



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DA
Wednesday

20220323

New Covid Cases

Single-day rise of 1,581 fresh Covid cases, 33 deaths in India (The Tribune: 20220323)

33 latest fatalities include 24 from Kerala

<https://www.tribuneindia.com/news/nation/single-day-rise-of-1-581-fresh-covid-cases-33-deaths-in-india-379726>

Single-day rise of 1,581 fresh Covid cases, 33 deaths in India

India reported a single-day rise of 1,581 fresh Covid cases, taking the infection tally to 4,30,10,971, while the active cases further declined to 23,913, the Union health ministry said on Tuesday.

The death toll has climbed to 5,16,543, with 33 daily fatalities, the ministry data updated at 8 am stated.

The active cases comprise 0.06 per cent of the total infections, while the national Covid recovery rate was recorded at 98.74 per cent, it said.

A reduction of 1,193 cases has been recorded in the active Covid caseload in a span of 24 hours.

The daily positivity rate was recorded at 0.28 per cent and the weekly positivity rate was also recorded at 0.39 per cent, according to the health ministry.

The last 24 hours saw a total of 5,68,471 Covid tests being conducted. India has so far conducted over 78.36 crore cumulative tests.

The number of people who have recuperated from the disease surged to 4,24,70,515, while the case fatality rate was recorded at 1.20 per cent.

The cumulative doses administered in the country so far under the nationwide Covid vaccination drive has exceeded 181.56 crore.

India's Covid tally had crossed the 20 lakh-mark on August 7, 2020, 30 lakh on August 23, 40 lakh on September 5 and 50 lakh on September 16. It went past 60 lakh on September 28, 70 lakh on October 11, crossed 80 lakh on October 29, 90 lakh on November 20 and surpassed the one crore-mark on December 19.

India crossed the grim milestone of 2 crore cases on May 4 last and 3 crore on June 23.

The 33 latest fatalities include 24 from Kerala.

A total of 5,16,543 deaths have been reported so far in the country, including 1,43,767 from Maharashtra, 67,363 from Kerala, 40,039 from Karnataka, 38,025 from Tamil Nadu, 26,147 from Delhi, 23,492 from Uttar Pradesh and 21,195 deaths from West Bengal.

Covid booster shot for all adults Covid booster shot for all adults mulled (The Tribune: 20220323)

Cases rise in some countries, including China and Singapore

<https://www.tribuneindia.com/news/nation/booster-shot-for-all-adults-mulled-379535>

Covid booster shot for all adults mulled
Union Health Minister Mansukh Mandaviya. File photo

The Union Health Ministry is considering expanding Covid booster shot programme to cover all adults in view of ample vaccine availability in India and the rising cases in some countries, including China and Singapore.

Sources said a booster (or precaution dose) for all adults was being considered, but a final decision was yet to be taken. Started on January 10, the booster shots are currently available for health and frontline workers and everyone aged 60 years and above.

The sources said enough vaccine stocks were available in India and the government was mulling extending further protection to those who had already received two shots. The booster dose to currently eligible people is being given upon the completion of nine months or 39 weeks from the date of administration of the second shot. India today witnessed a record low of 1,549 daily cases as against 3,47,254 recorded on January 21. Health Minister Mansukh Mandaviya credited the decline in cases and successful fight against Covid to people's participation and PM Narendra Modi's leadership.

More than 1.81 billion Covid doses have been administered so far with over 911.9 million first doses and 785.4 million (84 per cent) second doses. In all, 21.7 million precaution doses have been given.

Among 15 to 18 year olds, 76 per cent have received the first and 48 per cent have received both doses. Among 12 to 14 year olds, 1.79 million doses have been given so far, Mandaviya said today. —

Fresh Covid cases

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33 latest fatalities include 24 from Kerala

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Booster shots

A nationwide efficacy audit will allay apprehensions (The Tribune: 20220323)

<https://www.tribuneindia.com/news/editorials/booster-shots-379868>

The uptick in Covid-19 cases in Asian countries such as South Korea, China and Israel, besides parts of Europe, has prompted the Indian Government to consider a vaccine booster shot for all citizens above the age of 18 years. As of now, healthcare and frontline workers and those above 60 years are being given 'precaution' doses. The long gap after receiving the second dose is posing problems for Indians travelling abroad, with some nations not recognising vaccination certificates beyond a time frame of nine months. Even as the third wave has petered out in the country, India can't afford to be complacent as several nations are witnessing a coronavirus resurgence, being attributed to Omicron subvariant BA.2.

It is worrying that India has managed to administer barely 2 crore booster doses to identified categories of beneficiaries ever since the exercise was launched on January 10. The below-par rate suggests large-scale vaccine hesitancy, which will become an even bigger challenge once these shots are extended to the entire adult population. A nationwide efficacy audit is required to ascertain how potent the vaccines are in controlling the surge in cases and minimising casualties and how long the immunity provided by them lasts. Countries with high vaccination rates, including South Korea and Israel, are grappling with a new wave of infections. South Korea is reporting lakhs of Covid cases and hundreds of deaths on a daily basis, indicating lapses in its pre-emptive response.

White House Chief Medical Adviser Dr Anthony Fauci has reiterated that vaccines and booster shots remain the best means to prevent serious illness from the virus. The Central and state authorities must walk the extra mile to dispel apprehensions and indifference among the people about the vaccines. A data-driven approach for improving their efficacy is the need of the hour. The availability of ample stocks should spur the government to take a prompt call on booster shots for all adults. At the same time, the importance of mass testing, aggressive contact tracing and home isolation should be driven home through an extensive public awareness campaign.

Medicinal plants

59,350 farmers get subsidy for cultivation of medicinal plants (The Tribune: 20220323)

<https://www.thehindu.com/news/national/59350-farmers-get-subsidy-for-cultivation-of-medicinal-plants/article65249461.ece>

84 medicinal species have been cultivated in pan India scheme

Till date, the Ministry of Ayush has supported 59,350 farmers for cultivation of 84 medicinal plant species out of 140 prioritised medicinal plants, and covered 56,305 hectare area throughout the country from 2015-16 to 2020-21, according to information submitted by Ayush Minister Sarbananda Sonowal in Rajya Sabha during the on-going Parliament session.

The Minister was responding to a question from M.V. Shreyams Kumar on the number of farmers who cultivate medicinal plants and have availed subsidy

Fourth wave of COVID-19

IIT-Kanpur hasn't forecast fourth wave of COVID-19: Centre (The Hindu: 20220323)

<https://www.thehindu.com/news/national/iit-kanpur-has-clarified-on-forecast-of-fourth-wave-of-covid-19-bharati-pawar/article65249450.ece>

It's an independent study by a team of researchers, says Minister of State for Health Bharati Pravin Pawar informs Rajya Sabha.

The Indian Institute of Technology, Kanpur, has clarified that they have not forecasted another wave of COVID-19. It was an independent study done by a team of researchers from their Department of Mathematics and Statistics who have prepared a mathematical model and submitted the same to a pre-print server for experts to comment on. The same was not peer-reviewed, the Health Ministry submitted in the Rajya Sabha on Tuesday.

Responding to a question by member Brijlal, Minister of State in Health Ministry Dr. Bharati Pravin Pawar said that modelling studies were based on

Coronavirus

India adds 1,761 COVID-19 cases, lowest single-day rise in nearly two years (The Hindu: 20220323)

<https://www.thehindu.com/news/national/covid/article65242919.ece>

The death toll climbed to 5,16,479 with 127 fresh fatalities India on Sunday recorded 1,761 fresh coronavirus infections, the lowest in around 688 days, that took its tally to 4,30,07,841, while the active cases declined further to 26,240, according to Union Health Ministry data.

The death toll climbed to 5,16,479 with 127 fresh fatalities, the data updated at 8.00 a.m. stated.

Food and Nutrition

Foods to include in your breakfast when on a weight loss and muscle-building journey

From oatmeal to puris, here's what you should and shouldn't be having. (The Indian Express: 20220323)

<https://indianexpress.com/article/lifestyle/health/what-you-should-include-in-your-breakfast-if-you-are-trying-to-lose-weight-and-build-lean-muscle-7783803/>

breakfast, healthy breakfast, oatmealA filling ,nutritious breakfast is key to starting your day on a high note, and fuel your challenging workouts. (Photo: Pexels)

Eating a nutritious breakfast is one of the most important things when you are trying to lose weight and also build lean muscles. It is mandatory to fill your diet with nutritious whole foods throughout the day to optimise your health, build muscles and lose weight in a healthy, and sustainable manner.

Gurpreet Kaur, senior clinical nutritionist, Cloudnine Group of Hospitals, Chandigarh, suggests the following foods for breakfast when on a weight loss and muscle-building journey along with easy, fuss free recipes:

Oats

Oats — low in calories, high in fiber and protein — make for a healthy and delicious breakfast option. It also contains beta-glucan which helps in lowering blood sugar and controlling the appetite.

Recipe: Combine 1 cup of cooked oatmeal with half cup of berries or any seasonal fruit, 1 tsp flax seeds and a handful of almonds for a power packed, high fiber morning meal.

ALSO CHECK OUT |Healthy breakfast: Start your day with protein-packed peanut dosa (recipe inside)

Eggs – Eggs contain all the essential amino acids which are needed to build muscle tissues.

Recipe: Make an omelet in minimum oil, add chopped veggies to it for added nutrition, and a slice of whole grain toast to complete the meal. This protein packed breakfast is especially great to build strong muscles and bones.

Yoghurt

yoghurt Yoghurt is a great source of protein. (Photo: Pexels)

Yoghurt is a great source of protein, bone strengthening calcium and electrolytes like potassium. It also lends healthy bacteria which keeps your gut healthy and boosts your immune system.

Recipe: Make a delicious yet quick and easy yoghurt smoothie by adding berries and nuts to balance the meal.

ALSO READ | Know the connection between gut health and optimal weight loss
Mixed sprouts and poha

Sprouts are excellent for your digestive health as well as for maintaining healthy skin. On the other hand, apart from carbs, poha is rich in iron and fiber content which means you are less likely to feel lethargic during the day hours.

Recipe: You can add mixed sprouts to the poha and cook it for 2-3 min while continuously stirring to avoid overcooking.

Urad dal

Urad dal, also known as black gram, is rich in dietary fibers, vitamin and minerals, especially potassium, iron and magnesium. It also helps in treating inflammation of joints and muscle pain, strengthens the nervous system and improves the digestive system.

Recipe: Make a batter using rolled oats and soaked urad dal and fill it in greased idli molds. Steam it for 5-10 minutes.

ALSO READ | 'Make conscious choices': Nutritionist shares mantra to manage sugar cravings during festivals

While filling up on the right foods can easily curb the cravings and keeps us full for a longer period, consuming the wrong foods can amplify cravings and set you up for failure. Here are a few things Kaur advises to skip when it comes to a healthy breakfast:

– Try to avoid breakfast made from refined grains such as sugary breakfast cereals and white bread as it provides more calories without much nutrition.

-Avoid taking store bought protein shakes for building muscles as these could lead to many health risks.

-Avoid having greasy breakfast such as fried puris or oily parathas with butter.

– Listen to your body and its needs, but don't over eat.

eWeight Loss

Healthy dessert

Craving something sweet but don't want to cheat on your diet? Try this healthy dessert

If you wish to satiate your taste buds just a little bit today, go ahead and do it (The Indian Express: 20220323)

<https://indianexpress.com/article/lifestyle/food-wine/sweet-cheat-meal-diet-healthy-dessert-recipe-7793589/>

dessert recipe, healthy dessert recipe, simple dessert recipe, how to make a healthy dessert at home, cheat meal, indian express news Would you like to try this dark chocolate mousse with berries? (Representational image/Getty)

Often, when we are on a diet, we get this strong urge to 'cheat'. In other words, when we are trying to stay away from certain foods that may be counter-productive to our diet goals, we get the craving to eat those exact same things.

Dessert lovers will vouch for the fact that it is incredibly difficult to stay away from certain recipes. If you wish to satiate your taste buds just a little bit today, go ahead and do it. While it is okay to cheat on your diet sometimes, you do not have to compromise on your health.

ALSO READ | 'Crime against humanity': Coriander-flavoured sundae leaves netizens baffled
Celebrity fitness trainer Yasmin Karachiwala shared a delicious dessert recipe on Instagram that involves three healthy ingredients only. Take a look.

Precaution dose

Precaution dose: Doctor on why everyone eligible must 'take it without fail' (The Indian Express: 20220323)

"Getting jabbed will reduce the rate of hospital admissions, and one will be able to protect people around him/her. Vaccination is a vital tool to curb the spread of Covid-19," said Dr Manjiri Karlekar

<https://indianexpress.com/article/lifestyle/health/precaution-dose-all-above-60-years-march-16-7822119/>

precaution dose From March 16, precaution dose is opened for all and not just people with co-morbidities (Source: Express Photo by Nirma; Harindran)

Continuing the fight against Covid 19, the Health Ministry began Covid-19 precaution dose for all above 60 years on March 16, 2022, National Vaccination Day, at all Government Covid Vaccination Centers. Earlier, Prime Minister Narendra Modi, in a televised address to the nation, had announced that a “precaution dose” for frontline workers, and only people with co-morbidities above 60 years of age would be administered from January 10, 2022.

Also Read |Why a gap of 9-12 months between ‘precaution dose’ and second jab is important Union Health and Family Welfare Minister Mansukh Mandaviya also informed of the development while urging everyone to get vaccinated with the precaution dose after a gap of nine months or 36 weeks from the date of administration of the second dose.

According to the guidelines issued by the Ministry, the precaution dose should be with the same vaccine with which the primary vaccination was done.

“Underscoring slow pace of vaccination among the vulnerable groups, States were urged to ensure that all those above 60 years of age are covered with both doses of Covid-19 vaccine. Regular reviews to be conducted at District and Block levels to ensure coverage of eligible beneficiaries,” noted the Press Information Bureau’s notification.

ALSO READ |Covid vaccine potentially benefits mental health, a study finds

“Today is an important day in India’s efforts to vaccinate our citizens. Now onwards all those above 60 are eligible for precaution doses. I urge people to get vaccinated,” said Prime Minister Narendra Modi in a tweet.

Why should those above 60 years should take the vaccine?

Dr Manjiri Karlekar, endocrinologist consultant, Zen Multispeciality Hospital said that everyone who has been recommended to take the precaution dose should take it without fail irrespective of co-morbidities. “Getting jabbed will reduce the rate of hospital admissions, and one will be able to protect people around him/her. Vaccination is a vital tool to curb the spread of Covid-19,” she said.

ALSO READ |Why get vaccinated? An expert answers your frequently-asked questions
What should you do post vaccination?

One may have side effects such as fever, pain and swelling at the injection site, body pain, or a headache. “But, don’t fret. Avoid doing any strenuous activities after taking the dose. Eat a nutritious diet, stay hydrated by drinking water and rest enough. If you are taking any medication, do so only after consulting the doctor,” said Dr Karlekar.

World Health Organization advises that people should do everything possible to stop the spread of the virus in order to prevent mutations. “This means staying at least 1 metre away from others, covering a cough or sneeze in your elbow, frequently cleaning your hands, wearing a mask and avoiding poorly ventilated rooms or opening a window.”

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📣 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.

Eye health'

Ayurveda alert: Nutritionist shares 'miraculous homemade mixture for eye health'

"Particularly children with high number glasses or senior citizens with deteriorating vision will benefit from this desi nuska," said nutritionist and fitness influencer Juhi Kapoor The Indian Express: 20220323)

eye health (Source: Getty Images/Thinkstock)

Increased screen time, especially amid the pandemic, has put enormous stress on eye health. However, many people tend to overlook the same, until they experience discomfort or some symptom like redness, headaches, or watery eyes. Which is why, experts always recommend regular eye checkups to keep any issues at bay.

But, along with that one must also consume foods that help keep the eyes healthy and the vision strong.

Also on eye health |Want to improve your eyesight? Try these delicious and healthy dips
As such, nutritionist and fitness influencer Juhi Kapoor also shared an easy home remedy that can help.

“An age old traditional blend often added to milk for boosting eye health. Particularly children with high number glasses or senior citizens with deteriorating vision will benefit from this desi nuska (traditional home remedy). With today's generation, totally berserk over digital screens – eye health gets overlooked. To keep your eyes healthy, do try this beautiful combination as your daily ritual in milk,” she said.

Kapoor also mentioned that as per Ayurveda, the mix can help improve vision.

Ingredients

100g – Almonds

100g – Rock sugar or misri

100g – Fennel seeds or saunf

Method

*In a blender, add all ingredients together.

*The mixture is ready.

Pollution (The Asian Age:20220323)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=16246577>

■ No Indian city met WHO air quality standard ■ Wake-up call for governments and civic bodies: Greenpeace

Delhi most polluted capital in world for 4th yr in row

AGE CORRESPONDENT
NEW DELHI, MARCH 22

Delhi was found to be the most polluted capital in the world for the fourth consecutive year in 2021 and 35 of the 50 cities with the worst air quality were in India, according to a new report.

In 2021, none of the cities in India met the prescribed World Health Organisation (WHO) air quality standards of 5 micrograms per cubic meter ($\mu\text{g}/\text{m}^3$), stated the World Air Quality Report 2021 prepared by Swiss organisation IQAir that was released globally on Tuesday.

The report, presenting an overview of the state of global air quality in 2021, is based on PM2.5 air quality data from 6,475 cities in 117 countries.

The report mentioned that among the most polluted capital cities, Dhaka ranked second after Delhi followed by N'Djamena in Chad, Dushanbe in

■ AMONG THE most polluted capital cities, Dhaka ranked second after Delhi followed by N'Djamena in Chad, Dushanbe in Tajikistan, and Muscat in Oman, the report mentioned

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New Delhi saw a 14.6 per cent increase in PM2.5 concentrations in 2021 with the levels rising to 96.4 $\mu\text{g}/\text{m}^3$ from 84 $\mu\text{g}/\text{m}^3$ in 2020, the report said.

India also continues to feature prominently among the most polluted cities with 35 of the top 50 most polluted cities being in this country. India's annual average PM2.5 levels reached 38.1 $\mu\text{g}/\text{m}^3$ in 2021, ending a three-year trend of improving air quality.

It stated, "India's annual PM2.5 averages have returned to pre-quarantine concentrations as meas-

ured in 2019. Alarming in 2021, none of the Indian cities met the prescribed WHO standards of 5 $\mu\text{g}/\text{m}^3$." The report also revealed that 46 per cent of Indian cities exceeded 50 $\mu\text{g}/\text{m}^3$ air quality level, which is well over 10 times the WHO guidelines.

Commenting on IQAir's recent data, Avinash Chanchal, the campaign manager at Greenpeace India, said the report is a wake-up call for governments and corporations.

"It is once again highlighting that people are breathing dangerously polluted air," he said.

Vehicular emissions are one of the major contributors to urban PM2.5 concentrations.

"With annual vehicle sales in India expected to increase, it is certainly going to impact air quality if corrective measures are not taken in time," Mr Chanchal said.

He asserted that air pollu-

tion has a massive impact on human health and is a major indicator of the accelerating climate catastrophe.

He called for switching to cleaner fuels and the promotion of renewable energy for transportation.

"The good thing is we don't need to invest in science to find the solutions to the air pollution crisis. We know the solution and it is readily accessible PM (particulate matter) air pollution is produced by the burning of fuels which is a major contributor to the climate crisis.

"It is high time that governments promote renewable energy for transportation and build infrastructure that encourages cycling, public transport, and pedestrians," he said.

On the global front, the report finds that only three per cent of cities and no single country met the latest WHO PM2.5 annual air quality guidelines.

'₹62K cr being spent to boost road infra, reduce pollution in Delhi'

AGE CORRESPONDENT
NEW DELHI, MARCH 22

Road projects worth ₹62,000 crore have been undertaken in the national capital to ease traffic congestions, and tackle the problem of pollution, Union road transport minister Nitin Gadkari said on Tuesday.

Replying to a debate on the demands for grants for road transport and highways ministry 2022-23, in the Lok Sabha, Gadkari recalled how he used to get stuck for an hour in Dhaula Kuan traffic every time he used to travel to and from the airport.

In 2019, Gadkari had inaugurated a three-lane underpass at Parade Road junction near Dhaula Kuan in Delhi to ease the traffic



Nitin Gadkari

moving from Delhi to the airport and Gurgaon.

"We are trying to lessen pollution. My department is spending ₹62,000 crore only for tackling Delhi pollution. We made Ring Road and other roads so that pollution comes down," Gadkari said.

The minister further said it is his endeavour to make the road infrastructure in India at par with the United States by 2040. In this context, he referred to a famous quote by former US President John F Kennedy that "American roads are not good because America

is rich, but America is rich because American roads are good".

Highlighting the improvement in highway connectivity and road infrastructure, Gadkari said that it now takes only 40 minutes to travel to Meerut from Delhi, as against four hours earlier. "Our aim is to reduce the cost of construction and improve the quality," he said, adding the milestone of 30 km/day road construction, which is a world record, was achieved by India last year.

The minister said that road travel between Delhi to Jaipur and Delhi to Haridwar now takes 2 hours. Similarly, the travel time from Delhi to Amritsar is now four hours.

Delhi world's most polluted capital

Delhi world's most polluted capital for fourth year in row (Hindustan Times:20220323)

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

Chokehold on Indian cities

Among the world's most polluted cities, Rajasthan's Bhiwadi fared the worst followed by Uttar Pradesh's Ghaziabad. Delhi featured as the fourth most polluted city, while also being the most polluted capital in the world, according to the IQAir World Air Quality Report 2021

WORLD'S MOST POLLUTED

11 of the world's 15 most polluted cities were in India, according to the IQAir World Air Quality Report 2021

MOST POLLUTED CITIES

■ Avg annual PM2.5 conc.

1	Bhiwadi, India	106.2
2	Ghaziabad, India	102
3	Hotan, China	101.5
4	Delhi, India	96.4
5	Jaunpur, India	95.3
6	Faisalabad, Pakistan	94.2
7	Noida, India	91.4
8	Bahawalpur, India	91
9	Peshawar, Pakistan	89.6
10	Bagpat, India	89.1
11	Hisar, India	89
12	Faridabad, India	88.9
13	Greater Noida, India	87.5
14	Rohtak, India	86.9
15	Lahore, Pakistan	86.5

DELHI TOPS MOST POLLUTED CAPITALS

New Delhi	96.4
Dhaka (Bangladesh)	78.1
N'Djamena (Chad)	77.6
Dushanbe (Tajikistan)	59.5
Muscat (Oman)	53.9
Kathmandu (Nepal)	50.9
Manama (Bahrain)	49.8
Baghdad (Iraq)	49.7
Bishkek (Kyrgyzstan)	48.3
Tashkent (Uzbekistan)	42.8





Delhi has been ranked as the most polluted capital city in the world for the fourth consecutive year in an annual air quality report by a Swiss group released on Tuesday.

Annual average PM_{2.5} levels in Delhi increased by almost 15% in 2021 compared to the previous year — from 84.1 micrograms per cubic metre (mcm) to 96.4 mcm, the report said

The IQAir World Air Quality Report 2021 analysed data on PM_{2.5} levels from 6,475 cities in 117 countries and regions across the world. The level of PM_{2.5}, or particulate matter less than 2.5 microns thick, is a key measure of air pollution because these particles enter the bloodstream and cause lasting health damage.

The prescribed annual average limit for PM_{2.5} in India is 40 mcm, according to ambient air quality standards of the Central Pollution Control Board. The World Health Organization standard for the pollutant is 5 mcm.

Dhaka in Bangladesh, N'Djamena in Chad, Dushanbe in Tajikistan and Muscat in Oman followed New Delhi on the list of most polluted national capitals. No country met the WHO standard and of the 6,475 cities, only 3.4% met the WHO limit.

Among the most polluted cities, Rajasthan's Bhiwadi fared the worst followed by Uttar Pradesh's Ghaziabad, on the outskirts of Delhi.

As many as 35 of the 50 topmost polluted cities in the world are in India, the report said. It also showed India's annual average PM_{2.5} levels rose to 58.1 mcm in 2021 — ending a three-year trend of declining concentration of the ultra-fine matter in the country's air. In 2020, India's average annual PM_{2.5} level was 51.9.

"India's annual PM_{2.5} averages have now returned to pre-quarantine concentrations measured in 2019. India is also home to 11 of the 15 most polluted cities in Central and South Asia in 2021, with 48% of India's cities exceeding the 50 micrograms per cubic metre mark, which is over 10 times the WHO guidelines," said the report released by IQAir, a Switzerland -based air quality technology company.

Delhi also ranked third in the 15 most polluted regional cities in central and southeast Asia -- overall, it was fourth, with Chinese city Hotan recording worse figures. Rajasthan's Bhiwadi topped this list with 106.2 average annual PM_{2.5} levels. Besides Delhi, five more cities in the national capital region (NCR) made it to this list.

Ghaziabad was ranked two with average annual PM_{2.5} levels of 102 mcm; Noida ranked sixth with PM_{2.5} levels of 91.4; Baghpat ranked nine, Greater Noida 12, and Rohtak was number 13.

The average annual figures mask what has been an acute air quality crisis that hits much of north India, including Delhi and the National Capital Region cities entirely, during winter. Beginning somewhere around late October, a spell of bad air pushes the PM2.5 concentration to over 300mcg as smoke from farm fires in upwind states descend, choking millions of people in toxic smog.

Pre-winter weather conditions of low wind speeds exacerbates the problem by trapping local pollutions along with the farm fire smoke.

The report is a wake-up call to governments and corporations because it once again highlights dangerously high levels of polluted air people are breathing across the country, said Avinash Chanchal, campaign manager at Greenpeace India, an advocacy group.

“We don’t need to invest in science to find the solutions to the air pollution crisis. We already know the solution, which includes promoting renewable energy for transportation and building infrastructure that encourages cycling, public transport usage and walking,” said Chanchal.

The increase in PM2.5 levels in 2021 over 2020 was inevitable since the country was in a lockdown during 2020 due to the Covid-19 pandemic, said Anumita Roy Chowdhury, executive director, research and advocacy at the Centre for Science and Environment, an advocacy group.

“We have seen that both in 2020 and 2021 that the problem has mostly been the winter months, which tips the average several times over the safe limit,” Roy Chowdhury said. “Looking at the data, three out of top four most polluted cities are in NCR, which once again highlights the need to have a regional action plan to curb pollution.”

Globally, only 3% of the cities and no country met the latest WHO standard for PM2.5.

“It is a shocking fact that no major city or country is providing safe and healthy air to their citizens according to the latest World Health Organization air quality guidelines,” said Frank Hammes, chief executive of IQAir. The report showed how much more work is required to provide clean air around the world, Hammes said.

Physical Fitness

New study highlights power of lifelong exercise to keep muscles healthy (New Kerala:20220323)

According to a new study led by The Physiological Society, individuals aged 68 and above who were physically active throughout the-> View it--> <https://www.newkerala.com/news/2022/42651.htm>

Ketogenic diet

Ketogenic diet combined with triple drugs can prevent pancreatic cancer: Study(New Kerala:20220323)

13 hours ago / ANI Phoenix, March 22: The new study has suggested that a ketogenic diet, which is low in carbohydrates and protein and high in fat, helps to kill pancreat-> View it--> <https://www.newkerala.com/news/2022/42650.htm>

Maternal morbidity

Covid virus may double preterm birth risk, maternal morbidity (New Kerala:20220323)

15 hours ago / IANS New York, March 22: Pregnant patients who tested positive for the coronavirus were found to have more than double the risk of poor outcomes including preterm birth, b-> View it--> <https://www.newkerala.com/news/2022/42604.htm>

Type 2 diabetes

COVID-19 increases risk of type 2 diabetes, reveals study(New Kerala:20220323)

According to a study, people who have had COVID-19 are at increased risk of developing type 2 diabetes. ->-> View it--> <https://www.newkerala.com/news/2022/42593.htm>

Anti-malaria drugs

Anti-malaria drugs can fight pulmonary disease, finds study(New Kerala:20220323)

A team of researchers from Colorado University has found that drugs used to treat malaria are also effective at treating a pulmonary disease similar t-> View it--> <https://www.newkerala.com/news/2022/42585.htm>

Chronic diseases

How mRNA Covid vax tech is boosting therapies for chronic diseases (New Kerala:20220323)

The success of mRNA vaccine technology against Covid is holding promise for treatments against several chronic diseases, as well as influen-> View it--> <https://www.newkerala.com/news/2022/42509.htm>

Allergies

Researchers find ways to ease asthma symptoms caused by seasonal allergies (New Kerala:20220323)

24 hours ago / ANI Washington, March 22: Researchers from Indiana University School of Medicine Department of Microbiology and Immunology have studied new ways to treat seaso-> View it--> <https://www.newkerala.com/news/2022/42353.htm>



न्यूज डीप

सरस दूध 2 रु. साला, नई दरें आज शाम से ही लागू

जयपुर। सोम अशोक गहलौत की घोषणा के बाद जयपुर डेयरी ने 13 दिन पहले खड़ा सरस दूध के 2 रुपए प्रति लिटर की वापस ले लिए। डेयरी ने 9 सालों की सर्वाधिक कीमत पर 2 प्रति लिटर की बढ़ोतरी की थी। सोम ने सोमवार विधायक मंत्री के बड़े हुए दायरे के तहत की घोषणा की थी। अब सरस फोल्ड ट्यूब 58 की जगह 56 और साम ट्यूब 46 की जगह 44 प्रति लिटर में मिलेगा। फोल्ड ट्यूबों का दूध में शुद्ध बूँदों के बाद जयपुर डेयरी में 2 प्रति लिटर की बढ़ोतरी की थी।

व्याख्याता भर्ती: वेटिंग लिस्ट से नियुक्ति नहीं

जयपुर। हाइकोर्ट ने स्कूल व्याख्याता भर्ती-18 के प्रयोग, अध्यापक, ज्योतिष, इंजी. इतिहास के पदों पर वेटिंग लिस्ट से अध्यापकों को नियुक्ति देने पर रोक लगा दी है।

राजस्थान में पहली बार 3 इमरजेंसी होगी

ओटी इक्विपमेंट्स से बेडशीट तक बिना हाथ लगाए ऑटोमैटिक मशीनों से 134⁰ पर स्टरलाइज होंगे

भास्कर EXPLAINER

सुखरूपी जयपुर

एम्बुलेंस में नेत्रो, फुलेली, गेटो और एचपीओ (हिपो एंड पेन्सिलेटिक विरसो) के पौधों को ओडोरो, जॉब और ऑपरेशन के लिए प्रकृत नहीं होगा। 7 फ्लोर के सुपरस्पेशलिटी भवन में इन रोगों के मरीजों को एक ही जगह सभी सुविधाएं मरीजों के अंत तक मिलने लगीं। ऑपरेशन थियटर में काम आने वाले इक्विपमेंट्स से लेकर बेडशीट तक साफला पुनः करने के लिए ऑटोमैटिक और डिट जै मशीनों का इस्तेमाल होगा। एम्बुलेंस मरीजों में सर्वोत्तम सेवा के जर्जर गाने सुन सकेगीं। यहाँ इलाज शुरू होने से रातभर के किसी भी सकारात्मक अवस्था में 3 इमरजेंसी होगी। फली एम्बुलेंस, दूसरी टोप फेजर और तीसरी सुपर स्पेशलिटी भवन में होगी।

एसएमएस में महीने के अंत तक शुरू होगा 7 फ्लोर का सुपर स्पेशलिटी भवन



सुपरस्पेशलिटी अस्पताल में कौन सी सुविधाएं मिलेंगी

- सुपरस्पेशलिटी भवन में 3,36 बेड होंगे।
- 6 मॉड्यूलर ओटी, 7 आधुनिक एंडोस्कोपी रूमों
- स्टोन को निकलने के लिए 'लिटोटॉपी रूमों'
- हीमोडायलिसिस के लिए 21 रूमों
- गो एंड पोस्ट ओपरेटिव वाई
- किचन बैक और 4 ड्री स्कोपिंग रूमों

13 करोड़ रुपए की 3 टेस्ला की MRI मशीन
13 करोड़ की 3 टेस्ला की MRI मशीन लम्बाई गई है। मशीन से निदान की जाय भी होगी। किडनी के लिए सोनाइटो मशीन होगी। लिफ्टिंग के बाद भस्माली में न्यूरोमैटरी-नॉडोलेनोली विभाग अर्थात् होगा।

एसएमएस में 15 से 20% मरीजों का भार कम
नेत्रो, यूरो, गेटो, और हिपो के आउटडोर में योजना 1500 में 2000 मरीज तक इनमें में 150 में 200 मरीज आते हैं। एम्बुलेंस में हर दिन 8000 ओपेरांडो है। एस में करीब 115 फोल्डिंग पर काम हो जाएगा।

संकमण मुक्त करने के लिए 3 लेयर में सफाई
ऑपरेशन में काम में आने वाले इक्विपमेंट्स और अन्य सामान पहले चारार डिस्इन्फेक्शन रूमों में धुवेंगे। फिर पास वाईस रूमों और ऑटोक्लेव रूमों में 45 मिनिट तक 134 डिग्री तापमान पर रखे जाएंगे।

नेफ्रो, गैस्ट्रो, यूरो का पूरा इलाज 1 छत के नीचे
मॉडलर विभाग, बेस्मेंट, पार्किंग, एम्बुलेंस, एम्बुलेंस, सोनोग्राफी, ग्राइंडर फ्लोर, ओपीडी, एम्बुलेंसी प्रकम - एचपीओ बार्नी, मेडिकल रिफाई रूम, डेटा सेंटर होगा।

द्रव्यल शुरू हैं, माह के अंत में सुविधाएं मिलेंगी

■ 4 सुपरस्पेशलिटी में द्रव्यल रन कर रहे हैं। मरीजों और उपकरणों के खर्चों के अंदाजे दे दिए गए हैं। माह के अंत तक इनका शुरू हो जाएगा।

■ सुपरस्पेशलिटी ब्लॉक में हीमोडायलिसिस, एम्बुलेंस और लिफ्टिंग शुरू हैं। एच. एच. के मरीजों को इमरजेंसी में लेकर ऑपरेशन, डिस्चार्ज को सुविधा एक ही छत के नीचे मिल सकेगी।

-**डॉ. विनय प्रसाद, आरओ, एम्बुलेंस अस्पताल**