



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY

Monday

202101122

Virus' effects

Virus' effects on education (The Tribune: 202101122)

Most vulnerable sections adversely affected

<https://www.tribuneindia.com/news/editorials/virus-effects-on-education-339955>

The Annual Status of Education Report (ASER) for rural India completes the picture that had been painted piecemeal through anecdotal reportage — the impact of the Covid-19 pandemic on the country's education system has been severely detrimental. The survey — conducted over the telephone and covering 76,706 households in 17,184 villages — shows that the percentage of children enrolled in government schools rose from 64.3% in 2018 to 65.8% in 2020, dramatically going up to 70.3% in 2021. Conversely, the enrolment rate in private schools declined from 28.8% in 2020 to 24.4% in the current year. This confirms that households have been severely affected by the economic depression caused by the pandemic, reducing funds earmarked for children's education. The survey also confirms that a large number of migrant workers' families have moved back to villages.

Enrolment in government schools had been steadily declining since 2006, settling below 65% in 2018, as parents believed that private schools offer better education and facilities to their children. The pandemic has reversed the trend. Simultaneously, there has been 40 per cent rise in the number of school-going children taking private tuitions while their schools were closed during the pandemic. Taken in conjunction, this suggests that while economic distress has caused parents to opt for government schools, they have also been burdened by the cost of private tuitions.

The most worrying aspect of the report is that the youngest students — those just entering the formal education stream — have been left most vulnerable: One-third of the children in Class I and Class II have never attended an in-person class. Even more alarming is the fact that these

pupils have the least access to technology — one third of Class I and Class II students do not have a smartphone at home. This is likely to widen the gap between the haves and have-nots in the education system, in which access to quality education — and, thus, access to opportunities for economic advancement — is dictated by a family’s economic and social position. The survey has shown that urgent steps must be taken to address this challenge because we cannot afford to further polarise access to education on economic lines.

Tackling pollution

Tackling pollution

Firm policy, year-round efforts needed (The Tribune: 20210122)

<https://www.tribuneindia.com/news/editorials/tackling-pollution-339075>

A day after the Supreme Court lamented that, in the absence of executive action, it has to set the agenda over the high pollution level in the National Capital Region (NCR), the Commission for Air Quality Management deliberated on the matter on Tuesday, at the highest court’s bidding. The meeting, in which representatives from Punjab, Haryana, Uttar Pradesh, Rajasthan and Delhi were present, saw these states making proposals to reduce pollution in the NCR. Of the few talking points that emerged after the deliberations, one is quite interesting — there is confusion over exactly how much stubble-burning in the neighbouring states contributes to pollution in the NCR. While the Delhi government blames the Diwali fireworks and stubble-burning for the steep rise in pollution, the Central Government has said stubble-burning contributes only 10 per cent to Delhi’s pollution. However, the Commission for Air Quality Management blamed farm fires for “35-40 per cent of total current pollution in the NCR”.

What is the actual math of AQI? We need to find the real causes for a real solution. For that, the Central and the state governments of the region must work in unison, enabling and empowering public institutions and local communities. Irrespective of the contested numbers, stubble-burning remains a significant contributor to pollution, not only in the NCR but also in the industrial cities and towns of Punjab, Haryana and Uttar Pradesh, making lives of residents difficult. The governments involved must spare no cost to root out the problem, for the cost to the citizen’s health and the public health infrastructure is incalculable in comparison.

Equipment such as a Straw Management System must be made available to the farmers across the region to deal with the residue from the previous crop. Farmers, in turn, could join hands to buy machinery, aided by government subsidy. Residue decomposing material should be tested and put to use. A stick and carrot policy would wean farmers away from cultivating paddy, which leaves a large quantity of residue behind. All these steps have been discussed before and they need to become part of all-year policy — and not to be reiterated every winter, when the smog is upon us. It is governments and government institutions that must ensure clean air for citizens to breathe in, without being nudged by the Supreme Court

Air quality

Air quality in Delhi improves as winds sweep city (The Tribune: 20210122)

<https://www.tribuneindia.com/news/nation/air-quality-in-delhi-improves-as-winds-sweep-city-341451>

The air quality index of the city stands at 307, which falls in the very poor category

Strong surface winds brought some relief from high pollution levels in Delhi and improved visibility on Monday morning, officials said.

The air quality index of the city stood at 307, which falls in the very poor category. However, it was down from 349 the previous day.

The air quality index of Gurugram, Greater Noida, Faridabad and Noida stood at 318, 213, 326 and 268, respectively.

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.

Delhi Environment Minister Gopal Rai will hold a high-level meeting on Monday to review the curbs imposed to contain high pollution levels in the city.

Winds up to 20 kmph swept through the city, dispersing pollutants partially and improving visibility.

The minimum temperature on Monday was recorded at 12 degrees Celsius, normal for this time of year.

The relative humidity at 8.30 am was recorded at 78 per cent. The maximum temperature is likely to settle around 27 degrees Celsius. PTI

Child abuse

Irani: Child abuse in prosperous families too (The Tribune: 20210122)

<https://www.tribuneindia.com/news/nation/irani-child-abuse-in-prosperous-families-too-341254>

Close on the heels of the National Crime Record Bureau's report painting a dismal picture of child protection in the country, Women and Child Development Minister Smriti Irani on

Sunday made a passionate appeal for society's intervention to safeguard every child and said abuse was as much a reality in prosperous homes as in poor ones.

"There is a presumption that abuse is restricted to poverty. But abuse is as much evident in families that are prosperous, powerful organisations and child care institutions," Irani said. She was speaking at a special child protection awareness workshop the National Commission for Protection of Child Rights is hosting in Rajghat. — TNS

Healthy Ayurvedic

Healthy Ayurvedic tips to help diabetic's kick-start their day (The Indian Express: 202101122)

<https://indianexpress.com/article/lifestyle/health/diabetic-ayurveda-tips-morning-breakfast-7615937/>

"The foods you have in the morning, especially if you are diabetic, should be those that help you keep your blood sugar levels under control, soothe any discomforts and help you get ready to go!" said celebrity nutritionist Shweta Shah.

Diabetes, diabetes diet, diabetes exercise Here's what to keep in mind when it comes to diabetes and following an ayurvedic lifestyle. (Photo: Getty Images/Thinkstock)

Starting the day on a healthy and cheerful note sets the mood for the entire day right. Also, the signs you experience in your body upon waking up are a great signal of what lies within. Some feel acidic while some feel bloated and low in energy even as some are just a ray of sunshine upon waking up!

"The foods you have first thing in the morning, especially if you are diabetic, should be the ones that help you keep your blood sugar levels under control, soothe any discomforts and help you get ready to go!" said celebrity nutritionist Shweta Shah.

Here's what to consider.

*Hydration is the first thing to remember upon waking up. As your body is thirsty after hours of not having water during sleep, the first thing you need to do is consume 1-2 glasses of warm water to quench your thirst and revive your system.

*On rising, grind seven leaves each of baelpatta, curry patta, and basil in some water. "These leaves are a boon to the diabetic body. Drink this juice on an empty stomach for considerably low blood sugar levels throughout the day. Later, have Arjun chaal (a natural tree bark herb)

water which is a great tonic to manage high sugar levels. To prepare it, soak 1 tbsp Arjun chaal powder in water overnight and drink it in the morning,” mentioned Shah.

|From being a natural aphrodisiac to diabetes-friendly: Know the many benefits of pomegranate

*Many people experience heartburn or acidity upon waking up. This could be because of late dinner. “Try to keep your dinner time at least three hours before bedtime. To cure acidity upon waking up, have 8-10 soaked black raisins on empty stomach. Black raisins are rich in nutrients and neutralise the high acidic levels in your digestive system. People who feel bloated are advised to drink the tea made up of 1 tbsp cumin seeds, 1 cardamom, 1 tbsp fennel seeds, pinch of carom seeds in 500 ml water, boiled and brought to half. Make sure to drink it lukewarm, she said.

*Diabetics must have a light breakfast with seasonal fruits, and a combination of both carbohydrates and proteins. Having a full loaded breakfast of cereals is not advised in Ayurveda. “Actually, having a heavy breakfast is a myth as your body is still digesting last night’s dinner. It will be an added burden on your digestive system to digest an even heavier breakfast,” she remarked.

diabetes, blood sugar It is important to keep a tab on sugar consumption. (Source: Pixabay)

Instead, you can add natural protein sources to your homemade breakfast and have things like poha along with sprouts, eggs with gluten-fried toast, oats porridge with overnight soaked sprouts!

*Ash gourd is an ideal vegetable with soothing benefits as it is alkaline, making it an excellent choice to have mid-morning to balance the blood sugar spikes. Have it as a juice — ½ ash gourd (approx 250 gm) and ½ sliced lemon.

*Avoid having tea or coffee first thing in the morning as they are the number one cause of acidity, constipation, and all gastric problems. “Also, do not practice ‘Virudh Ahaar’ like mixing milk with fruits, which is a very common mistake,” she mentioned.

ALSO READ |Breakfast options for diabetics that will help maintain blood sugar levels

Keep your mornings simple and hassle-free, meditate, and do not participate in stress-building activities to keep the blood sugar in check!

Back pain

Suffering from back pain? Here are a few tips to relieve you (The Indian Express: 202101122)

<https://indianexpress.com/article/lifestyle/fitness/suffering-from-back-pain-here-are-a-few-tips-to-relieve-you-7593930/>

Take sporadic breaks and give your body a good stretch in between work

Don't sit for too long (Source: Getty Images/Thinkstock)

In the pandemic, many people have had to make an abrupt shift from an office setting to working from their bedrooms. While some were lucky enough to have an ergonomic work from home (WFH) space, others tried and are still continuing with beds, coffee tables, couches, and dining tables.

Working longer hours, not having a supportive chair and poor posture can lead to back pain. Combined with taking no breaks for stretching or physical activity, Dr Dixa Bhavsar, an Ayurvedic doctor posted on Instagram that along with obesity, indigestion, bloating and constipation, one of the major problems that people who work from home complain about, is back pain.

She mentioned a few tips that can definitely help you find some relief.

Check them out here:

*Don't use a pillow under your head while you sleep.

*Practise Makarasana, Shalabhasana, Markatasana, Bhujangana daily.

*Don't sit in the same position for more than 2 hours. Take a break for 5 minutes and stretch regularly.

*Abhyanga (massaging your back) with oil helps.

*Ayurvedic oils to relieve backache are:

Mahanarayan oil

Ashwagandha oil

Dhanwantaram oil

You can also use sesame/mustard oil from your kitchen pantry.

Three effective stretches to help you relieve upper back and neck pain

If your back ache is due to nerve compression or if it's chronic, then "Ayurveda medication along with these tips can help you manage your pain effectively", Dr Bhavsar said.

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Vaccination

Number of people fully vaccinated against COVID-19 surpasses those partially vaccinated (The Hindu: 202101122)

<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.

Online tool

Online tool to check COVID-19 vaccination status(The Hindu: 202101122)

<https://www.thehindu.com/news/national/service-providers-can-now-check-vaccination-status-of-an-individual-on-cowin-portal-with-consent/article37594944.ece>

Health Ministry says it will obviate need for physical certificate

The Union Health Ministry said it had unveiled a feature that allows third party entities such as travel agencies, offices, employers to verify an individual's vaccination status.

Pollution

दमघोटू प्रदूषण को देखते हुए फैसला, वर्क फ्रॉम होम- टूकों के प्रवेश पर पाबंदी बढ़ी (Hindustan :202101122)

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

सतर्कता: राजधानी में स्कूल अभी बंद रहेंगे

सरकार आज करेगी समीक्षा

प्रदूषण को लेकर सोमवार को पर्यावरण मंत्री गोपाल राय ने समीक्षा बैठक बुलाई है। इसमें सभी विभागों से जुड़े अधिकारी शामिल होंगे। बैठक में अब तक प्रदूषण को नियंत्रित करने के लिए उठाए गए कदमों और उसके असर की समीक्षा की जाएगी। मौजूदा प्रदूषण स्तर को ध्यान में रखकर आगे पाबंदियों पर फैसला किया जाएगा।

आज से चलेंगी ज्यादा बसें

राजधानी में सोमवार से पर्यावरण बस सेवा चलाई जाएगी। इसका मकसद बसों की संख्या बढ़ाना है ताकि ज्यादातर लोग निजी वाहनों को छोड़कर बसों में यात्रा करें और दिल्ली में वाहनों के धुएं से खराब हो रही आबोहवा को ठीक किया जा सके। ब्योरा

नई दिल्ली | वरिष्ठ संवाददाता

राजधानी में प्रदूषण की समस्या को देखते हुए दिल्ली सरकार ने अगले आदेश तक सभी स्कूलों को फिलहाल बंद रखने का फैसला लिया है। शिक्षा निदेशालय ने रविवार को इससे जुड़ा आदेश जारी किया। उधर, सरकार के प्रस्ताव पर वायु गुणवत्ता प्रबंधन आयोग ने वर्क फ्रॉम होम 26 नवंबर तक बढ़ाने का आदेश दिया है। साथ ही, शहर में बाहरी टूकों के प्रवेश पर पाबंदी रहेगी।

सरकारी-निजी दोनों स्कूलों पर लागू :दिल्ली सरकार ने 14 नवंबर को सभी स्कूलों को एक सप्ताह यानी 21 नवंबर तक बंद करने का आदेश दिया था। मंगलवार को वायु गुणवत्ता प्रबंधन आयोग ने भी ऐसा ही निर्देश दिया था। इसी को आधार बनाते हुए निदेशालय ने फैसला लिया है। अफसरों ने बताया कि यह आदेश सरकारी और निजी दोनों स्कूलों पर लागू होगा। ऑनलाइन कक्षाएं चलती रहेंगी और बोर्ड कक्षाओं के लिए परीक्षाएं भी आयोजित होंगी।

घर से काम शुरूवार तक: वायु गुणवत्ता प्रबंधन आयोग ने वर्क फ्रॉम होम की व्यवस्था को 26 नवंबर तक बढ़ा दिया है। इसके बाद दिल्ली सरकार ने कर्मचारियों को शुरूवार तक घर से काम जारी रखने को कहा है। आयोग ने एनसीआर के शहरों में भी 50 वर्क फ्रॉम होम देने का सुझाव दिया है।

कुछ निर्माण गतिविधियों पर से रोक हटाई : आयोग ने एनसीआर में कुछ निर्माण और तोड़फोड़ गतिविधियों पर से पाबंदी हटा दी है। हालांकि, यह राहत केवल रेलवे, मेट्रो, एयरपोर्ट, बसअड्डे और रक्षा से जुड़ी गतिविधियों के लिए ही रहेगी।