

Sunday Health Care

Dengue-like viral fever piles more pain

Viral diseases with symptoms close to dengue, including high fever with rigor, rashes and even a platelet count drop, are on the prowl in Kolkata. Even though benign, at least one virus has the potential to trigger macrophage activation syndrome, which has been a feature of the dengue virus this time, say doctors. Around 50 viral infection victims are now admitted across several hospitals in Kolkata.

Belle Vue Clinic has as many as 18 patients who have neither dengue nor malaria, but symptoms very close to both. Some even suffered a platelet count drop—a classical dengue symptom. “In some cases, the symptoms were very severe and almost identical to dengue. At the time of admission, there was very little to distinguish the ailment from dengue. Such symptoms could be misleading, so we are not taking any chances,” said Samarjit Naskar, critical care expert at Belle Vue. Most viral strains remain undetected, though, added Naskar. Several patients at Belle Vue had muscle pain and watery eyes, which are not classical virus symptoms. “A family of four had identical symptoms not associated with either dengue or viral attacks. Fortunately, they have recovered but the spate of virus attacks continues,” Rahul Jain, internal medicine specialist, Belle Vue.

It is the EB virus (EBV) that has often been laying Kolkatans low, according to Shyamasis Banerjee, senior consultant at Apollo Gleneagles Hospitals. “Around 10% of our patients are suffering from viral attacks. These are not fatal infections but are close to dengue in terms of symptoms. The

EBV, for instance, could lead to macrophage activation syndrome. It is usually characterized by an upper respiratory tract infection. We have had a few patients struck by the H1N1 virus, too. One even had the tuberculosis virus but has now recovered,” said Banerjee. At Medica Superspecialty Hospital, around a dozen are admitted with viral infections. Some have even developed rashes, much like haemorrhagic dengue patients. But these patients have nothing to fear, according to critical care head Arindam Kar. “There has been a scare following the dengue deaths this week. But viral attacks continue almost throughout the year. At this time of the year, there’s usually a spurt and this year hasn’t been different. Some of the viral attacks are severe, even though benign. The ones triggering rashes have led to a scare. But they don’t lead to an internal haemorrhage as in dengue. We have encountered multiple viruses this time and some are indeed close to dengue,” said Kar.

Most viruses remain undetected since hospitals and patients cease to conduct tests once the patient starts recovering. AMRI Hospital Salt Lake doesn’t admit viral attack patients unless they are very critical. “Most of these viruses strike with symptoms that look threatening, but lose their sting after a couple of days. They are self-limiting and rarely turn out to be fatal. But some like the EBV, in a few rare cases, may cause long-term damage. These include hypoplastic anaemia and cardiac ailments,” said Debashish Saha, consultant at AMRI.

Short Story

Unhelpful Friends

Bunny rabbit lived in the forest. He had many friends. He was proud of his friends.

One day Bunny rabbit heard the loud barking of wild dogs. He was very scared. He decided to ask for help. He quickly went to his friend deer. He said, “Dear friend, some wild dogs are chasing me. Can you chase them away with your sharp antlers?”

The deer said, “That is right, I can. But now I am busy. Why don’t you ask bear for help?”

Bunny rabbit ran to the bear. “My dear friend, you are very strong. Please help me. Some wild dogs are after me. Please chase them away,” he requested to the bear.

The bear replied, “I am sorry. I am hungry and tired. I need to find some food. Please ask the monkey for help.”

Poor Bunny went to the monkey,



the elephant, the goat and all his other friends. Bunny felt sad that nobody was ready to help him. He understood that he had to think of a way out by himself. He hid under a bush. He lay very still. The wild dogs did not find the bunny. They went chasing other animals.

Bunny rabbit learnt that he had to learn to survive by himself, not depending on his unhelpful friends.

Moral: It is better to rely on yourself than depend on others.
Source: H & C

By: Purnima Sharma

P. Srinivasa Rao, an agricultural labourer, lived in Ullipalem village of Krishna district in Andhra Pradesh. Being a poor daily wage labourer and having no fixed assets in his name, he could barely manage two square meals for his family. Srinivasa never thought of opening a bank account till he was convinced by Saptgiri Gramin Bank about the benefits of having an account with them. Finally, he opened his bank account in March 2015. With some persuasion from the bank, he also opted for the Union Government’s Life Insurance Scheme, Pradhan Mantri Jeevan Jyoti Bima Yojna (PMJJBY) and paid the premium amount of Rs. 330 in July 2015. Suddenly, in August 2015, he got a massive heart attack and died leaving behind his wife and two small kids. His wife knew about the insurance cover her husband had taken under PMJJBY. She approached the bank for information asking for financial assistance, the bank officials were helpful and assisted her in submitting the death claim to insurance company which settled the claim in favour of the nominee, wife of the deceased and credited the amount of Rs. two lakh into her saving bank account in November 2015.

With the timely support from the bank and PMJJBY Scheme, the deceased’s family got much needed, financial support and his children

could continue their education. We can well imagine the plight of the poor family had the deceased not opted for the PMJJBY. This is an example where a poor family having no assets and fixed income benefited-out of the scheme. This is the aim of many other social security schemes of the Union Government to provide financial security to the common man in case of any untoward and unforeseen situation in life.

We have made immense economic progress but India is still an uninsured society as a whole. A large segment of society has been living without any social security or rather an uninsured life. After any untoward incident, i.e. accident or death, every poor family needs financial and social security the most. Social Security is an aspect which the present Government identified as a primary need. In order to achieve the objective of social security for common man, the Government has launched many schemes.

These Social Security Schemes have been launched with the objective of providing insurance services to the economically weaker section of society. Keeping in mind the lower income group, premium of these schemes have been kept fairly low, so that the benefit of these schemes can reach far and wide to the unreached. The schemes can be availed via bank accounts only. The Union Government is making

tremendous efforts to universalize banking facilities through its financial inclusion scheme i.e. Pradhan Mantri Jan Dhan Yojana (PMJDY).

Under the Pradhan Mantri Surksha Bima Yojana (PMSBY), 9.61 crore policies and under Pradhan Mantri Jeevan Jyoti Bima Yojna (PMJJBY), 3.03 crore insurance policies have been issued till 21st July, 2016. Nearly 36,000 claims were registered under PMJJBY of which more than 31, 200 claims have been disbursed. Similarly, of the 7,025 claims registered under PMSBY, 4,551 have been disbursed till 21st July of this year.

Pradhan Mantri Jeevan Jyoti Bima Yojna (PMJJBY) is a one year Life Insurance Scheme, which is annually renewable, and it provides coverage of Rs. 2 lakh in case of death due to any reason. The scheme is available to people in the age group of 18 to 50 years at the annual premium of Rs. 330.

Pradhan Mantri Surksha Bima Yojana (PMSBY) is one year Personal Accident Insurance Scheme. It is annually renewable at a premium of Rs. 12 only. The policy offers coverage of Rs. 2 lakh in case of death or permanent total disability and Rs. one lakh for permanent partial disability due to an accident. It is available to the people in the age group of 18 to 70 years. So far (till 21st July, 2016) over 4,500 claims had been disbursed

and provided financial relief to the families of affected persons.

The Atal Pension Yojna (APY) provides income security, for old people. Under this Scheme, the Government guarantees minimum monthly pension ranging from Rs. 1,000 to Rs. 5,000 from 60 years onwards to the subscriber. After subscriber’s death, pension would go to his/her spouse for life and thereafter, the pension corpus as at the age of 60 years of subscriber, is returned to the nominee. It is specifically focused on all the citizens in the unorganised sector. Over 28.71 lakh subscribers are enrolled till date.

These Social Security Schemes are leaving a positive impact on society. State Governments and district administration have been made partners in the implementation of these schemes. There are several success stories of these schemes from the villages and cities. People are not only becoming financially strong, but their life is changing for good. Their ambitions are growing. This is true financial inclusion in letter and spirit. Corruption is declining as the money is coming directly in the beneficiaries’ bank accounts. And this is one of the prime objectives of these schemes. The horizon of a new dawn of social security has set in and more and more people are getting connected to it.

(Courtesy PIB Feature)
(Author is an independent journalist and TV anchor)

National & International News

Curfew in Kashmir Valley for 30th consecutive day

PTI Srinagar, Aug 7: Curfew in many parts and separatist-sponsored strike disrupted normal life for the 30th straight day today in Kashmir Valley where violence has so far left 54 persons dead and more than 6000 others injured.

The violence in the Valley began on July 9, a day after Hizbul Mujahideen Commander Burhan Wani was killed in an encounter with security forces in south Kashmir’s

Anantnag district. Curfew remains in force in six police station areas of Srinagar — Nowhatta, Khanyar, Rainawari, Safakadal, Maharajgunj and Batamaloo today as precautionary measure to maintain law and order, a police official said.

He said curfew was also in force in two towns of Budgam district Chadoora and Khansahib, two towns of Kupwara Handwara and Langate and Anantnag town.

The official however, said restrictions will remain in force in other areas of the Valley. Restrictions on the assembly of four or more people continue to remain in effect in rest of the Valley, he said.

Normal life in the Valley remained affected for the 30th consecutive day due to the curbs imposed by the authorities and separatist sponsored strike against the killing of civilians in the security forces

action during clashes which erupted in the wake of Wani’s killing. Mobile internet services continued to remain snapped in the entire Valley where the outgoing facility on prepaid connections is also barred.

The separatist camp has extended the shutdown call in Kashmir till August 12 and has asked the people to organize sanitation drive in their localities and hospitals.

PM to lay foundation stone for Mega projects in Telangana today

Hyderabad, Aug. 7: In Telangana, elaborate arrangements have been made for the maiden visit of Prime Minister Narendra Modi to the state today.

He will be inaugurating and laying foundation stone to several development programmes during his whirl-wind visit.

He will be laying foundation stone for the 1600 MW thermal power plant of the National Thermal Power Corporation, a Maharashtra Company taken up at Ramagundam at an estimated cost of about 10 thousand 6 hundred crore rupees this

afternoon. The Prime Minister will also lay foundation stone for the Ramagundam Fertilizer Plant being revived at cost of over 5 thousand crore rupees.

He will lay foundation to the long pending Manoharabad-Kottapalli new railway line on the occasion. He will operate all of them through remote control. He will dedicate to the nation the 1200 MW Power plant constructed by the Singareni, a State Public Sector Unit, at Jaipur in Adilabad district. Before addressing a public meeting at Komatibanda near

Gajwel in Medak district, he will inaugurate the first phase of Mission Bhageeratha, a flagship programme of the state Government to provide piped safe drinking water to all households in Gajwel Assembly constituency.

He will take part in the Maha Sammelan, BJP grassroots level workers’ meeting at LB stadium in Hyderabad later in the evening. Several Central Ministers and a large number of party leaders are taking part in various programmes during the visit of the Prime Minister.

Vijay Rupani sworn in as new Gujarat Chief Minister

New Delhi, Aug. 7: The BJP’s Vijay Rupani was sworn in as chief minister of Gujarat on Sunday in a ceremony that was attended by BJP heavyweights Arun Jaitley, Amit Shah and LK Advani.

Nitin Patel was sworn in as Rupani’s deputy and 23 others took the oath for spots in the state cabinet at a ceremony held in Gandhinagar.

The new government - sworn in after former BJP CM Anandiben Patel resigned last week - is expected to shoulder the responsibility of steering BJP to victory in the high stakes 2017 assembly polls in Gujarat. The state has been beset with trouble lately with the Patidar stir and with anti-Dalit atrocities like the flogging of dalits in Una.

The seven cabinet ministers who were sworn in during Sunday’s ceremony are Bhupendrasinh, Babu Bokhriya, Dilip Thakor, Atmaram Parmar, Ganpat Vasava, Jayesh Radadiya and Chiman Sapariya.

On Friday, Rupani met governor O P Kohli and staked his claim to form the government. “The governor has given the go-ahead for oath taking ceremony on Sunday. Rupani will be sworn in as CM at 12.39 pm,” BJP’s Gujarat in charge Dinesh Sharma told the media. After meeting the governor, Rupani announced his resignation as president of the Gujarat unit of the BJP.

Muslim woman fired for wearing hijab in US

PTI Washington, Aug 7: In a case of alleged discrimination in the US, a young Muslim woman was fired from her job at a dental clinic for wearing a hijab as her employer wanted to keep a “neutral environment” in office.

Najaf Khan, who was hired as a dental assistant at Fair Oaks Dental Care in Fairfax County, Virginia, said she was fired from the new job because she wore a Muslim head scarf to work.

“I was really upset. The day that it happened, I was devastated,” Najaf told NBC Washington.

She did not wear the hijab for her interview or on the first two days of employment. On the third day, she chose to wear it because Najaf felt that she would stay at the job and wearing it was part of her

spiritual journey. At work that day, she said the owner of Fair Oaks Dental Care, Dr Chuck Joo, told her to take off the hijab.

Joo told her that they wanted to keep a “neutral environment” in office. The employer asked her to remove it because the Islamic head scarf would offend patients and he wanted to keep religion out of the office.

Khan said Joo gave her an ultimatum — she could continue wearing the scarf and be fired or work without it.

“When I said that I would not compromise my religion for that, he held the door open for me and I walked out,” Khan said.

Joo was quoted as saying that open displays of religion are not allowed at his business because he wants to keep it neutral. If his

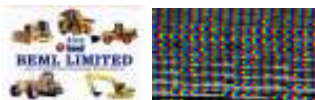
employees want to wear a hat, it must be a surgical hat for sanitary reasons, Joo said. Reacting to the case, the Council on American Islamic Relations (CAIR) said, “No employee should face termination because of his or her faith or religious practices. We call on Fair Oaks Dental Care to reinstate the Muslim employee and to offer her reasonable religious accommodation as mandated by law.”

Najaf said she would likely refuse an offer to return to the dental office.

“I was astonished because he (boss) had been saying I had been doing so well. I received an email Friday morning (July 29) saying how much positive enthusiasm I was bringing into the dental office,” she told Fox News.

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