

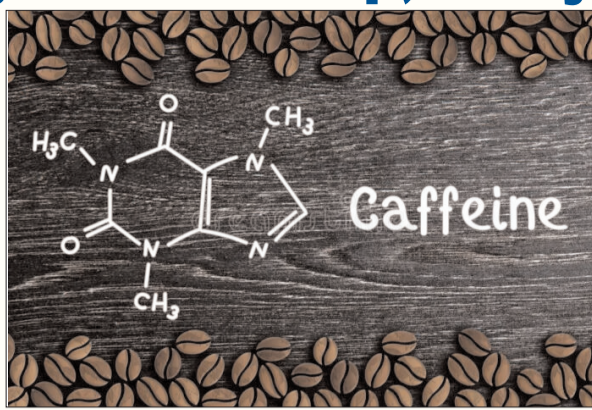
Caffeine in evening may affect quality of night-time sleep, study finds

NEW DELHI, MAY 28: A study has found that consuming caffeine in the evening may not always lead to less sleep or difficulty falling asleep, but can often affect the quality of sleep during the night.

Researchers, including those from Poland's Wrocław Medical University, said electroencephalography (EEG), by which brain's electrical activity is recorded, makes it possible to observe sleep duration or moments of awakening, as well as the biological quality of sleep itself.

"EEG allows us to see not only whether a person is sleeping, but also how the brain is sleeping," Donata Kurpas from the department of nursing, Wrocław Medical University and author of the study published in the journal *Nutrients*, said.

"Classical sleep assessment assesses sleep duration and its stages, whereas



quantitative EEG analysis reveals more subtle changes, such as reduced slow-wave activity, which is an important marker of sleep depth and its restorative character," Kurpas said.

Slow waves are a key component of deep sleep — the phase responsible for bodily regeneration, restoration of energy resources, and proper brain function.

"Caffeine may shorten sleep or make it more difficult to fall asleep; however,

even when sleep duration appears normal, it may reduce slow-wave activity and shift the EEG pattern toward a more 'wakeful' brain," Kurpas said.

Thirty-two studies that looked at caffeine exposure and sleep-related EEG outcomes were analysed.

The authors wrote, "Caffeine reliably alters the neurophysiological architecture of human sleep in a direction consistent with reduced sleep depth and weakened homeostatic recovery."

"Emerging evidence further suggests that caffeine increases EEG complexity and shifts sleep dynamics toward a more excitation-dominant state," they said.

This means the body may spend eight hours in bed, but the brain may fail to fully regenerate, the researchers said.

"The subjective feeling of having slept well does not always correspond to what we observe in neurophysiological recordings. A person may fall asleep without major difficulty and not remember awakenings, while the brain may display fewer features of deep sleep," Kurpas said.

Kurpas added that caffeine is neither 'good' nor 'bad' — it is a biologically active substance, the effects of which depend on dosage, time of day, age, lifestyle, sleep quality, stress burden, and individual sensitivity. (PTI)

Sonam Wangchuk Rejects Ladakh LG's Claims, Reaffirms Support To 'Cockroach Janta Party'

NEW DELHI, MAY 28: Activist Sonam Wangchuk on Thursday asserted he considers himself an "honorary cockroach," as he rejected Ladakh Lieutenant Governor VK Saxena's claim that he was "unsure" of the on-line movement's origins.

The remark came in response to a post by Saxena on Tuesday, following a meeting with Wangchuk and his wife and HIAL co-founder Gitanjali J Angmo.

The LG, in a post on X, said he cautioned Wangchuk against "weaving a misleading and provocative narrative" and claimed that the activist had accepted that comparing Ladakh with Manipur was an "error of judgement."

Saxena also claimed Wangchuk was unsure about the origins of the Cockroach Party, or CJP,

and would "study the motivations of its founders and revisit his stand, if necessary." Rejecting the assertions, Wangchuk said that the meeting had been cordial and did not resemble the tone reflected in the LG's public remarks.

"The LG Ladakh invited us for some meeting over a cup of tea. We spent nearly an hour in a cordial and friendly atmosphere discussing his initiatives, our work and possibilities of collaboration," Wangchuk said. He said Saxena raised his recent comments comparing Ladakh with Manipur and his support for the Cockroach Janta Party, but the interaction, Wangchuk said, did not carry any warning or reprimand.

"One hour after we left, we were surprised, and not very pleasantly, to see that he had tweeted in a tone as if he had censured us or

cautioned us," he said.

Wangchuk said he believed the public messaging may have been intended to satisfy political expectations elsewhere.

"I thought this was maybe to please some boss somewhere in Delhi who had instructed him to call me up and say such things, but the meeting was none like this, only the tweet was," he said.

The educationist said he deliberately refrained from reacting immediately to what he called "childish behaviour", and chose to respond only on the third day after the remarks appeared in several newspapers. He also rubbished the LG's claim on the Manipur comparison and said he never described the analogy as an "error of judgement." "I don't think it is an error of my judgement. I still totally stand by it," he said, adding, he

only said that the example was "avoidable" in the current context.

"Avoidable is very different from an error of judgement," Wangchuk said. The leader against whom National Security Act was invoked strongly disputed the LG's assertion that he distanced himself from the CJP.

He said Saxena described the group as influenced or controlled by foreign powers and funded by external entities, allegations he neither accepted nor endorsed.

"I never said I was unsure of the origins and would revisit my stand that way," he asserted.

According to Wangchuk, Saxena termed the movement "unfortunate" and alleged that it was funded by entities such as the Soros Foundation, and foreign powers like Pakistan and Bangladesh.

China asks Quad to stop meddling in maritime affairs in its neighbourhood

BEIJING, MAY 28: China on Wednesday reacted strongly to the Quad Ministerial meeting that voiced serious concerns over the situation in the East and South China Sea, saying they should stop meddling in maritime affairs in its neighbourhood.

The situation in the East China Sea and the South China Sea is generally stable, Chinese Foreign Ministry spokesperson Mao Ning told a media briefing here while responding to a question on the Quad meeting in Delhi.

Foreign Ministers of Quad countries, comprising the US, India, Japan and Australia, explicitly voiced serious concerns over the situation in the East and South China Sea on Tuesday and denounced coercive actions threatening regional peace and stability, without directly naming China.

"Certain countries should stop meddling in maritime affairs in China's neighbourhood and earnestly respect regional countries' efforts to safeguard peace and stability," Mao said.

"Those who attempt to patch up small groupings, hype up tensions and stoke confrontation will find no



support," she added.

China claims most of the South China Sea as its own, while the Philippines, Malaysia, Vietnam, Brunei and Taiwan have counter claims. In the East China Sea, Beijing has a maritime dispute with Tokyo over the uninhabited islets called Senkakus, controlled by Japan. China calls them the Diaoyu Islands.

The Quad meeting was

chaired by External Affairs Minister S Jaishankar and attended by US Secretary of State Marco Rubio, Australian Foreign Minister Penny Wong, and Japanese Foreign Minister Toshimitsu Motegi.

Mao on Tuesday reiterated China's opposition to the Quad, saying that Beijing is opposed to the formation of exclusive groupings and engaging in bloc confrontation.

"Cooperation between countries should be conducive to regional peace, stability and prosperity, and not target any third party," Mao said.

"We oppose forming exclusive groupings or engaging in bloc confrontation," she said.

China has been opposing the Quad alliance, terming it as Asian NATO aimed at containing its rise. (PTI)

Indian-origin neurosurgeon suspended over affair with patient in UK

LONDON, MAY 28:

An Indian-origin neurosurgeon has been suspended for eight months by a UK medical tribunal for having a sexual relationship with one of his patients and prescribing medication while allegedly being "blackmailed" by her.

Dr Chirag Patel, who completed his qualifications at the Government Medical College of the Maharaja Sayajirao University of Baroda, was employed by a National Health Service (NHS) hospital in Cardiff, Wales.

He told the UK's General Medical Council (GMC) that he is "deeply regretful" of his misconduct relating to Patient A, whom he had medically treated between 2019 and 2021.

"In light of all the circumstances of this particular case, the tribunal concluded that a period of eight months' suspension is the appropriate and proportionate sanction," reads



a Medical Practitioners Tribunal Service (MPTS) report, released recently following a hearing last month.

"In the tribunal's judgment, that period is sufficient to mark the seriousness of the misconduct, to send a clear signal to Dr Patel, the profession and the public that such conduct is unacceptable.

"Furthermore, the tribunal determined that this period is a proportionate response to protect the public, maintain public

confidence, and uphold proper professional standards and conduct, while also reflecting the genuine remorse, extensive insight and substantial remediation currently demonstrated by Dr Patel," it stated.

According to the details that emerged during the hearing, Patel first performed a discectomy surgery on Patient A in February 2019, a second operation in August 2019 and a third surgery to insert a spinal cord stimula-

tor in December 2021.

The allegation that led to the MPTS hearing noted that the surgeon engaged in a sexual relationship with Patient A while under his care and "who at the time was a vulnerable patient."

It was further alleged that between May 2022 and January 2023, Patel prescribed "controlled medication" to Patient A and failed to make note of it in the medical records.

By February 2023, the relationship was said to have "deteriorated," with Patient A making accusations against Patel to the police.

While her allegations were not pursued by the police, they notified the medical director of the Cardiff and Vale University Health Board of the accusations. Patel went on to refer himself to the GMC on February 28, 2023, after the health board commenced a disciplinary investigation.

Vitamin B12, folate deficiencies could be related with fatigue, reduced motivation: Study

NEW DELHI, MAY 28: Deficiencies in vitamin B12 and folate (vitamin B9) is linked with higher homocysteine levels in blood, which could be associated with a greater physical fatigue in men and decreased motivation in women, according to a study.

"This suggested relationship between vitamin B12, folate, and fatigue in healthy individuals may represent the first report of its kind. Blood homocysteine levels have traditionally raised concerns in relation to cardiovascular disease, dementia, and fractures," lead researcher Hiroaki Kanouchi, from Osaka Metropolitan University in Japan, said.

"However, our findings suggest that attention should also be paid to fatigue and motivation in the future," Kanouchi said.

Fatigue that does not resolve with rest, and reduced motivation can impair one's daily functioning and quality



of life. Chronic fatigue, in which exhaustion is severe and unexplained and can last for months, is linked to a reduced productivity at work and an elevated utilisation of healthcare.

The study, published in the journal *Nutrients*, focused on nutritional status and water-soluble vitamin deficiencies found in unbalanced diets.

Researchers hypothesised that a lack of folate and vitamin B12 may be related to fatigue, and centered their study around homocysteine (Hcy), a biomarker

known to increase when these deficiencies are present.

Blood concentrations of Hcy, folate, and vitamin B12 in over 600 healthy Japanese participants were measured and fatigue and motivation were assessed using questionnaires.

Initial results showed that individuals with higher blood levels of homocysteine had lower levels of vitamin B12 and folate, regardless of sex.

"Higher Hcy tertiles were associated with lower serum folate and vitamin B12 con-

centrations in both sexes," the authors wrote.

The researchers then looked at the relationship between homocysteine levels and fatigue separately for men and women.

"In men, the lowest Hcy tertile (one-third of entire range of values) was associated with lower Chalder physical fatigue scores, whereas in women the highest Hcy tertile was associated with lower VAS motivation scores in multivariable analyses," the team said.

"Pairwise contrasts indicated higher physical fatigue in men in the highest tertile compared with the lowest and lower motivation in women," they wrote. Kanouchi said, "To prevent an increase in homocysteine levels, it is important to avoid deficiencies in vitamin B12 and folate. Maintaining a well-balanced diet on a daily basis is essential." (Agencies)

Israeli strikes kill at least 14 across southern Lebanon ahead of Washington talks

BEIRUT, MAY 28: The Israeli military early Thursday pounded Lebanon's fourth-largest city, killing at least 14 people across the south of the country in its ongoing military escalation against the Hezbollah group ahead of crucial talks in Washington.

Among those killed in the flurry of strikes were five women and children and a Lebanese soldier. Dozens of others were wounded, according to the Lebanese Health Ministry and the state-run National News Agency. Latest News Updates An Israeli soldier meanwhile was killed in a Hezbollah drone attack in northern Israel, the Israeli military said.

The intensification comes after Israeli Prime Minister Benjamin Netanyahu announced an expansion in the Israeli military's attacks in Lebanon, apparently sparked by Hezbollah's use of fibre-optic exploding drones that have struck Israeli troops in Lebanon and reached some of Israel's northern border towns.

Lebanese and Israeli military officials are set to hold their first security talks on Friday in the US capital. The talks have extended a nominal ceasefire that went into effect April 17, although the attacks have since intensified, while sparing the Lebanese capital Beirut.



Hezbollah has dismissed the talks and instead endorsed its key ally Iran, which has made ending the war in Lebanon a condition for its own talks with Washington brokered by Pakistan.

Before the attacks on Thursday, Israeli military Arabic spokesperson Avichay Adrae issued warnings to eight buildings in the coastal city of Tyre along the Mediterranean and surrounding neighborhoods. Many people have fled the area.

Further north in the city of Sidon, an Israeli drone struck an apartment building where some displaced families lived, killing five people and wounding 21 others, among them five children. Among the killed was Hossan Zeidan who once was a correspondent for Iran's Arabic-language al-Aalam television.

Mohammad Al-Gharbi,

who lived across the street from the building in Sidon, woke to the sound of the explosion. "I was in my room when part of the wall and shattered glass fell on me, and everything was thrown into chaos," he said. "This building that was hit had six apartments occupied by poor families who had fled from the south to escape the attacks there, only to be hit here."

In the nearby coastal town of Adloun, an Israeli drone struck a car with a family that was fleeing, killing six people, of which four were two children and their parents, the Lebanese Health Ministry said. Another drone strike that came without warning killed two people on a motorcycle near Tyre. The target of the attack was not immediately clear, NNA reported.

Elsewhere near the city of Nabatiyeh, the Lebanese

military said a soldier was killed in an Israeli drone strike while he was driving his motorcycle.

The Israeli military said Thursday that a soldier in northern Israel was killed in a Hezbollah drone attack and two reservists were wounded.

Hezbollah has claimed dozens of drone and rocket attacks that it says targeted Israeli troops in southern Lebanon and northern Israel. The group said Thursday it has launched several attacks on Israeli troops and tanks that have crossed the Litani River into the town of Zawtar al-Sharqieh near Nabatiyeh, as close-range fighting continues.

Over 1 million people in Lebanon have been displaced by the war between Israel and Hezbollah, which was sparked when Hezbollah fired rockets into northern Israel on March 2 in solidarity with Iran, two days after the Iran war began.

At least 3,269 people have been killed in Israeli strikes since the start of the war, according to the Lebanese Health Ministry, with over 9,800 wounded.

According to Netanyahu's office, at least 23 Israeli soldiers and a defense contractor have been killed in or near southern Lebanon and two civilians have been killed in northern Israel, the vast majority by drones. (AP)

Uttarakhand: Probe ordered into temple body paying bills of VIP guests at Kedarnath

GOPESHWAR (Uttarakhand), May 27: A four-member committee has been formed to probe allegations that the Badrinath-Kedarnath Temple Committee paid the accommodation and food bills of VIP guests visiting

the Kedarnath shrine. The temple committee took note of reports circulating on social media regarding the alleged payments and ordered an inquiry, an official release said on Wednesday.

The investigation was or-

dered by the chief executive officer of the temple committee, Sohan Singh Rangad, following directions from chairperson Hemant Dwivedi. Dwivedi said the panel has been asked to submit a report within three weeks.

"Misuse of temple donations will not be allowed at any level," he said.

Dwivedi added that the findings will be made public once the report is submitted, and action will be taken against those found responsible.