



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 202101125

Over 50% women, kids anaemic in 14 states, UTs: Survey

Over 50% women, kids anaemic in 14 states, UTs: Survey (The Tribune: 202101125)

<https://www.tribuneindia.com/news/nation/over-50-women-kids-anaemic-in-14-states-uts-survey-342446>

Over 50% women, kids anaemic in 14 states, UTs: Survey

The government on Wednesday released the factsheets of key indicators on population, reproductive and child health, family welfare, nutrition and others for India and 14 states and UTs.

Anaemia among children and women continues to be a cause for concern, with more than half of them being found anaemic in 14 states and UTs and all-India level, according to the findings of the National Family Health Survey (NFHS-5) compared to NFHS-4.

The government on Wednesday released the factsheets of key indicators on population, reproductive and child health, family welfare, nutrition and others for India and 14 states and UTs, clubbed under phase two, of the 2019-21 NFHS-5 here.

The states and UTs which were surveyed in this phase were Arunachal Pradesh, Chandigarh, Chhattisgarh, Haryana, Jharkhand, Madhya Pradesh, NCT of Delhi, Odisha, Puducherry, Punjab, Rajasthan, Tamil Nadu, UP and Uttarakhand.

The findings of NFHS-5 for 22 states and UTs covered in phase one were released in December 2020.

Hitting a major demographic milestone, India has fallen below the replacement level of fertility at the national level with the total fertility rate of the country now standing at 2.

The replacement level of fertility — 2.1 — is the number of children per woman that helps to keep the national population stable.

The TFR ranges from 1.4 in Chandigarh to 2.4 in Uttar Pradesh. A major takeaway of the survey is – all states have achieved replacement level of fertility (2.1) except MP, Rajasthan, Jharkhand and UP, where too the fertility rates have declined over the past six years.

“The trends were expected as contraception improves and unmet need for family planning declines. The results show that there is no need for any rigid family planning policies or two child norms,” said researcher V Sekar of the International Institute of Population Sciences, which conducted the survey.

CONCERNS

Malnourished kids

35.5% under-5 children stunted (low height for age)

19.3% children wasted (low weight for height)

32.1% underweight kids

ANAEMIA

67.1% children anaemic (6 to 59 months); count stood at 58.6% in NFHS-4

57.2% women anaemic (15-49 years); risen from 53.2% in the last survey

25% men anaemic (15-49 years); up from 22.7%

GAINS

88.6% institution births; up from 78.9% in last survey

76% kids fully immunised (12-23 months); 62% last time

64% kids under 6 months breastfed; up from 55%

Total fertility rate of the country drops to 2

WHO

Kids can wait, cover low-vax nations: WHO (The Tribune: 202101125)

<https://www.tribuneindia.com/news/nation/kids-can-wait-cover-low-vax-nations-who-342457>

With several countries rushing to expand Covid-19 vaccination to cover children, the World Health Organisation (WHO) on Wednesday said countries should prioritise global sharing of vaccines to cover low inoculation nations before proceeding to vaccinate children.

India's National Technical Advisory Group on Immunisation is to meet in November-end to take a call on whether to expand the national Covid inoculation drive to cover children.

“As a matter of global equity, as long as many parts of the world are facing extreme vaccine shortages, countries that have achieved high vaccine coverage in their high-risk populations should prioritise global sharing of Covid-19 vaccines before vaccinating children and adolescents who are at low risk for severe disease,” the WHO said in an interim statement today.

No vax for kids yet

WHO hasn't yet approved Covid-19 vaccine for emergency use in kids

India's panel on immunisation to meet in Nov-end to decide on this issue

Pfizer, Moderna's shots have been approved for use in 12-17 age group

Deaths in under-25 age group less than 0.5% of reported global deaths

It noted that some countries, including the US and India, had approved vaccines for children. The WHO has not yet approved any Covid-19 vaccine for emergency use in children although it has seven vaccines, including Covaxin, on the EUL (emergency use listing) for adults.

Pfizer and Moderna's Covid-19 shots have been approved for use in 12-17 age group. India has given approval to ZycovD, a novel DNA vaccine, for this age group but the vaccine has yet to receive EUL.

“Several Covid-19 vaccines are undergoing trials in younger age groups (as young as 6 months), but results have not yet been published,” the WHO said, effectively asking countries to put child Covid vaccinations on hold. The world body said the greatest burden of severe disease and deaths remained among older persons and those with co-morbidities and the global vaccination strategy targets remained the same – 40 per cent of each country's population by 2021-end and 70 per cent by mid-2022.

New Covid cases

India records 9,119 new Covid cases (The Tribune: 202101125)

<https://www.tribuneindia.com/news/nation/india-records-9-119-new-covid-cases-342613>

Active Covid cases in the country decline to 1,09,940

India logged 9,119 new coronavirus infections taking the country's total tally of Covid cases to 3,45,44,882, while the active cases declined to 1,09,940, the lowest in 539 days, according to the Union Health Ministry data updated on Thursday.

The death toll climbed to 4,66,980 with 396 fresh fatalities, according to the data updated at 8 am.

The daily rise in new coronavirus infections has been below 20,000 for 48 straight days and less than 50,000 daily new cases have been reported for 151 consecutive days now

The active cases comprise 0.32 per cent of the total infections, the lowest since March 2020, while the national Covid recovery rate was recorded at 98.33 per cent, the highest since March 2020, the health ministry said.

A decrease of 1,541 cases has been recorded in the active Covid caseload in a span of 24 hours.
PTI

Stress

Keeping calm in stressful situations, as explained by neurologist Daniel Levitin (The Indian Express: (The Tribune: 202101125)

<https://indianexpress.com/article/lifestyle/life-positive/keeping-calm-stressful-situations-neurologist-daniel-levitin-life-positive-7521589/>

He explains how stress can cloud our thinking to an extent that it can interfere with the easiest of decision-making tasks

Daniel Levitin, Daniel Levitin TED Talk, Daniel Levitin videos, stress buster, stress management, cortisol, handling stress, neurologist, life positive, indian express news Daniel Levitin speaks about coping with stress in this TED Talk. (Source: Daniel Levitin/TED)

Neuroscientist Daniel Levitin, in this insightful conversation about gaining control over your mind in turbulent, stressful situations, enlightens us about the stress hormone medically referred to as cortisol.

Through a hilarious example of being locked outside, Levitin explains how cortisol clouds our judgment and hence inhibits our rationality and decision-making skills in stressful situations. He says that as a result of his fazed mind, he had forgotten his passport while he was at the airport and hence, sped home, searched frantically for it and made it to the airport on time, only to find out that his seat had been given to someone else and he was forced to be seated at the back of the airplane near the washrooms.

Thus, he explains stress can interfere with the easiest of decision-making tasks, rendering us helpless in already-stressful situations.

The neuroscientist goes on to talk about the concept of the premortem that can help avoid making critical errors in stressful situations. “We all are going to fail now and then,” he says. “The idea is to think ahead to what those failures might be,” he says.

By simply organising our important belongings in designated places, we can reduce stress drastically. For instance, keeping keys on a key hanger could reduce the likelihood of us losing it and subsequently stressing about it.

By giving us a thought-provoking example of how to employ rational thinking at doctors, he shows us that we need to plan ahead of time and be well researched so that when we are faced with an obstacle, we have the mental resources to cope with it.

Reproductive health

Four things millennial men should know about reproductive health (The Indian Express: (The Tribune: 202101125)

<https://indianexpress.com/article/lifestyle/health/millennial-men-reproductive-health-things-to-know-7638520/>

The conditions that lead to male infertility broadly include infections, hormonal imbalance, obesity, erectile dysfunction, retrograde ejaculation, and exposure to radiation or heavy metals, says a doctor

reproductive health, reproductive health for men, what can men do to ensure reproductive health, reproductive health dos and don'ts for men, nutritious food and reproductive health, physical activity, indian express news There are a few things millennial men need to keep in mind to ensure sound reproductive health. (Photo: Getty/Thinkstock)

Modern lifestyles — which are riddled with stress — require modern interventions so as to ensure health. When it comes to men’s reproductive health, there is a lot of stigma attached to it, which can lead to misconceptions.

Dr Kshitiz Murdia, CEO and co-founder Indira IVF says while there is no one particular cause, doctors — over the years — have narrowed it down to a few harmful ones that millennial men need to keep in mind due to ensure sound reproductive health:

- Consumption of substances like alcohol and tobacco
- Sedentary lifestyle
- Unhealthy diet

- Sexual diseases such as STDs or STIs
- Coming in contact with chemicals and harmful toxins
- Extreme levels of stress, emotional or mental distress
- Accidents or physical injury

ALSO READ |Can yoga impact the mental health of an unborn child? Find out

“These causes can not only hamper reproductive health, but can also impact one’s fertility. The conditions that lead to male infertility broadly include infections, hormonal imbalance, obesity, erectile dysfunction, retrograde ejaculation, and exposure to radiation or heavy metals, chemicals and drugs among others,” the doctor explains.

He lists a few things for millennial men to keep in mind to ensure sound reproductive health; read on.

1. Reproductive health challenges

It is important to educate about reproductive challenges like low sperm count, low testosterone, impotence, STIs etc. can cause complications at later stages in life. There should be awareness about STIs and reproductive infections such as human immunodeficiency virus (HIV), syphilis, hepatitis B, chlamydia, gonorrhoea, herpes, and human papillomavirus (HPV) to take necessary precautions or seek medical help.

2. Having an active lifestyle

Work from home has induced a new era of being constantly surrounded by computers, while daily physical activity has reduced. Swimming, jogging, cycling and other sports can help in building immunity, remaining active, maintaining hormone levels, especially in the case of diabetes and heart-related diseases. These simple lifestyle changes will help in reducing stress and other hormones that affect sperm production.

ALSO READ |Five things to consider while planning pregnancy in your 30s

3. Consumption of a healthy diet

Consumption of fruits, vegetables and plenty of water is important for a nutritious diet. Junk food and processed food can prove to be harmful in the longer run and hamper hormone levels in the body. A nutritional diet would help in ensuring not just a strong reproductive health but also overall health.

4. Personal hygiene

Male genital region is located outside the body to provide cooler temperature for the production of sperms. Personal hygiene — such as washing hands after using the toilet, keeping the genital region clean, wearing washed and breathable underwear, avoiding any chemical or synthetic soaps and ensuring general cleanliness — is essential.

Pregnancy-related back pain

Pregnancy-related back pain: Know how physiotherapy can help (The Indian Express: (The Tribune: 202101125)

<https://indianexpress.com/article/lifestyle/health/post-pregnancy-lower-back-pain-physiotherapy-7580917/>

Pregnancy-related back pain commonly occurs because of postural changes, increased ligamentous laxity, and decreased abdominal muscle function

back pain Low back pain symptoms can be treated effectively with many conventional low back exercises (Source: Getty Images/Thinkstock)

During pregnancy, a woman's body goes through enormous musculoskeletal, physiological, and emotional changes. As such, educating pregnant women and new mothers about the role of exercise during this key life transition period is essential as it can have a great impact on their physical and mental wellness, said Dr Sagar Pathare, lead rehabilitation, Mumbai, Nightingales Home Health Services.

He added that during this time, women can also experience back pain. "The physiological and musculoskeletal changes concerning the back are often interrelated. Pregnancy-related back pain commonly occurs because of the postural changes of pregnancy, increased ligamentous laxity, and decreased abdominal muscle function," he shared.

As mentioned in the editions of Carolyn Kisner's Therapeutic Exercises: Foundations and Techniques, back pain is reported by 50-70 per cent of pregnant women at some point during pregnancy; which contributes to lost work days and decreased functional ability.

ALSO READ | A doctor explains: Importance of physiotherapy and tele rehab for post-acute COVID patients

In addition, symptoms may continue in the post-delivery period, with a prevalence in up to 68 per cent of women, for as long as 12 months after delivery. Women who are physically fit generally have less back pain during pregnancy, said Dr Pathare.

Low back pain symptoms can be treated effectively with many conventional low back exercises, proper body mechanics, posture instructions and improvement in work techniques. The best approach is to consult a physiotherapist who can examine you thoroughly and suggest suitable exercises, he mentioned.

How can a physiotherapist help during pregnancy?

A physiotherapist can assess physical health and identify any musculoskeletal or neuromuscular problems that could be aggravated by pregnancy. The physiotherapist should identify and recommend solutions to prevent any problem. Post assessment, they can

recommend leg exercises to prevent varicose veins, abdominal contractions are taught to be practiced in various positions.

“Physiotherapists teach pregnant women how to recognise and deal with tension. During labour, relaxation principles including breathing awareness can reduce the severity of pain,” said Dr Pathare.

Back care advice: Back strain is minimised when the spine is held in its normal curves.

Some of the usual recommendations:

*Postural correction exercises are practiced from different positions; standing, sitting, lying and crook lying position.

*Lifting advice: It involves lifting from a height and carrying as well as lifting from the ground level.

The principles to follow when lifting are:

*Legs should be apart to increase the base of support.

*The object to be lifted must be held close to the body.

*When lifting from the ground, it is important to ensure that the weight is light enough to be lifted comfortably.

*When lifting from a height, it is important to hold the object close to the body and to make sure that the height is easily reached.

pregnancy Postural correction exercises are practiced from different positions; standing, sitting, lying and crook lying position (Source: Getty Images/Thinkstock)

Pelvic floor rehabilitation

Pelvic floor rehabilitation is a valuable method, regardless of a patient’s medical status or cause of symptoms. Majority of women are unfamiliar with the presence of pelvic floor muscles, and even less aware of their function and role in daily activities. Although lot of data is available on the internet, it is important to get a one-on-one assessment and care planned accordingly, said Dr Pathare.

Improve and maintain endurance

Women who have been doing cardio exercises should continue exercising during pregnancy to maintain their cardiopulmonary fitness. However, these recommendations are for women with no maternal or foetal risk factors, shared Dr Pathare.

It is advised that all women participate in mild to moderate exercise, for both strength and cardiopulmonary benefits. This includes 15-30 minutes/session on most days.

Individualised programs, based on pre-pregnancy fitness levels are preferable. The program helps to improve the overall health of the individual including their psychological aspect.

Most women feel more comfortable to understand, learn and regularise the new process at their homes as it can be done while managing the rest of the errands and helps them avoid the anxiety of travelling to reach a physiotherapy center.

Please note, the exercises and due precautions should be practised only after getting approval by the concerned gynecologist. All the above mentioned instructions and suggestions are in general and need to be tailored according to the individual.

Healthy weight loss

Nutritionist suggests three smart ways to lose weight without crash-dieting (The Indian Express: (The Tribune: 202101125)

<https://indianexpress.com/article/lifestyle/fitness/nutritionist-suggests-smart-ways-lose-weight-without-crash-dieting-7634420/>

Did you know that you can create a 'calorie deficit' in your diet without compromising on what you eat?

weight loss, how to lose weight, simple ways to lose weight, healthy weight loss, healthy ways to lose weight, smart ways to lose weight, weight loss goals, proteins, intermittent fasting, indian express news There are three ways in which you can get to your desired weight, without doing anything too dramatic. (Photo: Getty/Thinkstock)

People who want to lose weight will know that it is a constant struggle of trying new fads and foods to stay in shape and shed some extra kilos. Experts say that weight loss is not supposed to be a battle — that in the process of losing weight, one must not compromise on their health.

Did you know that you can lose weight while changing your diet and introducing more clean eating habits with occasional cheat meals? Nutritionist Azra Khan took to Instagram recently to share three smart ways in which you can get to your desired weight, without doing anything too dramatic. Check it out.

ALSO READ | 'No side effects, very little effort': Chef shares detox water recipe to get rid of stubborn body fat

Khan said one can smartly create a 'calorie deficit' in their diet without compromising on what they eat. A calorie deficit is essentially a shortage in the number of calories that one consumes, relative to the number of calories that are needed for maintaining current body weight.

Here are some sure-shot ways to lose weight without dieting:

1. Weight training

The nutritionist advised that this process will help increase the metabolism by increasing your muscle.

2. Intermittent fasting

A hit among fitness and health conscious people, intermittent fasting involves fasting for a period of time after eating a healthy meal. The basic principle is to give the body time to digest food, burn out excess body fat and detox. It is considered more attuned to the body's circadian rhythm.

3. Having 1 g protein per kg of body weight

The expert advises that you eat and include more proteins in your diet, so you can stay full and satiated for longer, as opposed to feeling hungry and taking meals throughout the day.

What do you think about these methods?

Air pollution (The Asian Age: 202101125)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15988914>

■ SC orders relief for construction staff

Air pollution: 'No big change,' some relief due to wind

PARMOD KUMAR
NEW DELHI, NOV. 24

The Supreme Court on Wednesday said that despite steps, which it described as "as hoc", to curb and control the toxic level of air pollution in Delhi, there was no "substantial change". The mild relief experienced in past two days, it added, was primarily due to the wind which the court described as "an act of God".

Chief Justice N.V. Ramana heading a special bench also comprising Justice D.Y. Chandrachud and Justice Surya Kant said, "There was a lot of expectation by the people. Court is seized of the matter, the government is taking some steps. The relief (witnessed) is due to wind, much more than the steps you have taken."

"This is the national capital — what signals are we sending to the world?" the court said, adding that a change in wind direction can bring back the toxic air pollution.

Countering the government claim that air pollution level has come down to 290 from 403 earlier, CJI Ramana said the pollution measuring device was showing it to be 391.

The court also flagged

When the weather becomes severe, then we take measures... These measures have to be taken in anticipation. This anticipation has to be based on a statistical model.

— SC Bench



Schools, colleges, govt offices in Delhi to reopen Nov. 29

New Delhi: In view of an "improvement" in the air quality, the Delhi government has decided to resume physical classes in schools, colleges and other educational institutions and reopen government offices from November 29, environment minister Gopal Rai said on Wednesday. **PAGE 3**

the issue of governments in Delhi, Punjab, Haryana and UP sitting on crores of rupees meant for the welfare of construction workers and asked the states to pay the workers for the loss of earnings in the last five days when construction activities were brought to a halt.

Pollution control

Don't leave pollution control to acts of God, says top court (Hindustan Times: 202101125)

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



Utkarsh Anand

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New Delhi : The Supreme Court Wednesday said pollution levels in the national capital should not be left to “an act of God”, urging the Centre to instead devise a scientific model, based on seasons and wind conditions, for taking all remedial and urgent steps in anticipation of the air quality.

“There has to be a statistical model for Delhi. This is the national capital. Imagine the kind of signals we are sending to the world. You have to have a system in anticipation of how the weather is going to be. Ad hoc measures will not be good enough,” said a bench, headed by Chief Justice of India NV Ramana, as it heard a public interest litigation on air pollution in Delhi-NCR.

Delhi-NCR, in an annual winter rerun, has been in the grip of hazardous air pollution as a toxic smog lingers over the region. The Capital’s air quality index levels worsened Wednesday to 361 — in the “very poor” category — at 4pm after it stood at 290 on Tuesday, according to the Central Pollution Control Board. P4

Demographic transitions NFHS

The key demographic transitions captured by the 5th round of NFHS (Hindustan Times: 202101125)

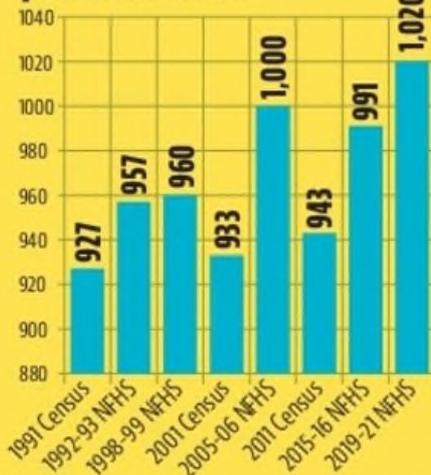
<https://epaper.hindustantimes.com/Home/ArticleView>

By Abhishek JhaThe Union health ministry released the summary findings of the fifth round of the National Family and Health Survey (NFHS-5), conducted in two phases between 2019 and 2021, on November 24. NFHS is the most comprehensive survey on socio-economic and health indicators in the country. While the results of the first phase were released in December last year, country-level statistics were released only on Wednesday. The previous four rounds of the NFHS were conducted in 1992-93, 1998-99, 2005-06 and 2015-16The results show some surprising demographic transitions, such as women outnumbering men, and some expected ones, such as fertility rates declining. They also highlight the health challenges that remain, such as moving towards addressing nutrition deficiency apart from just food adequacy. And they offer a more sobering picture of the impact of government's schemes on access to basic amenities such as clean cooking fuel and improved sanitation. Here are four charts that show this.

1 Women outnumber men, fertility's decreased, and India is getting older

NFHS-5 data shows that there were 1,020 women for every 1,000 men in the country in 2019-2021. This is the highest sex ratio for any NFHS survey as well as since the first modern synchronous census conducted in 1881. To be sure, in the 2005-06 NFHS, the sex ratio was 1,000 or women and men were equal in number.

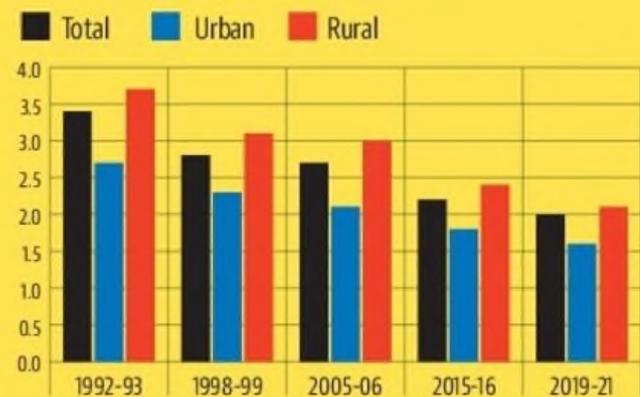
Number of women per 1000 men



Source: NFHS-5 fact sheets, reports, statcompiler.com, census documents

The improved sex ratio is not the only big demographic transition that the latest round of NFHS has revealed. The Total Fertility Rate (TFR) has also come down below the threshold at which the population is expected to replace itself from one generation to next. TFR was 2 in 2019-2021, just below the replacement fertility rate of 2.1. To be sure, in rural areas, the TFR is still 2.1. In urban areas, TFR had gone below the replacement fertility rate in the 2015-16 NFHS itself.

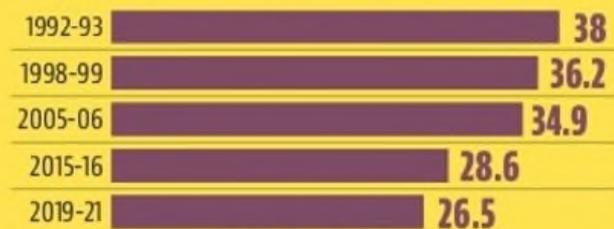
Total fertility rate



Source: NFHS-5 fact sheets, reports, statcompiler.com

A decline in TFR, which implies that lower number of children are being born, also entails that India's population would become older. Sure enough, the survey shows that the share of under-15 population in the country has therefore further declined from 28.6% in 2015-16 to 26.5% in 2019-21.

Population below 15 years of age (%)



Source: NFHS-5 fact sheets, reports, statcompiler.com

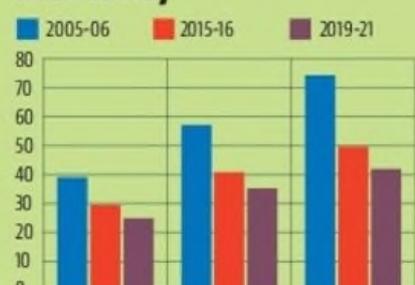
2 Children's nutrition improved, but slowly

The share of stunted (low height for age), wasted (low weight for height), and underweight (low weight for age) children have all come down since the last NFHS conducted in 2015-16. However, the share of severely wasted children has not, nor has the share of overweight (high weight for height) or anaemic children. The share of overweight children has increased from 2.1% to 3.4%. The share of anaemic children has increased from 58.6% to 67.1%. Another cause of worry for children's nutrition is that the pace at which the share of stunted and underweight children decreased in the latest NFHS was less than the pace at which it did between the 2005-06 and 2015-16 surveys. The share of stunted children decreased by 20% between NFHS-3 and NFHS-4, but only by 7.6% between NFHS-4 and NFHS-5. The corresponding numbers for underweight kids are 15.8% decline between NFHS-3 and NFHS-4 and 10.3% decline in the latest round. A similar challenge remains in reducing mortality rates of children. All such indicators suggest a declining rate of mortality, but the pace at which it declined in the last round has come down.

Indicators of child nutrition



Indicators of child mortality



Child sexual assault

POCSO shocker: On Allahabad High Court verdict on child sexual assault (The Hindu: 202101125)

<https://www.thehindu.com/opinion/editorial/pocso-shocker-the-hindu-editorial-on-allahabad-high-court-verdict-on-child-sexual-assault/article37671776.ece>

HC ruling ignores specific provision defining aggravated form of sexual offence

The recent Allahabad High Court verdict that a penetrative sexual assault on a 10-year-old boy by an offender did not amount to an aggravated form of the crime appears to be per incuriam, that is, a ruling handed down without due regard to the law and facts. The offence that was proven in the trial, and endorsed without demur by the High Court, involved the child being made to perform an oral sexual act. The Court agrees that it was a “penetrative sexual assault” as defined by the Protection of Children from Sexual Offences (POCSO) Act, as the accused had put his member into the victim’s mouth. However, it did not amount to “aggravated penetrative sexual assault”, a crime punishable with a minimum prison term of 10 years that can go up to life, Justice Anil Kumar Ojha has said. Instead, it was punishable under Section 4 of POCSO, which prescribes a minimum seven years. Accordingly, he reduced the trial court sentence of 10 years in jail to seven years. The High Court is palpably in error, as it failed to note that a sexual offence takes the character of an aggravated form of the same offence in certain circumstances under POCSO. The main circumstances involving aggravation given in Section 5 are where the offender is a police officer, a member of the armed forces, a public servant or someone on the staff of a jail, remand home, hospital, educational or religious institution, or any place of custody or care and protection.

However, these are not the only circumstances. Where the crime involves a group of offenders, or is done repeatedly, or when it pertains to the use of deadly weapons or causes grievous harm or injury, or leads to physical or mental incapacitation, pregnancy, or disease, it is also an aggravated form of the offence. Significantly, Section 5(m) adds “whoever commits penetrative sexual assault on a child below 12 years” to this list. The High Court seems to have missed either this legal provision while reducing the sentence, or the fact that the child was about 10 years old when the offence took place. The fact that the convicted person will stay in jail for seven years will not obviate the deleterious effect of the ruling — that a particular act, amounting to a penetrative sexual act, does not attract the punishment prescribed for its aggravated form — will have on lower courts trying similar cases. It is a matter of coincidence

that this ruling came from the Allahabad High Court on the same day as the Supreme Court's judgment underscoring the importance of not diluting the gravity of an offence against a child by ignoring the plain meaning of POCSO's provisions. The verdict in Sonu Kushwaha vs State of U.P. is a fit case for review, as it seems to be based on an error of law.

Virus rages

Virus rages in Europe: On COVID-19 rebound (The Hindu: 202101125)

<https://www.thehindu.com/opinion/editorial/virus-rages-in-europe-the-hindu-editorial-on-covid-19-rebound/article37671820.ece>

Vaccines alone will not be able to break the transmission chain and end the pandemic

With the staggering increase in daily fresh coronavirus cases and deaths in much of Europe, the continent has for the second time since last March, become the pandemic epicentre. The resurgence in daily new cases which began in early October and restricted to three countries has since spread and is driven by the Delta variant. The continent reported nearly two million new cases last week, the highest since the pandemic began; more than half of the global COVID-19 deaths this month were in Europe. In Austria, the Netherlands, Germany, Denmark, and Norway, the daily cases are the highest since the pandemic began; Romania and Ukraine reported record high numbers a few weeks ago. With hospitals fast filling up, WHO predicts that there would be extreme stress on hospital beds and intensive care units in many European countries between now and March next year. While the vaccination rates in most countries in western Europe are higher — Ireland leads the table with over 90% adults being fully vaccinated in early September — the vaccination levels are relatively lower in eastern Europe. With France setting an example, many countries are now making it difficult for the unvaccinated to freely travel or enter certain public or even workplaces, in an attempt to increase vaccine uptake. And in a first, Austria made vaccination mandatory starting February next year and went into a national lockdown for three weeks from November 22. Austria has managed to fully vaccinate about 65% of its eligible population, which is one of the lowest rates in western Europe.

While most of the new daily cases reported are among the unvaccinated, breakthrough infections and hospitalisations are being reported in the fully vaccinated too. However, the deaths have predominantly been among the unvaccinated. Even while WHO has called for a moratorium on booster doses till this year-end so vaccines become available to developing countries, its Europe office has endorsed administering booster doses as a “priority” to the most vulnerable populations — based on growing evidence of a decline in protection against infection and mild disease among the fully vaccinated. As evidence has shown, vaccines alone will be insufficient to break the transmission chain. Unfortunately, most western countries

focused primarily on increasing vaccination coverage while foregoing simple yet highly effective non-pharmaceutical interventions such as universal mask wearing, physical distancing and improved ventilation in confined spaces. A study, which is yet to be peer-reviewed, predicts 0.9 million more hospitalisations and 0.3 million additional deaths in 19 European countries where people have been neither infected nor vaccinated. WHO predicts 0.7 million more deaths by March 2022 in Europe and central Asia. Compliance with public health measures can indeed avoid needless infections and deaths.

Headache'

A headache may not be 'just a headache' (The Hindu: 202101125)

<https://www.thehindu.com/sci-tech/health/world-headache-society-aims-to-promote-headache-medicine-in-india/article37658505.ece>

The World Headache Society, which promotes headache medicine, urges clinicians and the general public to pay attention to headaches

World Headache Society (WHS), a global body formed in 2020 to promote headache medicine, teaching and advocacy, has recently started operations in India. It introduced a one-year certification course for clinicians treating headaches, earlier this year, which had more than 300 doctors from across the world, and 150 from India, enrolling. Set to launch a two-year course in 2022, which will be in a hybrid format — combining online and offline training — the WHS plans to tie up with other medical societies in India, to promote a better understanding of headaches, its study and treatment.

Dr Pravin Thomas, the founder and chairman of WHS and Headache Neurologist at Narayana Health in Bengaluru, says with the launch of the WHS

Chemotherapy

Study finds chemotherapy interferes with muscle building process (New Kerala: 202101125)

A new study has found that chemotherapy may also affect the way the body builds new muscle.->-> View it--> <https://www.newkerala.com/news/2021/166835.htm>

Delta variant

Delta variant can infect fully vaccinated individuals: Study (New Kerala: 202101125)

A study has revealed that the highly transmissible Covid Delta variant can infect individuals who have been fully vaccinated against the virus

<https://www.newkerala.com/news/2021/166766.htm>

Pandemic virus

Scientists find coronaviruses closely related to pandemic virus (New Kerala: 202101125)

A team of scientists has identified coronaviruses closely related to SARS-CoV-2 from two bats sampled in Cambodia more than a decade ago. The discovery described in -> View it-->

<https://www.newkerala.com/news/2021/166604.htm>

Arrhythmia

Study finds only alcohol triggers heart arrhythmia (New Kerala: 202101125)

According to research at UC San Francisco, it was found out that while the common heart condition is triggered by caffeine, sleep deprivation and sleeping on the left side,-> View it-->

<https://www.newkerala.com/news/2021/166817.htm>

Fertility

केंद्रीयस्वास्थ्य मंत्रालय नेराष्ट्रीय परिवार कल्याण सर्वेक्षण-5 जारी किया, यूपी में दर सबसे ज्यादा (Hindustan:202101125)

सर्वे:प्रजनन दर घटी, हम दो-हमारे दो की चाह बढ़ी

<https://epaper.livehindustan.com/>

बच्चों के पोषण में सुधार

रिपोर्ट के अनुसार बच्चों के पोषण में थोड़ी प्रगति हुई है। छोटे कद के बच्चों का प्रतिशत 38 से घटकर 36 दर्ज किया गया है। जबकि निर्बल (कद के अनुपात से कम वजन वाले) बच्चों की संख्या 21 से घटकर 19 फीसदी रह गई है। इसके अलावा कम वजन वाले बच्चों की संख्या 36 से कम होकर 32 फीसदी पाई गई।