



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 202101116

Disease Control and Prevention issues

US Centre for Disease Control and Prevention issues 'Level One' Covid travel health notice for India (The Tribune: 202101116)

<https://www.tribuneindia.com/news/nation/us-centre-for-disease-control-and-prevention-issues-level-one-covid-travel-health-notice-for-india-338822>

However, the US State Department issues a level two advisory for India

US Centre for Disease Control and Prevention issues 'Level One' Covid travel health notice for India

The US Centre for Disease Control and Prevention (CDC) has issued a 'Level One' Covid notice for Americans travelling to India, saying the risk of contracting the infection and developing severe symptoms may be lower if one is fully vaccinated.

The travel health notice has also been issued for Pakistan.

However, the US State Department issued level two and three travel advisories for India and Pakistan, saying while citizens are urged to reconsider travel to Pakistan due to terrorism and sectarian violence, those going to India must exercise increased caution due to crime and terrorism.

The CDC in its health travel notice 'Level One' said, "Your risk of contracting Covid and developing severe symptoms may be lower if you are fully vaccinated with an FDA (Food and Drug Administration) authorised vaccine."

In its advisory for India, the State Department urged US citizens not to travel to Jammu and Kashmir due to terrorism and civil unrest, and also within 10 kilometres of the India-Pakistan border due to the potential for armed conflict.

"Indian authorities report rape is one of the fastest growing crimes in India. Violent crimes, such as sexual assault, have occurred at tourist sites and in other locations," it said.

The department in its advisory for Pakistan urged US citizens not to travel to Balochistan province and Khyber Pakhtunkhwa (KPK) province, including the former Federally Administered Tribal Areas (FATA), due to terrorism and kidnapping, and also in the immediate vicinity of the Line of Control due to terrorism and the potential for armed conflict.

"Terrorist groups continue plotting attacks in Pakistan. A local history of terrorism and ongoing ideological aspirations of violence by extremist elements have led to indiscriminate attacks on civilian as well as local military and police targets," it said.

"Terrorists may attack with little or no warning, targeting transportation hubs, markets, shopping malls, military installations, airports, universities, tourist locations, schools, hospitals, places of worship and government facilities," it said.

Terrorists have targeted US diplomats and diplomatic facilities in the past, the advisory on Pakistan said. PTI

Pollution

Delhi's air quality remains in 'very poor' category for third consecutive day (The Tribune: 20210116)

<https://www.tribuneindia.com/news/nation/delhis-air-quality-remains-in-very-poor-category-for-third-consecutive-day-338832>

The air quality index in neighbouring cities stood as follows -- Ghaziabad (349), Greater Noida (359), Gurugram (363) and Noida (382) -- in the morning

Delhi's air quality remained in the 'very poor' category for the third consecutive day on Tuesday, with the air quality index being recorded at 396.

The air quality index in neighbouring cities stood as follows -- Ghaziabad (349), Greater Noida (359), Gurugram (363) and Noida (382) -- in the morning.

In Delhi, the AQI was recorded in the 'very poor' category at most of the stations; at a few places like Dwarka Sector-8 and Patparganj, Alipur, Shadipur, DTU and Panjabi Bagh, it had crossed the 400-mark, going into the 'severe' category, according to data shown in Sameer app.

The average AQI of Delhi stood at 396, data from CPCB showed.

A visible improvement in Delhi's air quality was recorded on Sunday although it was in the 'very poor' category.

The national capital had recorded a 24-hour average AQI of 330 on Sunday as against 473 the previous day as emissions from farm fires in Haryana and Punjab had dropped significantly.
PTI

Mental Health (The Asian Age: 202101116)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15966922>

It's Movember!

NIVI SHRIVASTAVA

Internationally, the month of November is dedicated to men's health and well-being. It is popularised as "Movember" or "No Shave November" to talk about issues like prostate and testicular cancer, mental health and suicide prevention among men. Post-pandemic, the sharp rise in mental health issues is a serious concern. To show solidarity and support, influencers and celebrities are using social media platforms for creating awareness around male mental health.

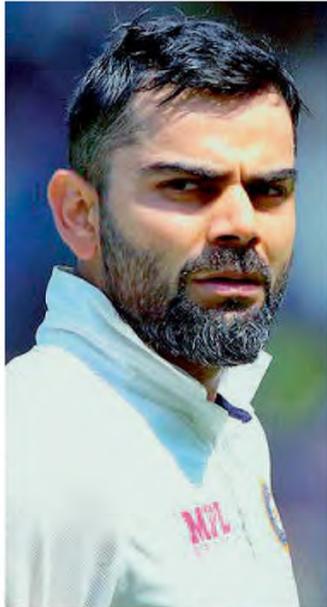
Recently, Ayushmann Khurrana advocated a campaign to prevent bullying in school and online violence that harms mental health. Indian skipper Virat Kohli and Indian cricket coach Ravi Shastri spoke about the negative impact of the bubble life on the mental health of the players in recent interviews. As men dealing with mental issues are opening up about the challenges, many join the online conversation on this matter.

MEN AND MENTAL HEALTH TALK

Singer Razak Mujawar feels the halt on external activities like sports, workouts and socialising left most men isolated. The news of death, diseases, job loss and everyday uncertainty left a scar on many men. He says, "Male mental health was taken seriously after the number of suicides due to depression and anxiety went up in the past few months. Especially after the death of Sushant Singh Rajput, social media was full of such posts. A lot of men try to self-medicate such problems with drugs and alcohol, but that's the wrong approach. As a musician, I faced a lot of issues in the pandemic and felt depressed as work stopped and money was scarce. I used this time to make a few songs, picked up a new instrument, and did live sessions to talk about such issues."

Calling patriarchy is a flawed system, Girish Dutt Shukla, author and a digital marketer, says, "The traditional gender roles dictate that men are sup-

Men are talking about issues like prostate and testicular cancer, mental health and suicide prevention



“For me, mental health is about two things — mental recharge and positivity in life. Being an entrepreneur and having seen life through plenty of ups and downs, I am eternally hopeful, and that works for me day in and day out. For me, mental health is about your family and close friends and it is at that level that we as a society are moving away from each other and are finding ourselves increasingly isolated. Therefore, I try to be in touch with near and dear ones and to share their challenges whenever possible.”

— Ashish Aggarwal, founder, Va-Yu

exactly why men are four times more likely to commit suicide than women. But yes, times are changing. It's good to see men breaking barriers and speaking for themselves.”

A MONTH TO TALK ABOUT WHAT MATTERS

The idea of dedicating an entire month to normalise mental health as a subject among men indicates how hard it is for men to open up about such subjects. A lot of credit goes to the vast reach of social media and stories of men opening up about reality.

Author and co-founder of Huddle, Sanil Sachar, who writes about mental burnouts, schizophrenia and other issues on his platforms, mentions, "As a man who speaks about mental health, and hopes to get everyone to be comfortable not only in speaking but listening to others about mental health, I feel it's important we help educate people about the nuances of the subject."

When it comes to mental health issues, men try the method of escapism. "I've had episodes of mental breakdown and in those times, I've taken it to my social media to let people know how I feel, the reason, and how I navigate through them"

— GIRISH DUTT SHUKLA, AUTHOR AND A DIGITAL MARKETER

ACTOR AYUSHMANN KHURRANA ADVOCATED A CAMPAIGN TO PREVENT BULLYING IN SCHOOL AND ONLINE VIOLENCE THAT HARMS MENTAL HEALTH. INDIAN SKIPPER VIRAT KOHLI AND INDIAN CRICKET COACH RAVI SHASTRI TOO SPOKE ABOUT THE NEGATIVE IMPACT OF THE BUBBLE LIFE ON THE MENTAL HEALTH OF THE PLAYERS IN RECENT INTERVIEWS



posed to be strong, physically powerful and emotionally stoic. There are these unrealistic economic and social goals set for men and when they fail

to fulfil them, they get depressed — because it is not expected of them. Anger and irritability — two of the most common signs of depression in

men — are often left unnoticed as they are considered normal dominant traits in men. They bottle up their emotions and eventually it gets worse. This is

TURN TO PAGE 10

Yoga and Physical Fitness (The Asian Age: 202101116)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15966925>

Shortness of breath?

Lung exercise benefits COPD, asthma sufferers

SABINE MEUTER, DPA

V People with asthma, cystic fibrosis, lung cancer and pulmonary disease are often wary of exercise, thinking it might only make things worse. But physical activity is exactly what you need — provided you follow a few rules.

Exercise is good for your health — this fundamental rule also applies to people with chronic obstructive pulmonary disease (COPD), a group of inflammatory lung conditions that worsen trouble in breathing if not treated. But many avoid exercise for fear of shortness of breath. They shouldn't though, particularly because their breathing difficulties aren't due solely to their narrowed airways, but also due to poor physical fitness.

To keep from getting winded when performing everyday activities such as going shopping, they should do exercises that strengthen their heart, lungs and respiratory muscles. "It's important that you first get individualized instruction from professionals," says lung specialist Dr Heinrich Worth, chairman of the Pulmonary Sports Working Group in Germany, an association of people and institutions promoting exercise therapy and physical training for patients with respiratory and lung disorders. The special training is aimed at improving the coordination of muscles, ligaments and joints. One of the things that patients practice is adapting their breathing to their physical exertion. "You learn how to breathe properly when you're



Lung exercise benefits COPD sufferers, people with bronchial asthma, pulmonary fibrosis, cystic fibrosis or lung cancer.

climbing stairs or carrying loads, for instance," Worth says, adding that the training is also aimed at maintaining strength and mobility of your rib cage so that you can cough up phlegm more easily. "The focus is on physical conditioning," remarks Dr Adrian Gillissen, deputy chairman of the German Lung Foundation and head of the Department of Internal Medicine and Pulmonology at Ermstal Clinic in Bad Urach, Germany.

Lung exercise benefits not only COPD sufferers, but also people with bronchial asthma, pulmonary fibrosis, cystic fibrosis or lung cancer. Lung exercise groups typically

meet once a week.

"If they want and their condition allows it, patients can also do the exercises at home," says Gillissen. Continuity is important. "It's not a matter of delivering one top performance after another, but of engaging in regular physical activity," Worth says.

When you're in a group, rather than at home by yourself, the motivation is often greater and the instructor can step in if problems arise. Asthma or COPD patients who do the exercises alone should always have a "rescue" inhaler at hand to expand their airways if needed. It can also be helpful to carry an up-to-date medical report with you, or at least a list of your medications, so that a casualty doctor can get a quick idea of your medical history in the event of an emergency.

Diabetics,

What kind of complications are seen in diabetics, and how to avoid them (The Indian Express: 202101116)

<https://indianexpress.com/article/lifestyle/health/complications-diabetic-patients-health-diabetes-types-7623599/>

Complications include infection in blood vessels and nerves. Symptoms of hyperglycemia are increased urination, weakness, weight loss, increased appetite, recurrent infections and heart attacks, strokes or kidney failure

diabetes, diabetes patients, diabetes health complications, diabetes treatment, diabetes and lifestyle changes, types of diabetes, diabetics, indian express news

Type 2 diabetes is a more common type, characterised by primarily ineffective insulin action (insulin resistance) with a variable defect in insulin secretion. (Photo: Getty/Thinkstock)

A chronic health disease, diabetes is characterised by increased blood sugar along with other metabolic disorders. Dr Rajeev Gupta, internal medicine, CK Birla Hospital, Delhi explains that when the pancreas is unable to produce enough insulin, or insulin action on cells becomes ineffective, hyperglycemia with its complications are seen in a patient.

“These complications include infection in blood vessels and nerves. Symptoms of hyperglycemia are increased urination, weakness, weight loss, increased appetite, recurrent infections and other complications of diabetes like heart attacks, strokes or kidney failure,” he says.

According to the doctor, diabetes mellitus is divided into 3 types:

Type 1: Wherein the primary defect is the failure of the pancreas to produce insulin, so regular mellitus treatment is mandatory to sustain life and prevent complications. It generally affects children and young adults, but can occur at any age. Damage to cells or pancreas can be genetic or acquired by viral levels or autoimmune reactions of the body.

“Type 1 diabetes demands the adoption of strict lifestyle changes and dietary habits to keep this condition under control. Unlike other conditions, an individual’s participation and medical and social support are of paramount importance,” Dr Gupta adds.

Patients with type 1 diabetes need to:

- Monitor and control blood sugar, cholesterol and BP consistently.
- Manage blood sugar with insulin shots as advised by a doctor.
- Rest and relaxation to reduce stress.
- Stay active with exercises.
- Make healthy food choices.
- Manage stress to postpone or avoid diabetic complications. Consult your doctor to understand how to recognise and manage complications like kidney disease, eye disease, and cardiovascular complications.
- Go for regular urine tests for albumin (ACR), fundus examination for retinopathy, and lipids assessment along with strict blood pressure control.

ALSO READ |Expert suggests ways to manage diabetes among the younger generation

Dr Gupta says type 2 diabetes is a more common type, characterised by primarily ineffective insulin action (insulin resistance) with a variable defect in insulin secretion. “Generally, these patients are adults who are obese or have a sedentary lifestyle. Dealing with the complications of diabetes requires effective management to reduce morbidity and mortality.

diabetes, diabetes patients, diabetes health complications, diabetes treatment, diabetes and lifestyle changes, types of diabetes, diabetics, indian express news

Patients with type-1 diabetes need to monitor and control blood sugar, cholesterol and BP consistently. (Photo: Pixabay)

“Patients must pay attention to blood sugar control, blood pressure, cholesterol, avoid smoking, reduce alcohol consumption, keep their weight under control and exercise regularly to reduce the risk of heart disease,” he explains.

People with type 2 diabetes must recognise signs of impending stroke — like numbness or weakness of any limb, slurred speech, headaches, or dizziness. For early detection of kidney disease, a regular urine albumin test and kidney function test are needed.

This is the third type, majorly diagnosed in pregnant women who are not diabetic before pregnancy. Generally, a glucose tolerance test at the 27th week of gestation is routinely done to detect this condition.

“Once diagnosed, the pregnancy needs to be closely monitored as there is increased risk to the fetus as well. Pregnant women with gestational diabetes should exercise regularly, ensure proper diet and insulin dosage as recommended by the doctor. After delivery, gestational diabetes normally resolves. Obese mothers need to be followed-up for any future development of diabetes,” the doctor concludes.

Food and Nutrition

Nutritionist explains why ‘mishti doi’ is the healthier alternative to sweets(The Indian Express: 20210116)

<https://indianexpress.com/article/lifestyle/food-wine/nutritionist-explains-mishti-doi-healthier-alternative-sweets-healthy-eating-7623418/>

Mishti doi is a staple in Bengali households, and also works as a dessert option in festivities. Such is its taste that it has become popular throughout the country.

mishti doi, what is mishti doi, how to prepare mishti doi, health benefits of mishti doi, is mishti doi healthy, indian express news

Mishti doi/yogurt is a fermented sweet doi originating from the Bengal region of India. (Photo: Getty/Thinkstock)

Those who have a sweet tooth know how difficult it is to stay away from their favourite sweets and desserts. Experts warn that while occasional eating is all right, one should not consume a lot of sweet food, especially in one sitting. That is because it can lead to overeating and a sudden spike in the blood sugar level which, if repeated, can lead to many lifestyle disorders including diabetes.

So, what does one do when experiencing a craving? Well, for starters, if they are just not allowed to eat sweets, they can check with their doctor on ways in which they can work through a craving. For others, there are many healthier options and alternatives to ready-made sweets and desserts.

One such healthy alternative is ‘mishti doi’. The sweetened curd gets its brownish tinge from the jaggery present in it. Many households in India have replaced processed sugar with jaggery, which serves the same purpose — of giving a sweet kick to food and beverages — but with a healthier outcome.

Mishti doi is a staple in Bengali households, and also works as a dessert option in festivities. Such is its taste that it has become popular throughout the country.

Nutritionist Nmami Agarwal, therefore, writes on the health benefits of this delectable dessert, saying that it is a “great probiotic, good for your gut and [an] amazing sweet alternative”.

Sharing a mouthwatering photo of the doi (dahi), Agarwal writes in the caption: “Mishti doi is a fermented sweet dahi and is a very popular dessert throughout the country... Mishti doi is

prepared by boiling milk until it is slightly thickened, sweetening it with gur (jaggery) and allowing the milk to ferment overnight.”

There are many ways to prepare the dish at home; if you suddenly have a craving, check out these steps to a simple recipe.

COVID-19 outbreak

Doctors warn of fresh COVID-19 outbreak if people opt not to get vaccinated (The Hindu: 202101116)

<https://www.thehindu.com/news/national/doctors-warn-of-fresh-covid-19-outbreak-if-people-opt-not-to-get-vaccinated/article37351245.ece>

Doctors add that people who are unvaccinated have higher chances of getting moderate to severe COVID-19 and undergo hospitalisation. | Photo Credit: Velankanni Raj B.

Coordinated pan-India campaign can reduce impact of pandemic, they say

The growing COVID-19 vaccination coverage in India is not enough, warn doctors, who say the cost of people opting not to get vaccinated has the potential to cause a new outbreak.

“If people decide not to get vaccinated due to hesitancy and doubts, or even if the vaccination is delayed due to logistical reasons, the potential for new outbreaks of COVID-19 remains very high. New variants of SARS-CoV-2 are sprouting, which might be more transmissible and resistant to vaccines,” said Mubasheer Ali, senior, internal medicine, Apollo Telehealth.

Stating that vaccination in India was still a matter of choice, he noted that a coordinated pan-India campaign could reduce the impact of the pandemic.

Experts highlight polio eradication to deal with vaccine hesitancy

“It’s a technically feasible thing, but because of the scale of population to be vaccinated, geography and terrain and the enormous time being consumed for the process, it can be hampered,” he noted.

Dr. Ali added that promoting the uptake of vaccines will require understanding whether people are willing to be vaccinated and the reasons why they were willing or unwilling to do so.

“So, the need of the hour is to speed up the vaccination process and drives, spread awareness about disease and its effects and making sure there is no vaccine hesitancy by rightly educating the people. The world shares a collective responsibility in fighting this pandemic; therefore, continued research on COVID-19 vaccine acceptance and hesitancy should be a priority,” he observed.

Citing the example of Germany, doctors said the country was currently witnessing a “pandemic of the unvaccinated”.

Sundari Shrikant, director, internal medicine, QRG Super Speciality Hospital, Faridabad, said there was currently a broad agreement within the global scientific community that the most effective way to defeat the pandemic was through mass vaccination of populations around the world.

“Opting not to get vaccinated puts the person, his family and the community at large at risk of infection and the spread of the disease. Vaccination not only prevents infection but, if infected, the person develops mild infection. It also prevents community spread. Besides, it is important to emphasise the continued practice of COVID-19-appropriate behaviour for personal safety and prevention of community transmission,” said Dr. Shrikant.

Doctors add that people who are unvaccinated have higher chances of getting moderate to severe COVID-19 and undergo hospitalisation.

“Natural immunity on an average stays for three months, post vaccination, it stays much longer in the body and as such can be protective for a longer period, slowing down the transmission of the virus,” said Ankita Baidya, consultant, infectious diseases, HCMCT Manipal Hospitals.

Meanwhile, a Health Ministry release issued on Saturday said that more than 116.54 crore (1,16,54,44,605) vaccine doses had been provided to States/Union Territories so far through the Central Government’s (free of cost channel) and through direct State procurement category.

More than 15.69 crore (15,69,46,111) balance and unutilised vaccine doses were still available with the States/UTs to be administered, it added.

India has not backed down in the face of U.S. opposition, and is scheduled to receive the first S-400 deliveries in December. Two teams of IAF technicians have been trained on the system by the manufacturer Almaz Antey in Russia.Explained | Will India be sanctioned for S-400 purchase?

What will be the impact if the U.S. goes ahead with punitive measures? How will the Russian missile defence shield help India tackle threats from China and Pakistan?

Malaria vaccines

New knowledge about naturally acquired immunity may improve malaria vaccines (New Kerala: 202101116)

Scientists all over the globe are working to understand malaria parasite infections to fight them.->-> View it--> <https://www.newkerala.com/news/2021/162790.htm>

Gastrointestinal diseases

Microbiome discovery may aid treatments for gastrointestinal diseases: Study (New Kerala: 202101116)

Researchers probing the gut have for the first time discovered specific factors in its workings that in the future may help improve treatment for patien-> View it--> <https://www.newkerala.com/news/2021/162760.htm>

Cell membrane tension

Spread of cancer gets constrained by high cell membrane tension A recent research (New Kerala: 202101116)

Collaboration has discovered that cancer invasion and migration can be suppressed in mice by manipulating the stiffness of the cell memb-> View it--> <https://www.newkerala.com/news/2021/162706.htm>

Alzheimer's

Decoded: How salt affects blood flow in brain, cause Alzheimer's (New Kerala: 202101116)

US researchers have in a first-of-its-kind study explored the relationship between neuron activity and blood flow deep in the brain, as well as how the brain is affec-> View it--> <https://www.newkerala.com/news/2021/162579.htm>

Infection

His anticoagulant can prevent Covid deaths, cut short infection time (New Kerala: 202101116)

Clotting problems and resulting complications are common in Covid-19 patients. Austrian researchers have shown that heparin -- a member of the anticoagulant group o-> View it--> <https://www.newkerala.com/news/2021/162554.htm>

World Diabetes Day

World Diabetes Day: Doctors emphasize on 'timely treatment and diagnosis' of diabetes (New Kerala: 202101116)

New India is often called the diabetes capital of the world. World Diabetes Day, which is annually celebrated on November 14, is an occasion to -> View it--> <https://www.newkerala.com/news/2021/162504.htm>

Air Pollution

जहरीली हवा से जंग: आप सरकार का सुप्रीम कोर्ट में शपथपत्र, एनसीआर भी लागू करे तो ही कारगरदिल्ली प्रदूषण लॉकडाउन को तैयार (Hindustan: 202101116)

<https://epaper.livehindustan.com/>

कोर्ट रूम लाइव

राजधानी की हवा सबसे खराब

दिल्ली	353
गाजियाबाद	335
नोएडा	338
गुरुग्राम	332
फरीदाबाद	319

(एक्यूआई आंकड़े अंक में)

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दिल्ली सरकार

- सरकार ने सड़कों से धूल साफ करने के लिए 69 यांत्रिक मशीन लगाई हैं
- इनके जरिये सड़कों का 85,000 किलोमीटर से अधिक लंबा क्षेत्र साफ किया
- सड़कों पर धूल कणों को दबाने के लिए 372 वाटर स्पिंकलर लगाए गए हैं

केंद्र सरकार

- पराली जलाना प्रदूषण का बड़ा कारण नहीं। मात्र 10 इसका योगदान, जबकि 75 प्रतिशत उद्योग, धूल और परिवहन है कारण
- राज्य आपात उपाय लागू करने के लिए तैयार रहे
- लॉकडाउन, सम-विषम और दिल्ली में ट्रक के प्रवेश पर रोक लगाने की जरूरत

आबोहवा सुधारने के लिए 5 बड़े कदम

1. दिल्ली में सोमवार से हफ्तेभर के लिए स्कूल-दफ्तर बंद, घर पढ़ाई और काम करने के निर्देश दिए सरकार ने, निर्माण पर 17 नवंबर तक रोक
2. 11 नवंबर से एक माह तक खुले में कूड़ा जलाने से रोकने को 550 टीमें
3. डीजल जेनसेट बंद करने, पार्किंग फीस बढ़ाने, मेट्रो-बस के फेरे बढ़ाए
4. धूल रोली अभियान का दूसरा चरण 12 नवंबर से 12 दिसंबर तक
5. 400 टैंकर से पानी का छिड़काव, पराली गलाने का काम 20 तक पूरा होगा

दिल्ली-एनसीआर में वायु प्रदूषण पर सुनवाई से पूर्व आप सरकार ने सुप्रीम कोर्ट को बताया कि वह इसे रोकने के लिए पूर्ण लॉकडाउन लगाने के लिए तैयार है। लेकिन यह तभी कारगर होगा जब एनसीआर में भी यह लागू होता है।

मंगलवार को आपात बैठक हो: दिल्ली सरकार ने सोमवार को शपथपत्र में कहा, वायु गुणवत्ता प्रबंधन आयोग पूरे एनसीआर के लिए यह आदेश देता है तो हम तैयार हैं। इसके बाद सुनवाई के दौरान कोर्ट ने केंद्र को निर्देश दिया कि गैरजरूरी भवन निर्माण, औद्योगिक गतिविधि, परिवहन एवं बिजली संयंत्रों का संचालन रोकने और वर्क फ्राम होम लागू करने जैसे कदम उठाने के लिए मंगलवार को आपात बैठक बुलाए।

इन्हें निर्देश: मुख्य न्यायाधीश एनवी रमणा की पीठ ने यूपी, हरियाणा, पंजाब व दिल्ली के संबंधित सचिवों को अदालत की समिति के समक्ष प्रतिवेदन देने के लिए बैठक में भाग लेने का निर्देश दिया। पीठ ने कहा, प्रतिवादियों के शपथपत्र दाखिल करने और सुनवाई के बाद केंद्र देखे कि प्रदूषण को काबू करने के लिए क्या आदेश पारित किए जा सकते हैं। जहां तक पराली जलाए जाने की बात है, तो शपथपत्र कहते हैं कि दो महीनों को छोड़ दिया जाए, तो उसका योगदान बहुत ज्यादा नहीं है। कोर्ट ने पंजाब-हरियाणा सरकारों से कहा कि किसानों पर अभियोजन न चलाए, बल्कि उन्हें दो तीन सप्ताह तक पराली नहीं जलाने के लिए मनाएं। हम केंद्र, दिल्ली सरकार, एनसीआर राज्यों को निर्देश देते हैं कि वे कर्मियों के लिए घर से काम जैसे विकल्प की समीक्षा करें।

वाहनों की जांच

3125

मामले सामने आए पराली जलाने के

10%

तक रही पराली के धुएं की हिस्सेदारी

संभावना: हफ्ते भर राहत नहीं

राजधानी के लोगों को सप्ताह भर तक प्रदूषण से खास राहत मिलती नहीं दिख रही है। किसी बड़ी मौसमी गतिविधि के अभाव में आमतौर पर प्रदूषण का स्तर ऐसे ही बने रहने का आसार है।

पीठ

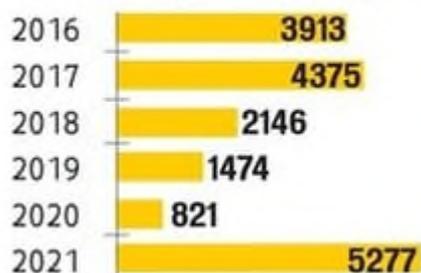
- निर्माण, उद्योग, परिवहन, ऊर्जा एवं वाहनों की आवाजाही प्रदूषण के बड़े कारण
- केंद्र अनावश्यक गतिविधि रोक, कर्मियों द्वारा घर से काम करने जैसे कदम उठाए
- प्रदूषण में किसानों द्वारा पराली जलाए जाने का योगदान मात्र चार प्रतिशत है

Dengue

चिंताजनक : दिल्ली में पांच साल बाद डेंगू के रिकॉर्ड 5277 मामले(Hindustan: 20210116)

<https://epaper.livehindustan.com/>

गत वर्ष के मुकाबले छह गुना



एक हफ्ते से मौत नहीं

पिछले एक सप्ताह में डेंगू के करीब 2,570 नये मामले आए हैं, हालांकि इस दौरान बीमारी से किसी की मौत नहीं हुई है। अक्टूबर में डेंगू के 1,196 मामले आए जो पिछले चार साल में इस महीने में सबसे ज्यादा मामले हैं। नवंबर में 13 तारीख के बीच डेंगू के 3,740 मामले आए हैं।

नई दिल्ली | वरिष्ठ संवाददाता

दिल्ली में डेंगू के मामलों ने पांच साल का रिकॉर्ड तोड़ दिया है। इस साल डेंगू के मरीजों का आंकड़ा पांच हजार के पार पहुंच गया है। बीते एक हफ्ते में ही 2569 डेंगू मरीज आए हैं। तीनों नगर निगमों की रिपोर्ट के अनुसार, इस साल कुल आंकड़ा 5277 तक पहुंच चुका है। राजधानी में इस वर्ष डेंगू से नौ मरीजों की मौत हो चुकी है।

सबसे ज्यादा मौत: दिल्ली में 2017 के बाद से किसी साल में डेंगू से यह सर्वाधिक मौत है। उस साल आधिकारिक रूप से डेंगू के 10 मरीजों की मौत हुई थी। नगर निकाय द्वारा सोमवार को इस मच्छर जनित बीमारी पर जारी किए गए आंकड़े के मुताबिक, पिछले एक सप्ताह में 1170 से अधिक नए मामले सामने आये हैं।

इस साल जो डेंगू के 2700 से ज्यादा मामले सामने आए हैं, उनमें 1171 तो इस महीने के छह तारीख तक के हैं। अक्टूबर में डेंगू के 1196 मामले आए थे। इस साल 30 अक्टूबर तक डेंगू के कुल मामले 1537 थे और मौत का आधिकारिक आंकड़ा छह था।