



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Monday 20220103

## child vaccination for Covid

### India begins child vaccination for Covid; over 12 lakh 15-18 year olds register (The Tribune: 20220103)

<https://www.tribuneindia.com/news/nation/india-begins-child-vaccination-for-covid-over-12-lakh-15-18-year-olds-register-357781>

Centre again warns against dose mixing, says only Covaxin approved for use in children

India begins child vaccination for Covid; over 12 lakh 15-18 year olds register

A child getting vaccinated in New Delhi on Monday. Tribune photo: Mukesh Aggarwal

A total of 12,57,603 children aged 15 to 18 had registered at the government's COWIN portal as of Monday morning and counting as India began the rollout of children's Covid inoculation.

The online registrations continued to rise with all 15 to 18 year olds to be allowed the option of walk-in registrations from Monday.

Bharat Biotech's Covaxin, recently approved for emergency use in children, would be administered, with the Centre warning states and UTs against any mixing of vaccine shots.

Stressing on the need to ensure smooth implementation of new vaccination guidelines, including for 15 to 18 year olds, from tomorrow, Union Health Minister Mansukh Mandaviya advised states and UTs to ensure the orientation of vaccinators and vaccination team members and identify dedicated session sites for vaccination of 15-18 years age-group.

There are some queries on the vaccination for 15 to 17 age group.

Only COVAXIN approved for those below 18 years

18 years & above (born in 2004 or earlier) eligible for all vaccines, including COVISHIELD.

15-17 years (born in 2005, 2006 or 2007) are eligible only for COVAXIN

— abhishek singh (@abhish18) January 3, 2022

“To avoid the mixing-up of vaccines during administration, separate Covid vaccination centres, separate session sites, separate queue (if at same session where adult vaccination is going on) and separate vaccination team (if at same session site) should be ensured. States and UTs are also advised to share their requirement of vaccine doses through district-wise estimation of beneficiaries using Co-WIN. They were urged to plan for distribution of Covaxin to identify session sites well in advance and publish sessions for at least 15 days to provide sufficient visibility,” the health ministry said on Monday as India rushed to inoculate people to contain the spread of omicron with new cases rising for the sixth day.

The second dose to 15-18 year olds will be given after 28 days of the first.

As the child vaccinations started, Health Ministry Additional Secretary Vikas Sheel tweeted, “ Only COVAXIN is approved for less than 18 years. People 18+ (i.e. born in 2004 or before)-are eligible for all vaccines, including COVISHIELD. Children age 15-17 years (born in 2005, 2006, 2007)-eligible only for COVAXIN. Validations in place in Co-WIN.”

As of Sunday night, 145.7 crore doses had been administered to adults in India.

The government said 90 per cent adults had received the first dose and 65 per cent had received both doses.

"In the fight against Covid, India's national Covid vaccination programme has been one of the most successful and largest compared to many developed Western nations with significantly low population base to vaccinate," the health ministry said. It said in case of first dose coverage to the eligible population, the US has covered only 73.2 per cent of the population, the UK 75.9 per cent and France 78.3 per cent.

Similarly, for the second dose of vaccine, the US has covered only 61.5 per cent of its population, the UK 69.5 and France 73.2 per cent.

“India has covered over 65 per cent of the eligible population with the second dose of vaccine against Covid. Further, over 11 states/UTs in India have achieved 100 per cent of first dose vaccination, while three states and UTs have achieved 100 per cent vaccination,” said the ministry.

**Vaccination starts for younger population in 15-18 age group**

**Vaccination starts for younger population in 15-18 age group (The Tribune: 20220103)**

<https://www.tribuneindia.com/news/schools/vaccination-starts-for-younger-population-in-15-18-age-group-357776>

Vaccination starts for younger population in 15-18 age group

Pic for representational purpose only. iStock

Vaccination of children in the 15-18 age group against COVID-19 began on Monday as inoculation centres across the country started administering the shots to the younger population.

The process to vaccinate children has commenced amid a scare of the Omicron variant of the coronavirus.

In Delhi, where daily cases have registered a record surge in the last few days, vaccination centres at Fortis hospital, Sir Ganga Ram Hospital, and other facilities began administering the jabs to younger population, officials said.

The vaccine option for this age group would only be Covaxin, according to guidelines issued by the Union Health Ministry on December 27.

The Drugs Controller General of India granted emergency use authorisation to indigenously-developed Bharat Biotech's Covaxin for children above 12 years with certain conditions on December 24.

The CoWIN platform had till Sunday evening recorded over six lakh registrations in the age group of 15-18.

Union Health Minister Mansukh Mandaviya has advised states and Union Territories to provide separate vaccination centres, session sites, queue and different vaccination teams for this age group to avoid the mixing-up of vaccines.

The registration for this category of beneficiaries had opened on Saturday.

According to the guidelines, they can self-register online through an existing account on CoWIN or can also register by creating a new account through a unique mobile number as is the case with all other categories of beneficiaries.

According to official documents shared by sources, the cohort size for vaccination in this category in Delhi is 10 lakh, as per the Registrar General of India's figures.

Authorities at various hospitals in Delhi where vaccination centres were established since the start of the exercise on January 16 last year, have said that the infrastructure set up was ready to administer Covid vaccine shots to children after catering to the adult population, including healthcare workers and frontline staff, who were given priority to be the first in line to receive the jabs.

Doctors have urged parents to bring their children for vaccination as soon as possible to lend them protection amid a fear of a third wave of the coronavirus pandemic. PTI

### **Covid Cases (The Asian Age:20220103)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16075068>

■ Omicron tally up to 1,621 ■ SC switch to virtual hearings for 2 weeks

# Jabs for 15-18 teens begin today; India's Covid-19 cases jump 21%

SANJAY KAW  
NEW DELHI, JAN. 2

Alarmed over a 21 per cent jump in India's Covid-19 cases in the past 24 hours, Union health minister Mansukh Mandaviya on Sunday reiterated that the mantra of "Test, Track, Treat, Vaccinate", and Covid-appropriate behaviour, was the only way to deal with the resurgent virus and to check its further spread.

With 27,553 fresh cases and 284 new fatalities reported in the last 24 hours, India's Covid-19 tally and death count due to the virus has jumped to 3,48,89,132 and 4,81,770 respectively.

As many as 1,621 Omicron cases have also been detected across 23 states and Union territories, with Maharashtra seeing a maximum of 510 cases, followed by Delhi at 351, Kerala 152 and



A worker shows Covaxin vials during preparation for the 15-18 age group vaccine drive in Patna on Sunday. — PTI

Gujarat 136. The Omicron cases are less than two per cent of India's total Covid-19 cases.

On the vaccination front, all children aged between 15 and 18 years will get their first Covid-19 vaccine from Monday. Of around 75 million children in this age group, about 6.35 lakh have registered themselves on the

CoWIN app for their first jab.

The health minister has asked the states and UTs to take the necessary measures, including setting up of separate vaccination centres, to avoid mixing-up of Covid-19 vaccines during administration of shots to the 15-18 age group. So far, Covaxin is

■ Turn to Page 4

## Tight curbs in Bengal again: Delhi, Mumbai flights limited

Schools, colleges, shut; all flights from UK off

RAJIB CHOWDHURI  
KOLKATA, JAN. 2

West Bengal is going under fresh lockdown-like curbs from Monday till January 15 as the daily spike in Covid-19 cases, including Omicron, had crossed 6,000 in the new year.

On Sunday, state chief secretary H.K. Dwiwedi announced the closure of all academic activities in schools, colleges and universities, except for administrative activities with 50 per cent employees, and a shutdown of swimming pools, spas, gyms, beauty parlours, salons, wellness centres, entertainment parks, zoos and tourist places.

He also announced that flights from Mumbai and New Delhi to Kolkata would operate only twice a week — on Mondays and Fridays, and that all direct flights from the UK to the city would remain suspended.

He later clarified, however, that passengers from the UK could land in a different city and then travel by train or a domestic flight to West Bengal.

Also, 50 per cent capacity has been fixed in the daily workforce in all public and private offices, with the option of work from home. Shopping malls, market complexes, cinema and theatre halls, restaurants and bars can

■ More on Page 2

■ Turn to Page 4

# Spike in cases in Delhi, but no need to panic: Kejriwal

BHASKAR HARI SHARMA  
NEW DELHI, JAN. 2

Delhi chief minister Arvind Kejriwal said Sunday that while the nation's capital was witnessing a sharp spike in daily Covid-19 cases and active cases, there was "no need to panic" as most patients were asymptomatic or had very mild symptoms and don't need hospitalisation. He presented data to show that despite the rise in Covid-19 cases, fewer than one per cent of oxygen beds were occupied in hospitals, which was very low in comparison to the deadly second wave of Covid-19 in April last



Delhi CM Arvind Kejriwal at "Kejriwal Ki Maharally" in Lucknow Sunday. — PTI

year. "Currently, the number of active cases in the city is 6,360 and today (Sunday) about 3,100 new cases are expected. All cases are mild and in most

of them patients don't need hospitalisation," Mr Kejriwal said in a virtual press conference at around noon.

Delhi logged 3,194 new Covid-19 cases in the last 24 hours, 15 per cent higher than Saturday. One person has died, taking the total number of fatalities since the beginning of the pandemic to 25,109. The city logged 2,176 cases on New Year's Day: a 50 per cent spike. The positivity rate rose to 4.59 per cent, according to data from the city health department.

Sunday's figure is the highest daily surge since May 22.

■ More on Page 2

**Third Wave (The Asian Age:20220103)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16075187>

# Get back to basics to fight Covid 3rd wave, Omicron

**W**ith the share of Omicron variant in the new daily infections of Covid-19 shooting up and the threat of a new wave overwhelming the hospital infrastructure in the country appearing closer to reality than feared, it's time the Union and state governments moved with alacrity to make the results of containment measures optimum. At present, the Omicron variant forms less than five per cent of the total daily infections but signs are such that the share will go up. Even though the new variant is said to be less virulent, there has been no dramatic fall in the percentage of patients who require hospitalisation. This means, the nature of the variant offers little reason to feel relieved.

Covid-19 has been there for the last two years, and has impacted normal life beyond recognition. So any containment measure that can have an impact on the livelihoods of people must be introduced with extreme care. Most states have now imposed night curfew to control the amassing of people for celebrating New Year. It must have played its purpose but the returns from an extension of the controls are unlikely to match the cost it would incur.

**The governments must hence revisit the most effective ways of stopping the pandemic — wearing of masks, social distancing and the use of sanitisers. They have been there for the last two years...**

True, the night curfew would instil a sense of emergency in most people and remind them that they continue to live under the shadows of the virus. But there is little logic in allowing the same people to congregate in the day without many restrictions.

The other restrictions that will have a direct impact on people's livelihoods include those on the entry of people into shops, restaurants and entertainment zones. However, there is little control on crowding elsewhere, including political events and religious functions. This makes little sense. Political and religious events are important in our country but they cannot get precedence over economic activity for over a long period of time. The governments may find it easy to impose economic controls as the stakeholders will be legally obliged to obey them but the government will have to proactively move if it were to impose curbs on the other events. If it can deploy police to restrict access to markets, then the same police may be used to restrict massing of people elsewhere.

From the various advisories the Union government has been issuing to the state governments, it is reasonable to expect that they have learnt their lessons from the past and are bracing themselves up for the next wave. The governments have got sufficient time to rework their strategies so that the nation will not have to watch the horrendous sights of people dying for want of oxygen or of the bodies of Covid-19 victims floating on rivers. It is also hoped that the facilities to treat children got a facelift.

Go back to the basics when in doubt, they say. The governments must hence revisit the most effective ways of stopping the pandemic — wearing of masks, social distancing and the use of sanitisers. They have been there for the last two years and experts vouch for their efficacy till today. It is expected that the next wave will peak in mid-February. This would mean that the governments have time to push such basics once again to limit the spread of the virus.

## Mild Omicrone (The Asian Age:20220103)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16075183>



**Kishwar Desai**  
**London Diary**

### Market defeats 'mild' Omicron on 'warmest' New Year's Day

**W**ell, if I didn't know it was Christmas — it would have been difficult to believe it! It was the warmest we had ever known it to be, and even New Year's Day passed off at a glorious 15 degrees, with bright sunshine. In this autumn, queered people in the park, cycling by in T-shirts and jeans.

If this is climate change — then most of us would welcome it with open arms! However, what has not been welcome is the rule of Omicron, the wretched infectious mutant which leaps from person to person — and last we counted, one in 25 had been caught by it. But for once, we weren't hurtling down a lockdown like one year back. Though the figures keep climbing, and over one lakh people have been infected daily — the only plus point is that the infection remains mild.

**A**nd so far, the government has stood firm, repelling calls for more stringent measures — though many have been advising a far more cautious path. The government health advisers would rather play safe than be sorry in February (even the expected consequences of not putting any restrictions on us right now are supposed to manifest). But it is the market forces which are refusing to be tamed. This is the time of the year when the maximum amount of money is made by restaurants and shops — and so economically, this would be the worst time to close-down anything. So we go through the daily routine of masking-up, socially distancing and sanitising hands once more — and hoping that we do not bump into a Covid carrier.

And so while the last day of the year was balmy and mild, fireworks scattered across the night sky as midnight struck. Last year's silent gloom was forgotten when the New Year rolled in — as the sky blossomed with colourful streaks. Finally, the last of the Covid memories were kicked away as Londoners with boosters began dreaming of a better year!

**B**ut while Britain is not very popular with some of our neighbours — especially France where we are no longer welcome because of Omicron — surprisingly it is India which is the flavour of the New Year in the UK. Suddenly, after years of high visa entry fees, and tight immigration rules, a red carpet is being planned for Indians. Possibly this will happen as a gift towards the 75th anniversary of India's Independence (and Partition). Liz Truss, the foreign minister, who is tipped to be Prime Minister if Boris ever quits, had obviously set the ball rolling on her recent visit to India. Now another minister, Anne Marie Trevelyan, is following it up. For many this outreach to India was bound to happen as Europe has distanced itself. Where is UK going to get the workers it needs so desperately, when Brexit has made most Europeans flee?

Aren't you impressed by how much the world has changed in 100 years? From a colony that was once suppressed brutally, India is now on the top of the league to be wooed and welcomed as a valued partner. The credit, of course, goes mostly to the hard working Indo-British community here, which is viewed as educated and law abiding. The Cabinet also has three ministers of Indian origin — though unsurprisingly enough they want to distance themselves from this visa largesse. Even Priti Patel, the home minister would apparently not like to be too close to this gambit — as immigration is an issue which can boomerang anytime.

Anyway, it is interesting to see three women at the heart of this issue. Now we have to see how the Indian government will react. Undoubtedly, the fact that the erstwhile rulers are laying out a red carpet provides a pleasant touch, much valued in this very crucial year. Good news for Mr Modi before the upcoming state elections! And good news for all Punjabis for sure who will now start queuing up as soon as the reformed visa regime is announced!

**G**osh! To think that, soon, anyone can write a play about Winnie the Pooh, or even try a film! As the copyright on this much-loved character is lifted this week in the UK, too — one is certain there will be many attempts to re-work the bear. A.A. Milne created Pooh based on his son's teddy bear — and it became a household name. When Disney took it over — it morphed into an 80 billion dollar industry! Just a little behind Mickey Mouse! Even though A.A. Milne never any of this saw amazing fortune, we can't say Pooh to that, can we?

*Kishwar Desai is an award-winning author, who heads the trust that is setting up a cultural hub at the Dara Shikoh Library in Old Delhi. The library will also host the second museum in the world on the Partition of India and the first one in the world on Dara Shikoh.*

Delhi's positivity rate nears 5%, cases mild (Hindustan Times: 20220103)

Delhi's positivity rate nears 5%, cases mild

Capital much better prepared in terms of health infra, over 99% Covid beds are vacant, there is no need to panic: CM Kejriwal

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





Covid-19 infections in Delhi are increasing rapidly, but there is no need to panic because most of the cases are mild or asymptomatic, chief minister Arvind Kejriwal said on Sunday, when the city reported 3,194 new Covid-19 cases in the past 24 hours, up from 2,716 cases reported a day earlier.

To underscore the point, Kejriwal compared the current hospitalisation numbers with the figures during the second Covid wave.

“The reason why I am saying there is no need to panic is because only 246 hospital beds were occupied yesterday (Saturday). All cases are mild or asymptomatic,” Kejriwal said at a digital news briefing. He said that over 99% of the beds for Covid were “still vacant”.

Delhi’s active cases increased to 8,397 on Sunday from 6,360 recorded until a day before, according to the government’s daily health bulletin. While Sunday’s tally was the highest single-day rise in since May 20, the test positivity rate stood at 4.59%.

Delhi reported about 6,600 active Covid-19 cases on March 27, which was similar to the current situation in the city, Kejriwal said.

“But back then, 1,700 oxygen beds and 231 ventilators were occupied. Back then, there were 10 deaths daily. Today, there’s barely one, or none at all. I just mean to explain the lack of severity of the situation at hand. The Omicron variant spreads rapidly, but the severity of infections is fairly low this time,” he said.

There were 94 people on oxygen beds and four patients on ventilator support, the bulletin showed.

These numbers underline global trends that the Omicron variant appears to be more transmissible, but less virulent, and that the variant of concern does not crowd hospitals like the Delta variant did.

However, the number of cases in Delhi is rising at a faster clip than in the second wave, and hospitalisations typically come with a lag.

Dr Lalit Kant, former head of epidemiology and communicable diseases division at the Indian Council of Medical Research, said the Omicron variant can infect even those who are fully vaccinated. “That is why people need to strictly keep wearing masks. Omicron’s rate of replication is 70 times faster than its predecessor. But, fortunately, most cases till now are suggesting that the variant causes only mild infections as it replicates less efficiently in the lung tissue,” he said.

Even if more people start needing hospital care, Delhi government is prepared with 37,000 oxygen beds, the chief minister said.

Kejriwal shared data to show how the cases have rapidly increased in the past five days, but the number of beds occupied in Delhi hospitals has declined.

“On December 29, Delhi had 2,191 active cases. The total hospitalisation cases were 262. Today, on January 2, we have 6,360 active cases and hospitalisations have decreased to 247, despite the increase in caseload,” he said.

On Sunday, 307 Covid-19 patients were admitted in hospitals, of which 59 are suspected cases and 10 are those who tested positive at the airport.

“I just want to tell the people of Delhi that there is no need to panic at all. We have to be responsible; we must wear masks in public, follow social distancing and wash hands with soap,” Kejriwal said. “The variant is very mild and your government will always, no matter what, stand with you. Please do not panic.”

With the test positivity rate shooting past 4%, the Delhi government said it was closely monitoring the situation, even as it does not plan to immediately impose fresh economic and travel restrictions in view of the low rate of hospitalisations.

Delhi is current under yellow alert – the first level of restrictions under its graded response action plan – triggered when the positivity rate stayed above 0.5% for two consecutive days. It led to a night curfew, and closing of schools, colleges, movie theatres and gyms.

On November 30, Kejriwal announced that Delhi was prepared to set up 63,800 Covid-19 beds, some at a short notice of two weeks, in case there is an outbreak of the Omicron variant of the disease in the city.

Delhi has 37,000 oxygen beds ready, of which 10,000 are intensive care beds, he said at a virtual media briefing. During the second wave, the fourth for Delhi, the national capital scaled up availability of beds with oxygen supply to 25,000. As many as 6,800 additional intensive care beds will be ready by February.

## **Censuses of India Data**

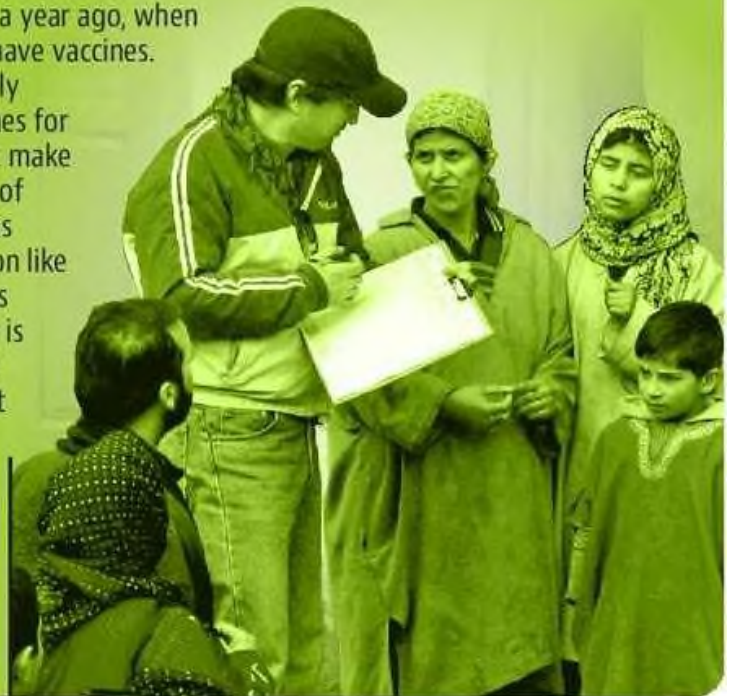
**A data wish list for the New Year (Hindustan Times: 20220103)**

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

By Roshan Kishore Every day, the data and political economy team of the Hindustan Times brings you stories we call Number Theory. They are based on databases from India and sometimes even abroad. We will continue to do this in the New Year as well. However, to give tradition and our readers a welcome break, we have decided to do a wish list on behalf of the data and political economy team. The stories we do depend on availability of data. In most cases, whether or not such data is available is a function of the government deciding to collect or publish such data. Here are four databases our team would like to have access to in 2022.

## Census of India data

2021 was supposed to be the year of the decadal census in India. This exercise has not been delayed even once until 2011 since 1881, when India conducted its first full census. 2021 is over and we do not know what the progress is vis-à-vis the conduct of this all-important data collection exercise. In a response to a Lok Sabha question on December 7, 2021 the government simply said that the 2021 census and related activities "had been postponed" in the wake of the Covid-19 pandemic. This decision would have made sense a year ago, when we knew little about the pandemic and did not have vaccines. But with the country well on its way towards fully vaccinating all adults; we have announced vaccines for even children and booster doses now, it does not make any sense. When seen against the fact that a lot of contact-intensive activities; commercial as well as things like campaigning for elections, are going on like business-as-usual scenario, it seems preposterous that the census should be delayed anymore. This is all the more important because the census is not just about the number of people living in India. It gives us a whole lot of valuable information, from employment, languages spoken and quality of dwelling as well as access to various amenities. Given the fact that a lot of census data is available only after years of completion of the exercise, it makes even more sense to start the process as soon as possible.



## Consumption Expenditure Survey

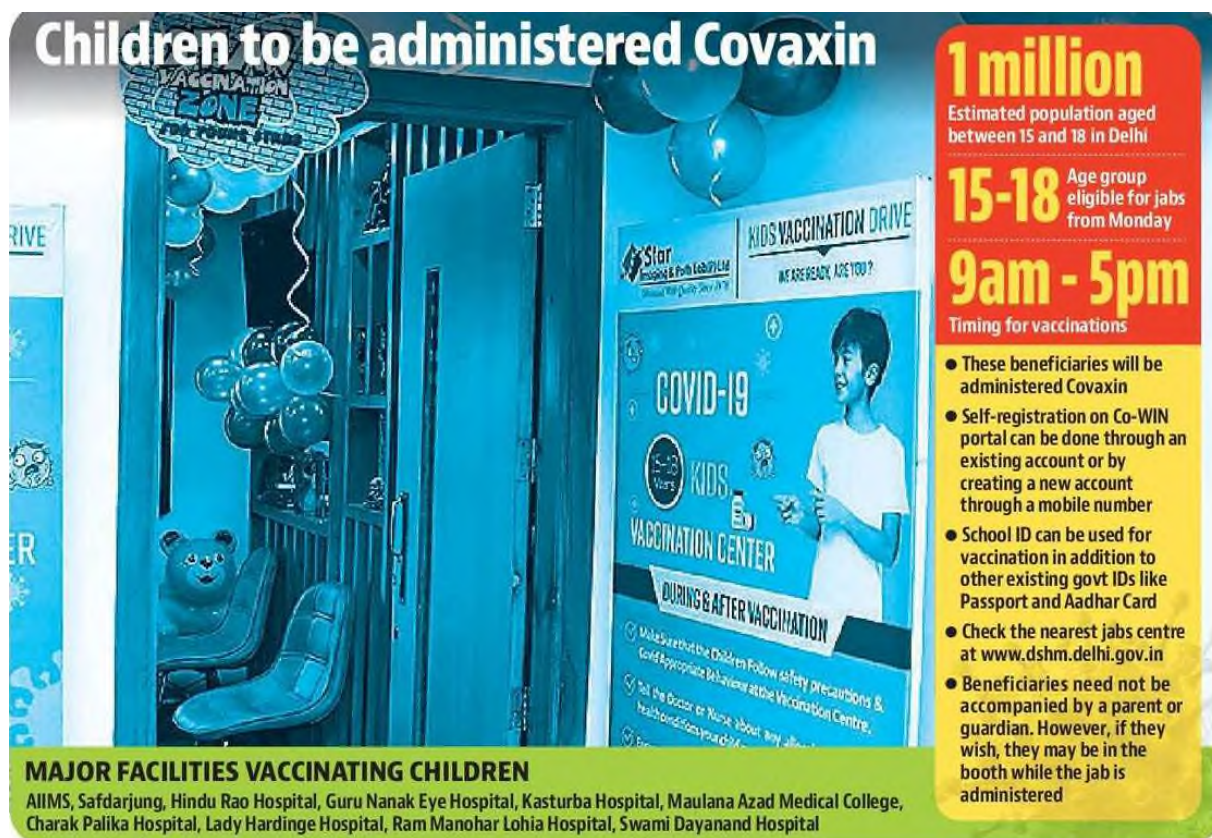
The Consumption Expenditure Survey (CES) used to be conducted every five years by the National Sample Survey Office (NSSO). The latest published estimates of the CES go back to 2011-12. That is 10 years back in time. While the NSSO did conduct a CES in 2017-18, the report was scrapped after leaked findings in 2019 suggested a drop in inflation-adjusted average consumption levels. The decision to scrap the report was widely condemned by academics. However, what is even worse is the fact that we do not have clarity when another CES will be conducted and its findings published. The CES is not just about whether or not there was a fall in average consumption levels from one period to another. Given the economic shock of the pandemic, this is now a very likely possibility. It also tells us how consumption baskets of households changes over time, an information which is essential for updating other important economic databases such as the Consumer Price Index (CPI) basket and even the GDP series. To give an example, India's households consumed a lot more cereals than vegetables a couple of decades ago. Now, if we did not have regular CES data to capture this fact, our inflation numbers would have failed to capture the price burden (or lack of it) on household budgets because they would not have increased the weights of vegetables or reduced that of cereals. Lack of such data is not just a handicap for journalists like us, it also blindsides policy, especially at a time



## Vaccine

**1mn teens, 159 centres: Capital gears up as vaccine net widens to ages 15+(Hindustan Times: 20220103)**

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



**Children to be administered Covaxin**

**1 million**  
Estimated population aged between 15 and 18 in Delhi

**15-18** Age group eligible for jobs from Monday

**9am - 5pm**  
Timing for vaccinations

- These beneficiaries will be administered Covaxin
- Self-registration on Co-WIN portal can be done through an existing account or by creating a new account through a mobile number
- School ID can be used for vaccination in addition to other existing govt IDs like Passport and Aadhar Card
- Check the nearest jobs centre at [www.dshn.delhi.gov.in](http://www.dshn.delhi.gov.in)
- Beneficiaries need not be accompanied by a parent or guardian. However, if they wish, they may be in the booth while the jab is administered

**MAJOR FACILITIES VACCINATING CHILDREN**  
AIIMS, Safdarjung, Hindu Rao Hospital, Guru Nanak Eye Hospital, Kasturba Hospital, Maulana Azad Medical College, Charak Palika Hospital, Lady Hardinge Hospital, Ram Manohar Lohia Hospital, Swami Dayanand Hospital

The Delhi government is all set to begin inoculating children aged between 15 and 18 from Monday morning, with 159 vaccination centres set up for the initial phase of the drive, said officials aware of the matter.

Vaccination centres for children will be open from 9am till 5pm, and will administer doses of Covaxin. The list of centres can be accessed at the Delhi health department's website: [www.dshn.delhi.gov.in](http://www.dshn.delhi.gov.in).

Currently, according to government data there are nearly 1.01 million children in the 15-18 age group in Delhi, who are eligible to get the shot.

The vaccination drive comes at a crucial time, as the city is seeing a sharp uptick in cases, driven by the Omicron variant.

A senior official of the health department on Sunday said that all 159 centres are ready for the drive. These centres have been decorated with balloons, posters and have been stacked with books to keep beneficiaries entertained while they wait before and after their shots, the official said.

“Parents can get their children registered on the CoWin portal or just walk in tomorrow (Monday) to their nearest vaccination centres. Some of the centres are in the same locations as the regular vaccination centres, but there will be a separate entry and exit for children. The idea is to make it as comfortable and inviting as we possibly can so that more children of this age group can come forward and get the shot,” the official added.

A senior district official confirmed that a beneficiary need not be accompanied by either a parent or a guardian. However, the guardian or parent can enter the vaccination booth while the jab is being administered, if they wish to, said the official.

“School ID cards will be accepted as identity proof (in addition to already accepted IDs like Aadhar card). However, all eligible beneficiaries can also walk in for registration to any nearby designated vaccination centre with their ID proof and get a shot,” said a note sent to all the concerned administrations of vaccination centres in the city.

Teachers have been asked to inform parents to take their children to the nearest centre and get them vaccinated.

“In case the school itself has been identified as a CVC for the 15 to 18 age group, parents may accompany the children to the school and facilitation in terms of provision of a separate room, staff for queue management and verifier should be provided by the head of the schools,” said the government’s directive.

If the school is not a vaccination centre, the government has asked principals to ensure temporary camps are arranged by getting in touch with the district immunisation officer, so that the eligible students get jabbed. In such cases, mobile teams will be deployed for sufficient days depending upon the number of children to be vaccinated.

“The children can be informed and mobilised to school on the designated days since classes are currently being held online and students are not coming to school. The head of the school will provide the necessary space, staff for queue management, verifier and computer/internet connectivity for these days,” a senior health official said on condition of anonymity.

Delhi health minister Satyendar Jain on Saturday said that the Capital is equipped to vaccinate 300,000 children every day, adding that all children in this age group can be inoculated within 10 days.

Prime Minister Narendra Modi announced on December 25 that children aged 15-18 will start receiving Covid-19 vaccinations from January 3, and health and frontline workers will start getting a third precautionary jab from January 10.

The decision to inoculate children above 15 years of age was taken on the advice of technical experts on immunisation looking into the scientific evidence generated on children’s vaccination against Covid-19.

Government officials said that out of the 159 centres across the city, 17 are in central Delhi, 15 in east Delhi, 18 in New Delhi, 11 in north Delhi, 16 in northeast Delhi, 12 in northwest and 10 centres are located in Shahdara district.

Eleven centres are in south Delhi, 13 are in southeast, 21 centres are in southwest Delhi and the remaining 15 centres are in west Delhi.

A senior official from the south district said that each district has prepared a list of the centres under their jurisdiction and are extensively circulating this list among resident welfare associations (RWA), publishing it in public places and posting the addresses of these centres on social media to ensure maximum reach.

“We need to reach out to as many children as possible and we are doing that through parents, RWAs, social media,” the official said.

Another official of the health department also said that health care staffers posted at these centres have also been given special training to inoculate children.

“It’s not just about administering the jab, but also communicating with children. The training has covered all aspects of the vaccination process,” the official said.

Some of the centres where children will be vaccinated are Hindu Rao Hospital, Giridhari Lal Hospital, Kasturba Hospital, Maulana Azad Medical College, EDMC Baldev Park, Shaheed Capt Amit Verma School, Inderpuri; Charak Palika Hospital, Government Girls Senior Secondary School, Bawana; NDMC School, Avantika sector-2; CGHS Pushp Vihar, Safdarjung Hospital; Dada Dev Hospital; and Sarvodaya Vidhyalaya co-ed, Hiran Kudna.

## **Food and Nutrition**

**nutritionist recommends this winter diet routine for a healthy body (The Indian Express:20210103)**

<https://indianexpress.com/article/lifestyle/food-wine/foods-winter-diet-routine-recommended-rujuta-diwekar-7683973/>

Feel free to adjust and modify timings and food specialities as per your convenience and region, said nutritionist Rujuta Diwekar

As the weather changes, Ayurveda prescribes routines or Ritucharya to follow. This enables the body to offset the changes, keeping it in a state of balanced health. Likewise, it prescribes foods which are in-season. It follows the principle that foods that are adapted to growing in the current season would also help the body adapt to it, too. Hence, it brings our bodies in tune with nature’s cycles thereby ensuring good health. Emphasising on it, nutritionist Rujuta Diwekar shared a winter meal plan on Instagram.

## **Mental health 2021:**

### **Mental health 2021: The psychological consequences of the pandemic (The Indian Express:20210103)**

<https://indianexpress.com/article/lifestyle/health/mental-health-2021-the-psychological-consequences-of-the-pandemic-7702067/>

Those who have borne the brunt of this psychic toll from the pandemic have been children and adolescents.

mental health problems, mental health, mental health problems in Covid-19 pandemic, depression and anxiety, indian express news It seems we are finally beginning to understand that asking for professional help does not make us weaker, but quite the opposite: it is a strength. (Photo: Getty/Thinkstock)

Before the COVID-19 pandemic began, the world was already immersed in a deep mental health crisis. Despite the fact that at least a quarter of the population was destined to suffer from mental illness throughout their lives, the health authorities did not take measures commensurate with the seriousness of the matter. And the situation generated by the new coronavirus only made things worse.

The physical isolation to which the population was subjected, added to the fear and bewilderment due to the immediate effects of the virus on health, were two of the main triggers. But economic woes, misinformation and rumours (often distressing) about everything surrounding covid-19 also contributed.

Not forgetting that exposure to contradictory, unreliable or focused information only on negative aspects of the situation can lead to mental health problems such as depression or anxiety.

Children, adolescents and health workers, the most affected

Those who have borne the brunt of this psychic toll from the pandemic have been children and adolescents. Without the structured environment of the school, and after losing family routines and the possibility of playing sports, or even going out with friends, they have suffered longer and more intense adverse consequences. Disorders of eating behaviour and suicide attempts were the stars on the fringes of adolescents and young age.

Front-line health workers, who among other things have suffered from compassion fatigue, have not fared too well either.

It is a form of secondary stress in the therapeutic help relationship, which occurs when the emotional capacity of the healthcare professional overflows to cope with the empathic commitment to the patient's suffering.



The positive part of all this is that in 2021 we have talked so much about mental health that many taboos have begun to be blurred. With the Olympic athlete Simone Biles we brought to the table how vulnerable we are to the events of life.

And with the goodbye of the actress Verónica Forqué, we finally talk about suicide (and how to detect it before it is too late) without mincing words.

We have also broken this year with that kind of unspoken pact not to mention depression, the mental illness with the highest incidence in the world. Besides, it seems that we are finally beginning to understand that asking for professional help if we need it does not make us weaker, but quite the opposite: it is a strength.

Although we have not nearly reached the mental health goals set for 2020 by the World Health Organisation, it is not losing hope and has granted us a generous extension.

We have until 2030 to make access to quality mental health care universal. Hopefully we do not miss the opportunity to take this important step once and for all and anticipate what is to come, such as eco-anxiety, that chronic fear of an environmental collapse that experts predict will emerge as soon as the pandemic subsides.

## **SARS-CoV-2**

### **Study finds SARS-CoV-2 evades our immune system (New Kerala:20220103)**

Sapporo, January 2: A new study has identified a key mechanism used by the SARS-CoV-2 virus to evade host immune systems.->> View it-->

<https://www.newkerala.com/news/2022/926.htm>

## **pregnancy**

### **Research: Immune system can detect disease during pregnancy ( New Kerala:20220103)**

A recent study has found that pregnancy is a challenge for the mother's immune system from the outset as half of the genes in the foetus are foreign to her body.->> View it-->

<https://www.newkerala.com/news/2022/876.htm>

## **Alzheimer's disease**

### **Greater exposure to estrogen for women may protect from Alzheimer's disease: Study (New Kerala:20220103)**

A new study has found that greater cumulative exposure to estrogen in life can protect women from Alzheimer's disease.->> View it--> <https://www.newkerala.com/news/2022/824.htm>

## **Blood vessels**

### **Study finds ageing stiffens blood vessels in women (New Kerala:20220103)**

: According to a new study conducted at the University of Jyväskylä in Finland, age is a strong determinant of arterial stiffness.->> View it-->

<https://www.newkerala.com/news/2022/785.htm>

## **Cardiac thrombosis**

### **Study finds changes in blood not heart may underlie cardiac thrombosis in COVID-19 patients (New Kerala:20220103)**

A team of researchers examined autopsy tissue samples of hearts from patients who died early in the COVID-19 pandemic.->> View it--> <https://www.newkerala.com/news/2022/723.htm>

## **Zika-virus therapy**

### **Study finds Zika-virus therapy protects the fetal mouse brain (New Kerala:20220103)**

A study has found a gene-silencing therapy protecting against Zika virus transmission from pregnant mice to mouse fetuses. The study has been published in the 'Mo-> View it--> <https://www.newkerala.com/news/2022/536.htm>