



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY

Thursday

202101118

## Vaccination

### Number of fully jabbed more than partially vaccinated in India (The Tribune: 202101118)

<https://www.tribuneindia.com/news/coronavirus/number-of-fully-jabbed-more-than-partially-vaccinated-in-india-339385>

Number of fully jabbed more than partially vaccinated in India

The number of fully vaccinated individuals has surpassed the partially vaccinated eligible population for the first time in the country, Health Minister Mansukh Mandaviya said today.

The number of fully vaccinated individuals has surpassed the partially vaccinated eligible population for the first time in the country, Health Minister Mansukh Mandaviya said today.

In a tweet, the minister appealed to all eligible citizens to get vaccinated. As of now, 40 per cent have received both doses. The minister said he was confident the country would have every Indian vaccinated by the end of the “Har Ghar Dastak” campaign. The month-long vaccination campaign aims to ensure that all adult population is covered with the first dose while those already jabbed do not skip the second dose. The minister said there was no shortage of vaccine in the country.

40% got both doses

113.68 crore Vax administered

38,11,55,604 Fully vaccinated

37,45,68,477 Given only 1st dose

## **Novavax**

### **Novavax asks EU drug regulator to approve its vax (The Tribune: 202101118)**

<https://www.tribuneindia.com/news/world/novavax-asks-eu-drug-regulator-to-approve-its-vax-339745>

Novavax asks EU drug regulator to approve its vax

EU's drug regulator said it received an application from Novavax to authorise the American biotechnology company's Covid vaccine, a request that could significantly boost the continent's vaccine supplies if it's granted.

In a statement on Wednesday, the European Medicines Agency said it had begun evaluating data submitted by Novavax. — AP

## **Pollution**

### **Air quality in Delhi in 'very poor' category (The Tribune: 202101118)**

<https://www.tribuneindia.com/news/nation/air-quality-in-delhi-in-very-poor-category-339761>

Authorities says no major improvement is likely till Sunday

Air quality in Delhi in 'very poor' category

Photo for representation purposes. Tribune

The air quality in the national capital remained in the 'very poor' category with the air quality index (AQI) clocking the value of 344 at 8 am on Thursday, the Central Pollution Control Board (CPCB) data showed.

Though it remained in the 'very poor' category, the AQI improved marginally at 344 on Thursday from its previous day's index value of 375.

Authorities, however, said no major improvement is likely till Sunday.

According to the CPCB's Sameer App, Faridabad (354), Ghaziabad (364), Greater Noida (324), Gurugram (325) and Noida (333) also recorded their air quality in the 'very poor' category at 8 am on Thursday.

An AQI between zero and 50 is considered good, 51 and 100 satisfactory, 101 and 200 moderate, 201 and 300 poor, 301 and 400 very poor, and 401 and 500 severe.

The minimum temperature of the national capital was recorded at 10.5 degrees Celsius, two notches below the season's average, India Meteorological Department (IMD) said.

On Wednesday, the city recorded season's lowest minimum temperature so far at 9.6 degrees Celsius, three notches below normal.

The weather office predicted partly cloudy and hazy sky in the day.

The maximum temperature of the day is likely to hover around 27 degrees Celsius, weather office said.

IMD officials said that the relative humidity was recorded at 82 per cent at 5.30 am.

On Wednesday, the maximum temperature settled at 27.4 degrees Celsius. PTI

### **Delhi Pollution (The Asian Age: 202101118)**

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15973442>

■ Air quality improves marginally, AAP govt issues 10 directions

# Delhi pollution: Schools, colleges to remain shut

AGE CORRESPONDENT  
NEW DELHI, NOV. 17

In a joint effort, after a high level meeting with all concerned departments and authorities in view of high pollution levels in Delhi, the Kejriwal government on Wednesday decided to take 10 essential decisions to further curb pollution levels in the city including, one thousand private CNG buses to be hired to encourage public transport.

The government has also decided to shut schools, colleges and other educational institutions till further orders and extended work-from-home for its employees till Sunday. The ban on construction and demolition activities till November 21, were put in place.

At a press conference after a high-level meet with officials of the departments concerned, Environment Minister Gopal Rai said, "1,000 private CNG buses will be hired to strengthen the



Vehicles ply on a road amid smog in New Delhi on Wednesday.

— PTI

public transport system. The process will start on Thursday."

"Schools, colleges, libraries, training centres will remain shut till further orders. We have banned the entry of trucks carrying non-essential items," he said.

Rai said the Delhi Metro and the Delhi Transport Corporation have written to the Delhi Disaster Management Authority to allow people to travel in

metro trains and public vehicles standing.

The Transport Department has provided a list of diesel and petrol vehicles older than 10 years and 15 years, respectively, to the traffic police to stop them from plying on roads.

The traffic police have been directed to create a special task force to monitor congestion. The drive to check pollution-under-control certificates will be

intensified, the minister said.

State governments in NCR have been directed to allow work from home for at least 50 per cent of their employees in offices in NCR till Sunday and encourage private establishments to follow suit. Trucks carrying non-essential items have been banned from entering Delhi till Sunday.

"All industries in NCR still using unapproved fuels shall be closed by respective governments with immediate effect... NCR states and GNCTD shall enforce a strict ban on the use of diesel generator sets, except for emergency services," the panel said.

It directed the Delhi government to expeditiously procure and put on the road an adequate number of CNG buses at the earliest. The Delhi government had earlier ordered the closure of physical classes in schools, colleges and other educational institutions for a week from Monday.

**Covid Rest citations (The Asian Age: 20210118)**

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15972947>

# MP lifts all Covid restrictions

**RABINDRA NATH  
CHOUDHURY**  
BHOPAL, NOV. 17

The Madhya Pradesh government on Wednesday lifted all Covid-19 curbs in the wake of the 'state bringing the pandemic under control'.

Chief minister Shivraj Singh Chouhan took the decision after reviewing the pandemic situation in the state cabinet meeting held here. "Now that the Covid-19 is in control in Madhya Pradesh, with a total of 78 active cases, we have decided to remove all the restrictions imposed since the pandemic broke out in the state last year," Mr Chouhan said.

He said gatherings of all



A BMC health worker conducts thermal screening of outstation passengers for Covid-19 testing at Dadar railway station in Mumbai on Wednesday. — PTI

activities, social, political, and religious, would be allowed with full capacity.

All educational institutions, coaching centres, and hostels would now

operate with 100 percent capacity.

Businesses and cinemas can now function with full capacity. Fairs, weddings, ceremonies and funerals

in different parts of the state can now be held without any restrictions.

All the sectors in the state are now opened with full capacity, he said.

He however said Covid-19 appropriate behaviour, such as wearing masks and maintaining social distance, has to be followed by all in gatherings and crowds.

Meanwhile, the state government

on Wednesday launched a mega campaign for inoculation of the second dose with a target to fully vaccinate all the eligible people in the state by end of December this year.

A total of 7,75,44,147 people have so far been vaccinated in the state.

## Covid impact

**Covid impact: Financial stress pushed kids out of pvt schools (Hindustan Times: 20210118)**

<https://epaper.hindustantimes.com/Home/ArticleView>

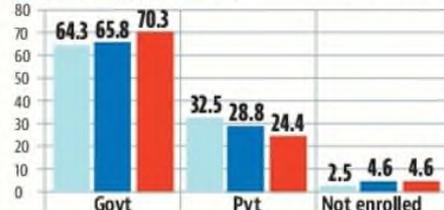
# Annual status of education report

The 16th edition of the Aser survey aims to capture the transition in the education system at a time when schools are reopening after a gap of almost 18 months due to the pandemic

## Government schools gain ground

A consistent increase was reported in the proportion of children enrolled in government schools between 2018 and 2020, according to the report

(All figures in %)



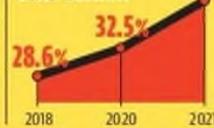
- After a steady increase between 2006 and 2014, private schooling noted a significant decline in the pandemic years, the report said
- Interestingly, the survey didn't report any sharp spike in the number of out-of-school kids despite the pandemic

## Rising dependence on tuition classes

### 2 out of 5 kids

in India are now dependent on private tuition classes, a consequence of schools being shut for months due to the pandemic

### Children who take tuition



## Access to smartphones still limited



### 1 out of 3 kids

in India does not have smartphone at home

Access to digital devices remained fraught with challenges as 32.4% of surveyed children did not have a smartphone at their home, the survey showed



Thousands of children in rural India switched from private schools to government-run institutions during the Covid-19 pandemic largely due to economic distress and depressed incomes of parents in the past year, a flagship nationwide survey said on Wednesday.

The Annual Status of Education Report (Aser) for 2021 also found that more children were dependent on paid private tuition classes across the country -- a consequence of schools being shut for months due to the virus -- and access to smartphones for education remained difficult for children even in households with such digital devices.

“The major change in enrolment that is evident in Aser 2021 is a big jump in government school enrolment accompanied by a fall in private school enrolment. The increase in government school enrolment is across the board – all age-groups, grades and for both boys and girls,” said the report.

The 16th edition of the report, issued by the non-profit organisation Pratham, was prepared on the basis of a household telephonic survey conducted in rural areas of 581 districts across 25 states and three Union territories between September and October this year.

The survey -- which covered 76,706 households, 75,234 children between 5 and 16, and teachers and staff from 7,300 government schools -- aimed to capture the transition in the education system at a time when schools are reopening in a staggered manner after almost 18 months due to the pandemic.

There was also some good news. The survey didn't report any sharp spike in out-of-school children numbers, which hovered between 4% in 2018, 5.5% in 2020 and 4.9% in 2021. To be sure, a survey based on mobile phones could have left out the poorest families or those tied to economic migration patterns.

The report found a steady decline in private school enrolment numbers, which shrank from 32.5% in 2018 to 28.8% in 2020 and 24.4% this year. Correspondingly, public school enrolment numbers rose from 64.3% in 2018, 65.8% in 2020 and 70.3% this year.

“Incidence of private schooling in India has been rising over time. From 2006 to 2014 there was a steady increase. After plateauing around 30% for a few years, there has been a significant decline in the pandemic years,” the report said.

Why did this happen? 62% of the teachers and staff surveyed attributed the shift to financial distress and about 50% ascribed it to free facilities in government schools. Around 40% said no studies were happening in private schools and 15% cited migration as the main reason for the switch to government institutions.

“The government-private split in enrolment in 2021 is close to the 2010 figures...Government school enrolment has been declining since 2006 till it stabilised at around 65% in 2018, jumping only in the last year to reach 70.3% in 2021,” said the report.

The maximum increase in government school enrolment was seen in Uttar Pradesh and Kerala, by 13.2% and 11.9% respectively, between 2018 and 2021. Both states were among the worst hit during the pandemic.

The national increase in government school enrolment is driven by large northern states like UP, Rajasthan, Punjab and Haryana and southern states like Maharashtra, Tamil Nadu, Kerala and Andhra Pradesh. All of these states had high private school enrolment (in excess of 40%) to start with. If the shift away from private schools is due to financial distress, then it is not surprising that it will be most evident in states where private school enrolment was high to begin with,” said the report.

Other than Telangana, more than 8% increase in government school enrolment was witnessed in all the southern states [during the same period], the report said. In Bihar, West Bengal and Jharkhand, there was only a slight increase in enrolment in government schools during that period.

The findings show government school enrolment went up across all age groups, but the maximum was reported among younger students. For classes 1 and 2, the enrolment of boys in government schools rose 10.9% while for girls, the rise was 7.4%.

“It has always been the case that more girls are enrolled in government schools as compared to boys. While this continues to be true in 2021, the proportion of boys enrolled in government schools has also increased from 63% in 2018 to 72% in 2021, narrowing the gender gap,” the report said.

Changes in the pattern of enrolment will become clearer when schools completely reopen, the surveyors added.

“The enrolment in government schools over the last couple of years is reflective of the focus on education in the state. The steps taken by state government like easy enrolment of children of migrant workers who returned home during the first wave of pandemic, transfer of money in accounts of parents via Direct Benefit Transfer to purchase bags, shoes, sweater and uniform for children along with easy accessibility led to rise in enrolment,” UP basic education minister Satish Chandra Dwivedi said.

Earlier, several states, including Haryana and Delhi, announced that their schools witnessed an influx from private schools. For instance, according to the Delhi government, 270,000 students from private schools moved to their schools this year.

The survey flagged two other major findings.

One, there was a 10 percentage point increase in the proportion of school children taking paid tuition classes since 2018. “At an all-India level, in 2018, less than 30 per cent children took

private tuition classes. In 2021, this proportion has jumped to almost 40%. This proportion has increased across both sexes and all grades and school types,” the report stated.

The survey said the phenomena was a “natural response” to prolonged closure of schools. States like Arunachal Pradesh, Uttar Pradesh and Nagaland saw the sharpest increase in tuition between 2018 and 2021. In Arunachal Pradesh, 26.6% of children took tuition in 2018; however in 2021 the number increased to 46.3%. When comparing state-wise data, Arunachal Pradesh topped the list. This was followed by Uttar Pradesh where the percentage rose from 19.6% in 2018 to 38.7% in 2021. Nagaland also reported a sharp increase from 27.9 % in 2018 to 47% in 2021. Kerala bucked the trend with the number opting for private tuitions dropping from 28.3% in 2018 to 18.8% in 2021.

Two, access to digital devices remained fraught with challenges for children. Smartphones became important during the pandemic as teaching shifted online. But the survey found that even though smartphone penetration doubled in rural India (from 36.5% in 2018 to 67.6% in 2021) it did not translate into access to schooling.

“26.1 % students said they do not have access to smartphones despite having one at home,” the survey stated. Younger children were more deprived of phones.

It also highlighted that several states including Uttar Pradesh, West Bengal and Bihar, were still lagging in terms of availability of smartphones among students.

The report also expressed concern over the loss of learning levels among younger students and found that one in every three children enrolled in classes 1 and 2 had never attended in-person classes. “Entry to the world of formal education can be a difficult process at the best of times but the challenges these young children face as learners are therefore likely to be far more complex,” said Suman Bhattacharjea, director of the Aser research centre.

The report also pointed out that the learning support at home for children decreased from 74.9% last year to 66.6% this year.

Experts attributed the shift from private to public institutions to pandemic-induced distress. “Many parents lost their jobs amid the pandemic and were forced to pull their kids out of private schools and enrol them into government schools. Rather than making the child sit at home, parents put them in public schools. I think once the pandemic is over, in 2024, there will again be an increase in private school enrolments,” said educationist Gouri Ishawaran .

## **Pandemic**

**Pandemic did not put a lot of kids out of school, but education suffered (Hindustan Times: 20210118)**

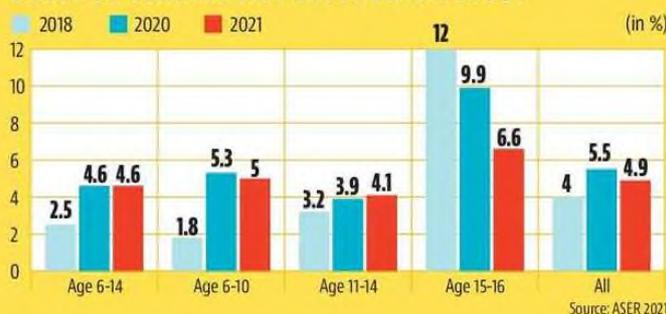
<https://epaper.hindustantimes.com/Home/ArticleView>

By Roshan Kishore and Abhishek Jha  
When India announced a 68-day long nationwide lockdown on March 25, 2020 most activities came to a standstill. While economic activities have normalised with easing of restrictions, educational institutions have seen the slowest return to normalcy. How did the pandemic affect education in India? The latest Annual Status of Education Report (Aser) offers the first comprehensive answer to this question. The Aser survey was conducted in September and it has looked at the status of school education in rural areas. The survey was carried out through mobile phone interviews in 581 districts and it has been to gather responses from at least 76,000 households. What does the report tell us about the pandemic's impact on school education?

# 1 Enrolment levels fell marginally with the pandemic

First, the good news. The pandemic did not, as expected, lead to a sharp fall in enrolment levels. While the share of children – the ASER report looks at children in the 6-14 years age-group – out of school increased from 4% to 5.5% between the 2018 and 2020 ASER surveys, this number has come down slightly to 4.9% in the 2021 edition. To be sure, these numbers might not tell us the true picture of school enrolment in rural areas. Because the 2021 ASER survey only contacted families through mobile phones, the 2018 comparison given in the latest report has only looked at households which had a mobile phone. This limitation in data collection might have led to the exclusion of some of the poorest households in rural areas.

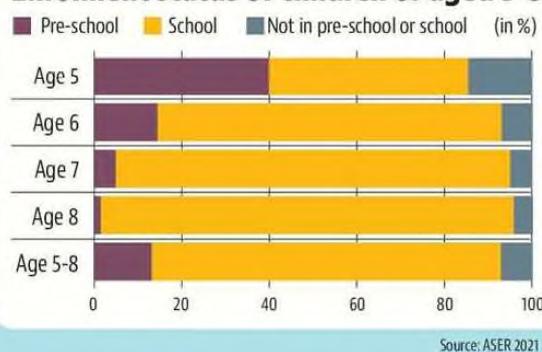
Share of children not enrolled in school



# 2 But the pandemic has delayed schooling for young children

Where the pandemic might have hurt the most is when it comes to putting young children in school. A note by Suman Bhattacharya, Director of Research at ASER, given in this year's report highlights this. "Among 5-8-year-olds, the proportion of children not currently enrolled is 7.2%, much higher than the corresponding proportion among older children and almost the same as in 2020 (7.5%). This year too, the proportion of children not currently enrolled is highest among 5-year-olds, reaching more than 14% in both 2020 and 2021", Bhattacharya says. "These data point to a critical task ahead – that of ensuring that young children enrol in pre-school and school. It may be that many 5- and 6-year-olds are simply awaiting admission, as is the case every year. But this year is not a normal year, and getting these young children into school is urgent: they have already missed many months of engagement during the critical period of maximum brain development, and once this period is over, the opportunity to help them build firm foundations during the vital early years will be lost", the report adds.

Enrolment status of children of aged 5-8



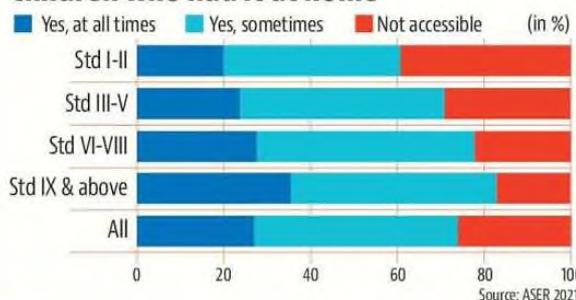
# 3 The qualitative impact of the pandemic is much bigger than quantitative impact on education

The fact that enrolment levels have not suffered a big fall during the pandemic does not mean that education has not suffered. The ASER report offers more than compelling evidence on this count.

## All enrolled children were not able to attend online classes

As schools shifted to online learning, students faced a multiplicity of challenges. The ASER survey confirms anecdotal accounts of students facing hurdles in terms of access -- to mobile phones, connectivity, even electricity. Only 27% of students surveyed had access to a mobile phone at all times. This number was even lower for children in lower grades, suggesting that scarce resources were prioritised to facilitate learning in higher grades.

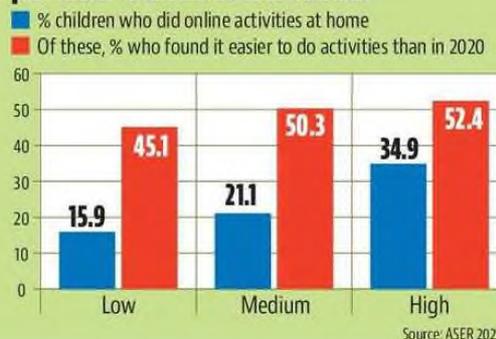
Access to smartphone for studies for children who had it at home



# 4 Online education is more difficult for the underprivileged

As the world shifted to remote work during the pandemic, everyone struggled to adjust themselves. The ASER survey shows that online learning has been a difficult challenge for a large number of students in rural areas. Between the 2020 and 2021 ASER surveys – they were conducted in September of respective years – only half of the students were more comfortable with online learning even after spending a year doing it. The ASER survey gives a segregation on this count by educational status of parents and the results show that the share of children who found online learning activities easier at home between 2020 and 2021 increased with an improvement in educational status of parents. According to the report, low parental education includes families where both parents have completed Class V or less (including those with no schooling). At the other end of the spectrum, the 'high' parental education category comprises families where both parents have completed at least Class 9. All other parents are in the 'medium' category. The fact that the ability to adapt to online learning differs even in these educational categories suggests that children whose parents have had higher education, say to the graduate level, would have found online classes and schooling even easier.

Ease of doing online activity by parents' educational status



## Air crisis

**‘Inertia, policy paralysis’: SC’s rebuke on air crisis (Hindustan Times: 202101118)**

<https://epaper.hindustantimes.com/Home/ArticleView>

# Top court enraged

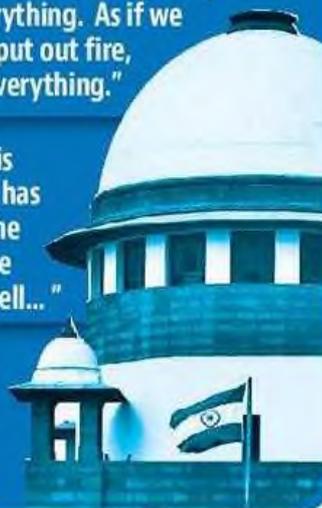
The Supreme Court on Wednesday slammed the Centre and state governments of Delhi, Haryana and Punjab for failing to deal with bad air in Delhi-NCR

## WHAT THE APEX COURT SAID

“...bureaucracy has developed an inertia... a policy paralysis where they want this court to do everything. As if we should give directions take a bucket, put out fire, use sprinkler and all. We have to do everything.”

“When Delhi is completely choked, this court is forced to step in. Tell us what has Centre and the states been doing in the remaining parts of the year? When the house is on fire, you start digging a well...”

“There are already norms (to prevent pollution) in place but there is no implementation. Nobody wants to do it. There is a lack of will.”



**AIR IMPROVES TO ‘VERY POOR’**

**375** the AQI in Delhi on Wednesday

Delhi’s AQI on Tuesday was 403, considered ‘severe’

**SCHOOLS, COLLEGES TO STAY SHUT: GOVT**

Delhi govt said it has made a 10-point ‘decision list’ that is being enforced. It includes:

- Ban on entry of trucks carrying non-essential items in the Capital
- Closure of schools and colleges till further orders
- Fire trucks to spray water at 13 pollution hot spots

The Supreme Court on Wednesday said that the executive in the country is suffering from a “policy paralysis” and “inertia”, waiting for the top court to step in for bringing down the rising levels of air pollution in Delhi-NCR.

Expressing dissatisfaction over the steps taken by the Centre and state governments of Delhi, Haryana and Punjab to address the air pollution in the Capital, a bench headed by Chief Justice of India (CJI) NV Ramana added that it expected the authorities to do much more than calling upon the court to issue directions on issues such as work-from-home, carpooling, and the use of sprinklers.

“What I have been observing as a judge that bureaucracy has developed an inertia... a policy paralysis where they want this court to do everything. As if we should give directions take a bucket, put out fire, use sprinkler and all. We have to do everything,” the CJI told solicitor general Tushar Mehta, who appeared for the Union government.

The bench, which also comprised justices Dhananjaya Y Chandrachud and Surya Kant, added: “This is an unfortunate situation to which the bureaucracy has come down to. They say ‘we

won't do anything. Let the court pass directions and we will simply put signatures saying the court has directed it'... This is the attitude developed by the executive.”

“When Delhi is completely choked, this court is forced to step in. Tell us what has Centre and the states been doing in the remaining parts of the year? When the house is on fire, you start digging a well... Just because Delhi and some adjoining areas in UP, Haryana and Punjab are involved, we have to intervene. Otherwise, this is something a high court could look at,” remarked the bench.

The court's comments came as the S-G urged the bench not to issue “harsher directives”, such as making it mandatory even for the central government employees to work from home or imposing a complete lockdown in Delhi and adjoining areas in the national capital region (NCR).

Mehta requested the court to put off any directive on such measures till November 21 in view of statements by officials from the metrological department in the emergency meeting of Centre and states on Tuesday that the situation could improve after Sunday due to a change in wind directions.

The bench reluctantly agreed to defer its orders but not before it pointed out severe deficiencies by all the authorities concerned in implementing statutory and regulatory norms regarding industrial and construction activities.

In the last hearing, the bench gave the Centre and states with portions within NCR -- including Haryana, Uttar Pradesh and Punjab -- 24 hours to come up with urgent steps to mitigate the crisis. The Commission for Air Quality Management (CAQM) headed the meeting on Tuesday, and late in the night widened bans on construction work and in-person classes at schools and colleges to the larger NCR outside of Delhi.

The move, which came 12 days after hazardous air pollution first set in, also included a ban on the entry of trucks in the Capital unless they were carrying essential supplies and the shutting of six thermal power plants within a 300km radius of Delhi.

Forecasts that the weather will turn unfavourable for air quality began in late October, a period when satellites also began to record a late but expected spike in farm fires.

The bench agreed with senior counsel Vikas Singh, who appeared for the 17-year-old petitioner, Aditya Dubey, that the rules are already there to control emissions from power plants; dust and other pollutants from industrial and construction activities; BS-VI norms for vehicles, but there is no oversight and implementation.

“These are activities that take place throughout the year. There are already norms in place but there is no implementation. Nobody wants to do it. There is a lack of will,” rued the bench, while adjourning the case to Wednesday next week.

The S-G read out the directions issued by the CAQM on Tuesday to the bench, requesting it to defer any further order until November 21.

“We will take it up after 21st November. But, in the meantime, don't think you can lower your guard just because we are not issuing any direction,” the bench told Mehta while adding that the central government should also “contribute more” in terms of reducing strength of its employees in offices as well as by providing common transport instead of letting its employees use private vehicles to travel to offices.

“All of you are saying transportation is a major source. All guzzlers including high-end cars are on the road. You say you will encourage people to carpool but who will implement it? This will be left to the mercy of the car owners,” the bench told Mehta.

“We cannot bring the entire capital to a standstill,” Mehta emphasised while requesting the bench to not issue any further directives in the wake of variety of directions already issued by CAQM on Tuesday.

Senior counsel Abhishek Manu Singhvi, representing the Delhi government, sought to highlight that the court must also address the issue of stubble burning since it is a chief contributor of rising levels of pollution in October and November.

At this point, the bench emphasised on the need to have adequate number of mechanised machines for road cleaning in the city to tackle the dust which is a major source of pollution.

Singhvi said the Delhi government has spoken to the municipal corporations about their requirements and the government will provide complete financial assistance.

The court suggested that the Delhi government should augment its fleet of CNG buses and should encourage its employees to use public transport.

About removing old vehicles from the road, the bench said that the exercise will take long and that the city government should instead take some urgent measures to bring down the number of vehicles plying.

Singhvi maintained that such an exercise can be successful only if vehicles are stopped in entire NCR and not just in Delhi.

Haryana’s additional advocate general Anil Grover was also asked by the court about curtailing the number of vehicles on roads. “We want you to take steps within a day or two? Why don’t you stop unnecessary vehicles? Don’t leave it to the mercy of others,” the bench told Grover.

While the counsel for UP said that they are complying with the directions issued by the commission, Punjab government’s counsel pointed out that the state does not have any district in the NCR and that its submissions are confined to the issue of stubble burning.

During the last hearing on Monday, the top court lamented that it was being “forced to set the agenda” on the pollution crisis in NCR.

## **Living Philosophy**

### **Living Philosophy: How words of Plato and Marcus Aurelius are relevant today (The Indian Express: 202101118)**

<https://indianexpress.com/article/lifestyle/life-style/world-philosophy-day-living-philosophy-wisdom-of-plato-marcus-aurelius-relevant-today-7628014/>

In times of uncertainty and continuous flux, where entire systems and ways of life that we took for granted have been completely shaken, Philosophy can direct us towards stability.

World Philosophy Day, World Philosophy Day 2021, philosophy, wisdom of Plato and Marcus Aurelius, philosophers, life and philosophy, indian express news Philosophers through the ages have constantly reminded us of this underlying universal principle that we are a small but integral part of this web of life. [Image courtesy: Wikimedia Commons (adapted by New Acropolis India)]

As we begin to step out after almost two years of being largely confined to our homes, the occasion of World Philosophy Day today offers an opportunity to reflect on the challenges we faced, and the value and need of philosophy in these unprecedented times.

The word Philosophy comes from the Greek words /philo/(love) and /sophos/(wisdom). To be a philosopher, therefore, is to yearn for wisdom, to always aspire to follow truth. The contemporary idea of philosophy as an intellectual pursuit then, seems to have lost the very essence of what philosophy stood for. If we look at the greatest philosophers of all time, those who dare to live for their ideals, even at times at the cost of their own lives, we see that their words, far from being abstract or theoretical, are possibly even more relevant today. This is because wisdom encompasses universal principles, which, unlike knowledge or technology, can never become outdated. So what can we learn from these courageous men and women, who opened a path in order to help us live better today?

ALSO READ |Young philosophers discuss ways of finding inspiration through philosophy in today's times

In times of uncertainty and continuous flux, where entire systems and ways of life that we took for granted have been completely shaken, Philosophy can direct us towards stability. The famous stoic philosopher Marcus Aurelius said “You have power over your mind – not outside events. Realise this, and you will find strength.”

World Philosophy Day, World Philosophy Day 2021, philosophy, wisdom of Plato and Marcus Aurelius, philosophers, life and philosophy, indian express news Marcus Aurelius, even as emperor of the powerful Roman empire, wrote daily reflections on how to use his role, responsibilities, obligations and every action as opportunities to better himself. (Photo: Getty/Thinkstock)

In the wake of challenges, we usually tend to devote most of our time and energy trying to change what is out of our control – be it situations, circumstances, or the opinions of others. But the simplicity of Stoicism is a strong reminder to recognise and accept what is not in our control, and to dedicate our efforts towards what we can change.

Today, with our gaze so fixated on the external, we tend to look for inner peace in outer comforts. But externalities, by their nature, will always change. Real inner peace comes not from unchanging circumstances, but in learning to count on the stable aspect within us.

As Plato says, “The first and greatest victory is to conquer yourself”. The path of philosophy is a path that can direct us inwards, to recognise that our real battles, and therefore the source of our solutions, are always internal.

Paradoxically, it was our enforced isolation over the last two years, that taught us how inherently interconnected we are. Never before has it been so apparent how individual actions in one corner of the globe can have an undeniable impact on the collective. Our actions impact not just each other, but all beings on our planet, even planet Earth itself.

Philosophers through the ages have constantly reminded us of this underlying universal principle that we are a small but integral part of this web of life. “That which isn’t good for the hive, isn’t good for the bee,” said Marcus Aurelius. Just as each organ in our body has its own individual function, but always towards the wellbeing of the whole; each of us has a role, and any action that is not in the benefit of the collective, ultimately cannot benefit the individual. Only when we truly learn to recognise that we are not separate from nature but a part of this one life, can we positively alter the way we consume, interact and live. In a world of increasing divisiveness, where we tend to define ourselves by our external differences rather than our common inner humanity, this is perhaps one of the biggest lessons that we can take.

World Philosophy Day, World Philosophy Day 2021, philosophy, wisdom of Plato and Marcus Aurelius, philosophers, life and philosophy, indian express news Plato says, “The first and greatest victory is to conquer yourself”. (Photo: Getty/Thinkstock)

And finally, philosophy can teach us what it means to be human: one who strives to live in the light of ideals.

Aurelius, even as emperor of the powerful Roman empire, regardless of his circumstances, wrote daily reflections on how to use his role, responsibilities, obligations and every action as opportunities to better himself. Plato implied that what defines us as human beings is the higher potential within us. In his famous/Chariot Allegory/, Plato presents the human soul as a charioteer with two horses: one tending upwards to the divine, and one inclined downwards to matter; and suggests that the purpose of living is for the soul to grow wings and conquer its true nature.

As human beings we are constantly waging an inner battle between our strengths and weaknesses, our vices and virtues. But the glory of the human condition lies in our freedom to choose to continually strive towards the good, not only for ourselves but as a contribution towards a better world.

Perhaps, to be truly human is to be a philosopher: to love wisdom and to live in accordance with its principles. Philosophy is not a field of study, nor is it a profession. It is a way of life: to live with a deeper understanding o

## **Mental health struggles**

### **There are treatments that can help': Pete Davidson on mental health struggles (The Indian Express: 20210118)**

<https://indianexpress.com/article/lifestyle/life-positive/pete-davidson-mental-health-struggles-motivating-speech-life-positive-7627674/>

The comedian has been transparent about his struggles with mental health

The comedian and actor turned 28 on November 16, 2021. (Source: AP)

Pete Davidson is an outspoken advocate for mental health concerns. The King of Staten Island star has shared his own experiences of living with bipolar disorder, anxiety and depression on social media platforms. The comedian has no qualms talking about how difficult it is to live with mental health issues.

Watch his humorous take on it:

The SNL star shares that he recently got diagnosed with Borderline Personality Disorder (BPD), and goes on to mention that it is one of the most widespread diseases in the US. "As some of you may know, I was recently diagnosed with Borderline Personality Disorder, a form of depression. Depression affects more than 16 million people in this country and there's no cure per se, but for anyone dealing with it, there are treatments that can help."

He shares how important it is to seek help if you feel like you are struggling. The constant stigma makes people hesitant to see a doctor, but Pete highly advises for it.

He says, "If you think you're depressed, see a doctor and talk to them about medication. Keep eating healthy, eating right and exercise can make a huge difference."

True to form, the comedian can never resist the opportunity of a good joke. He rounds off by saying, "Finally if you're in the cast of a late night comedy show, it might help if they do more of your sketches."

## Fighting pollution

### Fighting pollution: Five yoga asanas for stronger lungs (The Indian Express: 202101118)

<https://indianexpress.com/article/lifestyle/fitness/fighting-pollution-yoga-asanas-stronger-lungs-7627320/>

It is possible to work on making your lungs stronger as you fight this pollution

yoga, yoga asanas, yoga poses, yoga for lung health, healthy lungs and yoga, pollution, lungs and air pollution, how can yoga help keep your lungs healthy, indian express news Yoga can keep you healthy as you fight pollution. (Photo: Pixabay)

Many states in the northern parts of the country have been engulfed in smog. While it happens every year, long-term pollution can harm the body in many ways, and in the pandemic, it is all the more important to protect and take care of one's health.

Lung health, especially, needs to be prioritised. The pollution can cause many respiratory problems or aggravate some existing ones. Grand Master Akshar, a philanthropist, spiritual master, lifestyle coach, yoga-preneur and author says it is possible to work on making your lungs stronger.

It can be done with changes in your lifestyle and habits — drinking plenty of water, consuming a nutritious diet and doing yoga regularly.

“Yoga has the power to protect your lung health and even improve it through asanas like Dhanurasana, Matsyasana, Chakrasana,” he says.

Malasana (Waste Evacuation Pose) in Mushti Mudra

Formation

- Begin by standing straight with your arms by the sides of your body.
- Bend your knees, lower your pelvis and place it over your heels.
- Ensure that your feet remain flat on the floor.
- You may either place your palms on the floor beside your feet or join them in front of your chest in a gesture of prayer.
- Spine remains erect

Mushti Mudra

Mushti mudra, also named fist mudra, is a Sanskrit term that refers to ‘fist’ or ‘closed hands’. It is practised by clenching the fingers and wrapping the thumb around them to form a fist.

Chakrasana

Formation

- Lie down on your back.
- Fold your legs at your knees and ensure that your feet are placed firmly on the floor.
- Bend your arms at the elbows with your palms facing the sky. Rotate your arms at the shoulders and place your palms on the floor on either side of your head.
- Inhale, put pressure on your palms and legs and lift your entire body to form an arch.
- Relax your neck and allow your head to fall gently behind.

## **World Prematurity Day**

### **World Prematurity Day: Nutrition needs of preterm babies (The Indian Express: 20210118)**

<https://indianexpress.com/article/lifestyle/health/world-prematurity-day-nutrition-needs-preterm-babies-health-babies-mothers-breast-milk-7626954/>

Premature babies are deprived of the rich nutrition they get from their mother's placenta when they are born early

World Prematurity Day, World Prematurity Day 2021, preemies, premature babies, nutritional needs of premature babies, indian express news Premature babies need regular growth monitoring and developmental assessments after discharge. (Photo: Getty/Thinkstock)

A preterm baby, as the name suggests, is one that is born before the full term of pregnancy — that is nine months. These babies need extra care and attention, because their development outside of the womb depends on it. Dr Sreenath Manikanti, senior consultant neonatologist, Kauvery Hospital, Electronic City, Bengaluru, says abnormal neurodevelopment is one of the major concerns in preterm survivors.

“Inadequate early postnatal nutrition appears to result in abnormal neurodevelopment. Provision of good nutrition becomes vital. Inadequate nutrients have been shown to cause short stature, growth failure, neuronal deficits and poor behavioural and cognitive outcomes in these vulnerable babies,” he says, adding that premature babies are deprived of the rich nutrition they get from their mother’s placenta when they are born early.

ALSO READ |Effective home remedies to relieve constipation in children

According to Dr Manikanti, preterm babies born before 32 weeks are unable to take mother's feed directly. They often have medical conditions that increase their metabolic energy requirements, such as respiratory distress, hemodynamic instability, acidosis, sepsis etc. Most require specialised nutrition in the form of Total Parenteral Nutrition (TPN) where proteins, lipids, glucose, microelements and vitamins are given via central lines.

“Initiation of oral feeds early with expressed mother's first milk (colostrum) within 1 hour of birth plays a significant role in helping these babies to progress to full feeds early and avoiding infections associated with long term parenteral nutrition. Until these babies develop suck and swallow reflexes to take mother's feed directly, they are fed with Expressed Breast Milk (EBM) via a feeding tube in the NICU,” the doctor explains.

World Prematurity Day, World Prematurity Day 2021, preemies, premature babies, nutritional needs of premature babies, indian express news Preemies are fed with expressed breast milk via a feeding tube in the NICU. (Photo: Pixabay)

Until then...

- \* Kangaroo mother's care, oral motor stimulation and offering non-nutritive sucking (offering empty breast to suck) play an important role.

- \* Until the baby starts sucking, mothers are encouraged to pump their breasts every few hours to keep up the milk supply. In the first few days, if the mother is not able to provide enough EBM, babies are given pasteurized donor breast milk, mostly collected from mothers of healthy term babies expressing after a breast feed, less often from mothers of babies who have died or rarely in mothers whose babies are in the neonatal unit and have expressed milk in excess of requirement.

- \* Donor milk obtained from term babies is less nutrient rich (especially protein). Pasteurisation reduces the immune factors. In the absence of mother's own milk (MOM), donor milk is beneficial in reducing complications such as of NEC (a severe form of gut infection) and improving long term outcomes like cognition, bone mineral content and cardiovascular health.

- \* Breast milk alone may not be sufficient to meet nutritional needs. EBM and donor milk can be supplemented with breast milk fortifiers to add extra calories, protein, minerals and vitamins.

- \* Once preterm babies reach 32 weeks, they can be assessed for sucking and swallowing, if direct breastfeeds and palladia /spoon feeds can be initiated.

ALSO READ |Why couples must get premarital health checkup done about six months before the wedding

Keep in mind

The doctor cautions these premature babies need regular growth monitoring and developmental assessments after discharge.

– Prevention of osteopenia of prematurity — A metabolic bone disease of premature infants as a result of inadequate calcium, phosphorus and vitamin D. It can be prevented with early supplementation of vitamin D, and optimising calcium and phosphorus.

– Prevention of anemia — Preterm babies are prone to anemia in view of low iron stores, erythropoietin and frequent blood samples, which are required to monitor parameters. It can be corrected with iron and erythropoietin supplementation and packed red cell transfusions, if required.

– Zinc and vitamin supplementation — Preterm babies need zinc and vitamin supplementation when they reach full feed.

🔊 The above article is for information purposes only and is not intended to be a substitute for professional medical advice. Always seek the guidance of your doctor or other qualified health professional for any questions you may have regarding your health or a medical condition.

## **Eight healthy habits**

### **Eight healthy habits to prevent long-term bladder disturbances in women (The Indian Express: 202101118)**

<https://indianexpress.com/article/lifestyle/health/bladder-health-awareness-month-women-healthy-bladder-control-habits-7625514/>

Bladder Health Awareness Month: Paying attention to building healthy bladder habits can go a long way in preventing long-term bladder disturbances, says a doctor

Bladder Health Awareness Month, bladder exercises for women, women and healthy bladder, how to ensure healthy bladder, healthy urination, urine habits, indian express news Regularly delaying relieving yourself can lead to disturbed urination patterns and urinary infections. (Photo: Getty/Thinkstock)

As they age, women begin to face some issues with respect to their bladder control. While a doctor's opinion is recommended, there is no harm in learning about the body, especially the urinary bladder, which is an elastic organ that stores and empties urine.

Dr Rubina Shanawaz Z, senior consultant, obstetrics and uro gynaecology at Fortis La Femme Hospital, Richmond Road, Bengaluru, says paying attention to building healthy bladder habits can go a long way in preventing long-term bladder disturbances.

She lists eight such habits; read on.

1. Timed emptying of the bladder: We tend to avoid using the toilet till absolutely necessary. But conscious emptying of the bladder once in 2-3 hours avoids over distending it and precipitating retention of urine in the long run.

2. Do not delay the urge to urinate: Holding off urinating occasionally while travelling is acceptable, but regularly delaying relieving yourself can lead to disturbed urination patterns and urinary infections.

3. Relax while passing urine: This applies to both mentally and physically. If you try to pass urine in a rush and head out, you most likely will retain urine which might lead to urinary infections. Physical relaxation applies to being comfortably seated and relaxing the pelvic floor muscles so as to aid in complete emptying of the bladder.

4. Drink enough fluids: Make sure you are hydrating yourself with 10-12 glasses/2 ½ – 3 litres of fluids a day. Remember soup, juices are also counted as fluids as focusing only on water becomes difficult for most people.

Bladder Health Awareness Month, bladder exercises for women, women and healthy bladder, how to ensure healthy bladder, healthy urination, urine habits, indian express news Avoid coffee as much as possible. (Photo: Getty/Thinkstock)

5. Avoid caffeinated drinks: Increased consumption of caffeinated beverages such as tea, coffee and cola leads to an increased frequency of urination.

6. Stop smoking: Smoking leads to vasoconstriction, placing you at an increased risk of urinary urgency due to bladder irritation.

[Why couples must get premarital health checkup done about six months before the wedding

7. Practise Kegel exercises: Pelvic floor exercises — or Kegel — mimic stopping urine midstream (though the actual exercise needs to be done on an empty bladder) and holding for 3-5 counts and then relaxing for 3-5 counts. This is repeated for 10-15 times twice a day to strengthen the pelvic floor which supports the urinary bladder. Regular practice will go a long way in preventing urinary leaks.

8. Avoid triggers which increase intra-abdominal pressure: Being overweight, chronic cough and chronic constipation exert increased pressure on the pelvic floor, leading to laxity of the supporting muscle and urine leak. Maintaining a healthy weight and avoiding chronic cough and constipation will ease the pressure on the pelvic floor.

## Breast milk

### What causes breast milk to turn pink? Experts elucidate (The Indian Express: 202101118)

<https://indianexpress.com/article/lifestyle/health/breastfeeding-mother-pink-coloured-breast-milk-infection-foods-7626874/>

At some point during the breastfeeding experience, you may be surprised to find that your breast milk can be in other colours as well, experts say.

From menstruation to childbirth and breastfeeding, a woman's body undergoes a lot of changes, which may vary from one person to another. However, it is always advised to seek medical opinion if one experiences something out of the blue.

So was the case with a new mother, who recently took to TikTok to share how her breast milk turned pink, after six weeks of childbirth.

"Nobody told me that whenever I had a baby, that if I chose to breastfeed, my milk would come in an array of colours," she said in a now-viral video that has been viewed by over 10 million users.

We reached out to experts to understand more. Here's what they said.

Breast milk is usually yellow, white, clear, cream, tan, or blue-tinged. However, at some point during the breastfeeding experience, one may be surprised to find that breast milk can be in other colours as well, experts say, depending on what one eats on a regular basis.

It may turn ink, orange, or red-tinged occur after having natural foods like beetroot, or orange fruit drinks, said Dr Vinit Samdani, pediatrician, Bhatia Hospital, Mumbai.

The colour of breastmilk is usually yellow, white, clear, cream, tan, or blue-tinged (Source: Getty Images/Thinkstock)

Breast milk may also look as though it has a green, pink, or red tint, too. Sometimes, a little bit of blood may even make its way into breast milk giving it a brown or rust colour depending on what one eats, or whether there is an infection, added Dr Samdani.

ALSO READ |Gynaecologists share essential dos and don'ts for breastfeeding mothers

As per National Center for Biotechnology Information, breast milk can turn pink due to the presence of *Serratia marcescens* colonization, a bacterium associated with several diseases and even death.

As per Dr Ritu Sethi, senior consultant, gynaecology, Cloud Nine Hospital, Sector 14, Gurgaon and Apex Clinic, Sector 31, Gurgaon, blood in breast milk needs to be examined at the earliest.

“It can be due infection in the breast, previous bloody discharge from breast which patient may not have noticed, underlying cancer of the milk ducts,” she said.

What are the symptoms?

As per Dr Sethi,

Mass in the breast

Lump felt in the breast

Cracked nipples

Abnormal discharge from breast previously

If any of these conditions are present prior to pregnancy or during pregnancy, it can lead to blood coming from the breast when the patient is breastfeeding, she mentioned.

So is it safe to feed the child? “That depends on underlying pathology of the breast which needs to be diagnosed in time,” said Dr Sethi.

## **On Delhi’s pollution crisis**

### **End the blame game: On Delhi’s pollution crisis (The Hindu: 20210118)**

<https://www.thehindu.com/opinion/editorial/end-the-blame-game-the-hindu-editorial-on-delhis-pollution-crisis/article37549634.ece>

Concerted efforts are needed for a long-term solution to Delhi’s pollution crisis

A familiar sequence of events unfolds in the National Capital Region before the advent of winter. The monsoon retreats, dries the air and the wind drops. The pollution from construction, industry, road transport, hitherto being masked through the year, becomes more visible. However, the period also coincides with a unique practice in northern India where farmers in Punjab, Haryana and eastern Uttar Pradesh, in a bid to hurriedly clear their fields of rice straw to make space for wheat, set fire to the chaff. This long-standing practice is now facing criticism because of its emerging link to Delhi’s noxious air quality. The stubble smoke carries over into Delhi through long-range wind transport. Finally, the third element during the season is Deepavali and the bursting of crackers. The season is also marked by more social gatherings such as weddings or related celebrations that again see a demand for crackers. While there is an official ban on crackers, except so-called ‘green crackers’ that are not widely available, the additional smoke from all of these add to the bad air, spiking air quality meters into the ‘very poor’ and ‘severe’ categories. This provokes a public outcry and concerns from the Supreme

Court of India and a hurried response from the Government that pushes for restrictions on free movement and construction. Invariably, the weather improves and all is forgiven.

The recurrent tragedy of addressing the problem of air pollution in Delhi is that it invariably descends into a blame game. The Centre blames the Delhi

## **Health Ministry**

### **Number of people fully vaccinated against COVID-19 surpasses those partially vaccinated (The Hindu: 20210118)**

<https://www.thehindu.com/news/national/number-of-people-fully-vaccinated-against-covid-19-surpasses-those-partially-vaccinated/article37540506.ece>

Union Health Minister Mansukh Mandaviya congratulated the collective spirit of the country on this achievement

The number of fully vaccinated individuals against COVID-19 has surpassed the partially vaccinated eligible population for the first time in the country, Union Health Minister Mansukh Mandaviya said on November 17.

Editorial | Focus on full vaccination: On India's COVID-19 inoculation pace

## **Pulmonary rehab clinics**

### **Pulmonary rehab clinics to be started (The Hindu: 20210118)**

<https://www.thehindu.com/news/national/kerala/pulmonary-rehab-clinics-to-be-started/article37533684.ece>

All 227 CHCs will have the facility to address chronic obstructive pulmonary disease

Pulmonary rehabilitation clinics will be started in all 227 Community Health Centres (CHCs) across the State this year, Health Minister Veena George has said.

She said this in a statement here on Tuesday on the occasion of World COPD (chronic obstructive pulmonary disease) Day on Wednesday.

## Norovirus outbreak: prevention rooted in hygiene

### The Norovirus outbreak: prevention rooted in hygiene(The Hindu: 202101118)

<https://www.thehindu.com/sci-tech/health/the-norovirus-outbreak-prevention-rooted-in-hygiene/article37498096.ece>

What is the Norovirus and how does it spread? What is the cure for the infection?

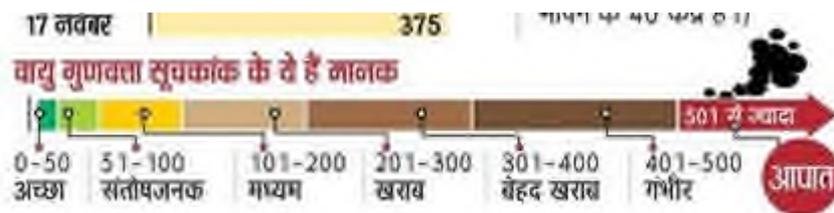
The story so far: Last week, an acute diarrhoeal disease outbreak reported amongst students of the College of Veterinary Sciences at Pookkode, near Vythiri in Wayanad district, was confirmed as Norovirus (NoV) by the authorities. These students were staying in hostels outside the campus and four out of the seven samples sent to the unit of National Institute of Virology, Alapuzha had tested positive for NoV.

Senior health officials later confirmed that the diarrhoeal outbreak had first begun in the second week of October amongst the inmates of the hostel inside the campus. While the illness seemed to subside within two days in the affected persons, the students were sent home by the college authorities as the disease began spreading fast. It was only when the outbreak spread outside the campus that detailed investigations were conducted and NoV was confirmed. Though the outbreak has been contained, the source of the infection has not yet been found.

## Pollution

14 साल से 65 वर्ष तक के लोग अस्पतालों में भर्ती हो रहे • इनमें से अधिकतर को पहले कोई बीमारी नहीं स्वस्थ लोगों की सांसें भी फुला रहा प्रदूषण ( Hindustan :202101118)

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





राजधानी में बढ़ते प्रदूषण के बीच बुधवार को

पार्क में सैर करते लोग। • राज के राज

3

### चयन कैसे करें



एन 95 या एन 99  
मास्क का चयन करें।  
ये छोटे प्रदूषक कणों  
को 99 फीसदी तक  
रोकने में सक्षम हैं।

1

### संकट

4



मास्क पहनते समय इसका विशेष ध्यान रखें कि यह हाथों से न छूआ जाए। संक्रमण का खतरा रहता है।



मास्क को छूने से पहले हाथों को अल्कोहल वाले सैनेटाइजर से सैनेटाइज करें या साबुन से ठीक तरीके से धोएं।



ऐसा ही मास्क खरीदें जो चेहरे पर पूरी तरह से फिट बैठता हो।



संभव हो तो फिर से प्रयोग वाले और धुलने वाले मास्क का प्रयोग करें। इससे बायो वेस्ट से बच सकेंगे।



सर्जिकल मास्क का प्रयोग न करें क्योंकि यह प्रदूषण से बचाव में कारगर नहीं हैं।



मास्क को चेहरे पर रखें। उसके बाद उस पर लगे मेटल स्ट्रिप को ठीक से दबाएं जिससे मास्क नाक पर सही ढंग से लग जाए।



डिस्पोजेबल मास्क अगर भीग गया हो या फिर छह घंटे से उपयोग हो रहा हो तो फिर से उपयोग न करें

**जहरीली हवा-कोविड से बचाता है एन 95 मास्क**

बढ़ते प्रदूषण के बीच डॉक्टरों की सलाह है कि बिना जरूरी कार्य के बाहर न निकलें। अगर निकलें तो एन 95 या एन 99 मास्क जरूर लगाएं।

नई दिल्ली | हेमवती नंदन राजौरा

दिल्ली और आसपास के इलाकों में प्रदूषण की वजह से ऐसे मरीजों की सांसें भी फूल रही हैं जिन्होंने पहले न तो कभी धूम्रपान किया और न ही उन्हें सांस की बीमारी थी। हालात ये हैं कि छोटे बच्चों से लेकर वयस्क तक सांस की समस्या के कारण अस्पतालों में भर्ती हो रहे हैं।

एम्स, सफदरजंग, अपोलो, बीएल कपूर, फोर्टिस और आकाश जैसे संस्थानों में सांसों से संबंधित परेशानी के मरीजों की संख्या में पिछले कुछ सप्ताह में 25 फीसदी तक बढ़ोतरी देखी गई है। अपोलो अस्पताल के पल्मोनरी मेडिसिन विभाग के डॉक्टर राजेश चावला ने बताया कि उनके यहां हाल में आने वाले 10 फीसदी मरीज ऐसे हैं, जिन्हें पहले कभी सांस की बीमारी नहीं थी।

**पहली बार समस्या के साथ भी आ रहे :** बीएल कपूर अस्पताल के पल्मनरी मेडिसिन विभाग के डॉक्टर संदीप नायर ने बताया कि सांस के मरीज बढ़े हैं। इनमें वे मरीज भी शामिल हैं जिन्हें पहली बार यह समस्या साथ रही है। हर रोज ऐसे छह से सात मरीज देख रहे हैं। पंजाबी बाग के वरिष्ठ डॉक्टर भरत गोपाल भी अस्पताल में हर रोज युवाओं में ऐसी समस्या देख रहे हैं।

**कई अंगों को नुकसान :** एम्स के मेडिसिन विभाग के एडिशनल प्रोफेसर डॉक्टर नीरज निश्रल ने बताया कि प्रदूषण शरीर के कई अंगों को नुकसान पहुंचाता है लेकिन फेफड़ों पर इसका गंभीर असर होता है।

**कोरोना से ठीक हुए मरीज सावधानी बरतें :** कोरोना के दौरान कई ऐसे मरीज जिन्हें ऑक्सीजन सपोर्ट या वेंटिलेटर पर रखा गया था उनके फेफड़े कमजोर हो सकते हैं। ऐसे में प्रदूषित वातावरण में रहने से उन्हें दूसरे संक्रमण होने का खतरा भी अधिक होगा। ऐसे लोगों को सर्दी जुकाम जल्दी होगी। कुछ लोगों को निमोनिया की शिकायत भी हो सकती है। ये सावधानी बरतें।

**आपबीती : भर्ती होने की नौबत आई**

**असहजता होने पर इमरजेंसी में दाखिल**

प्रवीण (बदला नाम) दक्षिणी दिल्ली में रहते हैं। रविवार को वह कपड़े खरीदने के लिए सरोजिनी नगर मार्केट गए। खरीदारी के दौरान वे करीब तीन घंटे तक वहां रहे। 49 वर्षीय प्रवीण ने बताया कि अचानक उन्हें असहजता महसूस हुई। रास्ते में घर लौट रहे थे तो सांस लेने में तकलीफ होने लगी। कुछ ही मिनटों में बुरी तरह सांस फूलने लगी। उनके एक परिचित ने तुरंत अपोलो अस्पताल की इमरजेंसी में भर्ती कराया। वहां डॉक्टर राजेश चावला ने उन्हें देखा तो पता चला कि प्रवीण को गंभीर अस्थमा अटैक आया है। उन्हें तुरंत ब्रॉन्कोडायलेटर और स्टेरॉइड दिए गए। इलाज के कुछ घंटे बाद तबीयत में सुधार हुआ। बिना मास्क बाहर न जाने की सलाह दे रहे।

**बस चलाते वक्त सांस लेने में हुई तकलीफ**

बस चालक 56 वर्षीय सत्यवीर सिंह (बदला नाम) को प्रदूषण की वजह से तकलीफ बढ़ने पर अस्पताल में भर्ती होना पड़ा। बीएल कपूर अस्पताल के वरिष्ठ सांस रोग विशेषज्ञ डॉक्टर संदीप नायर ने बताया कि सड़कों पर चलने वाले लोगों को प्रदूषण से अधिक खतरा है। हाल ही में कई ऐसे मरीज अस्पताल में भर्ती हुए जिन्हें सांस लेने में तकलीफ हो रही थी। सत्यवीर को कई दिनों से सांस लेने में तकलीफ और सीने में भारीपन महसूस हो रहा था। इसके बावजूद वह बस चला रहा था। सत्यवीर को पिछले सप्ताह बस चलाते हुए समस्या बढ़ने लगी। वह घर पहुंचे लेकिन सांस फूलना बंद नहीं हुआ। फेफड़े में संक्रमण होने की वजह से उन्हें बीएल कपूर अस्पताल में भर्ती कराया गया, जहां डॉक्टर संदीप नायर की देखरेख में इलाज चल रहा है।

अमन (28 वर्षीय) न तो धूम्रपान करते हैं और न ही पहले से सांस की बीमारी है। दिवाली पर उनके पड़ोस में बड़ी संख्या में पटाखे जलाए गए थे। उन्हें इस दौरान सांस लेने में काफी तकलीफ हुई थी। उन्हें सीने में भारीपन महसूस हुआ था। अगले दिन उन्होंने दवा दुकान से कुछ दवाएं लीं लेकिन चार दिन तक उनकी सेहत में खास सुधार नहीं हुआ। परेशानी बढ़ने पर एमजीएस सुपरस्पेशलिटी अस्पताल में भर्ती होना पड़ा। अस्पताल के सांस रोग विभाग के प्रमुख डॉक्टर भरत गोपाल ने कहा कि अमन के फेफड़े में रक्त का संचय हो गया था।

**धूम्रपान न करने पर भी दिक्कत**