



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 202108112

Health, Education Departments

Health, Education Departments in Nawanshahr on tenterhooks (The Tribune: 20210812)

<https://www.tribuneindia.com/news/coronavirus/health-education-departments-in-nawanshahr-on-tenterhooks-296565>

Health, Education Departments in Nawanshahr on tenterhooks

Photo for representational purpose only. File photo

The district had reported zero case for the last 10 days before two students of a government school at Saroya tested positive here on Tuesday.

This has surely become a matter of concern for the Education and Health Departments and has brought back the memories of February when 28 students from one school in the district had tested positive and then scores of them were found positive creating panic among the parents.

However, the students who were found positive are asymptomatic. But, higher education officials have stated that there is negligence on the part of the students. So, DEO Jagjit Singh has said that he will be conducting surprise checking in schools and will send a show-cause notice to the school authorities if students or school employees are found flouting the Covid-19 norms.

The Health Department has now accelerated the sampling process so that all the 655 schools in the district could be covered at the earliest and the infected students identified and isolated.

Nawanshahr Civil Surgeon Dr Gurinderbir Kaur said, “We have set a target of sampling 1,000 teachers, students and other staff members on a daily basis because we want to cover all 655 government, government-aided and private schools in Nawanshahr.” The Civil Surgeon said it would now be preferred that RT-PCR of the students is conducted rather than RAT.”

She said it had been advised that even if any family member of either a student or a teacher was unwell, the teacher or the student could take leave from the school so that the infection does not spread to others.

“Even if a single student tests positive during random sampling, we will close the school. Otherwise, the instructions have already been sent where proper ventilation and cleanliness in the schools has been advised. The schools have also been asked to invite students on a rotation basis in case of less space,” the Civil Surgeon further said.

Today, there are four more active cases in the district, including two students, out of which two are under home isolation.

District reports four fresh cases of covid, no casualty

A total of four fresh cases were reported in the district today, with which the district tally went up to 63,162 (two of these belong to other districts). The toll remained at 1,490 as district reported no Covid death today. As many as 61,611 persons have recovered from Covid in the district while the number of active cases in Jalandhar is 61.

4 test +ve in Kapurthala

Four fresh cases of Covid were reported in Kapurthala today as the Covid tally increased to 17,775. No death was reported in the district today.

6 students +ve in Hoshiarpur

As many as seven persons tested positive for Covid in the district on Wednesday. Among them are six students of a government school in Tanda block. For precaution sake, the school has been closed till further orders. With the fresh cases reported today, the district tally has increased to 30,674. The number of active cases in the district is 23 whereas 29,673 have recovered.

Helpline numbers for Covid patients

Ambulance helpline: 108

Emergency helpline: 104

Jalandhar Helpline for Covid or other medical queries: 0181-2224848

Antibodies

58% children in Punjab have antibodies, finds sero survey (The Tribune: 20210812)

<https://www.tribuneindia.com/news/coronavirus/58-children-in-punjab-have-antibodies-finds-sero-survey-296362>

58% children in Punjab have antibodies, finds sero survey

Photo for representational purpose only.

In Punjab, around 58 per cent of children aged between six and 17 years have developed antibodies against Covid-19, as per the initial data of the paediatric sero survey conducted by the state Health Department last week.

The results of the survey is a positive sign as the third wave is said to be potentially detrimental to children.

The data revealed 897 of 1,577 children had developed antibodies. Around 92 blood samples were collected from each district. Of these, 46 samples were collected from rural areas. However, a couple of districts in the state have not completed the process and will test the samples in a day or two.

92 samples taken from each district

Around 92 blood samples were collected from each district, of which 46 were taken from rural areas

In Moga, around 82% of children showed antibodies, while the figure was 16% in Patiala district

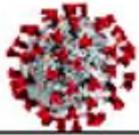
A couple of districts have not completed the process and will test the samples in a day or two

Meanwhile, the survey process is said to have been hit by the doctors' protest over the NPA issue. Health officials said it was the initial data and the final report would be compiled in a couple of days.

The highest prevalence of Covid among children was found in Moga district, where around 82 per cent of children showed antibodies. Meanwhile, only 16 per cent of the children, who were sampled for the survey, showed antibodies for the virus in Patiala district.

Dr Rajesh Bhasker, nodal officer, said they had already directed the districts to set up dedicated paediatric Covid wards and increase the number of beds as a precaution against the possible third wave.

Dr GB Singh, Director, Punjab Health Department, said, “It is a good sign that around 58 per cent of children have antibodies because it will help them fight the third wave of Covid and reduce the severity of the infection.” He said they would develop a strategy for the possible third wave after receiving survey reports from all districts.

COVID METER		
Cases	107	
Critical	2	
Active	517	
Deaths	0	
DISTRICT-WISE COUNT		
DISTRICT	+VE	DEATHS
Ludhiana	34	0
Amritsar	9	0
Bathinda	8	0
Fazilka	8	0
Hoshiarpur	7	0
Total	5,99,678	16,325

Vax supply

Centre orders 25% increase in vax supply to Punjab(The Tribune: 20210812)

<https://www.tribuneindia.com/news/coronavirus/centre-orders-25-increase-in-vax-supply-to-punjab-296363>

Move after CM Capt Amarinder raised issue with Union Health Minister Mansukh Mandaviya

The Health Ministry on Wednesday directed 25 per cent increase in Covid vaccine supply to Punjab after Chief Minister Capt Amarinder Singh flagged the need for additional doses in the wake of the forthcoming festive season and 26 lakh people in waiting for the second Covishield shot.

The CM raised the demands in a meeting with Union Health Minister Mansukh Mandaviya who ordered immediate increase in Punjab's allocation by 25 per cent.

Punjab sought supply of 55 lakh doses of vaccines on priority with Mandaviya assuring ease of supply from the next month.

“The Health Minister said he would fulfil the state's requirement by October 31 and ordered the department to immediately increase Punjab's allocation to meet its urgent requirement,” a CMO statement said. The CM said the state could arrange to vaccinate five to seven lakh people daily with enhanced supplies.

He said allocation of vaccine for Punjab for August stood at 20,47,060 doses of Covishield, while 26 lakh doses were needed just for those whose second dose was overdue.

Citing data, the CM said Punjab has had relatively less allocation of vaccines (and hence low per capita vaccination) as compared to other states and needed to be increase to cover more population and catch

Poverty

India needs to talk about 2nd-gen steps against poverty (20210812)

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

By Roshan Kishore There are no official statistics on the number of poor in India after 2011-12. Leaked findings of the Consumption Expenditure Survey (CES) of 2017-18, which would have given the latest numbers on poverty, showed a fall in average monthly per capita

expenditure (MPCE) for the first time and triggered a political storm. Since the Indian economy has suffered its highest ever contraction of 7.3% in 2020-21 and the post-pandemic recovery is biased in favour of profits (in the wage-profit binary) and the formal sector (in the formal-informal binary), an increase in poverty is almost certain now. India's largest ever economic contraction in 2020-21, followed by the second Covid wave's disruption, has made restoration of growth the focal point of economic commentary at the moment. While growth is a necessary condition for poverty reduction, it is not a sufficient condition, as the post-pandemic economy can put itself in a trajectory with higher levels of inequality, and, therefore, poverty. The situation calls for reopening the debate on anti-poverty programmes, which were popular at the time when the United Progressive Alliance (UPA) assumed office in 2004. Whether or not such programmes are adopted, is not, as is often believed, merely a function of the fiscal headroom. There are deeper political economy processes at play behind such decisions.

1 The difference between asset-generating programmes and anti-poverty programmes

Whether or not a person is poor is not a function of their asset endowments, but income. India calculates its poverty by deciding on an MPCE level below which a person is deemed to be poor. This also means one-time asset generating programmes – the mainstay of the current government’s welfare push – are not anti-poverty programmes. The government could have given money to a household to build a toilet or even a house, and it could provide LPG cylinders and piped water supply to their houses, but none of these guarantee that the household in question will continue to earn enough to stay above the designated poverty line.

The only income enhancement programme that the Narendra Modi-led government has started is the PM-KISAN scheme, which offers ₹6,000 a year to farmers. Other examples of anti-poverty programmes would be Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) and the Public Distribution System (PDS), or the PMGKY, which was discussed above.

EXPENDITURE UNDER ASSET-GENERATING AND ANTI-POVERTY PROGRAMMES IN INDIA

Food subsidy (Anti-poverty)	242,836
MGNREGS (Anti-poverty)	73,000
PM-KISAN (Anti-poverty)	65,000
Jal Jeevan Mission (Asset enhancing)	50,011
LPG subsidy (Anti-poverty)	14,073
Mid-day meal scheme (Anti-poverty)	11,500
Swachh Bharat Mission - Rural (Asset enhancing)	9,994
Pradhan Mantri Awaas Yojna (Asset enhancing)	8,000
Pradhan Mantri Swasthya Suraksha Yojna (Anti-poverty)	7,000
Swachh Bharat Mission - Urban (Asset enhancing)	2,300

Allocation
in 2021-22
Budget
(in ₹ crore)

Source: 2021-22 Budget

2 PDS and MGNREGS have been game changers in the fight against poverty

Food items have a 39% share in India’s Consumer Price Index (CPI) basket. Cereals alone have a share of almost 10%. This one statistic makes it clear why the subsidised provisioning of rice and wheat through PDS matters in fighting poverty in India. India’s PDS in its current avatar offers almost free food to at least two-thirds of the population. Interestingly, PDS first contracted and then expanded in scope during the post-reform period in India. This is because the universal PDS was first made into a targeted PDS in 1997. Its scope was first expanded under the Atal Bihari Bajpayee-led government, which launched the Antyodaya Anna Yojna in 2000, reducing issue price of cereals to the really poor. A 2013 EPW paper by Himanshu and Abhijit Sen shows how PDS’s reach first fell and then expanded during the reform period. The National Food Security Act (NFSA) of 2013 further expanded the reach of PDS in India. The expansion in coverage was especially high among poorer households.

MGNREGS is essentially a counter-cyclical demand driven cushion for unskilled workers in rural areas. Wages under it are generally lower than market wages, and payments are often delayed. Despite this, MGNREGS has been a game changer in India’s rural political-economy landscape. This is because, the unskilled rural workforce, the most vulnerable among India’s workers, now has a backup while bargaining for wages in the open market. In other words, the rural employer cannot wield the threat of work or starve (PDS has helped here as well) to the rural labourer. This is best seen from the fact that rural wages have increased in the post-MGNREGS phase in India.

AVERAGE RURAL WAGES IN INDIA

(in ₹)

400 ————— 353 94

Population control measures

Why coercive population control measures are a bad idea (The Indian

Express: 20210812)

[https://indianexpress.com/article/opinion/coercive-population-control-india-up-](https://indianexpress.com/article/opinion/coercive-population-control-india-up-7449449/)

[7449449/](https://indianexpress.com/article/opinion/coercive-population-control-india-up-7449449/)

The number of missing girls at birth has increased from 35 lakh in 1987-96 to 55 lakh in 2007-16. Such laws might worsen the sex ratio in states where sex-selective abortion is still practised



Given UP's large population and geography, family planning and fertility should be targeted. (Express photo)

Written by Shriya Bajaj and Sandeep Pandey

Recently, population control measures are being discussed by the states of Assam and Uttar Pradesh. Many other states like Rajasthan, Madhya Pradesh, Telangana and Andhra Pradesh, Gujarat, Maharashtra, Uttarakhand, Karnataka and Odisha have been following a two-child norm for local body elections for a while.

The bill proposed by the Uttar Pradesh law commission suggests that those with one or two children be made eligible for benefits in terms of increment in job promotions, monetary benefits, health coverage benefits and many more perks. More than two children might involve penalties such as being debarred from government jobs and local body elections, and limiting

ration cards to four people. The logic being offered is that a dip in population will allow UP to reach sustainable development goals and an equitable distribution of resources.

The population of India exploded between 1930 and 1980, with decadal growth of 11 per cent in the 1931 census increasing to around 25 per cent in the 1981 census. Since 1981, the population growth has seen declining trends, and in the 2011 census, India saw a 17.1 per cent decadal growth rate. Table 1 shows that UP has started showing a declining trend in the last decade, which is a positive sign towards population stabilization. A Lancet study in 2020 has projected that India's population will peak around 2048 to 160 crores and thereafter it will see a decline and reach around 109 crores around 2100.

Table 1: Trends in Population Growth (1961-2011)

Year	Population Growth Rate (in percent)	
	India	Uttar Pradesh
2011	17.64	20.23
2001	21.54	25.80
1991	23.87	25.61
1981	24.66	25.39
1971	24.80	19.54
1961	21.64	16.38

Source: Census of India (Census, 2011)

The Total Fertility Rate at the national level is 2.2 births per woman according to NFHS- 4, 2015-16 (NFHS, 2015-16). The TFR is projected to decline to 1.24 by 2020. Several states already have a TFR lower than the national average. Uttar Pradesh, too, has seen a decline in TFR from 4.8 children per woman in 1992 to 2.7 children per woman in 2016 (Table: 2). This is in spite of a fall in child mortality rate from 83 in 2000 to 43 in 2016 (Health and Family Welfare Department, U.P., 2021).

Table 2: Trend in Total fertility rate (1992-2016)

Year	Total Fertility Rate (Births per woman)	
	India	Uttar Pradesh
2015-16 (NFHS:4)	2.2	2.7
2005-06 (NFHS:3)	2.7	3.8
1998-99 (NFHS:2)	2.9	3.99
1992-93 (NFHS:1)	3.4	4.82

Source: National Family Health Survey

The present contraceptive use of any method for India is 53.5 per cent. Studies suggest that the sex composition of children is associated with contraceptive use in India. Couples with four or more children are more likely to use modern contraceptives, when they have at least one son and one daughter. They are less likely to use contraceptives when they have all daughters and no sons. For states like UP, the contraceptive uses of any method have been below the national average and unmet needs are quite high, around 18 per cent (Table 4). In such cases, the state should focus on providing a basket of choices to the family.

Table 3: Contraceptive Use Pattern (1992-2016)

Year	Contraceptive use- Any Method (In Percent)	
	India	Uttar Pradesh
2015-16 (NFHS:4)	53.5	45.5
2005-06 (NFHS:3)	56.3	43.6
1998-99 (NFHS:2)	48.2	27
1992-93 (NFHS:1)	40.7	N.A.

Source: National Family Health Survey

Table 4: Total Unmet need for Family Planning (1992-2016)

Year	Unmet need for family planning (In Percent)	
	India	Uttar Pradesh
2015-16 (NFHS:4)	12.9	18.1
2005-06 (NFHS:3)	12.8	23.1
1998-99 (NFHS:2)	15.8	25.4
1992-93 (NFHS:1)	19.5	N.A.

Source: National Family Health Survey

We also see that there is a reduction in the TFR for both the national level and UP, with the years of schooling. Also, states like Kerala and Punjab with a TFR of 1.6 indicate the same. From Table 5 it's clear, the woman with no schooling has a high TFR of 3.07 for India and 3.5

for UP. As education levels increase, the TFR decreases up to 1.71 for India and 1.9 for UP for more than 12 more years of schooling. Studies have also indicated the same in the case of UP. Higher fertility was concentrated in districts with low levels of women's education, predominantly in the north-central UP.

Table 5: Fertility and Education (2015-16)

Years of Schooling	Total Fertility Rate (Children per woman)	
	India	Uttar Pradesh
No schooling	3.07	3.5
< 5 years of schooling	2.43	3.2
5-9 years complete	2.3	2.8
10-11 years complete	1.99	2.4
12 or more years complete	1.71	1.9

In India, the number of missing girls at birth has increased from 35 lakhs in 1987-96 to 55 lakhs in 2007-16. Bringing any such population control bill will worsen in states where sex-selective abortion is still practiced. Whereas there has been an overall improvement in sex ratio from 898 women per 1,000 men in 2001 to 912 in 2011, the child sex ratio (0-6 years) has seen a fall from 916 to 902 in the same period in UP. This should be a cause of concern as any coercive measure is likely to worsen this ratio against girls. Given UP's large population and geography, family planning and fertility should be targeted. Bringing educational reforms and giving choices for family planning would work more appropriately. This would lead to an overall improvement in the fertility outcome of the state as well as at the national level.

Low carb diet for weight loss, diabetes

Low carb diet for weight loss, diabetes: Know all about it ((The Indian Express: 20210812)

<https://indianexpress.com/article/lifestyle/health/low-carb-diet-weight-loss-diabetes-blood-sugar-benefits-7397117/>

Low carb diets have been a mainstay of diabetes management for long, and have been recommended for diabetics as the diet has less of an impact on one's blood sugar levels, said nutritionist Vibhuti Jain

low carb diet and diabetes, low carb diet for weight loss, what is low carb diet, low carb diet foods, low carb diet management for diabetes, low carb diet and metabolic diseases, indianexpress.com, indianexpress, Most low carb diets have only about 10 per cent of calories coming from carbohydrates. (Source: Canva)

“Ever since the 1860s, low carb diets have been a weight loss strategy, and the dietary approach continues to be an interest of many even today. You must have heard a lot about cutting down on carbs for weight loss, but for many, such a diet might also help optimise their health and even manage metabolic diseases,” said Vibhuti Jain, lead nutritionist and head of research and development, Lo! Foods.

What is the low carb diet?

Low carb diet involves limiting foods high in carbohydrates such as bread, pasta, sugar, etc and replacing them with low-carb foods like spinach, cauliflower, and other fibrous vegetables and foods that contain a higher percentage of protein and fat such as cheese, eggs, meat, poultry, fish, nuts and seeds.

“Low carb diets are generally recommended and found effective for people who are trying to lose weight, are overweight/obese, diabetic, pre-diabetic, as well as for those who want to optimise their metabolism, heart health, cholesterol, and triglyceride levels. A low carb diet has also been found to improve the quality of life in advanced or metastatic cancers,” she told indianexpress.com.

The nutritionist explained that low carb diets have increasingly been used to help people with obesity and related metabolic conditions like diabetes. “Severely obese people with a high prevalence of diabetes or metabolic syndrome lost more weight and saw significant improvement in insulin sensitivity and triglyceride levels while on a carb-restricted diet compared to a calorie-and fat-restricted diet,” she said.

preventive healthcare Here's what to know about low carb diet for diabetes. (Source: Getty Images/Thinkstock)

Low carb diet and diabetes

Low carb diets have been a mainstay of diabetes management for long, and have been recommended for diabetics as the diet has less of an impact on one's blood sugar levels, said Jain.

“Low carb approaches stem from the hypothesis that reducing insulin – the hormone that creates an anabolic, fat-storing state — induces weight loss and improves cardiometabolic function. Low carb diets are less stressful on the pancreas and insulin production compared to high-carb diets. If the body runs out of stored carbs, the liver produces ketones, a type of fat that can be converted into energy,” she explained.

Low carb diet and triglyceride levels

Similar to added sugar, extra carbs in one's diet can get converted into triglycerides and get stored in fat cells. Restricting carbs has been associated with low blood triglyceride levels. Individuals who adhered to a low-carb diet were found to have a greater drop in blood triglyceride levels compared to those who followed a high-carb diet, said Jain.

“Women with obesity and metabolic problems saw improvements hormonally while on a low carb diet. Reducing carb load was found to lower circulating insulin levels, improve hormonal imbalance and resume ovulation to improve pregnancy rates compared to the regular diet. Most low carb diets have only about 10 per cent of calories coming from carbohydrates. A typical low carb diet might include only 50-100 grams of carbs per day,” she said.

Ayurvedic home remedies

Say goodbye to body acne with these Ayurvedic home remedies ((The Indian Express: 20210812)

<https://indianexpress.com/article/lifestyle/life-style/body-acne-ayurveda-home-remedies-tips-7448528/>

"Body acne is caused by the same factors can trigger face acne: overactive oil glands, excess dead skin cells, and a proliferation of acne-causing bacteria," said Ayurvedic practitioner Dr Shyam VL

ayurveda, back acne ayurveda, tips to deal with back acne as per ayurveda, ayurveda tips to deal with back acne, indianexpress.com, back acne home remedies, what to do for acne, Caused by the accumulation of dead cells and oil, body acne is often associated with increased sweating and friction from clothing. (Source: Getty Images/Thinkstock)

Acne is a common skin issue that many experience. But is it not just on the face, acne can occur anywhere on the body, including the back and chest. This type of acne, hence, is called body acne.

What are the causes?

According to ayurvedic practitioner Dr Shyam VL, body acne is caused by the same factors that trigger acne on the face: “overactive oil glands, excess dead skin cells, and a proliferation of acne-causing bacteria”. Additionally, it can also be a result of increased sweating and friction from clothing.

“As the bacteria multiply in a clogged pore, the pore becomes inflamed. An acne cyst forms when inflammation reaches deep into the skin. Cysts can be very painful. People often see permanent scarring after this type of acne heals,” he wrote on Instagram.

However, if it is not chronic, here are some easy home remedies that the ayurvedic practitioner suggested.

*Favour fresh whole organic cooked food, leafy green vegetables, sweet juicy fruits, legume soups and olive oil.

*Make a paste by mixing three tablespoons of honey and 1 teaspoon of cinnamon powder. Apply this paste on the pimples and wash it next morning.

*Apply a mixture with crushed coriander seed and honey.

ALSO READ |Got an acne? Here’s what could be happening inside your body

*Gently rub fresh cut garlic/onion on and around pimples.

*Apply a paste of green gram powder and kashoori haldi (a type of turmeric) in equal quantity mixed with adequate quantity milk to fade the pimple marks.

Food and Nutrition

Nutritionist suggests ‘fuss-free’ method to lose weight without counting calories ((The Indian Express: 20210812)

<https://indianexpress.com/article/lifestyle/fitness/lose-weight-portion-control-calorie-counting-tips-7442808/>

"This method works because you are able to control the amount of portion you eat at every meal. It’s a fuss free way and provides convenience and variety," said nutritionist Nancy Dehra

caloric deficit meal, how not to count calories, indianexpress.com, nancy dehra, how to lose weight, indianexpress, what is calorie counting, What does your diet comprise? (Source: Getty Images/Thinkstock)

In an attempt to lose weight, many people skip meals to avoid consuming calories. However, it must be noted that consuming a good and enriching diet forms a major component of the weight loss journey. So instead of dieting, one must practice portion control, say experts. But if you are confused about what and how much to eat, we've got you covered.

Here's your guide from nutritionist Nancy Dehra who recommends a "fuss-free" method that will make you feel satiated while limiting the portion you eat at every meal.

ALSO READ | Healthy food swaps for effective weight loss

*Use the one-bowl method — While two-third of your bowl should have salad and protein, rest one-third should be your "favourite carbs", said Dehra adding that one should always "eat the salad first".

"This method works because you are able to control the amount of portion you eat at every meal. It's a fuss-free way and provides convenience and variety," she captioned her post.

What's the math?

Salads and vegetables have high fibre and nutrients and fill you up quickly.

Protein is high on satiety, hence keeps you full for long.

She explained that when eating in a plate and bowl system, most of us tend to feed on carbs first (since they are the tastiest macronutrient). While carbs are not bad for you, every meal should have optimal protein and fats as well, she said. "This method will help you in keeping your portion in control and eat less unintentionally," said Dehra.

ALSO READ | Quantified nutrition: A simple yet sustainable way to shed those extra kilos

PG Medical Education Regulations 2021

Building consent: On PG Medical Education Regulations 2021 (The Hindu: 20210812)

<https://www.thehindu.com/opinion/editorial/building-consent-the-hindu-editorial-on-postgraduate-medical-education-regulations-2021/article35865270.ece>

A consensus on the Postgraduate Medical Education Regulations 2021 is a must

The Indian Medical Association (IMA), the largest organisation of doctors in

Vaccines

Undermining justice: On vacancies in courts, tribunals (The Hindu: 20210812)

<https://www.thehindu.com/opinion/editorial/undermining-justice-the-hindu-editorial-on-vacancies-in-courts-tribunals/article35845142.ece>

The Government must explain the unusual delay in filling up vacancies in courts, tribunals

It was only a matter of time before the controversy over the Union

Ophthalmologists flag sharp rise in myopia among children (The Hindu: 20210812)

<https://www.thehindu.com/news/cities/chennai/ophthalmologists-flag-sharp-rise-in-myopia-among-children/article35867517.ece>

They advise limiting the use of gadgets, prescribe more playtime in the sun

Ophthalmologists have reported a sharp rise in myopia in children in the past year. Some doctors report as much as 25% rise in onset and 100% progression in

Covaxin

WHO decision on Covaxin EUA in September(The Hindu: 20210812)

<https://www.thehindu.com/sci-tech/health/who-decision-on-covaxin-eua-in-september/article35865147.ece>

A top vaccines official at the World Health Organization says the agency expects to make a decision in September on an emergency use authorisation for the

Civishield- Covaxin Mix Study (The Asian Age: 20210812)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15765604>

Covishield-Covaxin 'mix' study at Vellore gets drug regulator's nod

38,353 more cases, 497 die; active cases at 140-day low

BHASKAR HARI SHARMA
NEW DELHI, AUG. 11

India logged 38,353 new Covid-19 infections taking the country's total count to 3,20,36,511, while active cases declined to 3,86,351, the lowest in 140 days, the health ministry's updated data showed on Wednesday.

The death toll has risen

to 4,29,179 with 497 fresh fatalities.

India's drug regulator, meanwhile, has approved a study to be conducted by the Christian Medical College (CMC), Vellore, on the mixing of Covid-19 vaccines Covaxin and Covishield.

An expert panel of the Central Drugs Standard Organisation

(CDSCO) on July 29 had recommended granting permission for such a study. The trial will involve 300 healthy volunteers.

"The aim of the study is to assess the feasibility on whether a person can be given two different vaccines — one each of Covishield and Covaxin —

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Health Key (The Asian Age: 20210812)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15765966>

Health a key priority in battling climate change



Patralekha
Chatterjee

Dev 360

Is climate change the biggest health threat of the 21st century?

A 2009 joint report by *Lancet* and University College London's Institute for Global Health thought so. Prof. Anthony Costello, the lead author of *Managing the Health Effects of Climate Change*, presciently noted the big message: "Climate change is a health issue affecting billions of people, not just an environmental issue about polar bears and deforestation."

"The impacts will be felt not just in the UK, but worldwide — and not just in some distant future but in our lifetimes and those of our children," he had said.

More than a decade has passed.

Now we have the latest report by the Intergovernmental Panel on Climate Change (IPCC) about the world as it is today and the shape of things to come. We are already seeing the effects of climate change in every part of the world — from the top of mountains to the bottom of oceans. There will be a huge increase in the number and intensity of heatwaves, storms, fires and floods around the world due to the climate change we have caused and are causing. No one is exempt, there is nowhere to hide — that is the core message from the sixth IPCC assessment report.

India, home to millions of the world's poorest, should be worried and better prepared. Extreme weather in recent times made climate change a talking point in many middle-class homes. The future looks even more turbulent — more heatwaves worsened by higher humidity, erratic rainfall, more droughts, floods and forest fires.

The scariest finding of

Many Indian scientists in and out of government have contributed to these findings.

What will be the impact on health, nutrition, food security, water and sanitation?

"Climate change enhances the transmission season and expands the geographical distribution of vector-borne diseases (like dengue, malaria) as warmer temperatures and humidity favours the breeding of insect vectors and also alters the geographic distribution of existing vectors," says the National Health Portal of India.

Warmer average temperatures, it points out, can mean longer and hotter summers, earlier spring seasons, shorter and milder winters. These conditions favour carriers of many vector-borne diseases.

But infectious diseases aren't the only challenge ahead. We are likely to have more and stronger heatwaves, which will get worse in cities due to all the concrete around. Construction workers and others who must work outdoors are at greater risk of heatstroke. Over 6,000 people have died between 2010 and 2018 in India due to heatwaves.

Andhra Pradesh was among the worst-hit in 2013-15. A recent paper by the country's leading meteorologists said around 17,000 people have died due to heatwaves in the last 50 years.

This will get worse.

Some Indian cities are better prepared than others to cope. Ahmedabad, which suffered a horrific heatwave in 2010, recording a temperature of 47°C, leading to over 1,000 deaths, was the first to come up with a heat action plan. Around 30 cities in about a dozen states are implementing similar

weather. But that won't be enough. Experts say Indian cities will need to find ways to cool down — creating more green spaces in cities is the best medicine.

India has a coastline of over 7,500 km. A large percentage of our population lives along the coasts. All are being hit. Salt water brought by the rising sea poisons all drinking water sources up to a kilometre inland in some places. The Indian Ocean is the world's fastest-warming ocean; the situation is worse for us than for others. Only some can afford water purification machines or drink bottled water all the time. Most have to drink the increasingly salty water that can aggravate health problems like hypertension.

There aren't many studies in India on this large-scale impact, or on the skin diseases and infections caused by regular bathing in contaminated pond water.

Researchers Swayam Siddha and Paulami Sahu have written about the health impact of salinity contamination on the Gujarat coast. Their study was published in the *SN Applied Sciences* journal last year. They flag kidney stones, fluorosis, intestinal ailments and many other diseases.

There is a study from Dacope in Bangladesh which revealed a large segment of the population was consuming 5-16 grams of sodium (common salt is sodium chloride) per day, far exceeding WHO's recommended limit of two grams per day. The average sodium level in urine in a sample of healthy pregnant women was 3.4 grams per day and in some women as high as 7.7 grams per day. Equally worrying was the higher percentage of women diagnosed with hypertension and pre-eclampsia in the dry season. These

dangerous conditions can become fatal during pregnancy.

Climate change will have its greatest impact on the poorest. It will deepen inequities. What can poor communities in the developing world do? For starters, there should be more awareness campaigns about the health impacts. For this, the health effects of extreme weather on Indians need to be much more rigorously documented.

Once people are aware of the problem, they do try to find solutions. In a fishers' village on the outskirts of Visakhapatnam, women told me they had really cut down on the salt to be added during cooking because the water they had to use was so salty anyway. Making pregnant women aware of such risks can cut risks.

It is not just the coast. We are seeing an erratic monsoon all over India now — many days without rain, then heavy rainfall spells causing floods and landslides, killing people and destroying livelihoods. The IPCC says the monsoon variability will get worse. Its contributing authors who are from the Indian Institute of Tropical Meteorology emphasised this point.

When it rains more heavily, water flows down faster. This means less rainwater will percolate underground, ponds and wells will dry up earlier each year.

What can we do? Rainwater harvesting must become more than a slogan. If we want water, all of us must hold whatever rainwater we get.

Rising temperatures and variable rainfall hit agriculture. In turn, that hits nutrition. Governments at the Centre and states must ramp up their nutrition programmes.

Climate change impacts are not abstract, not in the future. They are here and now; the biggest impacts are on our health. Health must be at the centre of the climate change policy discussion.

The Indian Ocean is the world's fastest-warming ocean; the situation is worse for us than for others. Only some can afford water

The writer focuses on development issues in

National Education Policy (The Asian Age: 20210812)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15765971>



Gulshan Kaur

CBSE a leader in innovating reforms in line with NEP 2020

The new education policy, NEP 2020, takes a paradigm shift on our understanding of two key questions. These are "how to learn" and "how to make our students lifelong learners". It aims at devising ways to disengage students from rote learning and engage them in experiential learning, in order that they may become independent learners.

The NEP clearly states that schools should not merely condition and limit the students to memorizing information. Rather, schools should adopt learning approaches that enhance students' learning outcomes, enable them to develop competencies required to solve real problems, and make them future-ready.

The CBSE has been working proactively and consistently in upgrading the education system by incorporating innovative reforms in pedagogy and assessments even when the idea of NEP 2020 was in a nascent stage. In its effort to integrate constructive pedagogies within the existing framework, it has taken a few landmark decisions in the past. One of them was the introduction of art integration in learning and making learning experiential and multidisciplinary in 2019 (vide circular no. ACAD-12/2019 dated March 8, 2019).

The other was regarding the mandatory implementation of learning outcomes-based teaching-learning process to be adopted in all affiliated schools (vide circular no. ACAD-05/2019 dated January 14, 2019). These two decisions paved the path for schools to engage in competency-based education (CBE).

The underlying focus of CBE is to ensure the attainment of proficiency in learning by students and to make them capable of dealing with real-life situations at age and grade-appropriate levels. Per the guidelines provided by CBSE, the goals of CBE can be achieved only by implementing innovative and experiential pedagogies, such as art integrated learning, sports integrated learning, learning through storytelling, and so on.

For ensuring proper implementation of these pedagogies, the CBSE has prepared various guidance manuals and curated online courses, and is also carrying out exercises to train the teachers. To ensure quality and homogeneity, it is now mandatory for all CBSE schools to upload the art integrated projects prepared by students and reports on the implementation of art integrated learning on the dedicated portal available on the Board website.

As we enter the era of the Fourth Education Revolution, where the physical, digital and biological spheres are converging at a quick pace, it has become imperative for all of us to reimagine education. The advancement of AI is changing the face of education across the world and creating opportunities vis-à-vis new threats and challenges. A significant portion of the job sector in which humans are engaged today will be taken over by machines in future. According to Bernard Marr, the Fourth Industrial Revolution and Education Revolution will bring about a drastic change in the way we live, work and educate our children. These shifts will be driven by new-age technologies.

We need to intensify our efforts in imparting STEAM (science, technology, engineering, the arts, and mathematics) education to all, irrespective of socio-economic disparity, sex and cultural diversity, because every individual will need technological skills in order to survive an uncertain future. They will also require adaptability, collaboration, emotional intelligence, mental agility, communication and unstructured problem-solving ability.

How learning should be assessed then is a big question. Innovative methods are the answer whereby assessments are individualised on the standard pattern displayed by the child. Assessing the child in multiple ways keeping their interest in mind and allowing them to conduct exploratory activities in a collaborative manner builds up original thinking. It develops flexibility to work at one's own pace and be open to evaluations. Various assessment tools like teach-back, bricolage, digital badges and blackchains help the child reflect and review his learning effectively. The CBSE, of late, is supporting such assessments and has issued guidelines to schools in this regard.

The internal assessment policy of CBSE asks schools to assess students through periodic/typical tests, multiple assessments and subject enrichment activities, besides explorative and structured projects. Multiple-choice type competency-based questions as an alternative to term-end exams, based on a reduced syllabus, is also a move in this direction.

The role the CBSE is playing is indeed commendable as it is empowering us with its reforms to celebrate the unique potentials of every child. As educators, we should give our learners wings to explore and fly. We should widen our perspective and redefine success by revisiting our curriculum and aligning it to the NEP where "every child matters".

Let us build a community of conscious, curious, creative and confident global citizens.

Gulshan Kaur is a school principal in Panchkula, Haryana

Health Benefitters in Nature (The Asian Age: 20210812)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15764909>

Out in the nature to heal

Health benefits of spending time in nature are real, assert experts

 With a lack of alternatives for leisure activities during the pandemic, many people discovered walking. Now that the lifting of COVID restrictions has made more activities possible again, it's still worth seeking as much peace and quiet in nature as possible. "Studies have shown that one can feel a positive effect after 20 minutes," says professor and physician Andreas Michalsen. "The pulse slows down, blood pressure and stress levels drop and the immune system is stimulated. The parts of the brain responsible for relaxation and calm are supplied with blood."

NATURE MAKES YOU FEEL ALIVE

Psychologist Anja Goeritz tells us that the stress-reducing and vitalising effect of nature has been proven by more than 100 studies. "It's proven that being in nature has a positive effect," says the professor of business psychology. "Alongside the physical effects, psychological issues such as anxiety and depression are also reduced."

The best part is that it doesn't always have to be the perfect forest environment or an hour-long hike. Michalsen explains further, "It's about getting involved with nature with our senses. For me, that means experiencing nature."

Experiencing nature could also include lying on the grass



राष्ट्रीय होम्योपैथी आयोग संशोधन विधेयक को मंजूरी

नई दिल्ली। राज्यसभा ने कांग्रेस सहित विपक्ष के कई दलों के सदस्यों की अनुपस्थिति में बुधवार को राष्ट्रीय होम्योपैथी आयोग (संशोधन) विधेयक, 2021 को मंजूरी दे दी। उच्च सदन ने संक्षिप्त चर्चा के बाद विधेयक को ध्वनिमत से मंजूरी प्रदान कर दी। लोकसभा से पहले ही पारित हो चुका है।

चर्चा में होम्योपैथी को बढ़ावा दिए जाने की जरूरत पर बल दिया। आयुष मंत्री सर्वानंद सोनोवाल ने कहा कि यह

साधारण बीमा कारोबार विधेयक को मंजूरी

राज्यसभा ने बुधवार को भारी हंगामे के बीच साधारण बीमा कारोबार संशोधन विधेयक, 2021 को मंजूरी दे दी। इससे सार्वजनिक क्षेत्र की बीमा कंपनियों में अधिक निजी भागीदारी को सुगम बनाने का मार्ग प्रशस्त होगा।

विधेयक देश में होम्योपैथी चिकित्सा पद्धति को बढ़ावा देने के लिए अहम है।

Depression Exeter (New Kerala: 20210812)

Study finds being overweight can cause depression Exeter, August 11: A largescale new study has proved that being overweight causes depression and lowers wellbeing. It further indicated that both social and physical factors may play a role in the eff-> View it--> <https://www.newkerala.com/news/2021/114218.htm>

Asthma

Managing asthma can cut Covid severity: Study (New Kerala: 20210812)

New York, Aug 11: Asthmatics who have their illness well under control have less severe Covid-19 outcomes than those with uncontrolled asthma, according to a large study. The findings, published in Th-> View it--> <https://www.newkerala.com/news/2021/114132.htm>

Breastfeeding

Not producing enough breast milk, don't worry (New Kerala: 20210812)

New Delhi, Aug 10 Aug 11: Breastfeeding is easy for some mothers difficult for others. Each mother infant breastfeeding journey is unique. As a lactation consultant I have seen many mothers making the sa-> View it--> <https://www.newkerala.com/news/2021/114128.htm>

Future variants

Booster covid jab will better protect against future variants: (New Kerala: 20210812)

Study London, Aug 11: Even as the UK government is planning to give a third Covid vaccine shot to everyone above 50 years of age from next month, scientists confirm that the autumn boost-> View it--> <https://www.newkerala.com/news/2021/114074.htm>

Pregnancy

Study reveals COVID-19 during pregnancy is associated with preterm birth California, future variants: (New Kerala: 20210812)

August 10: According to a large study led by researchers at UC San Francisco, pregnant individuals who contract COVID-19 face a higher risk of having a very preterm -> View it--> <https://www.newkerala.com/news/2021/113910.htm>