



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Monday 20210125

## 20,000 new Covid cases

**For 18th consecutive day, nation sees less than 20,000 new Covid cases (The Tribune: 20210125)**

<https://www.tribuneindia.com/news/nation/for-18th-consecutive-day-nation-sees-less-than-20-000-new-covid-cases-203413>

Recovery rate goes up to 96.83 per cent; fatality rate is 1.4 per cent

For 18th consecutive day, nation sees less than 20,000 new Covid cases

India recorded the lowest number of coronavirus fatalities in over eight months with 131 more deaths being recorded, the Health Ministry said on Monday.

The Covid caseload rose to 1,06,67,736 with 13,203 more infections. There are 1,84,182 active cases, which is 1.73 per cent of the caseload and it remained below 2 lakh for the sixth consecutive day, according to the ministry data.

As many as 1,03,30,084 people have recuperated, taking the recovery rate to 96.83 per cent. The fatality rate rose to 1.4 per cent.

The 131 more deaths include 45 from Maharashtra, 20 from Kerala, nine from Delhi and eight each from Chhattisgarh, West Bengal and Uttar Pradesh.

A total of 1,53,470 deaths have been reported so far in the country, including 50,785 from Maharashtra, followed by 12,316 in Tamil Nadu, 12,197 in Karnataka, 10,808 in Delhi, 10,115 in West Bengal, 8,617 in Uttar Pradesh and 7,147 in Andhra Pradesh.

According to the ICMR, 19.23 crore tests have been conducted so far with 5,70,246 samples being tested on Sunday.

The ministry stressed that more than 70 per cent of the deaths occurred due to co-morbidities.

"Our figures are being reconciled with the Indian Council of Medical Research," the ministry said on its website, adding that statewide distribution of figures was subject to further verification and reconciliation. PTI

## **Nasal spray that blocks out COVID-19**

### **UK university scientists finalise nasal spray that blocks out COVID-19: Report (The Tribune: 20210125)**

The formula helps prevent infection by capturing the virus in the nose and encapsulating it in a coating which it cannot escape from

UK university scientists finalise nasal spray that blocks out COVID-19: Report

<https://www.tribuneindia.com/news/health/uk-university-scientists-finalise-nasal-spray-that-blocks-out-covid-19-report-203085>

A nasal spray which can prevent a coronavirus infection for up to two days is being prepped for mass production by scientists at the University of Birmingham with the hope of having them available over-the-counter in pharmacies in a few months, a UK newspaper report said on Sunday.

Dr Richard Moakes, the study's lead researcher, told 'The Sunday Telegraph' that he is confident in the spray's formula to help unlock society from social distancing restrictions and "get schools going again".

The nasal spray, which has not yet been named, is made from ingredients that are already approved for medical use, meaning it is safe for use by humans and does not require further approval.

The formula helps prevent infection by capturing the virus in the nose and encapsulating it in a coating which it cannot escape from. As a result, it would be safe for a person to breathe out – even if inhaled by another person – because the virus would be inactive and harmless, the newspaper reports.

"As an over the shelf product, we have spoken to companies with a presence on the high street as we think they could distribute it effectively," Moakes was quoted as saying.

"Based on the product, it will be much quicker to get to the user than a novel drug. I am confident that the formulation can make an impact. Our goal is to make an impact as soon as possible, we would really like to see this happen by summer," he said.

In November last year, the researchers working on the spray since April 2020 announced that laboratory experiments showed the spray prevented a coronavirus infection from spreading for up to 48 hours.

The team believes using the spray four times a day would be enough for general protection, although it is safe enough to be applied every 20 minutes if in a high-risk, densely populated environment such as schools.

The spray is a combination of an antiviral agent called carrageenan, commonly used in foods as a thickening agent, and a solution called gellan – a gelling agent selected for its ability to stick to cells inside the nose.

## **Natural antioxidants**

### **Natural antioxidants can keep heart, cancer diseases at bay (The Tribune: 20210125)**

<https://www.tribuneindia.com/news/health/natural-antioxidants-can-keep-heart-cancer-diseases-at-bay-203018>

Free radicals are molecules produced when your body breaks down food or when you're exposed to tobacco smoke or radiation.

Natural antioxidants can keep heart, cancer diseases at bay

Free radicals are molecules produced when your body breaks down food or when you're exposed to tobacco smoke or radiation.

If you want to keep your immune system strong for fighting cardiovascular diseases or cancer, start taking natural antioxidants as health experts on Sunday stressed that it helps in improving overall health by providing many other health benefits.

According to experts, antioxidants are substances that may protect your cells against free radicals, which play a role in heart disease, cancer and other diseases.

Free radicals are molecules produced when your body breaks down food or when you're exposed to tobacco smoke or radiation.

The latest antioxidant which is produced for the first time in India is gamma oryzanol, which is very quickly gaining popularity as a super antioxidant.

It is a substance that is taken out of rice bran oil. It is also found in wheat bran and some fruits and vegetables.

The experts said that gamma oryzanol is used for high cholesterol, symptoms of menopause and many other conditions.

"Gamma oryzanol is useful for controlling elevated cholesterol and triglyceride levels, supporting cardiovascular health along with controlling menopausal symptoms. Gamma oryzanol helps lower cholesterol because it helps decrease cholesterol absorption and increase cholesterol elimination. Along with this, it is also known to boost metabolic rate and may help with weight loss," Swapna Chaturvedi, senior dietician, Department of Dietetics, AIIMS told IANS.

As gamma oryzanol is found to be effective in controlling high cholesterol level in the body, it is registered in Japan and the US as a natural medicine to treat hyperlipidemia/dyslipidaemia (elevated cholesterol levels/unhealthy cholesterol levels).

Most research shows that taking natural antioxidants decreases total cholesterol, "bad" low-density lipoprotein (LDL) cholesterol, and blood fats called triglycerides in people with high cholesterol.

"It also helps in preventing heart attack by preventing platelet aggregation, a system where platelets blood gets stuck together and form clots that block arteries," said Praveen Chandra, Head of Department, Interventional Cardiology, Medanta, The Medicity in Gurugram.

The experts mentioned that gamma oryzanol is also used for increasing testosterone and human growth hormone levels, as well as improving strength during resistance exercise training.

Gamma oryzanol also helps to inhibit different cancers in the body and builds immunity to fight cancer cells.

"Many of the antioxidants have proven beneficial in inhibiting the cancers at various stages. Gamma oryzanol has been found out to be effective antioxidant which comes from rice bran and helps in preventing cancer if taken for a long period," said Rahul Bhargava, Director, Institute of Blood Disorder and BMT, Fortis Hospital, New Delhi.

Gamma oryzanol is activator of NK cells which gives the cancer cells a check.

It not only works through NK cells but also inhibits angiogenesis. It means it cuts the supply for the cancer cells to grow and increases your body's own immunity to gather the strength to kill cancers.

"Gamma oryzanol also prevents cancers and studies show it helps in regressing the prostate cancer cells," Bhargava noted.--IANS

## **Immune system**

### **Immune system of recovered COVID-19 patients may evolve to fight coronavirus variants: Study (The Tribune: 20210125)**

<https://www.tribuneindia.com/news/health/immune-system-of-recovered-covid-19-patients-may-evolve-to-fight-coronavirus-variants-study-202995>

Antibodies are produced by immune cells that keep evolving, apparently due to continued exposure to remnants of the virus hidden in the gut tissue.

Immune system of recovered COVID-19 patients may evolve to fight coronavirus variants: Study

Antibodies are produced by immune cells that keep evolving, apparently due to continued exposure to remnants of the virus hidden in the gut tissue.

People who recover from COVID-19 are protected against the novel coronavirus for at least six months, and likely much longer, according to a study which says the immune system evolves long after the infection and may block even mutant forms of the virus such as the South African variant.

The research, published in the journal Nature, noted that antibodies are produced by immune cells that keep evolving, apparently due to continued exposure to remnants of the virus hidden in the gut tissue.

According to the scientists, including those from Rockefeller University in the US, the study provides the "strongest evidence yet" that the immune system "remembers" the virus and, remarkably, continues to improve the quality of antibodies even after the infection has waned.

They suspect that when recovered patients next encounter the virus, the response would be both faster and more effective, preventing reinfection.

"This is really exciting news. The type of immune response we see here could potentially provide protection for quite some time, by enabling the body to mount a rapid and effective response to the virus upon re-exposure," says Michel C. Nussenzweig, a co-author of the study from Rockefeller University.

While antibodies against the coronavirus linger in the blood plasma for several weeks or months, earlier studies have shown that their levels significantly drop with time.

However, the researchers showed that instead of producing antibodies all the time, the immune system creates memory B cells that recognise the coronavirus, and quickly unleash a new round of antibodies when they encounter it a second time.

Since the novel coronavirus replicates in the cells of the lungs, upper throat, and small intestine, they suspect that residual viral particles hiding within these tissues could be driving the evolution of memory B cells.

In the current study, the scientists studied the antibody responses of 87 individuals at two timepoints -- one month after infection, and then again six months later.

Although antibodies were still detectable by the six-month point, their numbers had markedly decreased, with lab experiments revealing that the ability of the participants' plasma samples to neutralise the virus was reduced by five-fold.

In contrast, the researchers found that the patients' memory B cells -- specifically those that produce antibodies against the coronavirus -- did not decline in number.

These cells also slightly increased in some cases, the study noted.

The scientists also discovered that the memory B cells had gone through numerous rounds of mutation even after the infection resolved.

As a result, the antibodies they produced were much more effective than the originals, the study noted.

According to the researchers, these antibodies were better able to latch on tightly to the virus and could recognise even mutated versions of it.

"The overall numbers of memory B cells that produced antibodies attacking the Achilles' heel of the virus, known as the receptor-binding domain, stayed the same," said Christian Gaebler, another co-author of the study.

"That's good news because those are the ones that you need if you encounter the virus again," Gaebler said. PTI

## **Coronavirus infections**

### **Grim milestone: Covid count set to touch 100mn (The Tribune: 20210125)**

<https://epaper.hindustantimes.com/Home/ArticleView>

With 99,516,090 new cases, the global number of coronavirus infections was on the verge of crossing the 100 million mark on Sunday.

Also on Sunday, the United States saw its tally cross 25 million, according to the Johns Hopkins University tracker. The number of Covid-19 deaths in the country has already topped 417,000.

In England, as the death toll in the pandemic approaches 100,000, one of its top medical officers urged the public to continue to follow the strict lockdown rules because any vaccine-related

immunity from Covid-19 takes at least three weeks to kick in. “...we don’t yet know the impact of vaccines on transmission,” said Jonathan Van-Tam.

In the US, President Joe Biden is pushing for Congress to approve a \$1.9-trillion relief package that would include billions of dollars to boost vaccination rates.

Biden has said he wants 100 million people vaccinated within his first 100 days in office, and he has called for Americans to wear masks for 100 days.

Meanwhile, new border controls came into force in France to contain the spread of Covid-19 and avoid another lockdown. Starting on Sunday, arrivals to France from EU countries by air or sea must be able to produce a negative PCR test result obtained in th

## **Vaccine hesitancy**

### **Managing the rollout: On addressing vaccine hesitancy (The Tribune: 20210125)**

<https://www.thehindu.com/opinion/editorial/managing-the-rollout-the-hindu-editorial-on-why-government-should-address-vaccine-hesitancy/article33620731.ece>

The government must investigate and publicise the reasons for vaccine hesitancy

Nearly a fortnight after it won approval for Covaxin under ‘restricted emergency use’ conditions, Bharat Biotech has formally informed, via its website, that the vaccine is inadvisable in those with a history of allergies, fever and bleeding disorders. Those on medication or blood thinners and whose immunity has been compromised have also been told not to take the vaccine. This is along with a recommendation that the vaccine is not to be given to the pregnant or the lactating. A similar set of restrictions has been given to prospective recipients of Covishield too, the vaccine now available in greater numbers and developed by the Serum Institute of India. Ordinarily, a fact sheet as well as product insert — a note that accompanies every vial of a vaccine — is a mandatory formality. However, the context in which the two vaccines are being administered in India imbues them with magnified significance. Covaxin has been rolled out with insufficient evidence of its efficacy, or whether it is actually protective. The vaccines have been so far made available to health-care and sanitation workers and other frontline staff, who do not have a choice in the vaccine being administered, but can decide not to be inoculated. Nine States, according to data provided by the Health Ministry, have rates of over 70%, and three States, less than 40%. More than half the States fall somewhere in the middle. While India has given jabs to nearly 786,000 of those eligible, it is far short of the target of 1.4 million.

It is certainly early days, and presumably there will be acceleration in the days ahead. However, the government is yet to explain, based on feedback from the States, why the vaccine — the single most awaited product of 2021 — has not seen more enthusiastic queues. This, in spite of Health Ministry officials underlining that adverse events following vaccination have been negligibly low, accentuating the safety of the product. Hospitals have begun internal campaigns exhorting senior doctors to get a shot to “build confidence” and officials in the highest government offices say that not opting for a vaccine, when one is available, amounts to dereliction “in duty”. The adoption trend is unsurprising. The medically literate, as many recipients are, realise the difference between a vaccine being ‘safe’ and ‘efficacious’. Moreover, the declining trend in new cases as well as the knowledge that an array of vaccines will be available in the months ahead further contribute to the temporary ‘hesitancy’ pervading hospitals now. A way forward for the government to inspire confidence is to monitor, report and be forthright with the challenges it is facing. There should also be greater coordination between the Centre and the States on sharing, investigating and publicising reasons for hesitancy.

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## Depression

### COVID-19 lockdown loneliness leads to depressive symptoms in adults: Study (New Kerala: 20210125)

<https://www.newkerala.com/news/2021/14793.htm>

: The ongoing coronavirus pandemic has meant more time at home for everyone and people have turned to cooking, reading, among other activities to deal with the health crisis, which brings a fresh supply of stress every day.

According to a new study, loneliness in adults aged 50 and over during the COVID-19 lockdown was linked to worsening depressive and other mental health symptoms.

Loneliness emerged as a key factor linked to worsening symptoms of depression and anxiety in a study of more than 3,000 people aged 50 or over led by the University of Exeter and King's College London and funded by The National Institute for Health Research (NIHR) Maudsley Biomedical Research Centre (BRC).

Researchers had access to data going back to 2015 for participants of the PROTECT online study. They also found that a decrease in physical activity since the start of the pandemic was

associated with worsening symptoms of depression and anxiety during the pandemic. Other factors included being female and being retired.

Dr Byron Creese, of the University of Exeter Medical School, who led the study, said, "Even before the pandemic, loneliness and physical activity levels were a huge issue in society, particularly among older people. Our study enabled us to compare mental health symptoms before and after COVID-19 in a large group of people aged 50 and over."

Creese added, "We found that during lockdown, loneliness and decreased physical activity were associated with more symptoms of poor mental health, especially depression. It's now crucial that we build on this data to find new ways to mitigate the risk of worsening mental health during the pandemic."

The study found that before the pandemic, lonely people would report an average of two symptoms of depression for at least several days over the previous last two weeks. During the lockdown, lonely people reported either an increase in the frequency of depressive symptoms, to more than half the days in the two week period, or a new symptom for at least several days in that timeframe. In people who were not lonely, levels of depressive symptoms were unaffected.

PROTECT began in 2011 and has 25,000 participants signed up. Designed to understand the factors involved in healthy aging, the innovative study combines detailed lifestyle questionnaires with cognitive tests that assess aspects of brain function including memory, judgment, and reasoning over time.

In May, researchers included a new questionnaire designed to assess the impact of COVID-19 on health and wellbeing. Running from May 13 to June 8, the questionnaire was completed by 3,300 people, of which 1,900 were long-standing PROTECT participants. The study is continuing to run so that longer-term outcomes can be assessed.

Zunera Khan, Research Portfolio Lead at Institute of Psychiatry, Psychology and Neuroscience said, "We have found links between loneliness and a drop in physical exercise and worsening mental health symptoms. It should be within our power to find ways of keeping people socially engaged and active. Our online PROTECT platform ultimately aims to find new ways to engage people in their homes, however, technology can only be part of the picture. We need to ensure we can find new ways to help people stay active and social, whether they are online or not."

The study planned to conduct further analysis on groups at particularly high risk, such as people with cognitive impairment and those with caring roles.

## **Chronic inflammation**

### **Study finds exercising could combat chronic inflammation (New Kerala: 20210125)**

<https://www.newkerala.com/news/2021/14729.htm>

Study finds exercising could combat chronic inflammation

Exercising regularly has a number of health benefits, but did you know that exercising muscle could combat chronic inflammation on its own?

According to a recent study led by Biomedical engineers at Duke University, the human muscle has an innate ability to ward off the damaging effects of chronic inflammation when exercised.

The results of the study appeared on January 22 in the journal 'Science Advances'. The discovery was made possible through the use of lab-grown, engineered human muscle, demonstrating the potential power of the first-of-its-kind platform in such research endeavors.

"Lots of processes are taking place throughout the human body during exercise, and it is difficult to tease apart which systems and cells are doing what inside an active person," said Nenad Bursac, professor of biomedical engineering at Duke.

"Our engineered muscle platform is modular, meaning we can mix and match various types of cells and tissue components if we want to. But in this case, we discovered that the muscle cells were capable of taking anti-inflammatory actions all on their own," Bursac added.

Inflammation is not inherently good or bad. When the body is injured, an initial low-level inflammation response clears away debris and helps tissue rebuild. Other times, the immune system overreacts and creates an inflammatory response that causes damage, like the often deadly cytokine storms brought on by some cases of COVID-19. And then, there are diseases that lead to chronic inflammation, such as rheumatoid arthritis and sarcopenia, which can cause the muscle to waste away and weaken its ability to contract.

Among many molecules that can cause inflammation, one pro-inflammatory molecule, in particular, interferon-gamma, has been associated with various types of muscle wasting and dysfunction. While previous research in humans and animals has shown that exercise can help mitigate the effects of inflammation in general, it has been difficult to distinguish what role the muscle cells themselves might play, let alone how they interact with specific offending molecules, such as interferon-gamma.

"We know that chronic inflammatory diseases induce muscle atrophy, but we wanted to see if the same thing would happen to our engineered human muscles grown in a Petri dish," said Zhaowei Chen, a postdoctoral researcher in Bursac's laboratory and first author of the paper.

"Not only did we confirm that interferon-gamma primarily works through a specific signaling pathway, but we also showed that exercising muscle cells can directly counter this pro-inflammatory signaling independent of the presence of other cell types or tissues," Chen added.

To prove that muscle alone is capable of blocking interferon gamma's destructive powers, Bursac and Chen turned to an engineered muscle platform that the laboratory has been developing for nearly a decade. They were first to grow contracting, functional human skeletal muscle in a Petri dish, and since then the lab has been improving its processes by, for example, adding immune cells and reservoirs of stem cells to the recipe.

In the current study, the researchers took these fully functional, lab-grown muscles and inundated them with relatively high levels of interferon-gamma for seven days to mimic the effects of a long-lasting chronic inflammation. As expected, the muscle got smaller and lost much of its strength.

The researchers then applied interferon-gamma again, but this time also put the muscle through a simulated exercise regime by stimulating it with a pair of electrodes. While they expected the procedure to induce some muscle growth, as shown in their previous studies, they were surprised to discover that it almost completely prevented the effects of the chronic inflammation.

They then showed that simulated exercise inhibited a specific molecular pathway in muscle cells and that two drugs used to treat rheumatoid arthritis, tofacitinib, and baricitinib, which block the same pathway, had the same anti-inflammatory effect.

"When exercising, the muscle cells themselves were directly opposing the pro-inflammatory signal induced by interferon-gamma, which we did not expect to happen," said Bursac.

## **Vaccination (Hindustan: 20210125)**

[https://epaper.livehindustan.com/imageview\\_595443\\_87495758\\_4\\_1\\_25-01-2021\\_2\\_i\\_1\\_sf.html](https://epaper.livehindustan.com/imageview_595443_87495758_4_1_25-01-2021_2_i_1_sf.html)

# टीकाकरण कराने को प्रोत्साहित करेंगे

नई दिल्ली | कार्यालय संवाददाता

टीकाकरण को शत प्रतिशत सुनिश्चित करने के लिए वैक्सिनेशन करा चुके स्वास्थ्यकर्मियों को बैज लगाने और सैश (एक तरह का रंगीन रिबन) पहनाने की तैयारी है, जिससे ऐसे स्वास्थ्यकर्मियों को सम्मानित किया जा सके और दूसरे को प्रोत्साहित किया जा सके। इन बैज और सैश पर टीकाकरण के सुरक्षित होने वाले संदेश लिखे होंगे।

राजीव गांधी सुपर स्पेशियलिटी अस्पताल के कोविड नोडल अधिकारी डॉक्टर अजित जैन ने बताया कि टीकाकरण केंद्र पर टीका लगवाने के लिए आने वाले लोगों को छोटा बैज लगाया जाएगा। जिस प्रकार से किसी समारोह में व्यक्ति को सम्मानित करने के लिए उसके गले में सैश पहनाया

## वैक्सीन लगाने का छटा दिन आज

कोरोना वैक्सीन के टीकाकरण का सोमवार (आज) को छटा दिन होगा। दिल्ली में अब तक 25 हजार से ज्यादा स्वास्थ्यकर्मियों से लेकर अस्पतालों में कार्यरत सुरक्षाकर्मी और सफाईकर्मियों का टीकाकरण हो चुका है। हफ्ते में चार दिन सोमवार, मंगलवार, गुरुवार और शनिवार को टीकाकरण किया जा रहा है। अभी तक सबसे अधिक 23 जनवरी को टीकाकरण कराने वालों की संख्या अधिक रही।

जाता है। उसी तरीके से टीकाकरण कराने वाले को भी सैश पहनाने की तैयारी है, जिससे वह खुद भी गर्व महसूस करे और दूसरों को प्रोत्साहित

## इतनों को टीका लगा

16 जनवरी	53 फीसदी
18 जनवरी	34 फीसदी
19 जनवरी	49 फीसदी
21 जनवरी	73 फीसदी
23 जनवरी	86 फीसदी

## 60 पैरा मेडिकल कर्मियों को टीका लगाया गया

दिल्ली जेल विभाग के 60 पैरामेडिकल कर्मियों को टीका लगाया जा चुका है। इनका डीडीयू अस्पताल में टीकाकरण किया जा रहा है।

कर सके। उस पर वैक्सीन लगवाने के बाद हूं सुरक्षित वाले संदेश लिखे होंगे। टीकाकरण को बढ़ावा देने को कर्मियों के वीडियो भी साझा किए जा रहे हैं।

## कोविड-19 वैक्सीन

भारत में मॉडर्ना की कोविड-19 वैक्सीन लॉन्च कर सकती है टाटा ग्रुप, बातचीत जारी (Hindustan: 20210125)

<https://www.livehindustan.com/national/story-tata-in-talks-to-launch-moderna-covid-19-vaccine-in-india-3814454.html>

अमेरिका में इस्तेमाल की जा रही मॉडर्ना की कोरोना वैक्सीन को जल्द ही भारत में लॉन्च किया जा रहा है। दरअसल, टाटा ग्रुप का हेल्थ वेंचर मॉडर्ना वैक्सीन को भारत में लाने के लिए बातचीत कर रहा है। टाटा मेडिकल एंड डायग्नॉस्टिक्स आईसीएमआर के साथ मिलकर भारत में मॉडर्ना वैक्सीन का क्लिनिकल ट्रायल कर सकता है।

हालांकि, समाचार एजेंसी रॉयटर्स ने जब इसको लेकर मॉडर्ना से संपर्क किया तो उसे कोई जवाब नहीं मिला।

फाइज़र वैक्सीन को जहां माइनस 70 डिग्री सेल्सियस या उससे भी कम तापमान में रखने की जरूरत होती है तो वहीं मॉडर्ना की वैक्सीन को सामान्य फ्रिज के तापमान में भी रखा जा सकता है, जो कि भारत जैसे सीमित कोल्ड स्टोरेज वाले देशों के लिए ज्यादा मुफीद है।

नवंबर में मॉडर्ना के आखिरी चरण के ट्रायल के डेटा बताते हैं कि यह वैक्सीन 94.1 प्रतिशत असरदार है और इसको लेने के बाद कोई गंभीर साइड इफेक्ट्स की आशंका भी नहीं है। अमेरिका ने दिसंबर में और यूरोपीय देशों ने इसी महीने शुरू में मॉडर्ना के टीके को मंजूरी दी थी।

भारत ने यह अनिवार्य कर दिया है कि कोई भी वैक्सीन निर्माता भारत में आने से पहले यहां के लोगों पर ट्रायल करेगा। अभी भारत में भारत बायोटेक की कोवैक्सीन और ऑक्सफोर्ड एस्ट्रेजेनेका की सीरम इंस्टीट्यूट द्वारा बनाई कोविशील्ड वैक्सीन को मंजूरी मिली है।

### **Pollution (Hindustan: 20210125)**

[https://epaper.livehindustan.com/imageview\\_595445\\_87750382\\_4\\_1\\_25-01-2021\\_4\\_i\\_1\\_sf.html](https://epaper.livehindustan.com/imageview_595445_87750382_4_1_25-01-2021_4_i_1_sf.html)

# कोहरे और टंड से प्रदूषण में इजाफा



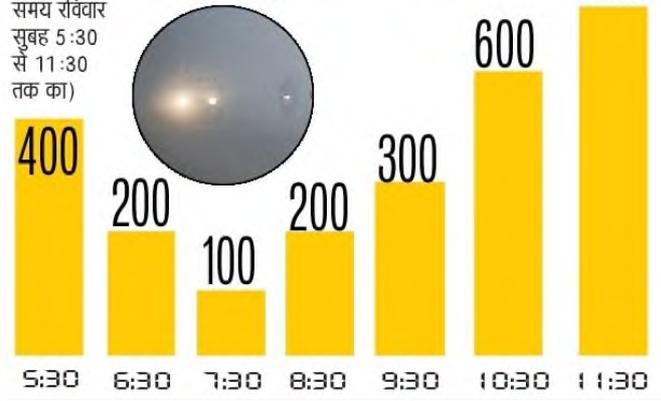
नई दिल्ली | प्रमुख संवाददाता

ठंड, कोहरे और हवा की रफ्तार कम होने के चलते प्रदूषण के स्तर में इजाफा हुआ है। रविवार को राजधानी दिल्ली का औसत वायु गुणवत्ता सूचकांक (एक्यूआई) 366 के अंक पर यानी बेहद खराब श्रेणी में रहा। वहीं, दिल्ली के आईटीओ की हवा सबसे खराब रही। यहां का सूचकांक शाम के छह बजे 500 के अंक पर पहुंच गया।

दिल्ली के लोगों को प्रदूषण की परेशानी से निजात मिलती नहीं दिख रही है। शनिवार को तेज हवाओं के चलते प्रदूषण के स्तर में थोड़ी कमी दर्ज की गई थी। शनिवार को औसत वायु गुणवत्ता सूचकांक 326 के अंक पर रहा था। लेकिन, हवा की रफ्तार कम होते ही इसमें तेजी से बढ़ोतरी हुई है। केंद्रीय प्रदूषण नियंत्रण बोर्ड (सीपीसीबी) के

(दृश्यता मीटर में, समय रविवार सुबह 5:30 से 11:30 तक का)

## पालम में दृश्यता का स्तर



मुताबिक शनिवार का औसत सूचकांक 366 के अंक पर रहा यानी बीते चौबीस घंटे के भीतर ही इसमें 40 अंकों की बढ़ोतरी हुई है। दिल्ली के पांच इलाके ऐसे हैं जहां का वायु गुणवत्ता सूचकांक 400 के अंक के ऊपर यानी गंभीर श्रेणी में पहुंच गया है।

**आईटीओ की हवा सबसे खराब:** आईटीओ क्षेत्र की हवा सबसे ज्यादा प्रदूषण भरी है। यहां का वायु गुणवत्ता सूचकांक शाम के छह बजे 500 के अंक पर मौजूद रहा। यहां प्रदूषक कण

पीएम 10 की मात्रा 469 माइक्रोग्राम प्रति घन मीटर और पीएम 2.5 की मात्रा 500 माइक्रोग्राम प्रति घन मीटर के स्तर पर रही। वायु गुणवत्ता सूचकांक के लिए यह उच्चतम स्तर है। वहीं, जहांगीरपुरी में 421, वजीरपुर में 410, विवेक विहार में 404 और आनंद विहार में एक्यूआई 430 पर दर्ज किया गया। हवा में पीएम 10 की मात्रा 100 और पीएम 2.5 की मात्रा 60 से नीचे होने पर ही उसे स्वास्थ्य के अनुकूल माना जाता है।

**Kidney Disease (Dainik Gagan 20210125)**

क्यों जानलेवा हो जाती है किडनी की बीमारी, जिससे जूझ रहे हैं बिहार के पूर्व सीएम लालू यादव (Dainik Jagran: 20210125)

<https://www.jagran.com/delhi/new-delhi-city-know-how-former-bihar-chief-minister-lalu-prasad-is-upset-with-kidney-disease-jagran-special-21306202.html>

किडनी की बीमारी के लक्षण उस वक्त उभरकर सामने आते हैं जब किडनी 60 से 65 प्रतिशत डैमेज हो चुकी होती है। इसलिए इसे साइलेंट किलर भी कहा जाता है इसलिए समय रहते इसके लक्षणों की पहचान किया जाना बहुत जरूरी होता है।

नई दिल्ली [रणविजय सिंह]। बिहार के पूर्व मुख्यमंत्री और राष्ट्रीय जनता दल के मुखिया लालू प्रसाद यादव तबीयत ज्यादा बिगड़ने के बाद उन्हें रांची से दिल्ली स्थित अखिल भारतीय आयुर्विज्ञान संस्थान में भर्ती कराया गया है। सूत्रों से मिली जानकारी के मुताबिक, पूर्व केंद्रीय मंत्री लालू प्रसाद यादव की हालत अब भी नाजुक बनी हुई है। लालू को सांस लेने में परेशानी की बात सामने आ रही है। इस बीच यह भी जानकारी सामने आई है कि उनकी किडनी सिर्फ 25 फीसद काम कर रही है। आइये जानते हैं कि क्यों और कैसे होती है किडनी संबंधित परेशानी, जिससे जूझ रहे हैं बिहार के पूर्व मुख्यमंत्री लालू प्रसाद यादव। दिल, फेफड़े, लिवर की तरह ही किडनी शरीर के महत्वपूर्ण अंगों में से एक है। इसके खराब होने से जिंदगी और मौत के बीच फासला कम होने लगता है। उचित समय पर इलाज और किडनी ट्रांसप्लांट नहीं होने की स्थिति में मरीज की मौत तक हो जाती है।

किडनी रक्त में मौजूद पानी और व्यर्थ पदार्थों को अलग करने का काम करती है। इसके अलावा शरीर में रासायनिक पदार्थों का संतुलन, हॉर्मोन्स छोड़ना, रक्तचाप नियंत्रित करने में भी सहायता प्रदान करती है। बदलती लाइफस्टाइल व काम के बढ़ते दबाव के कारण लोग जंकफूड व फास्ट फूड का सेवन ज्यादा करने लगे हैं। इसी वजह से लोगों की खाने की प्लेट से स्वस्थ व पौष्टिक आहार गायब होते जा रहे हैं। किडनी के रोगों को दूर करने के लिए कुछ प्राकृतिक उपायों की मदद लेना बहुत फायदेमंद साबित हो सकता है।

किडनी की बीमारी के कारण

हर साल किडनी की बीमारी के चलते लाखों लोग अपनी जान गंवा बैठते हैं, लेकिन सबसे खतरनाक बात यह है कि अधिकतर लोगों को इसकी जानकारी तब होती है जब बहुत देर हो चुकी होती है। दरअसल किडनी की बीमारी के लक्षण उस वक्त उभरकर सामने आते हैं, जब किडनी 60 से 65 प्रतिशत डैमेज हो

चुकी होती है। इसलिए इसे साइलेंट किलर भी कहा जाता है, इसलिए समय रहते इसके लक्षणों की पहचान किया जाना बहुत जरूरी होता है।

किडनी शरीर का एक ऐसा अंग होता है जो शरीर से विषाक्त पदार्थों को छानकर यूरिन के माध्यम से शरीर से बाहर निकालता है। लेकिन डायबिटीज जैसी बीमारियों, खराब जीवनशैली और कुछ दवाओं के कारण किडनी के ऊपर बुरा प्रभाव पड़ता है।

शुगर-बीपी से खराब होती है किडनी

डायबिटीज और ब्लड प्रेशर किडनी फेल होने के सबसे बड़े कारण हैं। डायबिटीज के 30 से 40 प्रतिशत मरीजों की किडनी खराब होती है। इनमें से 50 प्रतिशत मरीज ऐसे होते हैं, जिन्हें बहुत देर से इस बीमारी का पता चलता है और फिर उन्हें डायलिसिस या किडनी ट्रांसप्लांट करवाना पड़ता है।

कम पानी पीना

पानी हमारे शरीर की जरूरत है। पानी कम पीने से किडनी पर बहुत बुरा प्रभाव पड़ता है। किडनी खून साफ करती है और खराब चीजों को शरीर से अलग करती है जिसमें पानी की बड़ी भूमिका है। अगर आप पानी कम पियेंगे तो टॉकिन्स छानने के बजाय आपके शरीर में इकट्ठा होने शुरू हो जाएंगे।

अधिक नमक का सेवन

कुछ लोग जरूरत से ज्यादा नमक का सेवन करते हैं। शायद वो नहीं जानते कि उनकी ये आदत उनकी किडनी की सेहत पर कितनी भारी पड़ सकती है। अधिक नमक लेने से शरीर में सोडियम बढ़ता है जिससे ब्लड प्रेशर प्रभावित होता है। इससे किडनी पर बल पड़ता है। इसलिए दिन में 5 ग्राम से अधिक नमक का सेवन न करें।

यूरिन को रोकना

कुछ लोगों की आदत होती है कि वो यूरिन या पेशाब को रोक कर रखते हैं। यूरिन या पेशाब के प्रेशर को रोकना भी किडनी से संबंधित समस्याओं को बढ़ा देता है। इस गलत आदत से किडनी में पत्थरी या किडनी फेल होने जैसी दिक्कत भी हो जाती है।

बेतरतीब लाइफस्टाइल के साथ कम नींद लेना

जरूरत से कम नींद लेने से भी किडनी से जुड़ी समस्याएं हो सकती हैं। नींद के दौरान किडनी की कोशिकाओं में पहुंचने वाली क्षति की भरपाई होती है। नींद न लेने से मेटाबॉलिज्म भी प्रभावित होता है और किडनी फिट नहीं रहती, इसलिए कोशिश करें कि भरपूर नींद लें।

## Antibodies

**दिल्ली में पांचवां सीरो सर्वे: आधे लोगों में मिली एंटीबॉडी, बाकी सैंपल संक्रमित (Amar Ujala: 20210125)**

<https://www.amarujala.com/delhi/fifth-sero-survey-in-delhi-antibodies-found-in-half-of-people>

दिल्ली में 50 फीसदी लोगों में कोरोना संक्रमण के बारे में पता चला है। यह लोग कोरोना वायरस की चपेट में आए और फिर ठीक होने के बाद इनके शरीर में एंटीबॉडी भी विकसित हुई हैं। रविवार को राजधानी में पांचवें सीरो सर्वे में यह परिणाम सामने आया है।

हालांकि आधिकारिक तौर पर इसकी जानकारी नहीं दी गई है लेकिन जानकारी है कि पांचवें सीरो सर्वे के तहत दिल्ली के 11 जिलों में 28 हजार लोगों के सैंपल लिए गए थे जिनमें से करीब 50 फीसदी यानि 14 हजार लोगों में कोरोना संक्रमण के खिलाफ एंटीबॉडी पाई गई हैं।

एक जिले में यह परिणाम 60 फीसदी तक मिला है। हालांकि यह जिला कौन सा है? इसकी जानकारी नहीं मिल पाई है। दिल्ली स्वास्थ्य महानिदेशक डॉ. नूतन मुंडेजा का कहना है कि पांचवें सीरो सर्वे परिणाम को लेकर उनके पास जानकारी नहीं है लेकिन सूत्रों के आधार पर सामने आई जानकारी के मुताबिक दिल्ली में पहली बार सीरो सर्वे के दौरान 50 फीसदी सैंपल कोरोना संक्रमित मिले हैं।

इससे पहले हुए चार सर्वे में 20 से 30 फीसदी के बीच हर बार सैंपल संक्रमित पाए गए थे। सीरो सर्वे के परिणामों के आधार पर ही दिल्ली में कोरोना संक्रमण के प्रसार की स्थिति का आकलन किया जा रहा है।

## Malnutrition

**महिला एवं बाल विकास मंत्रालय ने सभी राज्यों को बच्चों में गंभीर कुपोषण का पता लगाने के लिए निर्देश (Amar Ujala: 20210125)**

<https://www.amarujala.com/india-news/ministry-of-women-and-child-development-has-given-instructions-from-all-states-and-ut-to-detect-severe-malnutrition-in-children>

महिला एवं बाल विकास मंत्रालय ने सभी राज्यों, केन्द्रशासित क्षेत्रों को पत्र लिख कर सभी मुख्य सचिवों को बच्चों में गंभीर कुपोषण (एसएएम) का पता लगाने को कहा है। इसके साथ ही जरूरत पड़ने पर उन्हें अस्पतालों और आयुष कन्द्रों में रेफर करने तथा इस पूरी प्रक्रिया को 31 जनवरी तक पूरी करने के निर्देश भी दिए हैं।

मंत्रालय ने कहा, राज्य एसएएम बच्चों का पता लगाने के लिए एक अभियान शुरू करेगा और जरूरत पड़ने पर उन्हें अस्पतालों और आयुष केन्द्रों को रेफर करेगा। राज्य यह काम जिला पोषण समिति द्वारा स्वीकृत कार्य योजना के अनुरूप करेंगे। यह पूरी कवायद 31 जनवरी 2021 तक पूरी की जानी है।

मंत्रालय ने दिशा-निर्देश साझा किए और यह सुनिश्चित करने की आवश्यकता पर जोर दिया कि पूरक पोषण कार्यक्रम लाभार्थियों तक तय समय-सीमा में पहुंचे। मंत्रालय ने सभी राज्यों को अनिवार्य रूप से 'पोषण ट्रैकर' को लागू करने के लिए कहा है।