



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20220713

Cervical cancer

DCGI grants marketing authorisation to SII's qHPV vaccine against cervical cancer

DCGI's approval comes following recommendation by the Subject Expert Committee (SEC) on Covid-19 of the CDSCO on June 15 over the same (The Tribune: 20220713)

<https://www.tribuneindia.com/news/health/dcgi-grants-marketing-authorisation-to-siis-qhpv-vaccine-against-cervical-cancer-411753>

DCGI grants marketing authorisation to SII's qHPV vaccine against cervical cancer
Photo for representational purpose only. iStock

The Drugs Controller General of India (DCGI) on Tuesday granted market authorisation to Serum Institute of India (SII) to manufacture indigenously-developed India's first Quadrivalent Human Papillomavirus vaccine (qHPV) against cervical cancer, official sources said.

DCGI's approval comes following recommendation by the Subject Expert Committee (SEC) on Covid-19 of the CDSCO on June 15 over the same. Prakash Kumar Singh, director (government and regulatory affairs) at Serum Institute, had applied to the DCGI seeking market authorisation of qHPV after the phase 2/3 clinical trial was completed with support of the Department of Biotechnology to ensure its early availability, official sources said.

PlayUnmute
Fullscreen

The government advisory panel NTAGI had recently also approved the qHPV after reviewing the clinical trial data of the vaccine.

In the application to the DCGI, Singh is learnt to have stated that qHPV vaccine CERVAVAC has demonstrated robust antibody response that is nearly 1,000 times higher than the baseline against all targeted HPV types and in all dose and age groups.

In the application, Singh had mentioned that lakhs of women are diagnosed every year with cervical cancer as well as few other cancers and death ratio is also very high.

Cervical cancer in India ranks as the second most frequent cancer among women between 15 and 44 years of age.

“Also, it is noteworthy that presently our country is fully dependent on foreign manufacturers for the HPV vaccine. In line with the philosophy of our group & under leadership of our CEO, Dr Adar C Poonawalla, it has always been our endeavour to make available high quality ‘Made in India’ vaccines at affordable price for people of our country and world at large,” Singh mentioned in the application.

Drug scarcity cripples Fazilka

Drug scarcity cripples Fazilka govt hospitals, patients suffer (The Tribune: 20220713)

<https://www.tribuneindia.com/news/punjab/drug-scarcity-cripples-fazilka-govt-hospitals-patients-suffer-411525>

Drug scarcity cripples Fazilka govt hospitals, patients suffer

Just 100 to 120 types of medicines are available at the Fazilka district hospital against the essential drug list of about 226.

Notwithstanding the fact that the Punjab Government has decided to launch its flagship programme of mohalla clinics on the Delhi pattern on August 15, the government hospitals here are facing an acute shortage of medicines.

The information gathered by The Tribune revealed that there are just 100 to 120 types of medicines available in the local district hospital against the essential drug list (EDL) of about 226. Similarly, there are around 70 types of medicines available against the list of 172 in some primary health centres (PHC) and 30 drugs are being supplied to the patients against the EDL of 61 in a few health sub-centres. The medicines are provided free of cost to the patients.

The process to get more medicine stock is underway. These medicines will be available in a fortnight or so. Also, the SMOs concerned may purchase the necessary medicines on their own as per the rules. —Tejwant Singh, Fazilka civil surgeon

“I have been prescribed seven medicines by my doctor, but could get only two at the hospital pharmacy. I have been asked to buy the remaining medicines from outside the hospital,” said Guddu Devi of Dangar Khera village.

Meanwhile, there is even a shortage of some routine medicines, including painkiller, antacid, antibiotic, cough syrup and B complex, in government pharmacies.

Yovraj Bandhepuri, a social activist, who brought his four-year-old son Honey to consult a paediatrician, was unable to get even a single medicine. He said the claims made by the Punjab Government to provide better health services had fallen flat as the situation had turned worse.

Some patients alleged that they were forced to buy costly medicines in the absence of government supply despite the fact that the local Civil Surgeon through a letter dated April, 28, 2022, had directed the medical officers not to prescribe outside drugs and laboratory tests.

Reportedly, the officials concerned have allegedly purchased luxury items from user charges in the hospital instead of medicines, resulting in its shortage.

Physical Fitness

7 indoor exercises to keep you fit during monsoon (The Tribune: 20220713)

<https://www.tribuneindia.com/news/health/7-indoor-exercises-to-keep-you-fit-during-monsoon-409706>

One of the best times of year to witness nature's full splendor is during the monsoon. However, monsoons are notorious for their never-ending spells of sickness and cold. One's immune system is tested though the entire season.

And it doesn't stop there. There is always the possibility of contracting cholera, dengue fever, or other distressing ailments. So, how can one enjoy the monsoons as they should be while being safe and healthy? Good eating habits, exercise, and adequate rest are a few factors that can keep you safe during the rainy season.

It doesn't end there. There is always the risk of contracting cholera, dengue fever, or other dreadful diseases. So, how can one truly enjoy the monsoons while remaining safe and healthy? Yoga and nutrition expert Garima Goyal recommends doing a workout session of 60 minutes a day to help you stay active and fit during the season. Garima further shares simple yoga exercises to help build strength, agility, meditation, relaxation, and focus.

Padangusthasana (Big Toe): Padangusthasana is a foundational asana in Ashtanga Yoga. It is a basic standing position that incorporates forward bending. The asana is classified as beginning due to its easiness. Padangusthasana stretches every muscle in the body from head to toe. It relaxes the body and soothes discomfort. It is beneficial for flat feet, among other things. Padangusthasana is an excellent place to begin your yoga experience.

Trikonasana (Triangle Pose): Trikonasana is derived from the Sanskrit terms 'Trikona' (three corners) and 'Asana' (posture). In trikonasana yoga, the practitioner spreads their legs apart without bending their knees, with their hands extended apart, producing a 90-degree angle between the upper and lower bodies. Trikonasana yoga, also known as Triangle position

exercise, is a standing posture that improves strength, balance, and flexibility. There are several variants in the trikonasana stages or processes. In general, it is divided into three types: Baddha Trikonasana, Parivrtta Trikonasana, and Utthita Trikonasana.

Utkatasana (Chair Pose): Chair posture, also known as "awkward chair pose" and "fierce stance" in Sanskrit, is a form of asana or yoga practice. Begin in a standing stance and bend your knees to lower your body as if you were sitting in an imaginary chair. This standing forward bend is part of the Vinyasa or Ashtanga yoga Sun Salutation routine. Chair posture strengthens your legs, upper back, and shoulders while also improving balance and flexibility. The chair position is a standing yoga practice that works the core. This strong stance may help you strengthen your legs, back, and shoulders.

Bhujangasana (Cobra Post): Bhujangasana is derived from the words bhujanga (cobra or snake) and asana (position). Cobra Stretch is another name for Bhujangasana. Suryanamaskar (Sun Salutations Position) and Padma Sadhana incorporate this pose. Do you wish to tone your stomach but lack the time to go to the gym? Are you exhausted or anxious as a result of an excessive workload? Bhujangasana, also known as Cobra Stretch, is a great way to cure these and other issues while sitting (or lying down) at home! Bhujangasana, also known as the Cobra Pose, is performed while laying on your stomach. It stretches your body (particularly your back) and rapidly melts your tension away! **Vrikshasana (Tree Pose):** Vrksasana is a Sanskrit noun that combines the terms Vriksha and Asana. The Sanskrit term for a tree is Vriksha, whereas the Sanskrit word for posture is Asana. As a result, this is known in English as Tree Pose. Vrikshasana is a standing fundamental yoga position. Furthermore, in Hinduism, Sages utilised this stance as a form of austerity or Tapasya. In a seventh-century CE rock temple in Mallapuram, a man performs a position akin to Vrikshasana. As a result, this is an old yoga stance.

Shishuasana (Child Pose): A child's pose, also known as balasana/shishuasana, is a beginner's position that aids in the relaxation of the mind and body. Balasana is derived from the Sanskrit words Bala, which means "young and childlike," and asana, which means "seat or sat pose." It is a vital resting posture that helps to quiet your senses. It is a fundamental yoga stance that teaches us that inactivity may be as helpful as action and doing. It's a chance to take a breather, assess your circumstances, and prepare to move on.

Tadasana (Mountain Pose): While Tadasana is one of the most fundamental yoga asanas, it is a challenge for all levels and delivers various physical and emotional advantages. Tadasana calms your body and mind, promoting inner tranquility. Maintaining alignment and body awareness is an ongoing effort. Standing firm, stable, and focused in Mountain Pose helps to improve posture, alignment, and balance. This can help with other yoga positions as well as your regular activities. Keep your practice new by always thinking of ways to change the stance.

Population (The Asian Age:20220713)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16494955>

India must plan better to cope with population rise

India is to surpass China as the most populous country in 2023, at least four years earlier than last forecast. Far from being a distinction to be celebrated, it will be a diadem of thorns that India will be wearing while much of the developed world will be witnessing a decline in population. From 1.21 billion in 2011, according to the last census, the Indian population is projected to grow to 1.66 billion by 2050. There would be nearly 1.42 bn residents in India around the time it overtakes China and the sheer enormity of that number is sufficient to send shivers down the spine of those as it must be seen as the biggest challenge to even economic growth.

The eight billion-mark for the world is fast approaching with a November 15 date projected for that milestone now. Not even the slowing rate of population growth does anything to lessen the task of meeting the needs of humans in the face of finite planetary resources that are dwindling rapidly thanks to the consumption levels of today's people. China may have used its demographic dividend smartly in the second half of the 20th century but such a dividend has eluded us, staying mostly on paper rather than spurring a beneficial value-generation curve.

Any projection of job growth must account for the numbers and this is where a sense of helplessness creeps in given the changing profile of jobs from farming and manufacturing to new age employment in a digitally-driven world

The greying of the population is another burden that Indian society would have to bear as life expectancy stands at a healthy 72+ even if a slight dip may have been caused by the pandemic. Rising life expectancy and low levels of fertility and birth rates may see a rise globally in the 65+ population from the current 10 per cent to 16 per cent by 2050. The education needs of the youngest segment of the population and the healthcare requirements of the aged will spiral upwards, which simply means that not only financial resources have to be found to sustain the population levels.

Any projection of job growth would have to account for the expanding numbers and this is where a sense of helplessness creeps in given the changing profile of jobs from traditional farming and manufacturing to new age employment in a digitally-driven world that would have to rise exponentially to cater to future numbers of the ages 24-65 workforce. While ensuring the economic participation of a working age population running into hundreds of millions of people would be a huge challenge, there is little place for any propagandist majoritarian fears that leaders of a particular political party stoke against people of a particular group.

As education, economic want and awareness of the finite quality of resources spread, population will only decline in the modern age and imbalances are never likely to be so great as to cause heartburn. Notwithstanding the numbers, there is little need for enforced birth control measures of any kind as India's population count is expected to plateau before declining in this century itself. What the explosion towards becoming the world's most populous nation entails is far better planning of the economy, which would have to cater to a population in excess of 1.5 bn. Are we up to the challenge?

Food and Nutrition

LifestyleFood & WineHere's what makes olive the 'ultimate heart-healthy snack'

Here's what makes olive the 'ultimate heart-healthy snack'

"Olives are delicious and fun to eat. But did you know about the many surprising health benefits they offer?" nutritionist Lovneet Batra wrote on Instagram (Indian Express: 20220713)

<https://indianexpress.com/article/lifestyle/food-wine/olives-health-benefits-heart-arthritis-skin-benefits-lovneet-batra-nutritionist-8006072/>

olives, fruit, fresh olives, olives benefitsOlives come with umpteen health benefits (Photo: Getty Images/Thinkstock)

As a pizza topping or pickled — olive is relished in many ways, especially as part of Mediterranean cuisine. But did you know that the stone fruit also comes packed with numerous health benefits — from being a good source of antioxidants to being rich in vitamin E?

Nutrition hack

Nutrition hack: Foods you should eat before and after a swim

"Make the most of your fun summer swim that doubles up as cardiovascular metabolic burner for you as well," nutritionist Pooja Makhija wrote on Instagram (Indian Express: 20220713)

<https://indianexpress.com/article/lifestyle/food-wine/foods-pre-post-swimming-health-benefits-7958889/>

swimmingWhat should be your diet before and after swimming? (Source: Pixabay/Pexels)
Swimming is one of the best forms of physical activity; and if combined with the right foods — before and after — you can reap the maximum benefits.

The Indian Express

You have exhausted your monthly limit.

To continue reading, simply register or sign in

Register

Already have an account? Sign in

UPSC Key | The Indian Express helps you prepare for the Civil Services and other competitive exams with cues on how to read and understand content

Mammography machine

SSG Hospital gets first mammography machine

On Tuesday, Vadodara MP Ranjan Bhatt along with other BJP leaders, inaugurated the mammography section of the radiology department. (Indian Express: 20220713)

<https://indianexpress.com/article/cities/baroda/ssg-hospital-gets-first-mammography-machine-8025587/>

The radiology department will now be equipped to test 100 patients per day. (Representational)
The radiology department of Vadodara's SSG Hospital Tuesday received its first mammography machine donated by a city-based foundation.

Vaccine

Serum Institute of India to launch vaccine to prevent cervical cancer (Indian Express: 20220713)

<https://www.thehindu.com/news/national/serum-institute-of-india-to-launch-vaccine-to-prevent-cervical-cancer/article65632795.ece>

Drugs Controller General of India's approval of SII's anti-cervical cancer vaccine follows the recommendation of the institute's COVID-19 vaccine in June last year
Serum Institute of India CEO Adar Poonawalla on July 12 said the company plans to launch its indigenously-developed vaccine to prevent cervical cancer in women later this year.

The Drugs Controller General of India (DCGI) on July 12 granted market authorisation to Serum Institute of India (SII) to manufacture the indigenously-developed India's first Quadrivalent Human Papillomavirus vaccine (qHPV) against cervical cancer.

New Omicron subvariant

New Omicron subvariant found in Shanghai (The Hindu: 20220713)

<https://www.thehindu.com/sci-tech/health/new-omicron-subvariant-found-in-shanghai/article65623617.ece>

Variant BA.5 has an accelerated rate of transmission and an improved immune escape capability, but vaccination is still effective at preventing serious illness or death.

The city of Shanghai has discovered a COVID-19 case involving a new subvariant Omicron BA.5.2.1, an official told a briefing on Sunday, signalling the complications China faces to keep up with new mutations as it pursues its "zero-COVID" policy.

The case, found in the financial district of Pudong on July 8, was linked with a case from overseas, said Zhao Dandan, vice-director of the city's health

BA.2.75

Too early to fully understand the nature and severity of BA.2.75: experts(The Hindu: 20220713)

<https://www.thehindu.com/sci-tech/health/too-early-to-fully-understand-the-nature-and-severity-of-ba275-experts/article65612218.ece>

‘Available data indicate it causes mild infection’

Top scientists and doctors in India said on Thursday that it’s too early to understand the nature and severity of the new sub-variant of Omicron — BA.2.75 — reported in the country.

The highly transmissible Omicron variant of COVID-19 has been driving a surge of infections globally. The World Health Organization said it is

Monkeypox cases

Study finds three asymptomatic monkeypox cases (The Hindu: 20220713)

<https://www.thehindu.com/sci-tech/health/study-finds-three-asymptomatic-monkeypox-cases/article65615880.ece>

The monkeypox viral loads were similar immaterial of whether people showed symptoms or not

Monkeypox is transmitted by close contact with people who have symptomatic infection, and all those infected are assumed to show symptoms. But a recent study has found that people can be infected with monkeypox without showing any of the typical or atypical symptoms. The preprint has been posted in medrXiv server, which is yet to be peer-reviewed.

The study found three men tested positive for monkeypox but have no symptoms whatsoever. “All three men denied having had any symptoms in the

Exercise

Can exercise keep your brain young? (The Hindu: 20220713)

<https://www.thehindu.com/sci-tech/health/exercise-keeps-your-brain-young/article65617870.ece>

After the age of 40, the brain begins to shrink in volume, hence exercise reduces the risk of debilitating conditions such as Alzheimer's disease

The human brain reaches adult size by the age of 10; but its wiring and its abilities continue to change through a lifetime.

After the age of 40, the brain begins to shrink in volume. Less blood flows through the brain, and hormone and neurotransmitter levels go down. Ageing leads to slowing down in some functions such as the learning of new tasks.

Migraine drugs

Researchers show effectiveness of migraine drugs in weight loss (New Kerala:20220713)

a commonly prescribed class of migraine drugs, may also be useful in treating obesity, a new study suggests. In studies on obese mice, a daily dose of t-> View it--> <https://www.newkerala.com/news/2022/91352.htm>

Researchers show effectiveness of migraine drugs in weight loss (New Kerala:20220713)

Triptans, a commonly prescribed class of migraine drugs, may also be useful in treating obesity, a new study suggests.->-> View it--> <https://www.newkerala.com/news/2022/91352.htm>

virus infection

How virus infection is linked with progress of brain cancer (New Kerala:20220713)

: The cancer-causing virus Epstein Barr Virus (EBV) can infect the neuronal cells and drive various changes in biomolecules such as fatty acids, carbohydrates, and protein-> View it--> <https://www.newkerala.com/news/2022/91033.htm>

Abnormal heart metabolism

Abnormal heart metabolism linked to sudden cardiac death in future: Study (New Kerala:20220713)

According to a small, but rigorous study led by Johns Hopkins Medicine researchers, adults with abnormal heart metabolism are up to three times more likely-> View it--> <https://www.newkerala.com/news/2022/90931.htm>

Thyroid

Thyroid in elderly may signal increased risk of dementia (New Kerala:20220713)

Older people with hypothyroidism, also called underactive thyroid, may be at increased risk of developing dementia, according to a study. The risk of developing dementia w-> View it--> <https://www.newkerala.com/news/2022/90827.htm>