

# BOOK REVIEW – URBAN HEALTH | CENTRAL CHRONICLE – BHOPAL

Posted on September 22, 2021 by Edmond

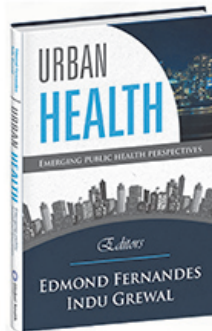
Central Chronicle Bhopal, Wednesday, September 22, 2021 **Leisure 6**

## Book Review 'Urban Health - Emerging Public Health Perspectives'

Dr Edmond Fernandes and Dr. Indu Grewal - two noted public health professionals of the country have published a new book titled *Urban Health - Emerging Public Health Perspectives*. Through this book, the two medical doctors have collated a valuable collection of literature on urban health from various experts on an assortment of topics.

Urban Health is a nascent subject in India's public health context since the attention of the systems and governance is divided. But the book clearly illustrates that Urban health is like a ticking time bomb with paucity of policies around urban health. The book also reflects how cities are the ones affected by natural disasters, climate change and pandemics and all the sustainable progress gets washed away with zero urban health focus.

The book builds on empirical evidence of authors and their years of experience and secondary quantitative data that supports authoritative arguments into how urban futures are shaping up in the healthcare space particularly for public health. *Urban Health - Emerging Public Health Perspectives*



tives highlights roles that non government agencies and academicians including civil servants can play in building the mandate for urban health, and along with that how inter-sectoral coordination with a focus on urban health is crucial for sustainable development goals.

The contributions in the book

have borrowed examples intermittently on best practices in selected cities around the world which can be emulated by other low and middle income countries to suit their policies and geo-politics in a way that can enhance sustainable urban health planning, programmes and policy gaps.

The book however lacks uniformity in substance and style since the editors have picked the authors from diverse backgrounds. While the focus has been on urban health, some authors chose to focus on the theoretical side of urban health, while some focused on the implementation side and while some others focused on the academic side of it. This stretched the book into multiple angles which tickles imagination but remains spread out for a reader looking at only a single point focus. The book could have brought in contributions from urban planners and hospital architects which could have paved a pathway of health system infrastructure and how this could play out for coming decades in low and middle income countries and what this could mean for high income countries at large.

## Did you know Shilpa Shetty was offered Hollywood projects but she rejected them?

Hollywood actress Shilpa Shetty has been trending a lot on social media because of her personal life. Her husband has been released from jail today after two months. Well, the actress is one of the most famous actresses in the industry.

was offered Hollywood films also. Yes, you are reading right. The actress had said in an interview, "My son was extremely upset with me because I was offered some major stuff over in Hollywood, but I said no to it. To just shift base from Mumbai and settle in Los Angeles is really not my cup of tea."

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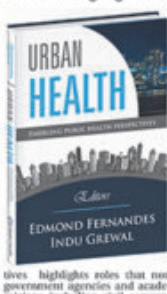


She has created a niche for herself from her performance. Well, after her marriage and kids she took a break from work for 14 years. But in all these years, she was not completely out of work as she has revealed that offers were coming to her.

But she feels that rejecting the Hollywood offer was a great opportunity lost but she said that she is content working in the Hindi film industry for now. "It'd be so unhappy to just leave my family and shift gears so drastically. It's too much to give and I don't think I was ready for that. Maybe once my kids are 15, then I would consider if I still look this way," she was quoted saying. Shilpa Shetty was last seen in the film *Vaaranas*.

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## Kylie Jenner & Travis Scott took a Houston trip to celebrate their second pregnancy with latter's family

Kylie Jenner and Travis Scott recently headed for a trip to Houston with their daughter Stormi Webster. The duo who is all set to welcome their second baby were also spotted enjoying an outdoor trip as they visited a local zoo there. Kylie and Travis mainly jetted off to Houston to spend time with the rapper's family after announcing their second pregnancy news.



Scott's family and also took their daughter Stormi along with them. "The insider also suggested that Travis wants Stormi to be close to his family and hence they are known to take several trips in a year to Houston to meet with them. As for their recent outing, Travis and Kylie reportedly spent about four days with Scott's family before returning to LA."

Kylie recently announced her second pregnancy with an adorable video on Instagram and her excited Stormi Webster adorably kissing Kylie's belly bump.

show everyone Kylie's bump." Travis is known to be close to his family and with him and Kylie going up to welcome their second baby together, the duo decided to spend some time with their in-laws.

## Malayalam actress Miya George's father George Joseph passes away



Malayalam actress Miya George's father George Joseph passed away today, September 21. He was 75. According to media reports, the last rites of George Joseph will take place at St Michael's Church at Prabhavaram on Wednesday. George Joseph is survived by his wife Mini, daughters Gini and Miya and both son-in-law Lino George and Johnin Philip.

Miya is best known for her roles in the films *Memories* (2013), *Vishuham* (2013), *Mr. Feasul* (2014), *Amma Kavayam* (2014), *Indru Notru Naalai* (2015) among many.

## 'Compassion and tolerance are a sign of strength and not weakness', says Mahesh Thakur from Mere Sai: Shradha Aur Saburi

Sony Entertainment Television's *Mere Sai*, Shradha aur Saburi has always strived to enlighten the viewers on various vital social topics in the on-going track, renowned actor Mahesh Thakur, who plays Govind Raghunath Dabhi (Shradha), is seen sharing the screen with the lead actor of the show, Tusshar Dahi who essays the role of Sai Baba.



Talking about the ongoing track, Mahesh Thakur talks about how compassion and tolerance are a sign of strength and not weakness. He says, "Compassion is possessing the bravery and strength to shift our attention from pain and difficulties. Whether it is inside ourselves or for others, it is the need of the hour and should be practiced at any opportunity that presents itself. Compassion encompasses a wide range of qualities, including awareness, empathy, and distress tolerance, as well as courage, a loving intention, strength, and perseverance."

In the current track, Govind ji has arrived in Shirdi, where he encounters Sai Baba in an unexpected setting and is taken aback by the way in which he overcomes his fear of insects and scorpions. He was so affected by Sai's divinity during his trip to Shirdi that he went on to write the "Padya-pankti" on him.

## Kaley Cuoco reportedly focussing on herself and in 'great spirits' amid Karl Cook divorce

Kaley Cuoco recently filed for divorce from Karl Cook earlier this month after three years of marriage. The duo in a joint statement announced that they are parting ways and said that "there is no anger or animosity" While Cuoco has been busy working on her upcoming projects amid divorce, it has been reported by US Weekly that the actress has remained in "great spirits" despite the separation from Cook.

to during after filing for divorce. The source mentioned, "She's been in really great spirits lately. She obviously doesn't come off as someone who just separated from her husband. She really wants to take this time to focus on herself and focus on her upcoming roles. Cuoco reportedly laughed it off after being asked out on a date. The actress has as per the US Weekly source, maintained that "you's just the time stand when it comes to dating."

## Apollo hospitals, Indore conducts 250+ minimally invasive cardiac surgeries

Just imagine a patient undergoing a heart surgery and being able to walk out of the hospital in three to four days and return to his routine professional and personal commitments in about 3 weeks. Hard to believe?



Advances in cardiac bypass surgeries through Minimally Invasive technique, popularly termed as Minimally Invasive Cardiac Surgery (MICS) or MICS, has made this possible. Describing technological and surgical skill advancements resulting in shorter hospital stay and quicker return to normal life is the way forward. Apollo Hospitals, Indore announced accomplishing over 250 Minimally Invasive Cardiac Surgeries (MICS) at its Vijay Nagar based Institute of Cardiac Surgery.

Earlier, traditional open surgery was the only option for CABG (Coronary Artery Bypass Grafting). Valve repair or replacement, closures of holes in heart etc. It involved a long radical incision and cutting the chest bones. But now with the Minimally Invasive Cardiac surgery technique a host of these surgeries can be done through a much smaller incision, without cutting any bones. This not only reduces the blood loss but the chances of infection are almost nil. Heart attacks are responsible for 14.5% of all deaths in India and MICS CABG or keyhole bypass has emerged as an answer to patients suffering from coronary artery diseases. Dr. Ashok Bajpai, Sr Consultant and Director, Apollo Hospitals, Indore said, "Considering the pain of big cut scar many people often delayed such decisions. MICS/ MINS comes in a big relief for patients. Dr. Kishan Dabhey and his team has worked very hard to develop this program and make India the best in offering such work."

**Sudoku - 1697**

1		3			7			
8	9			7				
	4	1	6	3	2			
3	5			2		4		
	8	7		1				
7	3				6	9		
4	2		5	6	7			
		2				5	3	
6			9					8

Fill in the grid with digits in such a manner that every row, every column, and every 3x3 box accommodates the digits 1 to 9, without repeating a digit. Please see example given below.

The solution to each day's puzzle will be published the following day, along with the next puzzle. Each puzzle has only one solution.

**Result-Sudoku - 1696**

2	9	5	3	1	4	6	8	7
3	6	1	2	8	7	4	9	5
8	4	7	9	6	3	2	1	
5	7	4	1	6	2	8	3	9
1	3	6	9	4	8	5	7	2
8	8	2	7	3	5	1	4	6
6	2	8	4	7	1	9	5	3
4	5	3	6	2	9	7	1	8
7	1	9	8	5	3	2	6	4

**HOROSCOPE**

September 22, 2021

Shashikant Saxena  
Astro-Numerologist  
07415508223

the bond stronger. **Lucky Number : 1**  
**Lucky Colour : Maroon**

- You will have to struggle a little bit in expansion drive. Irresponsible views could hurt sentiments of family members. Long pending dues gets cleared improving monetary position. You are likely to burn slowly but steadily in love. **Lucky Number : 3** **Lucky Colour : Shades of Green**
- You will have to take some initiative to enhance career prospects. Appreciating family's achievements helps maintain peace. Past investment bring handsome return. Romantic imagination would keep you in jovial and cheerful mood. **Lucky Number : 5** **Lucky Colour : Green**
- Concentration enables to get desired results at professional front. Steady appreciation would invest in marital relations. Past investments bear profitable fruits after a long bit. Coaquary of love partner makes you forget about the work. **Lucky Number : 3** **Lucky Colour : Dark Yellow**
- Your efforts make career in advertising is likely being disappointed. You are likely to face some intricate problems at home. Monetary returns are likely to be promising. Romantic fails to ignite passion in absence of real love. **Lucky Number : 17** **Lucky Colour : Dark Turquoise**
- Keep in mind that career is directly linked to professional and results. Avoid being rude to guests as it will create a rift in relations. Double-check schemes presented to you. Longstanding friendship may take a romantic turn today. **Lucky Number : 7** **Lucky Colour : Golden Brown**

**CROSSWORD - 100**

1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									

**Across**

- Of a citizen - 5
- To carry out an order - 4
- To utter a threat against - 10
- Aim - 4
- A list of the dishes served at a meal - 4
- The kind of wild ducks - 10
- A melody - 4
- A limited portion of something - 5

**Down**

- A big town - 4
- Pertaining to a virgin - 8
- Smallest - 5
- To be in debt to - 3
- To sing with rapid changing voice - 5
- A beginner - 2
- Physical strength - 5
- The time of sunrise - 5
- A small island - 4
- A coloring substance - 3

**Solution-99**

F	O	O	D	G	R	A	T	I	E
U	T	A	M	I	N	A			
S	T	A	M	I	N	A			
P	A	T	I	L	A				
G	O	S	U	S	P				
I	S	T	I	C					
O	F	F	I	C	I	O			
U	I								
A	B	C	E	T	I	C			



Central Chronicle publishes a book review on Urban Health published by Global South Strategies edited by Dr. Edmond Fernandes and Dr. Indu Grewal. This talks about various aspects of public health around the world. Makes an interesting read.