैं। अच्छी बात यह है कि आधुनिक इलाज की
बदौलत बच्चों में होने वाले कई प्रकार के कैंसर
का समय पर इलाज शुरू होने से जीवन
सामान्य हो सकता है।

संभाल लेते हैं, लेकिन अगर ये बदलाव ठीक
नहीं हो पाते, तो वे कोशिकाओं की वृद्धि पर
असर डाल सकते हैं और समय के साथ
कैंसर विकसित हो सकता है। कुछ मामलों में
जेनेटिक सिंड्रोम या दुर्लभ आनुवंशिक
खोमारियां भी जोखिम बढ़ाती हैं।
बच्चों में ल्यूकेमिया की समस्या: ल्यूकेमिया
यानी ब्लड कैंसर, बच्चों में सबसे ज्यादा पाया
जाने वाला कैंसर है। इसकी सबसे बड़ी वजह
यह है कि बचपन में बोन मैरो बहुत सक्रिय
रहता है। बोन मैरो में कोशिकाएं तेजी से

बर्तते
• बच्चे
नहीं ज
बलित
• अम
बार-
लगात
दिखा
जाव

बनते
दौरान
बनते
कोई
किसी
किस
में य
बदल
शुरू
पहच
आस

थायराइड का प्रभावी निदान दवा लेने की नहीं होगी बाध्यता!

थायराइड विकार होने पर लगातार दवाओं पर निर्भर होना पड़ता है, लेकिन एसजीपीजीआइ तखनऊ में हुए एक शोध ने बड़ी उम्मीद जताई है, जिससे इस विकार को जड़ से खत्म किया जा सकता है...



थायराइड को सर्जरी के बाद जीवनभर हार्मोन और कई मरीजों में कैल्शियम की दवा लेने की मजबूरी अब कम हो सकती है। संजय गांधी पीजीआई के एंडोक्राइन एवं ड्रेस्ट सर्जरी विभाग के अध्यक्ष प्रो. सचारेन्म नयिलकानन के नेतृत्व में हायपोथैलैसिक एक्सोस माइक्रोवेव एब्लेशन (हाय) नामक नई हाइब्रिड तकनीक विकसित की गई है। इसका उद्देश्य थायराइड का स्वस्थ हिस्सा सुरक्षित रखना है, ताकि मरीज की प्रकृतिक थायराइड कार्यक्षमता बनी रहे और उसे हार्मोन रिप्लेसमेंट और कैल्शियम लेने की जरूरत से परहेज संभव बचाया जा सके।

यह तकनीक उन मरीजों के लिए कारगर है, जिनके थायराइड के दोनों हिस्सों में सीम्य (बेनहन) गांठें होती हैं। अब तक सात मरीजों पर इसका सफल उपयोग किया गया है। सभी आपरेशन सफल रहे। आपरेशन के बाद सभी मरीजों की थायराइड कार्यक्षमता सामान्य रही और उपचारित गांठों के आकार में शुरुआती कमी भी दर्ज की गई।

पहले ऐसे मरीजों में अक्सर पूरा थायराइड निकालना पड़ता था। इससे लोग लो ठीक हो जाता था, लेकिन जीवनभर थायराइड हार्मोन की दवा लेनी पड़ती थी। कई मामलों में पैराथायराइड ग्रंथियां प्रभावित होने से कैल्शियम की दवा भी लेनी पड़ती थी। आवाज की नस की नुकसान होने और अन्य शारीरिक जटिलताओं का खतरा भी बना रहता था।

क्या है थायराइड ग्रंथि
थायराइड महत्वपूर्ण अंतःस्रावी (एंडोक्राइन) ग्रंथि है, जो हार्मोन बनाकर शरीर की ऊर्जा, वजन, हृदयगति, तापमान व मेटाबॉलिज्म नियंत्रित करती है। जब यह कम या ज्यादा हार्मोन बनाने लगती है, तो थायराइड विकार हो जाता है।

प्रमुख कारण
आयोडिन की कमी: शरीर की प्रतिरक्षा प्रणाली थायराइड पर हमला करने लगती है। इससे हाइपोथायरॉइडिज्म या हाइपर थायरॉइडिज्म हो सकता है।

आयोडिन असंतुलन: आयोडिन की कमी से थायराइड हार्मोन कम बनते हैं, जबकि अधिक आयोडिन भी हानिकारक पैदा कर सकता है।

उम्मीद जगाती है तकनीक

हाय तकनीक में जिस हिस्से में बड़ी या आपरेशन योग्य गांठ होती है, उसे सर्जरी से हटाया जाता है, जबकि दूसरी ओर की सीम्य गांठ को उसी दौरान माइक्रोवेव एब्लेशन से नष्ट कर दिया जाता है। इस प्रक्रिया में थायराइड तक सीधी पहुंच मिलने से माइक्रोवेव प्रोब को अत्यंत सटीक स्थान पर लगाया जा सकता है। इससे आवाज की नस, श्वसनतली, अहारनली और प्रमुख रक्त वाहिकाओं जैसी महत्वपूर्ण संरचनाओं की बेहतर सुरक्षा सुनिश्चित होती है। प्रारंभिक परिणाम उत्साहजनक हैं हालांकि, इसकी दीर्घकालिक प्रभावशीलता के लिए मरीजों का नियमित फॉलो-अप जारी है।



इनकी भी रही भूमिका
हाय तकनीक के विकास में सहायक प्रोफेसर डा. रजनी के. सह, डा. जगन्नाथ स्पंदन तथा रेजिडेंट डा. नम्रता मसकराने भी महत्वपूर्ण भूमिका निभाई।

आनुवंशिक कारण: इससे जेथिम बढ़ जाता है।

- थायराइड में गांठ (नोड्यूल) या सूजन (थायराइटिस)।
- कुछ दवाएं, जैसे लिथियम या एंथिथेरोन।
- रेडिएशन थेरेपी या विकिरण।
- गर्भावस्था और प्रसव के बाद हार्मोनल बदलाव। बढ़ती उम्र, विशेषकर महिलाओं में।
- बवाब के लिए जरूरी उपाय
- संगठित आहार से और आयोडिन युक्त दमक का उचित मात्रा में सेवन करें।
- सेलेनियम, जिंक, आयरन और विटामिन-डी जैसे पोषक तत्वों की पर्याप्त मात्रा लें।
- नियमित योग, ध्यान और पर्याप्त नींद लें।
- धूम्रपान और तंबाकू से बचें।

प्रस्तुति: विकास मिश्र, कुमार संजय

