ASER 2022

ASER 2022 finds sharp drop in children’s reading ability (Hindustan Times: 20230119)

https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=191ff9f19df&imageview=0

The basic ability of young children to read text dropped to the lowest level since 2012, and for them to complete arithmetic problems to levels last seen in 2014, the latest Annual State of Education Report (ASER) has found, detailing for the first time how the Covid-19 pandemic affected learning among schoolchildren.
The report — the survey is usually done once in two years — this year offers the first comparison of learning outcomes from a pre-pandemic period (2018) with how students fared after the two years of heavy Covid-19-related disruptions, which led to education moving online and out of reach for many with limited financial resources.

“Nationally, children’s basic reading ability has dropped to pre-2012 levels, reversing the slow improvement achieved in the intervening years,” said the report, released on Wednesday.

The assessment, by Pratham Foundation, covers children the in age group of 5-16 years, enrolled in both government and private schools across the country. In all groups, there was a sharp drop in learning levels.

The last routine assessment, in 2020, was not done in a regular manner due to the pandemic and the foundation released a report in 2021 looking at some of the other aspects it covers. The 2021 report was notable for finding that the pandemic appeared to have led to a large shift in students form private schools to government-run institutions.

For the latest study, close to 700,000 children from 374,544 households in 19,060 villages across 616 districts were covered in field visits.

The 2022 assessment found that the overall enrolment in schools across the country increased at all levels compared to 2018, with 98.4% in the age group of 6-14 years currently enrolled, compared to 97.2% four years ago.

The report also highlighted a decrease in the proportion of out-of-school girls across the country, and a sharp increase of 7.1 percentage points in the number of children enrolled in pre-primary age groups in 2022, in comparison to 2018.

According to the report, the percentage of Class 3 students in both government and private schools who can read text given to second graders dropped from 27.3% in 2018 to 20.5% in 2022. The last time this proportion was close to this low was in 2012, at 21.5%.

For basic calculations, third graders who could solve a math question given to second graders dropped to 25.9% from 28.2%. This number was 25.4% in 2016, the last time the proportion was lower.

Among the states showing a decline of more than 10 percentage points in basic reading abilities, from 2018 levels, were Kerala (from 52.1% in 2018 to 38.7% in 2022), Himachal Pradesh (from 47.7% to 28.4%), and Haryana (from 46.4% to 31.5%). Large drops were also visible in Andhra Pradesh (from 22.6% to 10.3%) and Telangana (from 18.1% to 5.2%), the report highlighted.

The ASER reading test assesses whether a child can read letters, words, a simple paragraph of first grade level or a story of second grade level of difficulty.

In the case of fifth graders, the proportion of children who could at least read Class 2-level text fell from 50.5% in 2018 to 42.8% in 2022.

States where this indicator held steady or improved marginally included Bihar, Odisha, Manipur, and Jharkhand. States showing a decrease of at least 15 percentage points or more included Andhra Pradesh (from 59.7% in 2018 to 36.3% in 2022), Gujarat (from 53.8% to 34.2%), and Himachal Pradesh (from 76.9% to 61.3%), the report said.
In Class 8, the drop in basic reading ability was lower when compared to the younger students. “Nationally, 69.6% of children enrolled in class eighth in government or private schools can read at least basic text in 2022, falling from 73% in 2018,” the report stated.

Terming the drop in reading abilities as “huge”, director of ASER Centre, Wilima Wadhwa said: “This fall is a huge drop, given how slowly the all-India numbers move, and confirms fears of large learning losses caused by the pandemic.”

The report painted a slightly better, but worrying nonetheless, picture of how arithmetic problem-solving skills had suffered. For instance, children in Class 3 who are able to at least do subtraction dropped from 28.2% in 2018 to 25.9% in 2022. Similarly, the number of children in Class 5 across India who can do division also fell, from 27.9% in 2018 to 25.6% in 2022.

The report called for a “greater need for recovery” in reading as compared to arithmetic. “Clearly, the pandemic has resulted in learning loss. However, what the ASER 2022 figures seem to suggest is that the loss is much greater in reading as compared to arithmetic,” Wadhwa said.

Educationist Meeta Sengupta said the larger impact on reading skills than on arithmetic ability demonstrated that schools were a major contributor to reading learning. “This is put in sharper focus by the smaller drop in Arithmetic - where it seems community learning offers some support, or at least more support than for reading,” she said.

In terms of English reading skills, the report highlighted that only one out of four children in Class 5 and almost half the children in Class 3 in India could read simple English sentences, with more such students being found in private schools as compared to government school.

“Out of those who can read sentences, 62.3% can comprehend their meanings… Massive variations can be seen by state, with many northern and north-eastern states performing better than others,” the report highlighted.

Like its 2021 report, the ASER 2022 report also highlighted an increase in enrolment in government schools amid the Covid-19 pandemic. “The proportion of children (age 6 to 14) enrolled in government schools increased sharply from 65.6% in 2018 to 72.9% in 2022. Increase in government school enrolment is visible in almost every state in the country,” the report stated.

Rukmini Banerjee, CEO of Pratham Foundation, said the rise in government school enrolment can be attributed to several possible contributing factors. “If family income goes down or becomes more uncertain, it is likely that parents may not be able to afford private school fees. Hence, they are likely to pull their children out of private schools and put them in government schools, where at least until the end of the compulsory stage, education is free (till Grade 8).”

She added: “Besides, in rural areas, most private schools are of the low cost or “budget” variety. Many such schools had to shut down during Covid because it was not economically viable to retain the staff.”
Highlighting the increase in enrolment of girls in schools, the report stated that the all-India figure for the percentage of girls aged 11-14 who were out of school stood at 2% in 2022, a sharp improvement from 2018 when the figure was 4.1%. “This figure is around 4% only in Uttar Pradesh and is lower in all other states,” the report said.

The decrease in the proportion of girls not enrolled in school was even sharper among older girls in the 15-16 age group. “In 2008, nationally, more than 20% of girls in the 15-16 age group were not enrolled in school. Ten years later, in 2018, this figure had decreased to 13.5%. The proportion of 15-16-year-old girls not enrolled has continued to drop, standing at 7.9% in 2022,” it added.

Only three states had more than 10% of girls in this age group out of school including Madhya Pradesh (17%), Uttar Pradesh (15%), and Chhattisgarh (11.2%).

“This evidence indicates that at least as far as school enrolment is concerned, the pandemic-induced school closures did not lead to widespread drop-out for either girls or boys older than ten, or even for those older than fourteen. Across all age groups, for boys and girls, school enrolment has actually gone up between 2018 and 2022,” the report said.
Big changes in early years: funding education is key

Not just a remarkable recovery from a devastating pandemic, the data reflects clear progress towards the NEP goal of universal early childhood development, care and education by 2030

Suman Bhattacharjea

In the last few years, several factors have altered the landscape for young children. These include a rapid shift in the focus of education from pre-schools to schools, and the emphasis on early childhood education (ECE) has increased. This has led to a shift in the way we think about the education of young children.

How did these forces — major policy changes as well as a pandemic — affect young children’s participation in pre-schools?

Because the information available on pre-primary education institutions, facilities, staff, and enrolments is still fragmented and incomplete, it may take years before we have a clear picture of how this four-year period altered the landscape of services to young children. It is also possible to identify some initial trends.

Enrolment of 3- and 4-year-olds increased in AWCS:

Many observers expected that after such an extended closure, children and their families would find it difficult to return to school. The ASER 2022 data shows that this is far from the case. For the youngest learners, results from ASER 2022 show that parents’ commitment to children’s education is stronger than ever. In 2022, in rural India, 75.8 per cent of three-year-olds and 82 per cent of four-year-olds attended pre-primary institutions, double the proportion in 2018. This is unsurprising given the loss of livelihoods and financial distress experienced by households during the pandemic as well as the reported closure of many low-cost private schools. As a result, in 2022, more than two-thirds of all four-year-olds (67.8 per cent) and in rural India remained enrolled in government institutions, the vast majority in anganwadis.

Five-year-olds continue in primary school:

Major national policy documents — the Right to Education Act (2009), the Early Childhood Care and Education policy (2018), and the National Education Policy (2020) — all reiterate that children should enter Class I of primary school at age six. Despite these national policy prescriptions, in 2022, approximately one in every three five-year-olds was enrolled in primary school — albeit in somewhat smaller numbers and at a slower pace than expected.

The shifts in enrolment patterns described above have major implications for the early childhood education ecosystem, going forward.

A first major challenge confronts the ICDS anganwadi network. In 2022, the average, four in ten children in the three- to six-year-old age group in rural India remained enrolled in a primary school. With a single anganwadi worker responsible for the delivery of six different services and programs, the demand for young children, the delivery of quality pre-school education was a difficult task to accomplish. However, recent expansion in enrolment patterns appears to be significant extra strain on the system, Ways to leverage additional human, material, and financial resources to support the work of these centres have been implemented and are achieving these goals.
Processed Protein (The Asian Age: 20230119)

PROCESSED PROTEINS: HELPFUL OR HYPE?

Protein powder and supplements are a relatively new fad, particularly among fitness enthusiasts, athletes, and bodybuilders. Experts say it’s either unsafe or of poor quality.

SULOGNA MEHTA

Nowadays, most young people who go to the gym are so eager to build muscles and achieve a Greek-god-like physique in a flash that they consume excessive amounts of protein, primarily artificial, processed protein in the form of powders, drinks, chocolates, and other dietary supplements.

15% PROTEIN POWDERS, SUPPLEMENTS AS UNSAFE/ SUB-STANDARD: FSSAI

According to a sample survey (2012-2015) conducted by the Food Safety and Standards Authority of India (FSSAI), approximately 15% of the protein powders and dietary supplements found in the market are either under weight or of sub-standard quality. Some had labelling flaws as well as misleading information. Cases have also been filed against the companies and the FSSAI.

Doctors, health and nutrition experts warn the public against consuming uncontrolled amounts of artificial protein, which has the potential to harm vital organs such as the kidneys and heart, though more research is needed in this area.

NATIONAL INSTITUTE OF NUTRITION (NIN) RECOMMENDS...

Speaking about the recommended amount of protein per day for an individual, director at National Institute of Nutrition under the aegis of Indian Council of Medical Research (ICMR), New Delhi, scientist Dr R Hemalatha says, “An adult requires approximately 0.66 to 0.89 gms of protein per kg body weight per day regardless of physical activity or gender. From children with rapid growth (building muscles and bones) require only 1.2 to 1.4 g/kg/day. So, an adult weighing 60 kgs will require around 45 gms of protein per day from their diet. It is advisable to consume this quantity of protein from one’s daily natural and balanced diet sources that includes adequate amounts of legumes, nuts, milk and milk products, eggs etc. Also, adequate non-protein energy from carbohydrates and fat is essential for appropriate utilisation of proteins for all essential functions in the body, including muscle building / repair.”

ADDITIVES & PRESERVATIVES

“Moreover, in a race to quickly build muscles and tone up, people consume very high level of packaged, processed protein in the form of powders, beverages and supplements containing additives (colouring, preservatives and flavouring substances, food thickeners and also artificial sweeteners). Some may also contain anabolic agents or steroids. The protein in these substances may come from whey, soy, peas, milk and egg extracts and even rice. However, one should remember that the number of muscle fibres (hypertrophy) is determined at birth and this can’t be changed.”

TURN TO PAGE 13

An adult requires approximately 0.66 to 0.89 gms of protein per kg body weight per day, regardless of physical activity or gender. Also, adequate non-protein energy from carbohydrates and fat is essential for appropriate utilisation of proteins for all essential functions in the body, including muscle building / repair.

— DR R HEMALATHA, director, National Institute of Nutrition.
Thyroid

What your period is trying to tell you about your thyroid (The Times of India: 20230119)


Periods are a reflection of overall health of a woman’s reproductive system and are impacted by a number of factors, including insulin sensitivity, digestion, immunological system, digestion and the thyroid hormone imbalance. The thyroid gland produces thyroid hormones that have many functions in the body, including controlling temperature and energy levels. When your thyroid hormone production is inadequate, numerous body processes slow down and you may have constipation, weariness, depression, dry skin, thinning hair, cold intolerance, muscular cramps, joint pain, unexplained weight gain and irregular menstruation.

02/7 How are Thyroid levels related to periods?

Dr Amit Gupta, Senior Consultant Paediatrician & Neonatologist, Motherhood Hospital, Noida, says “Your thyroid impacts your ovaries directly and indirectly interacts with sex hormone-binding globulin (SHBG). Though the thyroid gland is technically a member of the endocrine system, not the female reproductive system, the thyroid gland's hormones contribute to the proper functioning of the female reproductive system. When the thyroid gland produces either too little or too much thyroid hormone, it could result in thyroid related issues like your menstrual cycles could be erratic, too light, or too heavy. It could also lead to amenorrhea, which is defined as the absence of a period for 90 days or longer, and early menopause can also be brought on by thyroid dysfunction i.e. menopause before 40 years of age.”

03/7 Here’s what your periods is trying to tell you

If you experience heavy menstrual bleeding, i.e if you need to change your pad or tampon less than 2 hours or pass clots very often it could be due to hypothyroidism i.e. your thyroid gland doesn’t produce enough thyroid hormones.

If you experience frequent menstrual bleeding or have menstrual periods that last longer, it could be due to hypothyroidism.

If you experience premenstrual spotting i.e period stains days before your actual menstrual cycle begins it could be a sign of an underactive thyroid gland i.e hypothyroidism.

If you have irregular menstrual cycles or often miss your periods, it could be due to hypothyroidism or hyperthyroidism i.e. it could be due to either the thyroid gland is producing too little or too much thyroid hormone.

If you do not get your periods at all i.e. the menstrual cycles are absent it could also be due to hypothyroidism or hyperthyroidism.
If you experience very little bleeding during your menstrual cycle or the bleeding is too light and for a shorter duration than the typical cycle, it could be due to hyperthyroidism, i.e. due to an overactive thyroid gland.

04/7 What makes treatment of thyroid issues so crucial?

Dr. Gupta says “It is better to start treatment for hypothyroidism and hyperthyroidism to avoid a range of health issues. The symptoms of hypothyroidism might be mild and hard to identify or severe and damaging to your quality of life.”

05/7 If untreated hypothyroidism can result in serious problems like:

Infertility

Heart diseases

Nerve Damage

Goiter

Birth flaws

Could affect your mental health

Could also be fatal in rare case
Cervical spondylosis

Top 10 effective yoga poses for cervical spondylosis (The Times of India:20230119)

01/7Cervical risk is increasing among masses


People are experiencing an alarming increase in illnesses of the neck and spine. The muscles in our bodies naturally deteriorate as we age. However, we may maintain our vitality and activity far into our later years with the right care, nutrition, exercise, and rest. We rarely use the full range of motion that our bodies are capable of. Physical inactivity causes widespread issues including cervical spondylitis and other conditions.

Himalayan Siddha Akshar, Yoga guru, Founder of Akshar Yoga Institutions, says, “The disorder known as cervical spondylitis or cervical spondylosis affects more than 85% of adults over 60. These neck and spine conditions are primarily brought on by bad lifestyle choices. This includes bad posture, inactivity, prolonged periods of inactivity, slouching or hunching when using a phone, etc. One of the main causes of stiffness in the neck and spine regions can be poor posture. Yoga is a holistic science created to help us in many areas of our lives to battle this. Yoga asanas, pranayama, meditation, mudras, and other yogic practices help the practitioner's physical, mental, emotional, and spiritual well-being.”

Try these yoga asanas for relief from cervical pain:

02/7Savitriasana

Savitriasana

Formation of the Posture

Gently drop your knees down

Lift both arms upward

Look in between your palms

Keep your back straight

Sukhasana Variation 2

Start by sitting in any comfortable position such as sukhasana. Keep your back straight and extend your arms up with an inhale. Interlock your fingers and exhale as you place them behind your head. Hold this posture for 30 seconds.

03/7Sukhasana Variation 3

Sukhasana Variation 3
Sitting in sukhasana, place your fingertips on your shoulders and make complete rotations from front to back trying to touch your elbows each time in the front. Reverse the circular motion and repeat for another set rotating your shoulders the other way around.

Marjariasana

Urdhva Mukhi Marjari Asana
Get down on your knees, place palms under shoulders and knees under hips
Inhale, curve your spine to look up
Adho Mukhi Marjari Asana
Exhale, curve your spine to form an arch of the back and allow your neck to drop down
Focus your gaze down

04/7 Ustrasana

Ustrasana

Formation of the Posture
Kneel on the yoga mat
Arch back and slide your palms over your feet till the arms are straight.
Keep your neck in a neutral position.
Stay in this posture for a couple of breaths.
Exhale back to the initial pose.

Hastha Uthanasana

Stand with your feet under your hips and raise both arms up. Do this as you inhale, then bend back with your arms extended. Keep your eyes open, and align your head in between your arms. Avoid bending the knees. Start with 30 degrees and slowly increase along with Sukshma Vyayam.

05/7 Tadasana

This causes stretching of the entire body. Legs, thighs, and knees become strong. Along with this, it makes the spinal cord flexible. To do this asana, first, stand upright and keep a distance of 6 inches between the two legs. After this, interlock the fingers of your two hands and pull your hands up slowly and lift the body with it.

Vajrasana-Savitrihasana: Bring your knees on the floor and rescue pelvis on your skills to sit in vajrasana. From vajrasana lift your pelvis of the heels, straighten your back and lift both hands up looking up between your Palms. Repeat this movement a few times lifting up from vajrasana to savitri looking up and sitting back in vajrasana.
In light of the recent COVID-19 outbreak in China, it is accurate to say that the pandemic is not over yet. The rest of the world continues to battle new emerging coronavirus variants that are not only fast-spreading, but also have the ability to evade natural and vaccine-induced immunity. Currently, the XBB.1.5, nicknamed as Kraken, is said to be a dominant strain of the coronavirus, with the World Health Organization (WHO), referring to it as the most transmissible variant so far.

02/6 Two COVID variants likely to 'take over' UK

Two COVID variants likely to 'take over' UK

While the US Centres for Disease Control and Prevention (CDC) recently announced that 43 percent of all COVID cases in the US were the XBB.1.5 in the week beginning January 8, the UK Health Security Agency (UKHSA) has confirmed that the same strain is likely to 'take over' the UK.

Not just that, as per the health body, along with XBB.1.5, CH.1.1 will replace the BQ.1 variant as the most dominant.

In a statement, the UKHSA said, “The analysis shows that coronavirus (COVID-19) cases in the UK are primarily made up of BQ.1 and its sublineages, consistent with the UKHSA risk assessment published in October.

“Two variants, CH.1.1 and XBB.1.5, appear to have a growth advantage in the UK.

“Both are variants in the Omicron family.

“XBB.1.5 remains at very low prevalence in the UK, so estimates of growth are highly uncertain.

“The risk assessment conducted by UKHSA together with academic partners found that CH.1.1 and XBB.1.5 are currently the variants most likely to take over from BQ.1 as the next dominant variant in the UK, unless further novel variants arise.”

Also read: Omicron XBB.1.5 variant: Top COVID symptoms seen in infections caused by the 'most transmissible variant'

03/6 Vaccinated people more at risk of XBB.1.5 variant

Vaccinated people more at risk of XBB.1.5 variant

In a recent report, it was revealed that the Omicron subvariant XBB.1.5 may be more likely to infect people who have been vaccinated or already had COVID-19.
"Omicron subvariant XBB.1.5 now accounts for 73% of all sequenced COVID-19 cases in NYC. XBB.1.5 is the most transmissible form of COVID-19 that we know of to date and may be more likely to infect people who have been vaccinated or already had COVID-19," read a tweet by the official account of the NYC Department of Health and Mental Hygiene.

However, the health experts continue to urge people to get vaccinated.

04/6 How India can stay prepared

How India can stay prepared

Besides vaccines, following a COVID-appropriate behavior is still key in curbing the spread of the virus.

Wearing a well-fitted mask, maintaining social distance, avoiding crowds and following proper hand hygiene are some of the essential measures you can take.

Vigilance is extremely crucial, especially because the vulnerable in the society continue to be at huge risk of severe illnesses.

05/6 Role of vaccination

Role of vaccination

COVID-19 vaccines have remained a debatable subject. While doctors and medical experts have hailed the available jabs for preventing severe coronavirus illness, many question the effectiveness of the vaccine shots.

Although breakthrough infections are still prevalent, experts continue to encourage people to take the jabs so as to reduce the risk of hospitalization and death.

"We do not know yet whether XBB.1.5 may cause more severe disease. Getting the COVID-19 vaccine — including the updated booster — is still the best way to protect yourself from hospitalization and death from COVID-19, including from these new variants," reads the tweet by the NYC Department of Health and Mental Hygiene.

06/6 Know your symptoms

Know your symptoms

Anyone can be prone to COVID-19 illness. If you have got infected, you must take necessary steps to avoid spreading it further. First and foremost, recognize the symptoms. According to the UK Zoe Health Study app, the most common COVID symptoms include:

- Runny nose
- Headache
- Fatigue (mild or severe)
- Sneezing
- Sore throat
In case you develop these symptoms, do not make the mistake of socializing with others. Regardless of whether or not you have COVID, isolate yourself. Best to take a COVID test and wait until the results read 'negative'.

**Almond**

**Want to stop sugar spike after meals? Eating almonds before can help, even reverse diabetes (The Indian Express:20230119)**


With strapped devices, test subjects, who had almonds, showed a significant 20 per cent drop in their post-prandial sugar spikes. The study was authored by Dr Seema Gulati, Centre for Nutrition Research, National Diabetes, Obesity, and Cholesterol Foundation (NDOC), and Dr Anoop Misra, Chairman, Fortis CDOC Hospital for Diabetes and Allied Sciences

Almonds are a traditional snack for Indians (Source: Getty Images/Thinkstock)

If you take 20 grams of almonds about 30 minutes before each of the three major meals of the day, then this collective pre-meal load of 60 gms can actually cut back your post-prandial blood glucose spike by 20 per cent. Yes, an India-specific study has finally proved this corrective nature of the nut. Almonds were chosen as a pre-meal load because of their familiarity among Indians, their concentration of mono-unsaturated fatty acid (MUFA), fibres and proteins.

**Protein bars nutritious**

**Are protein bars nutritious or just another candy treat? (The Indian Express:20230119)**

[https://indianexpress.com/article/health-wellness/are-protein-bars-nutritious-or-just-another-candy-treat-8389913/](https://indianexpress.com/article/health-wellness/are-protein-bars-nutritious-or-just-another-candy-treat-8389913/)

Commercially-produced protein bars contain high amounts of added sugar. Besides, they use unhealthy sweeteners like high-fructose corn syrup, which can increase your risk of fatty liver, obesity and diabetes when consumed in high amounts, says Dr Neeti Pravesh, Associate Consultant- Internal Medicine, Max Hospital, Shalimar Bagh

While some protein bars may use fat from whole nuts and seeds, most use highly processed plant oils, like palm, canola, peanut or soybean oil. (Pic source: Getty)
**Cholesterol**

Here’s why you should switch to millets: Study shows refined flour builds up cholesterol in your heart *(The Indian Express:20230119)*


“Eating refined grains is akin to consuming sugars and oils. This is because the removal of bran and fibres increases the glycemic index of the grains. There should be an effort to reduce the amount of simple carbohydrates from the diet, especially when carbohydrates make up a very high proportion of our diet,” said Dr Rakesh Yadav, professor of cardiology at the All India Institute of Medical Sciences, New Delhi.

What we have known has now been proved clinically, that refined grains are bad for your heart health. In fact, a study of 2,099 Iranian individuals has shown that consumption of refined grains – milled or ground flour to improve shelf life – is associated with an increased risk of premature coronary artery disease. This means a cholesterol build-up on artery walls, resulting in them narrowing before the age of 55 years in men and 65 years in women. The consumption of whole grains, on the other hand, was linked to lower risk of premature heart disease.

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**Joint Pains**

Cold chilling your bones? Exercise, hydrate and eat healthy to avoid pain, falls *(The Indian Express:20230119)*


Pain receptors become more sensitive during the winter season, says Dr Manit Arora, Consultant, Orthopaedics and Sports Medicine, Fortis Hospital, Mohali. He offers a few tips to get by a harsh winter

bone health, bones, cartilage, indian express, indian express newsCold weather can impact your bones. (Photo by Thinkstock Images)

The freezing temperatures can aggravate the condition of those suffering from joint pains or deteriorating bone health. This is because the bone loss in our bodies is at its peak owing to a variety of factors. Dr Manit Arora, Consultant, Orthopaedics and Sports Medicine, Fortis Hospital Mohali, explains the preventive measures to maintain healthy bones during winter.
Artificial pancreas

How an artificial pancreas, a wearable device, can help you control diabetes? (The Indian Express:20230119)


The device is indeed safe and most importantly does not increase the risk of hypoglycemia. So, it would indeed help insulin-dependent patients. But then cost and tech ease are challenges, says Dr Ambrish Mithal, Chairman and Head, Endocrinology and Diabetes, Max Healthcare.

An artificial pancreas may help Type 2 diabetes patients regulate their blood glucose levels better than without it. And there’s no risk of sugar dipping to unhealthy low levels. Scientists from Cambridge University, UK, conducted a trial using the artificial pancreas, which is a closed-loop system that consists of an insulin pump and glucose monitor, and linking it to an app the researchers developed. And at the end of it, participants who used the artificial pancreas stayed in their target glucose range for twice as long as they did without the system.

Chronic diseases

India to face ‘tsunami’ of chronic diseases like cancer: U.S.-based oncologist (The Hindu:20230119)


As per the Globocan estimates, the cancer burden worldwide is expected to be 28.4 million cases in 2040, a 47% rise from 2020, due to demographic changes.

India will face a tsunami of chronic diseases such as cancer due to globalisation, growing economy, ageing population and changing lifestyle, warns a leading oncologist, making it imperative for the nation to embrace technology-driven medical techniques to prevent health catastrophes in an effective manner.
Cancer vaccines for prevention and treatment, expansion of Artificial Intelligence & data
digital technology, and cancer diagnosis from liquid biopsies are among the six trends that will
reshape cancer care in this century, says Dr. Jame Abraham, Chairman, Department of
Haematology and Medical Oncology, Cleveland Clinic, Ohio, U.S.A.

Abortion

Supreme Court asks AIIMS to examine if abortion of 29-week pregnant B. Tech student can be conducted safely (The Hindu:20230119)


The top court asked AIIMS to submit the report after medical examination of the woman. File

The Supreme Court on January 19 asked the director of AIIMS, Delhi, to constitute a team of
doctors to examine whether termination of 29 weeks pregnancy arising out of a live-in
relationship of an unmarried 20-year-old B. Tech student can be conducted safely.

The top court asked AIIMS to submit the report after medical examination of the woman on
January 20, according to news agency ANI.

Annual Status of Education Report 2022

Annual Status of Education Report 2022 flags widening learning gaps (The Hindu:20230119)


Annual Status of Education Report 2022 report shows that government schools saw a sharp
rise in enrolment for the first time in 16 years; basic literacy levels of children have taken a big
hit, with their reading ability as compared to numeracy skills worsening much more sharply
and dropping to pre-2012 levels
Annual Status of Education Report is a household survey conducted across 616 rural districts and covers 6.9 lakh children in the age group of 3 to 16 years to record their schooling status and assess their basic reading and arithmetic skills. File

As schools reopened after nearly two years of closure due to COVID-19, student enrolments increased to more than pre-pandemic levels but the learning gap widened for foundational skills in reading and arithmetic, reversing several years of improvement, finds the Annual Status of Education Report (ASER) 2022, released by the NGO Pratham on Wednesday.

The national-level study shows that despite school closures during the pandemic, the overall enrolment figures, which have been above 95% for the past 15 years for the 6 to 14 years age group, increased from 97.2% in 2018 to 98.4% in 2022.

**Brain Attack**

AIIMS के न्यूरोलॉजिस्ट ने बताया इन 5 चीजों से कभी भी आ सकता है Stroke, बचने के लिए न करें इस काम में देरी (Navbharat Times: 20230119)


Can Stroke Be Cured: स्ट्रोक एक गंभीर और जानलेवा मेडिकल कंडिशन है। इससे व्यक्ति के पूरी तरह ठीक होने की कम संभावना होती है। इससे बचना ही फायदेमंद होता है।

5 causes of stroke aiims neurologist dr priyanka sehrawat shared tips to prevent brain attack

AIIMS के न्यूरोलॉजिस्ट ने बताया इन 5 चीजों से कभी भी आ सकता है Stroke, बचने के लिए न करें इस काम में देरी

दिमाग में होने वाला स्ट्रोक बहुत गंभीर होता है। इसके प्रभाव से मानसिक समस्याओं तक लेंगे समय तक बचने रह सकते हैं। इसे ब्रेन अटैक (Brain Attack) भी कहा जाता है। इससे ठीक होने की संभावना सभी में अलग-अलग हो सकती है। कई मामलों में यह मौत का कारण भी बनता है।

बेस्ट डील के साथ अपग्रेड करने का समय-लैपटॉप पर बड़ी छूट |

WHO के अनुसार, हर साल 15 मिलियन लोग स्ट्रोक की झपट में आते हैं। जिसमें से 5 मिलियन मरीजों की मौत और 5 मिलियन मरीज होमेस्टेड के लिए विकलांग हो जाते हैं।
Anti Diabetic Fruits:

Anti Diabetic Fruits: इंसुलिन का हाई डोज है काला अंगूर, एक्सपर्ट ने बताया ऐसे खाएंगे तो कालू रहेगा Blood Sugar (Navbharat Times :20230119)


Black Grapes Benefits for Diabetics: सर्वाधिक मात्रा में खाने पर अवसर आया। सारी अंदाजे में एक वजह यह है कि एक बार इसमें काले अंगूर के खाने में है, तो अंदा के रूप में उपयोग करने के लिए केवल दो उपाय हैं। अंदा के रूप में उपयोग करने के लिए केवल दो उपाय हैं।

which fruit is best for diabetes nutritionist told black grapes can easily control high blood sugar level in diabetics

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दायित्विकाः (Diabetes) जीवनशैली से जुड़ी किसी ऊर्जा की तथा बीमारी के लिए एक उपाय का प्रयोग करना है। अंदाजे में एक बार इसमें काले अंगूर के खाने में है, तो अंदा के रूप में उपयोग करने के लिए केवल दो उपाय हैं। एक उपाय का प्रयोग करना है।

Blood Sugar
Milk Side Effects: 

How Much Milk Should You Drink: [link to article]

- CDC recommends drinking 200-500 grams of milk daily.
- Milk has many benefits, but also has side effects.
- Drinking too much milk can cause hip fractures.

Milk Side Effects: [link to article]

- Milk is a good source of calcium and vitamin D.
- However, drinking too much milk can cause gastrointestinal issues.
- Milk can also affect people with lactose intolerance.

CDC recommends consuming 2-3 cups (400-500 grams) of milk daily.
उद्ध दूध कर सकता है पाचन खराब

दूध में लैक्टोज पाया जाता है। जिसके कारण अधिक मात्रा में इसके सेवन से गैस, ब्लॉटिंग, दर्द जैसी पाचन संबंधी समस्याओं होने का खतरा रहता है।

अधिक मात्रा में दूध करता है ईम्यूडनटी को खराब

जिन लोगों को डिज़ारी प्रोडक्ट से एल्जार होती है, दूध जहर का काम करता है। इसके साथ ही बॉईडी में लैक्टोज की मात्रा बढ़ने से रोगों से लड़ने की असमंजस हो सकती है।

कैडल्श-विटामिन D के लिए दूध के साथ खाएं ये पूड

कैडल्श और विटामिन D की परंपरा मात्रा के लिए सुनिश्चित करें कि आप दूध के साथ पनीर, दही, साग, ब्रोकोली, अंजीर और संतरे जैसे फूड को डाइट में शामिल कर सकते हैं।