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9th, March, 2023

Today's Topics Covered

- 1) Governor seeks report of Jaundice reason in Nauli University. Let's understand jaundice:.....Read in detail
- 2) CM stresses digital technology to reduce the gender gap.....Read in detail



Topic: Governor seeks report of Jaundice reason in Nauli University

Himachal HPAS Prelims and Mains are essential.

Importance for Prelims: Health

Significance for the Mains Exam:

- PAPER-VI: GENERAL STUDIES-III: UNIT II: Health.

What's the news?

- Governor Shiv Pratap Shukla has instructed the vice-chancellor of the university, Dr. Rajeshwar Singh Chandel, to provide an immediate report on the subject after becoming aware of the increase in jaundice cases at the Dr. Yashwant Singh Parmar University of Horticulture and Forestry, Nauni.
- The Governor gave the Vice-Chancellor directions to further improve the university's drinking water and other facilities at a meeting at Raj Bhavan. He commanded him to look into the valid reason for the spread of jaundice in great detail and inform others about it.

Let's understand jaundice:

Describe jaundice.

- The sclera (the whites of the eyes) and mucous membranes turn yellow when someone has jaundice. Its yellow tint results from an elevated bilirubin level, a yellow-orange bile pigment. The liver secretes a fluid called bile. Red blood cells are broken down to produce bilirubin.



Why does jaundice occur?

- Any of the three stages of bilirubin production can malfunction, resulting in jaundice.
- You can experience what's known as unconjugated jaundice, which is elevated bilirubin levels brought on by:
 - Resorption of a significant hematoma (a collection of clotted or partially clotted blood under the skin).
Anemias with hemolysis (blood cells are destroyed and removed from the bloodstream before their expected lifespan is over).

During the production of bilirubin, jaundice can be caused by:

- Viruses, including Hepatitis A, chronic Hepatitis B and C, and Epstein-Barr virus infection (infectious mononucleosis).
- Alcohol.

- Autoimmune disorders.
- Rare genetic metabolic defects.
- Medicines, including acetaminophen toxicity, penicillins, oral contraceptives, chlorpromazine (Thorazine®), and estrogenic or anabolic steroids.
- After bilirubin is produced, jaundice may be caused by obstruction (blockage) of the bile ducts from:
 - Gallstones.
 - Inflammation (swelling) of the gallbladder.
 - Gallbladder cancer.
 - Pancreatic tumor.

What are the symptoms of jaundice?

- Sometimes, the person may not have symptoms of jaundice, and the condition may be found accidentally. The severity of symptoms depends on the underlying causes and how quickly or slowly the disease develops.

If you have a short-term case of jaundice (usually caused by infection), you may have the following symptoms and signs:

- Fever.
- Chills.
- Abdominal pain.
- Flu-like symptoms.
- Change in skin color.
- Dark-colored urine and clay-colored stool.

If an infection is not the source of your jaundice, you may experience symptoms, including weight loss or itchy skin (pruritus). Abdominal discomfort is the most typical symptom of pancreatic or biliary tract malignancies that cause jaundice. Jaundice associated with liver illness can occasionally occur if you have the following:

- Chronic hepatitis or inflammation of the liver.
- Pyoderma gangrenosum (a type of skin disease).
- Acute hepatitis A, B, or C.
- Polyarthralgias (inflammation of the joints).

How can jaundice be identified?

While diagnosing jaundice, medical professionals look for indicators of liver illness like:

- The skin is getting bruised.
- Insect angiomas (abnormal collection of blood vessels near the skin's surface).
- Redness on the palms (red coloration of the palms and fingertips).
- A positive bilirubin result from a urine test or urine analysis indicates conjugated jaundice. Serum tests should be used to corroborate the results of the urinalysis. The complete blood count (CBC) and bilirubin levels will be part of the serum testing.

The size and tenderness of your liver will also be assessed during an examination by your doctor. They may employ imaging techniques to confirm further the diagnosis, including liver biopsies and computer tomographic (CT) scanning (ultrasonography and CT scanning, respectively).



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Topic: CM stresses digital technology to reduce the gender gap

Himachal HPAS Prelims and Mains are essential.

Importance for Prelims: Health

Significance for the Mains Exam:

- *PAPER-VI: GENERAL STUDIES-III: UNIT II: Health.*

What's the news?

- Chief Minister Thakur Sukhvinder Singh Sukhu said that bringing women into technology results in more creative solutions and has more significant potential for innovations that meet women's needs and promote gender equality. The theme of International Women's Day, 'DigitALL: Innovation and technology for gender equality, also throws light on the same. This will help minimize the digital gender gap.
- He said this after launching the plantation drive organized by the State Vigilance and Anti-Corruption Bureau today. He also planted a sapling of 'Cryptomeria' near Vigilance Bureau headquarters on the occasion of a series of activities celebrating International Women's Day.



- He said that we need to change the male-dominated mindset, and Congress governments have occasionally taken tangible steps in this direction. This has positively changed women's lives in the last three to four decades. He also recalled the contribution of former Prime Minister Rajiv Gandhi and former Congress President Sonia Gandhi in empowering women folk.
- While appreciating the bureau's efforts in launching this campaign, the Chief Minister said that women have continuously discharged their responsibility and duty with complete devotion. He said that such campaigns play a pivotal role in strengthening the government's efforts for environmental protection.
- A presentation on the 'Role of Women in technology' was also given on occasion.
- Rural Development and Panchayati Raj Minister Anirudh Singh, Chief Parliamentary Secretary Sanjay Awasthi, and MLA Harish Janartha participated in the plantation program.
- Earlier, Director General of Police Sanjay Kundu, in his

welcome address, said that per the state government's guidelines, the police department is making better use of technology to prevent crimes against women and children. He thanked the state government for bringing women officers into a central role in the police department.

(Source: HP Government)



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