



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 20220707

WHO

New covid-19 Omicron sub-variant BA.2.75 detected in countries like India: WHO

WHO Chief Scientist Soumya Swaminathan says there has been an emergence of a sub-variant that is being called the BA.2.75 'first reported from India and then from about 10 other countries' (The Tribune: 20220707)

<https://www.tribuneindia.com/news/nation/new-covid-19-omicron-sub-variant-ba-2-75-detected-in-countries-like-india-who-410277>



A new sub-lineage BA.2.75 of the Omicron variant of the coronavirus has been detected in countries like India and the World Health Organisation is following this, Director-General Tedros Adhanom Ghebreyesus said.

“On covid-19, globally reported cases have increased nearly 30 per cent over the past two weeks. Four out of six of the WHO sub-regions saw cases increase in the last week,” Ghebreyesus said at a press briefing on Wednesday.

“In Europe and America, BA.4 and BA.5 are driving waves. In countries like India a new sub-lineage of BA.2.75 has also been detected, which we're following,” he said.

On the emergence of the potential Omicron sub-variant BA.2.75, WHO Chief Scientist Soumya Swaminathan said in a video posted on Twitter that there had been an emergence of a sub-variant that was being called the BA.2.75 “first reported from India and then from about 10 other countries”.

She said there are still limited sequences available of the sub-variant to analyse, “but this sub-variant seems to have a few mutations on the receptor-binding domain of the spike protein. So obviously, that's a key part of the virus that attaches itself to the human receptor. So we have to watch that. It's still too early to know if this sub-variant has properties of additional immune evasion or indeed of being more clinically severe. We don't know that.”

“So we have to wait and see,” she said, adding that WHO is tracking it and the WHO Technical Advisory Group on SARS-CoV-2 Virus Evolution (TAG-VE) is constantly looking at the data from around the world.

“And at any time if there is an emergence of a virus that looks very different from a previous one, enough to be called a separate variant of concern, then the committee will do that.”

The WHO weekly epidemiological update on covid-19, released on July 6, said that globally, the number of new weekly cases increased for the fourth consecutive week after a declining trend since the last peak in March 2022.

During the week of June 27 to July 3, over 4.6 million cases were reported, a figure similar to that of the previous week. The number of new weekly deaths declined by 12% as compared to the previous week, with over 8,100 fatalities reported.

As of July 3, over 546 million confirmed covid-19 cases and over 6.3 million deaths had been reported globally.

The covid update said that among Omicron lineages, the proportions of BA.5 and BA.4 continue to increase. BA.5 has been detected in 83 countries. Although BA.4, which has been detected in 73 countries, is also rising globally, the rate of increase is not as high as that of BA.5.

Food and Nutrition

The food items hold the secret to glowing skin (The Tribune: 20220707)

<https://www.tribuneindia.com/news/health/the-food-items-hold-the-secret-to-glowing-skin-409999>



Yes, you can have glowing healthy skin just by eating right. This list of food items is easy to incorporate into your diet. This includes strawberries, oranges, carrots and avocados, and salmon. Maintaining a healthy body is just as important as keeping a healthy skin. It gives you more confidence, and your smile shapes your beauty.

Discover more...

Carrots, Sweet Potatoes, and Avocados: Carrots, sweet potatoes, and avocados are high in beta-carotene (which is converted to vitamin A), vitamin C, and vitamin E, which are required for the healthy growth and repair of skin cells. Carrots are high in antioxidants, which protect the skin from damage. Avocados are high in healthy fats and essential vitamins for glowing

skin. Most skin care experts recommend eating avocado in the form of a juice or salad. They are high in antioxidants, which protect the skin from damage. Avocados are used in a variety of ways to improve skin and prevent wrinkles.

Tomatoes and Oranges: Oranges are an excellent source of vitamin C, which is important for skin health because it promotes collagen production. Tomatoes are high in lycopene, the antioxidant responsible for preventing skin damage, they reduce inflammation and redness.

Salmon and Eggs: Eggs are a good source of protein, which is essential for healthy skin. They also contain vitamins A and E. Salmon is high in omega-3 fatty acids, which moisturise the skin, and aid in the reduction of inflammation.

Kale and Spinach: Kale is a high-nutrient-dense green leafy vegetable, high in vitamins and minerals that are beneficial to the skin. Spinach is known to be high in minerals and vitamins. It is well known that eating spinach can help with a variety of health problems. These green leafy vegetables are also high in Vitamin A, which helps with cell growth and repair. Regular use prevents skin damage.

Pomegranates: Because of their unstable nature, free radicals cause cell damage, which leads to wrinkles and aging. Pomegranates, which are high in antioxidants, help to prevent the growth of free radicals and keep skin healthy and youthful.

Almonds, Chia seeds, Sunflower seeds, and Pumpkin seeds: They are high in zinc, vitamin E, and omega-3 fatty acids. Taking a few grains each day aids in the maintenance of healthy, glowing skin.

Meal Plans for a healthy and glowing skin **Glowing Skin Breakfasts:**

Smoked Salmon Avocado Toast

Blueberry Smoothie

Tomato Avocado Omelette

Almond Breakfast Smoothie

Feta Spinach Omelette

Glowing Skin Lunches:

Smoked Salmon

Vegan Rice Bowls

Mango Avocado Salad with Pomegranates

Strawberry Spinach Salad with Chicken

Carrot Soup

Glowing Skin Dinners:

Avocado Pesto Pasta

Cheese and Spinach Smothered Chicken in Crockpot Creamy Chicken Stew in Crockpot

Caprese Chicken

Grilled Salmon

Chicken Parmesan Stuffed Tomatoes

Cherry Tomato Pasta

Healthy Shrimp Tacos

Vegan Buddah Bowl

Glowing Skin Snacks:

Orange Ginger Carrot Juice

Yogurt Strawberry Popsicles

Cottage Cheese Meal Prep Snack

Blueberry Almond Cottage Cheese Protein Snack Simple Fruit Salad

Glowing Skin Drinks:

Blueberry Lemonade

Green Tea Detox Drink

Strawberry Lemonade

Vanilla Orange Smoothie

Strawberry Detox Water

These food and meal plan effectively improve skin health. Regular oil massage and natural remedies can help your skin glow and become healthier. Wrinkles are a problem in today's fast-paced world. Wrinkles appear at a young age and rob your skin of its youth. Following a smooth and less oily diet can aid in the fight against wrinkles.

Coronavirus India News Live: India reports 18,930 new Covid-19 cases

Coronavirus India News Live: India reports 18,930 new Covid-19 cases, up from yesterday's 16,159; 35 deaths in 24 hours (The Tribune: 20220707)

<https://indianexpress.com/article/lifestyle/health/coronavirus-india-news-live-covid-cases-today-delhi-mumbai-8013797/>

Coronavirus India, Covid-19 Live News Updates, July 07, 2022: On Wednesday, Union Health Secretary Rajesh Bhushan wrote to the states that a decision has been taken to administer the precaution third dose to the adult population after completion of six months or 26 weeks from the date of administration of the second dose.

Covid-19 news, India Coronavirus cases Jammu: A healthcare worker takes sample from a woman for conducting COVID-19 testing, in Jammu, Friday, July 1, 2022. (PTI Photo)

Covid-19 Live News Updates: India reported 18,930 fresh Covid-19 cases and 35 deaths in the last 24 hours ending at 8 am Thursday, data from the Union health ministry revealed. With a daily positivity rate at 4.32%, the total number of active cases now stands at 1,19,457. As many as 14,650 patients recovered from the infection.

The Union health ministry on Wednesday reduced the gap between the second dose and the precaution third dose of the Covid-19 vaccine from nine months to six months. On Wednesday, Union Health Secretary Rajesh Bhushan wrote to the states that a decision has been taken to administer the precaution third dose to the adult population after completion of six months or 26 weeks from the date of administration of the second dose. At present, precaution dose is available free of cost at government vaccination centres to the priority groups -the frontline workers, healthcare workers, and the elderly population aged above 60 years. For those aged 18-59, the precaution dose is available only at private vaccination centres.

In a separate development, amid a surge in Covid-19 cases in Maharashtra, there has been no Covid-related death in Mumbai in the past 22 days. For the second day, the number of new Covid cases in the city was below 700. A day after reporting 659 cases, the city reported 695 cases on Wednesday. Also, Delhi reported 600 Covid-19 cases and one fatality due to the viral infection while the test positivity rate declined to 3.27 per cent, according to the data shared by the health department here on Wednesday. With the fresh cases and fatalities, Delhi's Covid tally has climbed to 19,38,648 and the death toll has shot up to 26,276, the department said in a bulletin.

Breastfeeding

Why is it a good idea for new moms to cover the bottle while pumping breast milk?

New mothers ought to cover their bottles while they pump milk, so that they can divert their focus and let the body do its thing (Indian Express: 20220707)

<https://indianexpress.com/article/lifestyle/health/why-is-it-a-good-idea-for-new-moms-to-cover-the-bottle-while-pumping-breast-milk-8006514/>

Motherhood is a life-altering experience, and for a new and first-time mother, it can bring a lot of trepidation along with biological changes in the body.

Cancer-causing genes

**IIT Madras AI tool maps cancer-causing genes
PIVOT helps recovery in patients, reduces side effects and uses
information on mutations for customised therapies (Indian Express:
20220707)**

<https://indianexpress.com/article/lifestyle/health/iit-madras-ai-tool-maps-cancer-causing-genes-8013074/>

Cancer, AI, PIVOT, IIT MadrasThe cancer-causing gene prediction is based on a model that utilises information on mutations, expression of genes and copy number variation in genes as well as perturbations in the biological network due to an altered gene expression. (File Image) Researchers at the Indian Institute of Technology Madras (IIT Madras) have developed an Artificial Intelligence-based tool, PIVOT, that can predict cancer-causing genes in an individual. This early information can not only help prevent cancer but even devise personalised cancer treatment strategies.

Ayurvedic

Ayurvedic practitioner shares herbs that will help manage diabetes (Indian Express: 20220707)

According to Dr Dix Bhavsar, "these herbs can be used as single herbs or in combination. It all depends on what suits you and works best for you".

<https://indianexpress.com/article/lifestyle/health/ayurveda-herbs-spices-manage-diabetes-immunity-blood-sugar-8009363/>

herbsHere are some herbs and spices to have in your diet (Source: Getty Images/Thinkstock)
Many traditional Indian herbs and spices come packed with benefits that can help manage health conditions like the common cold, flu to even blood sugar levels if consumed under expert guidance.

Precaution dose

Gap between 2nd COVID-19 jab and precaution dose reduced to six months (The Hindu: 20220707)

<https://www.thehindu.com/sci-tech/health/gap-between-second-covid-19-jab-and-precaution-dose-reduced-to-six-months/article65608042.ece>

Earlier, the time interval between the second shot and the precaution dose was nine months. The Health Ministry, on Wednesday, decided to reduce the gap between the second dose and precaution dose of COVID-19 vaccine to six months for all adults in view of the recommendation by National Technical Advisory Group on Immunization (NTAGI). Earlier, the time interval between the second vaccine shot and the precaution dose was nine months.

The Health Ministry in its communication to States said that in view of the evolving scientific evidence and global practices, the Standing Technical Sub Committee (STSC) of NTAGI has recommended to revise the duration between 2nd dose and precaution dose from the existing 9 months or 39 weeks to 6 months or 26 weeks.

COVID-19 endemic

COVID-19 endemic stage two years away, Yale School of Medicine study suggests(The Hindu: 20220707)

<https://www.thehindu.com/sci-tech/health/covid-19-endemic-stage-two-years-away-yale-school-of-medicine-study-suggests/article65608192.ece>

To develop a better understanding of when and how COVID-19 might become endemic, researchers at Yale turned to rats, which, like humans, are also susceptible to coronaviruses.

The COVID-19 disease may reach endemic stage in the U.S. in at least two years, according to a modelling study conducted in rats.

The researchers noted that illnesses like the common cold and the flu have become endemic in human populations, meaning everyone gets them every now and then, but for most people, they aren't especially harmful.

COVID-19 endemic stage

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World Zoonosis Day

World Zoonosis Day | Indian Immunologicals launches nationwide anti-rabies vaccine drive COVID-19 endemic stage (The Hindu: 20220707)

<https://www.thehindu.com/sci-tech/health/world-zoonosis-day-indian-immunologicals-launches-nationwide-anti-rabies-vaccine-drive/article65605173.ece>

World Zoonosis Day is observed annually on July 6 to commemorate the first immunisation against a zoonotic illness

Indian Immunologicals Limited (IIL) on Wednesday organised a nationwide free vaccination camp against zoonotic diseases on account of World Zoonosis Day 2022.

Diseases that transmit from animals to human beings are called zoonotic diseases and the day is observed annually on July 6 to commemorate the first immunisation against a zoonotic illness.

“Today, we administered 1 lakh doses of Raksharab and Starvac R (Anti-rabies vaccines of IIL) free of cost, to realize the vision of ‘One health’, a collaborative effort towards optimal health for humans and animals through innovative healthcare products,” Dr. K. Anand Kumar, Managing Director, Indian Immunologicals Limited.

The drive was launched at Government Superspeciality Veterinary Hospital, Narayanguda.

India, a potential hotspot for zoonotic diseases

A recent report from the State of the World’s Forests 2022 predicts India as a potential hotspot for zoonotic viral diseases. About 70% of all emerging diseases such as rabies, swine flu, nipah, brucellosis, leptospirosis, porcine cysticercosis and zika that affect humans are zoonotic in nature.

In their fight against the spread of such zoonotic viruses, IIL’s vaccination camp was escalated to 100 cities across the country through veterinary dispensaries, veterinary colleges and NGOs.

Zoonotic diseases such as rabies have imperilled human health since antiquity. Dogs are the source of most human rabies deaths, contributing up to 99% of all rabies transmissions to humans, and every year it causes 18,000 to 20,000 deaths.

“Through our ‘Anti-Rabies vaccine drive’, we aim to spread awareness on the disease and need to restrain it. Apart from Raksharab and Starvac-R, we have the largest range of zoonotic vaccines in the country such as CYSVAX, Bruvax, among others and we are constantly innovating novel vaccines to cater to the ever-emerging zoonotic risks,” Dr. Kumar said.

New COVID-19 test CoVarScan

Researchers claim new COVID-19 test CoVarScan can identify all variants in hours(The Hindu: 20220707)

<https://www.thehindu.com/sci-tech/health/researchers-claim-new-covid-19-test-covarscan-can-identify-all-variants-in-hours/article65598744.ece>

Research conducted by scientists at University of Texas shows that CoVarScan is as accurate as other methods used to diagnose COVID-19, and can differentiate between all current variants of SARS-CoV-2

Scientists in the U. S. have developed a rapid COVID-19 test that can accurately detect all current variants of SARS-CoV-2 within hours. The test, CoVarScan, detects the signatures of eight hotspots on the SARS-CoV-2 virus that causes COVID-19.

The researchers at the University of Texas (UT) Southwestern Medical Center in the US tested CoVarScan on samples collected from more than 4,000 patients.

Tuberculosis

The way to control tuberculosis (The Hindu: 20220707)

<https://www.thehindu.com/opinion/op-ed/the-way-to-control-tuberculosis/article65603493.ece>

Three major deficiencies of the Revised National TB Control Programme need correction. Tuberculosis is the worst among endemic diseases, killing 1.5 million people every year (WHO). TB affects adults in their most productive years and therefore impoverishes the family and the nation. In India, the TB capital of the world, the disease kills some 1,400 persons every day. These are gross estimates, for our health management system has no method to count the exact numbers.

In the 1950s and '60s, India was the global leader in research in epidemiology, transmission and domiciliary treatment of TB. The National TB Control

Drug therapies

Research shows cancer trigger that can spur targeted drug therapies (New Kerala: 20220707)

Researchers at the Department of Energy's Oak Ridge National Laboratory have definitively linked the role of a particular domain of proteins important in the biol-> View it-> <https://www.newkerala.com/news/2022/88788.htm>

Krabbe disease

Krabbe disease causes degeneration of neurons directly: (New Kerala: 20220707)

According to a new study, the gene defect underlying Krabbe disease causes degeneration of neurons directly, independent of its effects on other cell types. The discove-> View it-> <https://www.newkerala.com/news/2022/88713.htm>

CRISPR technology

Study finds CRISPR technology may provide novel treatment for genetic disorders (New Kerala: 20220707)

New research revealed that one of the major issues faced by modern medicine is the treatment of crippling hereditary illnesses. The introduction of CR-> View it--> <https://www.newkerala.com/news/2022/88697.htm>

Covid-19 infection

Explained: How Covid-19 infection damages brain (New Kerala: 20220707)

While SARS-CoV-2, the virus causing Covid-19, does not directly affect the brain, the immune response triggered by the infection damages the brain's blood vessels, leading to short- an-> View it--> <https://www.newkerala.com/news/2022/88682.htm>

Cardiometabolic health

America: Adults' cardiometabolic health status sets alarm bells ringing for health authorities (New Kerala: 20220707)

According to a recent study which suggested that less than 7 per cent of the U.S. adult population has good cardiometabolic health, a d-> View it--> <https://www.newkerala.com/news/2022/88344.htm>

Booster Dose (Dainik Bhasker: 20220707)

<https://epaper.bhaskar.com/detail/1429035/24904119965/mpcg/07072022/194/image/>

एनटीएजीआई की सिफारिश के बाद केंद्रीय स्वास्थ्य का फैसला केंद्र का फैसला: अब 9 की जगह 6 महीने में लगवा सकेंगे कोरोना का बूस्टर डोज

एजेंसी | नई दिल्ली

देश में कोरोना का बूस्टर डोज अब 9 की बजाए 6 महीने में लगाया जा सकेगा। केंद्र सरकार ने बुधवार को इस संबंध में सभी राज्यों को चिट्ठी लिखी है। केंद्रीय स्वास्थ्य सचिव राजेश भूषण ने राज्यों को पत्र लिखकर कहा है कि कोरोना का दूसरा डोज और बूस्टर डोज की सीमा 9 महीने

या 39 सप्ताह से घटाकर 6 महीने या 26 सप्ताह करने की सिफारिश एनटीएजीआई ने की है। स्वास्थ्य सचिव ने चिट्ठी में लिखा है कि नेशनल टेक्निकल एडवाइजरी ग्रुप ऑफ इम्यूनाइजेशन (एनटीएजीआई) की अनुशंसा के बाद फैसला किया गया है। 18 साल या उससे ऊपर के सभी लोग अब 6 महीने में बूस्टर डोज ले सकेंगे।

डोज की समयसीमा घटाई

केंद्र सरकार ने कहा है कि इस अनुशंसा के बाद अब 18-59 साल के सभी लोग जिनको कोरोना का दूसरा डोज लगे 6 महीने या 26 सप्ताह पूरा हो गया है, वो कोविड-19 का बूस्टर डोज ले सकते हैं। केंद्र ने बिना देरी बूस्टर डोज की मियाद को घटाने का फैसला किया है।