



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Monday 20220620

## A parenting book

**Babies don't come with instruction manuals, so here are 5 tips for picking parenting book**

**A parenting book should respect parent's instincts**

**Babies don't come with instruction manuals, so here are 5 tips for picking parenting book (The Tribune:20220620)**

<https://www.tribuneindia.com/news/world/babies-dont-come-with-instruction-manuals-so-here-are-5-tips-for-picking-a-parenting-book-404975>

Babies don't come with instruction manuals. Children are at once joyful, sad, confusing, predictable, generous, selfish, gentle and mean. What's a parent to do when faced with such perplexing offspring? Given the complex interactions of parent, child and surroundings, parents often feel lost. Many may seek answers in parenting books.

Parenting books are big business, and there are tens of thousands of titles for sale. The big question, though, is: Do parenting books help?

How effective they are is a matter of debate, especially given the lack of scientific evidence regarding their usefulness. Limited research has found that problem-focused self-help books may be helpful to readers – think tips about time management or healthy eating. And studies find that using books independently to improve well-being – what psychologists call bibliotherapy – is somewhat effective for addressing stress, anxiety and depression.

So it makes sense that reading a parenting book could be useful. In terms of quality and usefulness, however, they exist on a continuum.

We're scholars of human development, have taught thousands of students about parenting and write about family, parenting and development through the lifespan. One of us (Bethany) is the mother of six little ones, while the other of us (Denise) has two adult children, one of whom is Bethany. We believe that parents can become critical thinkers and choose the books that will be most appropriate for them.

Here are five questions to think about when you're looking for the best parenting book for you.

A good parent doesn't need a Ph.D.; neither does an author. However, an advanced degree in an area related to parenting helps in understanding and interpreting relevant research.

Another consideration is the experience of the author. Having one or a dozen children does not make someone an expert. Doing more parenting doesn't necessarily make you better at it. Not having a child doesn't disqualify someone from being an expert, either, but should be thoughtfully considered. We taught parenting classes before having children, and it's fair to say that our own parenting experiences have added depth, insight and even grace to what we teach.

The reason someone wrote a parenting book can also be informative. Advice from authors who write out of angst about their own upbringing or who failed at parenting should be taken with a grain of salt.

Finally, don't let celebrities' books fool you. Most of these are written by ghostwriters and are primarily designed to sell books or build a brand.

Psychology researcher and parenting expert Laurence Steinberg writes that scientists have studied parenting for over 75 years, and findings related to effective parenting are among the most consistent and longstanding in social science. If you notice inconsistencies between parenting books, it's because "few popular books are grounded in well-documented science." How can you tell if a book is grounded in science? Look for citations, names of researchers, sources and an index. Also, learn the basic principles of effective parenting determined through decades of research and outlined by Steinberg. They include: set rules, be consistent, be loving, treat children with respect, and avoid harsh discipline.

If the book you're considering is not consistent with these guidelines, rethink its parenting advice. Likely it's based not on science but opinion or personal belief. Opinion and belief have a place, but science is better in this space.

If the book is not interesting, you are unlikely to finish it, much less learn from it. Before taking a book home, read the first page and flip to a page in the middle to see if it grabs your attention. Try to find books that you can read in small bites, skip around in, and return to in the future.

Avoid books that contain "psychobabble," pseudoscientific jargon that has an air of authenticity but lacks clarity. For example, the publisher's description of the book "The Indigo Children: The New Kids have Arrived" reads, "The Indigo Child is a child who displays a new and unusual set of psychological attributes that reveal a pattern of behavior generally undocumented before.

This pattern has common yet unique factors that demand that parents and teachers change their treatment and upbringing of them in order to achieve balance. To ignore these new patterns is to potentially create great frustration in the minds of these precious new lives." Pass.

Run, don't walk, from any book that tells you its method always works or any failure is because of you – or worse yet, ignores failure.

It's impossible to provide advice for every single parent, child and situation! An effective parenting book appreciates context and complexity and informs the reader that not all answers are in the book. No parent is perfect, but recognizing weaknesses and failures leads to growth and improvement, and no child is completely malleable. Even parents who do everything right may have children who become wayward.

Make sure the book provides you with detailed instructions and things to do, as well as ways to track improvements. In other words, make sure it is actionable.

Finally, a parenting book should respect a parent's instincts.

Some parenting books offer insights related to general behavior, like "Raising Good Humans." Others offer insights for specific issues, like "Safe Infant Sleep: Expert Answers to Your Cosleeping Questions." Likely, you will be more motivated to read a book that reflects your specific needs and values and leaves you feeling hopeful.

A word of caution, however. One study found that parenting books that stress strict routines for infant sleep, feeding and general care might actually make parents feel worse by increasing depression, stress and doubt. Parenting research does not support overly strict routines, and it's easy to understand why most of these parents did not find such books useful.

When you read a parenting book, the goal is to feel empowered, more confident, excited and even relieved. You are not alone, nor are you the only parent with questions.

Psychologist Edward Zigler described parenting as "the most challenging and most complex of all the tasks of adulthood."

Yes, parenting can be tough. In your parenting adventures, you'll likely need all the resources and tools you can muster. With thoughtful and critical explorations, you can find books that enhance your personal wisdom and intuition to help in raising these delightfully complicated little humans.

## **Medications**

### **How do drugs know where to go in the body? A pharmaceutical scientist explains why some medications are swallowed while others are injected (The Tribune:20220620)**

<https://www.tribuneindia.com/news/health/how-do-drugs-know-where-to-go-in-the-body-a-pharmaceutical-scientist-explains-why-some-medications-are-swallowed-while-others-are-injected-404966>

Compared with pills and tablets, a more efficient way of getting drug into blood is to inject it directly into vein

How do drugs know where to go in the body? A pharmaceutical scientist explains why some medications are swallowed while others are injected

When you take aspirin for a headache, how does the aspirin know to travel to your head and alleviate the pain?

The short answer is, it doesn't: Molecules can't transport themselves through the body, and they don't have control over where they eventually end up. But researchers can chemically modify drug molecules to make sure that they bind strongly to the places we want them and weakly to the places we don't.

Pharmaceutical products contain more than just the active drug that directly affects the body. Medications also include "inactive ingredients," or molecules that enhance the stability, absorption, flavor and other qualities that are critical to allowing the drug to do its job. For example, the aspirin you swallow also has ingredients that both prevent the tablet from fracturing during shipping and help it break apart in your body.

As a pharmaceutical scientist, I've been studying drug delivery for the past 30 years. That is, developing methods and designing nondrug components that help get a medication where it needs to go in the body. To better understand the thought process behind how different drugs are designed, let's follow a drug from when it first enters the body to where it eventually ends up.

#### How drugs are absorbed in the body

When you swallow a tablet, it will initially dissolve in your stomach and intestines before the drug molecules are absorbed into your bloodstream. Once in the blood, it can circulate throughout the body to access different organs and tissues.

Drug molecules affect the body by binding to different receptors on cells that can trigger a particular response. Even though drugs are designed to target specific receptors to produce a desired effect, it is impossible to keep them from continuing to circulate in the blood and binding to non-target sites that potentially cause unwanted side effects.

Drug molecules circulating in the blood also degrade over time and eventually leave the body in your urine. A classic example is the strong smell your urine might have after you eat asparagus because of how quickly your kidney clears asparagusic acid. Similarly, multivitamins typically contain riboflavin, or vitamin B2, which causes your urine to turn bright yellow when it is cleared. Because how efficiently drug molecules can cross the intestinal lining can vary depending on the drug's chemical properties, some of the drugs you swallow never get absorbed and are removed in your feces.

Because not all of the drug is absorbed, this is why some medications, like those used to treat high blood pressure and allergies, are taken repeatedly to replace eliminated drug molecules and maintain a high enough level of drug in the blood to sustain its effects on the body.

#### Getting drugs to the right place

Compared with pills and tablets, a more efficient way of getting drug into the blood is to inject it directly into a vein. This way, all the drug gets circulated throughout the body and avoids degradation in the stomach.

Many drugs that are given intravenously are “biologics” or “biotechnology drugs,” which include substances derived from other organisms. The most common of these are a type of cancer drug called monoclonal antibodies, proteins that bind to and kill tumor cells. These drugs are injected directly into a vein because your stomach can’t tell the difference between digesting a therapeutic protein and digesting the proteins in a cheeseburger.

In other cases, drugs that need very high concentrations to be effective, such as antibiotics for severe infections, can be delivered only through infusion. While increasing drug concentration can help make sure enough molecules are binding to the correct sites to have a therapeutic effect, it also increases binding to non-target sites and the risk of side effects.

One way to get a high drug concentration in the right location is to apply the drug right where it’s needed, like rubbing an ointment onto a skin rash or using eyedrops for allergies. While some drug molecules will eventually get absorbed into the bloodstream, they will be diluted enough that the amount of drug that reaches other sites is very low and unlikely to cause side effects. Similarly, an inhaler delivers the drug directly to the lungs and avoids affecting the rest of the body.

#### Patient compliance

Finally, a key aspect in all drug design is to simply get patients to take medications in the right amounts at the right time.

Because remembering to take a drug several times a day is difficult for many people, researchers try to design drug formulations so they need to be taken only once a day or less.

Similarly, pills, inhalers or nasal sprays are more convenient than an infusion that requires travelling to a clinic for a trained clinician to inject it into your arm. The less troublesome and expensive it is to administer a drug, the more likely it is that patients will take their medication when they need it. However, sometimes infusions or injections are the only effective way that certain drugs can be administered.

Even with all the science that goes into understanding a disease well enough to develop an effective drug, it is often up to the patient to make it all work as designed.

## **GMCH Emergency**

### **State of hospitals: At Chandigarh's GMCH Emergency, patient footfall 3-time the bed count**

### **Doctors provide medical treatment to patients on trolleys (The Tribune:20220620)**

<https://www.tribuneindia.com/news/chandigarh/at-gmch-emergency-patient-footfall-3-time-the-bed-count-404812>

State of hospitals: At Chandigarh's GMCH Emergency, patient footfall 3-time the bed count  
Patients on trolleys in the Emergency ward of the GMCH, Sector 32, Chandigarh, on Friday. At the Emergency block of the Government Medical College and Hospital (GMCH), Sector 32, patients lay on the trolleys lined up in open hall with drips hanging from a hook on a pillar. In the absence of adequate beds for patients, doctors decide which patient needs medical supervision on bed and which one can be stabilised on trolley.

The Emergency block, which has a daily footfall of over 140 patients, has only 45 beds. Hence, trolleys are placed in the open hall to cater to the rush. The patient first goes to the Emergency medical officer's room on the ground floor where a card is made and then patient is sent to the designated hall as per the medical requirement.

Till the time the new building is constructed, we have proceeded with the purchase of around 100 trolleys that look like beds. This way, at least the patient will be in a comfortable state during the treatment. —Dr Jasbinder Kaur, Director, GMCH-32

There are five halls of Emergency and each hall has seven health workers, including from a faculty to a junior resident. Sometimes, each doctor has to handle 50 patients in a day during his gruelling shift.

“The workload is unbearable sometimes. We don't have time for lunch as managing the patient rush is a difficult task. Sometimes we run out of basic medicines in the Emergency ward and ask patients to get it from outside,” said a doctor posted at the medicine emergency.

Dilsher Singh, who was attending to his wife in the Emergency hall, said, “She is being treated in the hall and being given only drips.”

Some respite is expected to be seen after the much-awaited project worth Rs 52 crore – Trauma Centre – with 200 beds will be constructed by the next year. The existing building was dismantled to make space for the new block and since then, the Emergency ward is being run from Block A.

A man in 70s with swollen neck was lying on a stretcher with unease. His kin shared, “The arrangement is very uncomfortable for the patient, but we are managing it as the treatment is suitable.”

More manpower okayed

The Sector 32 hospital has recently got the approval for 35 junior residents, six faculty and a junior resident and 16 technicians.

Besides, 185 posts of nursing officer in the hospital will be advertised. This will increase the working hands and reduce the burden on the doctors.

New Emergency block by next year

The new Emergency wing, which will be constructed by the next year, will ease the patient rush at the GMCH-32. The Emergency block will see addition of 259 beds to the hospital having clinical labs, X-ray, CT scan, MRI, chemist shop, two emergency operation theatres and a minor operation theatre, post-operative wards, an isolation ward and parking facilities in the twin basement. It will also have provision for central air-conditioning, firefighting and fire sensing. The building will have parking facilities for 59 cars and 144 two-wheelers.

## **Covid-19 shots for infants**

### **US regulators approve 1st Covid-19 shots for infants, preschoolers (The Tribune:20220620)**

US kids under 5 are eligible for vaccination, which would begin next week

US regulators approve 1st Covid-19 shots for infants, preschoolers

Moderna and Pfizer vaccines are approved for these ages. iStock

<https://www.tribuneindia.com/news/coronavirus/us-regulators-approve-1st-covid-19-shots-for-infants-preschoolers-404729>

US regulators on Friday authorised the first COVID-19 shots for infants and preschoolers, paving the way for vaccinations to begin next week.

The Food and Drug Administration's action follows its advisory panel's unanimous recommendation for the shots from Moderna and Pfizer. That means US kids under 5 — roughly 18 million youngsters — are eligible for the shots, about one and half years after the vaccines first became available in the US for adults, who have been hit the hardest during the pandemic.

The FDA also authorised Moderna's vaccine for school-aged children and teens. Pfizer's shots had previously been the only ones available for those ages.

There's one step left: The Centers for Disease Control and Prevention recommends how to use vaccines and its vaccine advisers are set to discuss the shots for the youngest kids Friday and vote on Saturday. A final signoff would come from CDC Director Dr Rochelle Walensky.

At a Senate hearing Thursday, Walensky said her staff was working over the Juneteenth federal holiday weekend “because we understand the urgency of this for American parents.” She said paediatric deaths from Covid-19 have been higher than what is generally seen from the flu each year.

“So I actually think we need to protect young children, as well as protect everyone with the vaccine and especially protect elders,” she said.

For weeks, the Biden administration has been preparing to roll out the vaccines. States, tribes, community health centers and pharmacies preordered millions of doses. FDA's emergency use authorisation allows manufacturers to begin shipping vaccine across the country. Vaccinations could begin as early as Monday or Tuesday.

Some parents have been anxiously awaiting the chance to protect their little ones.

While young children generally don't get as sick from COVID-19 as older kids and adults, their hospitalisations surged during the omicron wave and FDA's advisers determined that benefits from vaccination outweighed the minimal risks. Studies from Moderna and Pfizer showed side effects, including fever and fatigue, were mostly minor.

The two brands use the same technology but there are differences.

Pfizer's vaccine for kids younger than 5 is one-tenth of the adult dose. Three shots are needed: the first two given three weeks apart and the last at least two months later.

Moderna's is two shots, each a quarter of its adult dose, given about four weeks apart for kids under 6.

The vaccines are for children as young as 6 months. Moderna next plans to study its shots for babies as young as 3-months-old. Pfizer has not finalised plans for shots in younger infants. A dozen countries, including China, already vaccinate kids under 5.

Dr Beth Ebel, professor of paediatrics at University of Washington in Seattle, said the tot-sized vaccines would be especially welcomed by US parents with children in daycare where outbreaks can sideline parents from jobs, adding to financial strain.

“A lot of people are going to be happy and a lot of grandparents are going to be happy, too, because we've missed those babies who grew up when you weren't able to see them,” Ebel said.

## **Haemodialysis programme**

**Centre asks states to implement haemodialysis programme in all districts  
State also told to promote peritoneal dialysis, which is less restrictive for patients and has less technical demand (The Tribune:20220620)**

<https://www.tribuneindia.com/news/health/centre-asks-states-to-implement-haemodialysis-programme-in-all-districts-404719>

Centre asks states to implement haemodialysis programme in all districts

Photo used for representational purposes only. iStock

To expand the Pradhan Mantri National Dialysis Programme's coverage, the Centre on Friday asked states to implement the haemodialysis programme in all districts and also promote peritoneal dialysis which is less restrictive for patients and has less technical demand.

Union Health Secretary Rajesh Bhushan, chairing a meeting through video conference with all states and Union Territories, advised extensive use of the Pradhan Mantri National Dialysis Programme (PM-NDP) portal to record details of all beneficiaries availing free dialysis services under the programme.

At the meeting, the progress under the National Health Mission (NHM), Emergency COVID Response Package (ECRP)-II, Pradhan Mantri Ayushman Bharat Health Infrastructure Mission (PM-ABHIM) and 15th Finance Commission grants was also reviewed, the health ministry said in a statement.

It also discussed ways to expand the National Dialysis Programme across the country.

To prevent duplication and ensure transparency, efficiency and interoperability under PMNDP, states were asked to ensure registration using a 14-digit unique ABHA ID.

Highlighting the government's various initiatives to ensure affordable, accessible and equitable public healthcare services, states and Union Territories were informed about the status of the programmes and disbursement of funds under NHM, various projects under the ECRP-II package and PM-ABHIM.

The Union health secretary highlighted that for ensuring the implementation of programmes and initiatives, allocated government resources under the National Health Mission (NHM) must be used efficiently and quickly.

He urged the states to provide necessary documents and certificates for fund utilisation and ensure a refund of the unused amount, the statement said.

To develop the capacities of health systems and institutions at all levels and to prepare health systems that respond effectively to the current and future pandemics or disasters, Rs 64,180 crore has been allocated under PM-ABHIM for fiscals 2021-22 to 2025-26.

Highlighting the need to expedite the utilisation of funds released under the ECRP-II package, states were informed that 100 per cent central share amount has been released to states.

While informing states about their expenditure status under ECRP-II, asked to complete mapping of approvals on the NHM-PMS portal and review this status periodically.

## WHO

### **Covid-19 deaths rise, reversing a 5-week decline: WHO UN health agency says there were 8,700 COVID-19 deaths last week, with 21% jump in the Americas and 17% increase in the Western Pacific (The Tribune:20220620)**

<https://www.tribuneindia.com/news/world/covid-19-deaths-rise-reversing-a-5-week-decline-who-404432>

After five weeks of declining coronavirus deaths, the number of fatalities reported globally increased by 4% last week, according to the World Health Organisation.

In its weekly assessment of the pandemic issued on Thursday, the UN health agency said there were 8,700 COVID-19 deaths last week, with a 21% jump in the Americas and a 17% increase in the Western Pacific.

WHO said coronavirus cases continued to fall, with about 3.2 million new cases reported last week, extending a decline in COVID-19 infections since the peak in January.

Still, there were significant spikes of infection in some regions, with the Middle East and Southeast Asia reporting increases of 58% and 33% respectively.

“Because many countries have reduced surveillance and testing, we know this number is under-reported,” WHO Director-General Tedros Adhanom Ghebreyesus said earlier this week.

He said there was “no acceptable level of deaths from COVID-19,” given that the global community now has the vaccines, medicines and diagnostics to stop the virus.

While many rich countries in Europe and North America have mostly dropped their virus restrictions, China’s extreme COVID-19 policies have meant more mass testing, quarantines and sequestering of anyone who was in contact with a case.

China’s capital put school back online this week in one of its major districts amid a new COVID-19 outbreak linked to a nightclub.

Residents in Beijing are still undergoing regular testing — mostly every other day — and must wear masks and swipe a mobile phone app to enter public places and facilitate case tracing.

China has maintained its “zero-COVID” policy despite considerable economic costs and an assertion from the head of the World Health Organisation that the policy isn’t sustainable.

This week, US officials moved a step closer to authorising coronavirus vaccines for the youngest children, after the Food and Drug Administration’s vaccine advisers gave a thumbs-up to vaccines from Moderna and Pfizer-BioNTech for children under 5.

The outside experts voted unanimously that the benefits of the shots outweigh any risks for children under 5 — that’s roughly 18 million youngsters. They are the last age group in the US without access to COVID-19 vaccines, and many parents have been anxious to protect their little children.

## **Drug molecules**

### **A pharmaceutical scientist explains why some medications are swallowed while others are injected**

**When you swallow a tablet, it will initially dissolve in your stomach and intestines before the drug molecules are absorbed into your bloodstream. Once in the blood, it can circulate throughout the body to access different organs and tissues. (Indian Express:20220620)**

<https://indianexpress.com/article/lifestyle/health/how-do-drugs-know-where-to-go-in-the-body-a-pharmaceutical-scientist-explains-why-some-medications-are-swallowed-while-others-are-injected-7978472/>

drugPharmaceutical products contain more than just the active drug that directly affects the body. (Representational photo)

When you take aspirin for a headache, how does the aspirin know to travel to your head and alleviate the pain? The short answer is, it doesn’t: Molecules can’t transport themselves through the body, and they don’t have control over where they eventually end up. But researchers can chemically modify drug molecules to make sure that they bind strongly to the places we want them and weakly to the places we don’t.

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ALSO READ |Why has aspirin advice for heart protection changed?

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Drug molecules affect the body by binding to different receptors on cells that can trigger a particular response. Even though drugs are designed to target specific receptors to produce a desired effect, it is impossible to keep them from continuing to circulate in the blood and binding to nontarget sites that potentially cause unwanted side effects.

## Essential nutrients

**Are your eyes tired? These essential nutrients can help you find relief “Puffy eyes, swollen under eyes, dark circles are only a few downsides of excess screen time,” said a nutritionist Indian Express:20220620)**

<https://indianexpress.com/article/lifestyle/health/tiring-eyes-here-are-some-nutrients-plus-diy-eye-masks-for-better-eye-health-during-summers-7923666/>

Toxoplasma Pandemic has led to an increase in screen time. Consume these nutritionist approved nutrients for better eye health. (Photo: Unsplash/Marc Schulte)

Our eyes are active throughout the day. But, the time we spend in front of computer screens can cause some strain, lead to headache and interfere with our daily functionality as well.

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Loveneet Batra, a nutritionist, took to Instagram to share some nutrients that can be consumed to improve eye health.

Also read | Want to improve your eyesight? Try these delicious and healthy dips  
“Puffy eyes, swollen under eyes, dark circles are only a few downsides of excess screen time,” read her caption.

### Vitamin A

According to the nutritionist, vitamin A helps in reducing the risk of age related macular degeneration, which is a common eye disorder. In addition to this, it protects the eye from damage from sunlight. Beta carotene, an organic pigment found in plants, also plays a key role in maintaining a clear and healthy cornea.

### Vitamin E

The nutritionist says, “Vitamin C plays a key role in maintaining the optimal balance between antioxidants and free radicals in the body and keeping eye cells healthy.”

## **Nutrition**

### **Expert nutrition tips for children**

**We need to plan healthy and nutritious meals so that they can get all the required nutrients for growth, said nutritionist Nidhi S Indian Express:20220620)**

<https://indianexpress.com/article/lifestyle/health/expert-nutrition-tips-children-diet-obesity-7921998/>

children diet Include a variety of greens, fresh fruits and herbs in your kids' diet. (Representative image/Pexels)

Today's children have access to all kinds of packaged and processed foods that can make them prone to various lifestyle disorders like obesity. Instead of reaching out to packaged foods like instant noodles, and cold drinks, it is important to incorporate healthy and nutritious snacks as well as meals, experts say.

## **Sickle Cell Disease?**

### **What Is Sickle Cell Disease?**

**SCD is a group of preventable inherited red blood cell disorders. Indian Express:20220620)**

<https://indianexpress.com/article/lifestyle/what-is-sickle-cell-disease-7978329/>

Sickle cell disease (SCD) is a group of inherited red blood cell disorders.

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## Vaccines

### **Vaccines for young children are coming, but many parents have tough questions**

**The vaccines overall have proved to be safe, but many parents remain hesitant for a range of reasons. Some are wary because the vaccines are relatively new or because they perceive the risk from COVID-19 to be negligible for their children Indian Express:20220620)**

<https://indianexpress.com/article/lifestyle/health/vaccines-for-young-children-are-coming-but-many-parents-have-tough-questions-7978156/>

A 5-year-old boy receives his first dose of a coronavirus vaccine at Texas Children's Hospital in Houston on Nov. 3, 2021. The Food and Drug Administration authorized on Friday, June 17, 2022, both the Moderna and Pfizer-BioNTech coronavirus vaccines for the nation's youngest children, a relief to many parents anxious to protect their children 18 months after shots were first made available to adults. (Source: Meridith Kohut/The New York Times)

By Apoorva Mandavilli

## Deabetic

### **Father's Day: How caregivers can help their dads manage diabetes better With diabetes being a growing concern, it is imperative we educate ourselves about this condition Indian Express:20220620)**

<https://indianexpress.com/article/lifestyle/health/fathers-day-caregivers-dads-manage-diabetes-better-7972129/>

Father's Day, Father's Day 2022, fathers health, aging, diabetes, how to manage diabetes, living with diabetes, diabetes tips, indian express news It is important to accompany your father for doctor appointments as you will get a better understanding of the progress or a change in the medication and diet. (Photo: Getty/Thinkstock)

Father's Day is an annual celebration that recognises the contribution of dads and dad-like figures in the family. It is a day to acknowledge and pamper fathers. While gifting them and taking them out for a nice lunch and dinner is a good way to spend the day, one important thing to keep in mind is that fathers are aging, and it is always a good idea to push them towards leading a healthy lifestyle, getting themselves timely doctor appointments, etc.

## **Yoga and Physical fitness**

### **Just 3 Yoga asanas can manage your stress**

**The mind is the basis of our existence; therefore, stress can be understood as a disorder or imbalance of our mind, says. Indian Express:20220620)**

<https://indianexpress.com/article/lifestyle/health/just-3-yoga-asanas-can-manage-your-stress-7977651/>

Updated: June 18, 2022 8:24:23 pm

Working and earning a living requires some level of stress. Nature has provided humans with pituitary and adrenal glands to alleviate stress during emergencies and balance the body and psyche.

Written by Acharya Kaushal Kumar

## **HomeLifestyleHealthCOVID-19 Breakthrough Infections:**

### **HomeLifestyleHealthCOVID-19 Breakthrough Infections: Why we should not bother**

**COVID-19 Breakthrough Infections: Why we should not bother Indian Express:20220620)**

Immunity and protection against diseases are dependent upon many factors and complex interactions. Therefore, any simplistic approach is not helpful. Once mucosal vaccines are available, we can expect a little better protection from infection but still our risk would continue, says Dr Chandrakant Lahariya.

<https://indianexpress.com/article/lifestyle/health/covid-19-breakthrough-infections-why-we-should-not-bother-7977548/>

A healthcare worker conducts Covid-19 testing of a woman as coronavirus case surge countrywide, in Jammu. (PTI, file)

There is a renewed discussion on COVID-19 breakthrough infections (people who are fully vaccinated, yet testing SARs CoV2-positive). This is understandable as with a fresh spike in COVID-19 cases in Indian states, a majority of patients are those who have received the mandatory two shots. Is this a reason for worry? The short answer is no.

## **Breastfeeding mothers**

### **Five reasons why breastfeeding mothers should meditate**

**This easy and affordable way to boost your lactation could prove to be useful; and it will only take some 15 minutes of your time daily (Indian Express:20220620)**

<https://indianexpress.com/article/lifestyle/health/five-reasons-why-breastfeeding-mothers-should-meditate-7975606/>

meditation, importance of meditation, meditating daily, why meditation is important, meditation for breastfeeding mothers, meditation and breast milk, indian express news Meditation can help balance your hormones. (Photo: Getty/Thinkstock)

There are many reasons why one should meditate — it is known to alleviate stress. In everyday life, setting aside a few minutes for meditation can do wonders for your overall health, and it is believed to be all the more important for a new mother, who is breastfeeding her baby.

## **Viral disease**

### **Viral disease kills over 300 cows in Pakistan**

**Lumpy skin disease is a viral disease that has killed over 300 cows so far in Pakistan's Punjab province (The Hindu:20220620)**

<https://www.thehindu.com/sci-tech/health/viral-disease-kills-over-300-cows-in-pakistan/article65539998.ece>

Over 300 cows have died of lumpy skin disease and hundreds of others affected by the viral infection in Pakistan's Punjab province.

Lumpy skin disease is a viral disease that affects cattle. It is transmitted by blood-feeding insects, such as certain species of flies and mosquitoes, or ticks.

## **Ayush component**

**Pilot projects carried out by government in Gujarat and Karnataka to add Ayush component in take-home ration (The Hindu:20220620)**

<https://www.thehindu.com/brandhub/nutrition/pilot-projects-carried-out-by-government-in-gujarat-and-karnataka-to-add-ayush-component-in-take-home-ration/article65539603.ece>

The project is being tried out on a pilot basis in Gujarat and Karnataka and both states have given good results, said a senior official

The government is exploring to add Ayush component in take-home ration of children, pregnant women and lactating women that they get from Anganwadi centres to improve their nutrition level, a senior official said.

The project is being tried out on a pilot basis in Gujarat and Karnataka and both states have given good results, the official added.

The Women and Child Development ministry official said that the findings of this particular project will be then shared with the Indian Council of Medical Research (ICMR) to see if there can be a third party validation medically for this initiative.

"We are in active talks with secretary Ayush to ensure this happens," the official told reporters at the sub-zonal meeting of the ministry here.

In Gujarat, addition of several ayurvedic component like trikatu and vidang in balshakti for children and jeera and musta churn in matrushakti in take home ration for pregnant and lactating women should be done, said Avantika Darji, Joint Director in Integrated Child Development Services (ICDS).

The pilot project in Gujarat is being carried out in Jamnagar, Devbhumi Dwarka, Dang, Narmada, Bhavnagar and Dahod.

"To improve the Health and Nutritional status of ICDS beneficiaries, the government of Gujarat is providing micronutrient-rich 'take-home ration' with the support of Gujarat Cooperative Milk Marketing Federation (GCMMF-AMUL) and respective Dairy Unions," Ms. Darji said.

She said it has been seen that these additions improve the appetite of children, absorption of nutrients, weight gain, controls intestinal worms and indigestion.

In pregnant and lactating women, research has shown that Jeera or cumin improves "hypoxic conditions in the placenta", she said.

Hypoxic conditions in the placenta occurs when a fetus gets deprived of an adequate supply of oxygen.

The therapeutic effects of cumin seeds extend to experiencing anti-inflammatory and anti-hypertensive results as well whereas musta helps in abdominal pain relief, indigestion, controls worms and reduce fever in pregnant and lactating women, Ms. Darji said.

The country is battling alarming levels of malnutrition.

According to the National Family Health Survey 5, 35.5% of children below five years were stunted and 32.1% were underweight in 2019-21.

To combat malnutrition and keep a check on nutrition, the government has been providing take home rations to households having children 6 months to 6 years of age and pregnant and lactating mothers.

Malnutrition refers to deficiencies, excesses, or imbalances in a person's intake of energy or nutrients.

### **Vaccination advisory group recommends reducing COVID-19 booster**

### **Vaccination advisory group recommends reducing COVID-19 booster dose gap to 6 months (The Hindu:20220620)**

<https://www.thehindu.com/sci-tech/health/ntagi-recommends-reducing-covid-booster-dose-gap-to-6-months/article65534281.ece>

Health Ministry will take the final call on the National Technical Advisory Group on Immunisation recommendation soon.

The Standing Technical Sub-Committee (STSC) of the NTAGI (National Technical Advisory Group on Immunisation) on Thursday recommended reducing the gap between the second and precaution doses of COVID-19 vaccines from the current nine to six months, official sources said.

They said the Health Ministry will take the final call on the recommendation

### **poliovirus,**

### **Kolkata sample: 'Not wild poliovirus,' says Health Ministry (The Hindu:20220620)**

<https://www.thehindu.com/sci-tech/health/kolkata-sample-not-wild-poliovirus-says-health-ministry/article65532740.ece>

Vaccine-derived polio virus was detected in the environmental surveillance of sewage samples from Kolkata, says Health Ministry official.

Not wild poliovirus but vaccine-derived poliovirus (VDPV) was detected in the environmental surveillance of sewage samples from Kolkata, said a senior Health Ministry official on Thursday. "The genetic sequencing is done at ICMR-National Institute of Virology, Mumbai,

and this was discussed with the World Health Organisation (WHO). It can occur in any country where oral polio vaccine (OPV) is given,” added the official.

The Ministry said that the last time such a VDPV was detected was in New Delhi in 2018.

Kolkata sample: ‘Not wild poliovirus,’ says Health Ministry (The Hindu:20220620)

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## Diabetes:

**Diabetes: नियमित जांच कराई तो कम हुआ डायबिटीज का जोखिम, अमेरिका के 15 राज्यों में मरीजों पर वर्जीनिया विश्वविद्यालय की रिपोर्ट (The Hindu:20220620)**

<https://www.amarujala.com/world/risk-of-diabetes-is-reduced-if-regular-check-ups-done-report-of-the-university-of-virginia-on-patients-in-15-states-of-us>

सार

वर्जीनिया विश्वविद्यालय के स्कूल ऑफ मेडिसिन के शोधकर्ताओं का दावा है कि सालाना जांच करवा रहे यहां के डायबिटीज मरीजों को आसपास के क्षेत्रों के मरीजों के मुकाबले 36 प्रतिशत या कहीं एक-तिहाई तक अंग-विच्छेदन कम कराने पड़े।

प्रतीकात्मक तस्वीर

प्रतीकात्मक तस्वीर - फोटो : iStock

विस्तार

डायबिटीज मरीजों की बड़ी संख्या की वजह से मिसिसिपी सहित अमेरिका के 15 राज्यों के 644 ग्रामीण क्षेत्र ‘डायबिटीज बेल्ट’ कहलाते हैं। इस ठप्पे की वजह से यहां के नागरिक और रोगी ज्यादा सजग रहने लगे हैं और इसका फायदा भी उन्हें मिल रहा है।

वर्जीनिया विश्वविद्यालय के स्कूल ऑफ मेडिसिन के शोधकर्ताओं का दावा है कि सालाना जांच करवा रहे यहां के डायबिटीज मरीजों को आसपास के क्षेत्रों के मरीजों के मुकाबले 36 प्रतिशत या कहीं एक-तिहाई तक अंग-विच्छेदन कम कराने पड़े। इसके आधार पर अध्ययनकर्ताओं ने डायबिटीज मरीजों को सालाना वेलनेस जांच पूरी गंभीरता से करवाने की सिफारिश की है।

इन शोधार्थियों के अनुसार डायबिटीज बेल्ट में रहने वालों में अंग-विच्छेदन की स्थिति आने की आशंका बाकी जगहों से 27 प्रतिशत अधिक मानी जाती है। इसलिए भी वे बचाव के लिए ज्यादा सजग रहते हैं। विश्वविद्यालय के शोधार्थियों ने साल 2006 से 2015 के दौरान डायबिटीज मरीजों के अंग-विच्छेदन के मामलों का विश्लेषण किया। इन्हें सालाना वेलनेस जांच करवाने और न करवाने वालों के वर्ग में बांटा। रिसर्चर जेनिफर लोबो के अनुसार परिणाम से पता चला कि जांच करवाने वालों में अपने अंग गंवाने का खतरा एक-तिहाई तक घट गया था।

गंभीर स्थिति में जाने से बचाव

जेनिफर के अनुसार डायबिटीज में सालाना जांच से मरीजों को नेत्रहीनता, किडनी फेल होने और स्ट्रोक या हृदय रोग से बचाव में मदद मिलती है। पंजा या फिर पूरा पांव कटवाने का जोखिम भी कम होता है। चूंकि डायबिटीज से हुए नुकसान की भरपाई नहीं होती, इसलिए ज्यादा सजग रहना जरूरी है। इससे न केवल रोग गंभीर होने, बल्कि मरीज को अपाहिज होने से भी बचा सकते हैं।

## Covid Cases

**Today's Covid Report: देश में 12,781 नए कोविड संक्रमित मिले, दैनिक संक्रमण दर 4.32 फीसदी (The Hindu:20220620)**

<https://www.amarujala.com/india-news/india-reports-12-781-new-covid-cases-daily-positivity-rate-4-32-percent>

बीते कुछ दिनों से कोविड केस में लगातार बढ़ोतरी हो रही है। हालांकि विशेषज्ञ इसे किसी नई लहर का संकेत नहीं मान रहे हैं। विशेषज्ञों ने लोगों में बढ़ती लापरवाही को भी इसका जिम्मेदार माना है।

**India reports 12,781 new Covid cases, daily positivity rate 4.32 percent**

- फोटो : अमर उजाला।

विस्तार

देश में बीते 24 घंटे में 12,781 नए कोरोना मरीज मिले हैं। इस दौरान सक्रिय केस में 4226 की बढ़ोतरी हुई और ये 76,700 हो गए। दैनिक संक्रमण दर 4.32 फीसदी दर्ज की गई है।

केंद्रीय स्वास्थ्य मंत्रालय द्वारा सोमवार सुबह जारी रिपोर्ट के अनुसार बीते 24 घंटे में 8537 लोग कोरोना से उबर गए हैं। हालांकि, सक्रिय केस में तेजी से इजाफा होना चिंताजनक है। रविवार को 12,899 नए कोरोना संक्रमित सामने आए थे। इसकी तुलना में सोमवार को थोड़े कम होकर 12,781 नए मरीज मिले हैं।

बीते 24 घंटे में 18 लोगों ने महामारी के चलते जान गंवा दी। इसके साथ ही कुल मृतक संख्या 5,24,873 हो गई है। पिछले करीब एक सप्ताह से रोज 12 हजार से ज्यादा नए मरीज मिल रहे हैं। बीते कुछ दिनों से कोविड केस में लगातार बढ़ोतरी हो रही है। हालांकि विशेषज्ञ इसे किसी नई लहर का संकेत नहीं मान रहे हैं। विशेषज्ञों ने लोगों में बढ़ती लापरवाही को भी इसका जिम्मेदार माना है।

90 फीसदी रोगी अभी भी खुद को असुरक्षित नहीं मान रहे : डॉ. अरोड़ा

इस बीच, टीकाकरण को लेकर गठित राष्ट्रीय तकनीकी सलाहकार समूह (एनटीएजीआई) के प्रमुख डॉ. एनके अरोड़ा ने कहा कि देश के 90 फीसदी रोगी अभी भी खुद को असुरक्षित नहीं मान रहे हैं। इनमें से अधिकांश को यह तक नहीं पता कि वे किसी न किसी मर्ज से ग्रस्त हैं। केवल 10 फीसदी लोग ही अपनी परेशानी और संक्रमण के जोखिम को समझते हुए एहतियाती खुराक ले रहे हैं और कोविड सतर्कता नियमों का पालन कर रहे हैं। डॉ. अरोड़ा ने कहा, कोरोना संक्रमण बार बार बढ़ता और घटता रहेगा। यह महामारी का दौर है और फिलहाल वर्तमान ही इसका भविष्य है। इसलिए लोगों को अपने व्यवहार को नहीं बदलना चाहिए और संक्रमण के प्रति गंभीर होने की जरूरत है।

अविलंब एहतियाती खुराक लें : डॉ. गुलेरिया

सरकार की एक अन्य समिति एम्पॉवर्ड ग्रुप के सदस्य और नई दिल्ली स्थित अखिल भारतीय आयुर्विज्ञान संस्थान (एम्स) के निदेशक डॉ. रणदीप गुलेरिया ने कहा, बिना किसी देरी किए एहतियाती खुराक लेना चाहिए।

ये भी पढ़ें...