



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Friday 2020814

## Organ donor registry

### Put all adults in organ donor registry: Varun Gandhi to move Bill (The Tribune: 2020814)

<https://www.tribuneindia.com/news/health/put-all-adults-in-organ-donor-registry-varun-gandhi-to-move-bill-126041>

Rate of deceased organ donation in India is one of the lowest in the world

Put all adults in organ donor registry: Varun Gandhi to move Bill  
Photo for representation

Pilibhit MP Varun Gandhi on Thursday said he would soon introduce a private members' Bill in the Lok Sabha proposing the inclusion of all adults in the national organ donors' registry.

“I will be introducing a private member's Bill that proposes to put all adult citizens in a national organ donation register, which anyone can voluntarily opt out of. This will ensure a reduction in the number of deaths due to non-availability of organs,” said Gandhi on the occasion of the National Organ Donors Day.

India's rate of deceased organ donation remains among the lowest in the world less than 1 per million.

In Spain and Croatia, the corresponding rates are 46.9 and 38.6 per million, respectively.

Despite the easing of national organ donation laws and policy push by the government, the gap between annual demand of organs for transplant and their availability in India remains huge.

Health Ministry data show that annually the following number of persons need organ and tissue transplant—kidneys (2.5 lakh), liver (80,000), heart (50,000), cornea (one lakh). Actual number of organ transplants done every year is acutely low—kidneys (160), liver (33), heart (45) and cornea (2,188).

Medical experts have repeatedly said they can save several road accident victims if the country reaches satisfactory levels of organ donations.

As per latest data India saw 4.61 lakh road accidents in a year involving 1.49 lakh deaths.

Doctors say there are two kinds of organ donations.

One is deceased organ donation. The other is living donor organ donation.

Living donor has to be a person above 18 years and it means any person above 18 years can pledge to donate one kidney (the other is capable of maintaining body functions); a portion of pancreas (half the pancreas are enough to sustain required functions) and a part of the liver (segments of liver will regenerate after some time in both the donor and the recipient) in their lifetime.

People can pledge organs online through the National Organ and Tissue Transplant Organisation (NOTTO) website [www.notto.gov.in](http://www.notto.gov.in)

## **TB vaccination**

### **TB vaccination linked with significantly improved COVID-19 outcomes: Study (The Tribune: 2020814)**

<https://www.tribuneindia.com/news/health/tb-vaccination-linked-with-significantly-improved-covid-19-outcomes-study-126010>

There was no effect among older adults who had received the BCG vaccine

TB vaccination linked with significantly improved COVID-19 outcomes: Study

A tuberculosis vaccine administered during the past 15 years is associated with significantly improved COVID-19 outcomes, especially in young adults, according to a new study.

The researchers from Ben-Gurion University of the Negev (BGU) and The Hebrew University of Jerusalem, analysed the correlation between the Bacille Calmette-Guerin (BCG) vaccine for tuberculosis and COVID-19 outcomes.

The study, published in the journal Vaccines, found that BCG regimes are associated with better COVID-19 outcomes, both in reducing infection rates and death rates per million, especially for people aged 24 or younger who had received the vaccination in the last 15 years.

There was no effect among older adults who had received the BCG vaccine, the researchers said.

Many countries have stopped inoculating their entire population, but some still use BCG widely, they said.

"Our findings suggest exploring BCG vaccine protocols in the context of the current pandemic could be worthwhile," said Nadav Rappoport from BGU.

"A growing number of clinical trials for testing the efficacy of BCG vaccination have been initiated," Rappoport said.

The researchers analysed data from 55 countries with populations of more than three million people, which comprise some 63 per cent of the world's population.

As the pandemic reached different countries at different dates, they aligned countries by the first date at which the country reached a death rate of 0.5 deaths per million or higher.

The researchers controlled for 23 variables including demographic, economic, pandemic-restriction-related, and country health-based.

BCG vaccine administration was shown to be constantly associated with COVID-19 outcomes across the 55 countries, they said.

To ascertain whether other vaccines also influenced COVID-19 outcomes, the team conducted the same analysis for the measles and rubella vaccines and found that those did not have a significant association with COVID-19 outcomes.

Other epidemiological studies have shown the effect of the BCG vaccine beyond tuberculosis, but scientists do not yet know why the vaccine has such an effect. PTI

## **Covid-19 virus impacts patients differently**

### **Study reveals why Covid-19 virus impacts patients differently (The Tribune: 2020814)**

<https://www.tribuneindia.com/news/health/study-reveals-why-covid-19-virus-impacts-patients-differently-125972>

Researchers at McMaster University and the University of Waterloo are searching how the SARS-CoV-2 virus infects lungs

Study reveals why Covid-19 virus impacts patients differently

Researchers says differential response to the same virus suggests that each individual patient, with their unique characteristics, heavily influences Covid-19 disease severity.

Previously scientists had determined that entry of SARS-CoV-2 into cells occurs through a receptor on the cell surface, known as ACE2 but a new study has found that the ACE2 receptor is at very low levels in human lung tissue.

Researchers at McMaster University (MU) and the University of Waterloo in Canada are searching for how the SARS-CoV-2 virus infects the lungs - and they're challenging what has become an accepted truth about the virus.

"Our finding is somewhat controversial, as it suggests that there must be other ways, other receptors for the virus, that regulate its infection of the lungs," said study researcher Jeremy Hirota from MU.

"We were surprised that the fundamental characterisation of the candidate receptors in human lung tissue had not yet been done in a systematic way with modern technologies," Hirota added.

"Finding such low levels of ACE2 in lung tissue has important implications for how we think about this virus. ACE2 is not the full story and may be more relevant in other tissues such as the vascular system," said study researcher Andrew Doxey from Waterloo.

To explore alternate additional infection pathways and different patient responses to infection, the team is using nasal swabs that were collected for clinical diagnoses of Covid-19, the study, published in the European Respiratory Journal, reported.

These samples offer the opportunity to determine which genes are expressed by patients' cells and associate this information with the development of the patients' disease.

The ongoing study will better identify and treat patients who are at risk of developing serious complications and provide predictive capacity for hospitals.

According to the researchers, It is clear that some individuals respond better than others to the same SARS-CoV-2 virus.

"The differential response to the same virus suggests that each individual patient, with their unique characteristics, heavily influences Covid-19 disease severity," said Hirota.

"We think it is the lung immune system that differs between Covid-19 patients, and by understanding which patients' lung immune systems are helpful and which are harmful, we may be able to help physicians proactively manage the most at risk-patients," he noted. IANS

## **Russian COVID-19 vaccine**

### **German health minister says he's sceptical about Russian COVID-19 vaccine (The Tribune: 2020814)**

<https://www.tribuneindia.com/news/health/german-health-minister-says-hes-sceptical-about-russian-covid-19-vaccine-125518>

'Key to have a safe, tested product rather than just being first'

German health minister says he's sceptical about Russian COVID-19 vaccine  
Photo for representational purpose only. iStock

German Health Minister Jens Spahn on Wednesday said he was sceptical about Russia becoming the first country to grant regulatory approval to a COVID-19 vaccine, saying it was key to have a safe, tested product rather than just being first.

Russia's vaccine, which will be called "Sputnik V" in homage to the world's first satellite launched by the Soviet Union, has not yet completed its final trials. Its regulatory approval came after less than two months of human testing.

"It's not about being first somehow - it's about having an effective, tested and therefore safe vaccine," Spahn told Deutschlandfunk radio.

"In order to have trust in such a vaccine, I think it is very, very important, even during a pandemic, to properly do studies, the relevant tests and especially to make them public.

The problem is that we know very little about it as the Russian authorities are not being very transparent," he said.--Reuters

## **Covid-19: What you need to know today (Hindustan Times: 2020814)**

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

The coronavirus disease, Covid-19, has ravaged the world. As of this writing, there have been 20.6 million cases of the disease registered and three quarters of a million people have died from it. Almost every one of the 195 countries in the world has seen cases.

The US, the world's largest economy and also its most powerful country, has been laid low by the disease, with around 5.2 million cases and around 167,000 deaths. India has thus far seen 2.4 million cases and around 47,000 deaths.

The disease has forced countries to lock down, transport networks to collapse, and people to work or study from the relative safety of their homes. Economies have been roiled — the global economy is expected to contract by around 5% this year according to IMF. India, too, is expected to see its economy contract by at least that much (although most experts believe that the contraction could be sharper here).

The way we live and the way we work (and the way we party and play, if anyone is in the mood for those) has changed. Yet, life and work, have gone on — and for that, we must thank the internet. Purists may count the Severe Acute Respiratory Syndrome epidemic of 2002-2003 as the first epidemic of the Information Age. There were just around 700 million internet users back then, and broadband was still a novelty (relatively), and social media, e-books (in any significant way; the Kindle was launched only in 2007) and OTT platforms were yet to make an appearance. And so, this writer would like to think that Covid-19 is the first pandemic of the Information Age — and thank God for that (the internet, not the pandemic).

Tomorrow (Saturday, August 15) marks the 25th anniversary of the then state-owned Videsh Sanchar Nigam Ltd's (VSNL) launch of internet services (for the public), offering the tearaway speed of 9.6 kbps for ~15,000 (for 250 hours of internet access a year). All such access was through a dial-up modem, the sound of which is embossed on my auditory nerves to an extent that no number of WhatsApp alerts can erase — beeps, bops, bloops, and screeches as one waited to go down the rabbit hole.

The internet (even this newsroom only recently stopped capitalising it) has made Covid-19 bearable. It has allowed people to work remotely. It has allowed students to learn remotely. It has allowed consumers to shop remotely (something they were already doing, though these past few months have probably helped the whole internet economy leapfrog years into the future). Meanwhile, the popularity of social media had already familiarised us with virtual networks of family, friends, even strangers with shared interests. Even those in enforced quarantine and self-isolation have been able to inhabit the same virtual universe as their connections.

The internet has also made it easier to manage the pandemic. At a very basic level, the latest research on Covid-19, and the most recent discovery on therapies, is immediately available to health care workers around the world. At a slightly more involved level, the internet has made telemedicine a reality. And, at the most controversial level, contact tracing apps have the ability to show who is safe and who isn't.

The fact that the internet has established its centrality in just about every aspect of life during the pandemic, and the fact that the internet economy has jumped ahead in time to where it may have been in 2030, however, poses two very significant challenges that are worth repeating on the 25th anniversary of the internet in India.

The first is the digital divide, which, despite its cliché-ridden usage, is a reality, and has been sharply felt over the past few months, increasing the distance between the (digital) haves and the have-nots. The second is the need for an overarching privacy and data protection law that allows people to benefit from the good the internet can do (and it can do a lot of that), without having themselves or their data exploited.

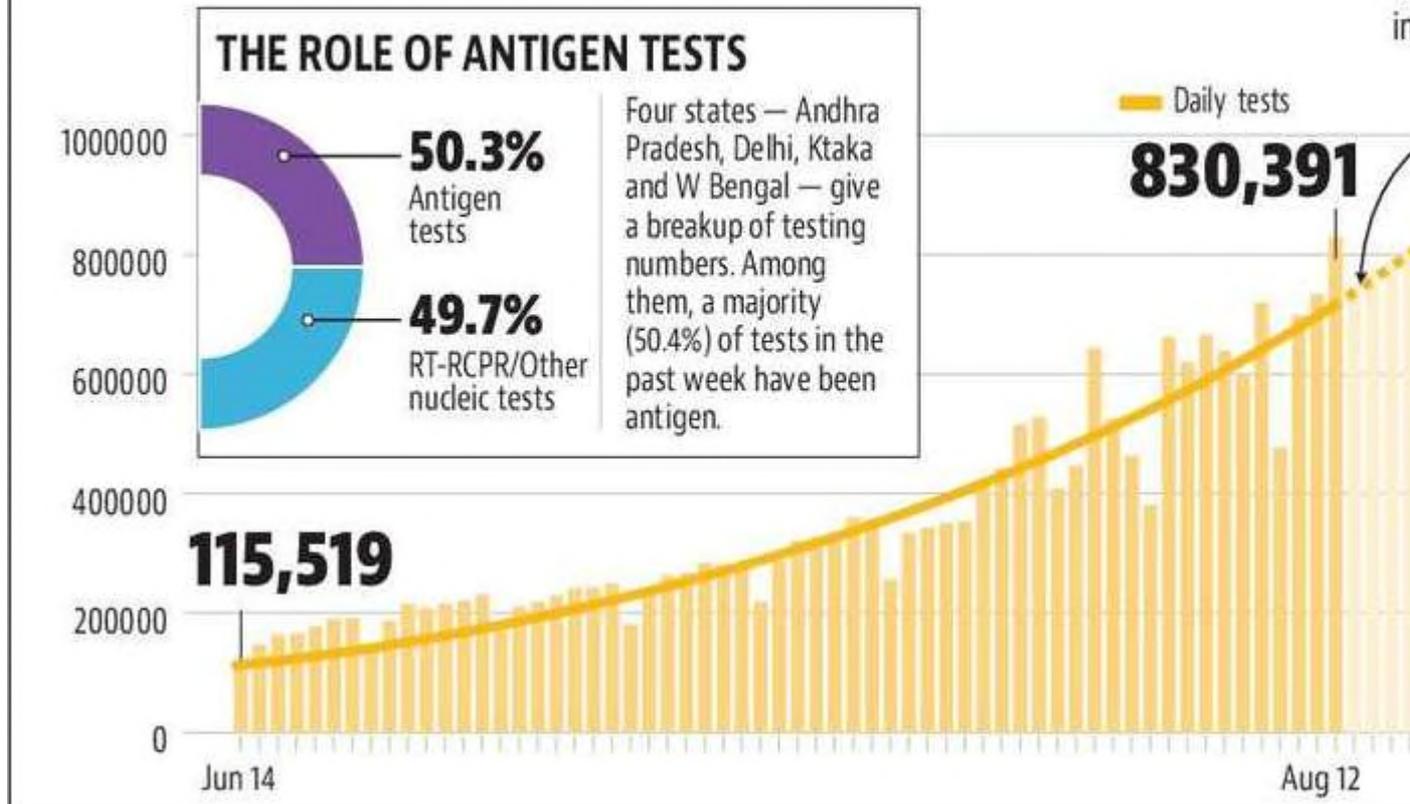
## **COVID CRISIS**

**Daily tests inch closer to targeted 1mn mark COVID CRISIS: 830,000 conducted on Wednesday as testing infra being scaled up (Hindustan Times: 2020814)**

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

# THE MILLION-TESTS-A-DAY GOAL

ICMR officials say they have set a target of 1 million tests per day by August end



**Jamie Mullick and Sanchita Sharma**

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**New Delhi :** India tested in excess of 800,000 samples for the coronavirus disease (Covid-19) on Wednesday, inching closer to its target of conducting a million tests a day even as infections of the viral disease have continued to mount steadily.

In total, India has performed 26.8 million tests since January 22 when Covid-19 testing started with one lab at the Indian Council of Medical Research's National Institute of Virology in Pune. As of Thursday, testing is being done in 1,433 labs across the country — 947 in the public sector and 486 private ones.

Experts say that to control the outbreak, aggressive testing is crucial. In this case, the number of Covid-19 cases diagnosed in the country is likely to see an increase before it starts seeing a dip, indicating that the spread is slowing. Until Thursday, India recorded 2,459,275 cases and 48,140 deaths.

India has conducted 20,140 tests per million residents — much lower than other countries that have comparable caseloads. In comparison, the United States and Brazil, the only two nations with more cases than India, have conducted 204,130 and 62,197 tests for every million residents.

The country's target of conducting a million tests a day would mean that it would be conducting 750 tests per million per day — significantly higher than the World Health Organization (WHO)'s recommendation of 140 tests per million residents a day. To be sure, India is still testing much above the WHO advisory — in the last week, the country has tested an average of 503 people per million every day.

For the week ending August 12, India's daily tests have increased by 2.8% every day on average. This number was the same the week before that. If this rate of increase in daily testing remains constant, then the country may touch the 1 million-daily-test mark in 12 days, according to HT's projections.

The four highest single-day tests conducted across the country have all been reported in the past five days — 830,391 daily tests on August 12; 733,449 on August 11; 719,364 on August 8 and 698,290 on August 9 — highlighting the recent increase. On August 9 (Sunday) 477,023 samples were tested. To be sure, Sundays are historically days when daily testing drops as many labs function with low staff and few people step out. "India's 'test, track and treat' strategy has helped us bring down the fatality rate from its peak of 3.36% on June 17 to 1.96% within two months... We have been ahead of all our testing targets. The target of 100,000 tests was May 31; we crossed it on May 10. In July-end, I said in an interview that the target was to reach a million tests in 12 weeks, we are geared to reach it in two to three weeks," Union health minister Harash Vardhan said on Thursday. A July 7 column in this newspaper suggested a target of a million tests a day.

"We are trying our best to meet the target (by August-end)," said ICMR director general Dr Balram Bhargava.

The recent increase in testing has also brought down the weekly average positivity rate — the fraction of tests that come back positive — in the country from 12.5% (the highest recorded so far) on July 25 to 9.4% on Thursday. Overall, 8.9% of all tests in the country have come back positive.

According to WHO recommendations, the positivity rate from a region that has a comprehensive testing programme should be at or below 5% for at least 14 days before it can be assumed that an outbreak is under control and lockdowns can be relaxed.

## **THE ROLE OF ANTIGEN TESTS**

Much of the recent increase in testing can be attributed to the growing role of antigen tests in the states. Antigen, or rapid, tests usually provide results within hours and are relatively cheap. These kits are designed to detect antigens (substances in our bodies that stimulate an immune response) and can be performed in mobile stations and don't necessarily need labs. The downside is that they have a far higher chance of returning false negatives (showing infected people as uninfected), and thus can let cases slide under the radar.

The real-time reverse transcription polymerase chain reaction (RT-PCR) test, on the other hand, is the gold-standard for Covid-19 testing and is the most definitive test available. It is used for the detection of nucleic acid from Sars-CoV-2 and is based on PCR, a process that duplicates and amplifies genetic fragments of the virus, so that it becomes easily detectable. The downside is that the process, from samples collection to results, for these can generally take 24-48 hours and needs dedicated machines.

During the weekly Covid-19 press briefing on August 5, Union health ministry officials had said that antigen tests accounted for at least a quarter of all tests conducted in the country until then.

ICMR has also said the proportion of antigen tests is increasing. “When we started, antigen tests comprised only 5-6% of the total tests, but this proportion is consistently rising. Today, total antigen tests are nearly between 25-30% tests of the total number of Covid-19 tests done so far,” Dr Bhargava said on August 5.

Only four states — Andhra Pradesh, Delhi, Karnataka and West Bengal — give a breakup of testing numbers based on antigen and RT-PCR/other nucleic tests. Among them, of the 1,034,537 samples tested in the last week, a majority (50.3%) have been antigen tests.

HT has repeatedly pointed out that antigen tests are best used when time is a constraint and results are needed quickly -- in a containment zone or a hot spot, for instance.

In terms of states, the wide disparity in testing rates remains as higher-than-average testing states have continued to fuel the nationwide boost to testing numbers in the past weeks. Among the 20 major states, Assam has conducted the highest number of tests in the country for the week ending on August 12 — 10,649 tests per million. Andhra Pradesh features on the second spot with 7,930 tests per million in the last week, followed by Delhi, with 7,210 tests per million. To be sure, these states all have a testing rate that is higher than the national average.

At the lowest end of tests in the last week, are Jharkhand, Madhya Pradesh and Chhattisgarh with 1,360, 1,384 and 1,702 tests per million. And much like the top, these states have overall lower-than-national-average testing rates. Bihar, the state with the lowest overall testing rate, appears to have improved its testing in the last week – the state tested 4,467 samples per million in the last week against the national average of 3,523.

“For a small state like Assam we have been crossing several milestones in testing. On July 30, we conducted 50,000 tests on a day and on August 4 we did more than 75,000 tests. On August 12, we had kept our target as 100,000 tests, but when we tallied the figures at the end of the day, we found we conducted more than 1.43 lakh tests. We were quite surprised,” said Assam’s principal secretary (health) Samir Kumar Sinha. “This has required lot of mobilisation, lot of people on the ground, large number of test kits. Nearly 90% of the tests that we are doing these days are rapid antigen tests and the rest RT-PCR,” Sinha said.

Andhra Pradesh commissioner of health Katamaneni Bhaskar said only around 40% of the tests being done are rapid antigen tests. Out of 55,692 tests done on Thursday, only 26,000 tests were antigen tests. “We have been doing antigen tests only as per ICMR guidelines. And they are also reliable. If a person tests positive in antigen tests, he is positive for Covid-19,” Bhaskar said.

Officials in Bihar said they have been working on increasing their testing rate. “We are increasing our testing every day. During the last 24 hours, 104,452 people were tested and so far 137,742 tests have been conducted in the state,” the state’s principal secretary, health, Pratyaya Amrit said.

Experts, however, said that other than ramping up the number of tests, the pricing needs to be controlled as well. “There is a need to increase testing for Covid-19 across the country as our testing per million still continues to be low. For this, we need not only trained staff but the cost of the testing has to be brought down further. An RT-PCR test costs about ₹2,400, it needs to be brought down to about ₹1,000. It can be done through bulk procurement by one agency for the entire country and scaling up manufacturing,” said Dr SK Sarin, director, Institute of Liver and Biliary Sciences, New Delhi.

## Organ Donation Bill (The Tribune: 2020814)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15041360>

# Varun to bring Bill on organ donation

AGE CORRESPONDENT  
NEW DELHI, AUG 13

BJP MP Varun Gandhi will introduce a private member bill — Donation and Transplantation of Human Organ Bill, 2020 — promoting cadaver donation and making it compulsory for all Indian adults to be registered as organ donors unless a person opts out.

The Bill, which also seeks a National Registry of donors, non-donors and recipients which “shall have such information as may be prescribed to an ongoing evaluation of the scientific and clinical status of human organs and tissues.”

The Bill also seeks state governments to maintain a registry and non-disclosure of identity of people in both databases in public domain unless regarding a complaint, a court case, bonafide medical research but with the consent of the person.

“According to the WHO estimates, three to four million lives per year can



be saved in India if we have such a system and most of these people will be from poor and middle class families who otherwise cannot afford.

Lets say even 5 percent of Indian population agrees to donate their organs and tissues, the number can be multiplied by 15 times in organ banks which is a very significant number as compared to the figures which we have now,” said Mr Gandhi, who is likely to introduce the Bill in the monsoon session of Parliament. There is a need of 2,00,000 kidneys, 50,000 hearts and 50,000 livers for transplantation every year. The Bill states that in India, organ donation is largely from living donors and the rate of organ donation from deceased persons is very low at 0.8 million population as compared to more than 30 percent in other countries.

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## **Oxford Coronavirus vaccine update**

**Oxford Coronavirus vaccine update: Phase III trials to conclude by November, mass production expected by 2021(The Times of India: 2020814)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/oxford-coronavirus-vaccine-update-phase-iii-trials-to-conclude-by-november-mass-production-expected-by-2021/photostory/77538743.cms?picid=77538782>

The University of Oxford-AstraZeneca backed novel coronavirus vaccine has been one of the leading vaccine candidates in the global race. The vaccine, currently in phase III of its trials, which was considered to be the first one to get launched for the public in 2020 will be most likely available for public deployment by 2021, according to latest reports.

Currently, phase III clinical trials are being conducted in research facilities across UK, US, Brazil and South Africa. Trials are also expected to start from next week in India in partnership with Serum Institute of India.

02/6Russia successfully registers 'Sputnik V' as the first COVID-19 vaccine

The news follows after Russia successfully registered the world's first COVID-19 vaccine, 'Sputnik V' after claiming decent results post completion of phase I. Russian authorities plan to scale up production and have millions of doses ready before the year-end.

03/6Oxford-AstraZeneca vaccine is one of the top candidates in the race

The Oxford University backed vaccine, called AZD-12222 was one of the first to head into the human trial stage as well as start late-stage trials. It's also one vaccine, which has found to be "safest" yet by the WHO in the pre-development phase.

Made using a non-replicating viral strain, the most recent development was confirmed by researchers from the Oxford vaccine research institute, quelling any rumours about an early advent related to launching in 2020.

With researchers hopeful of seeing the end of clinical trials by November of early December, Oxford Researchers have also signed an agreement with Mexico and Argentine authorities to scale up production in the first quarter of 2021.

## **50% youth population subjected to depression, anxiety due to COVID**

### **50% youth population subjected to depression, anxiety due to COVID lockdown finds ILO survey**

<https://timesofindia.indiatimes.com/life-style/health-fitness/de-stress/50-youth-population-subjected-to-depression-anxiety-due-to-covid-lockdown-finds-ilo-survey/articleshow/77526806.cms>

50% youth population subjected to depression, anxiety due to COVID lockdown finds ILO survey

The past eight months (and the remaining ones) are unprecedented and challenging in many ways. Fear of catching COVID, health issues, stress, disruptions, social isolation have been cumbersome. The lockdown also forced many to lose their job, work for longer hours in ways they weren't used to, stay away from friends, family and live life in a different way.

While many quarantine measures were put in place to safeguard our health, the lockdown brought around a global crisis for people's mental well-being. More and more people reported undergoing stress, experiencing blues and are finding it troublesome to maintain their mental health in times of pandemic. Google searches for mental health spiked up in the past months. While the elderlies feel the loneliest in the lockdown, the lockdown was mentally strenuous for the millennials and the Gen Z, as per a new study

According to a recent global health survey done by the International Labour Organisation (ILO), 1 in 2 youngsters were prone to experiencing symptoms of anxiety and depression, with over 17% suffering due to the consequent impact of COVID-19.

The study

The findings of the survey have been published in a report titled, 'Youth and Covid-19: impacts on jobs, education, rights and mental well-being'. For the survey, over 12,000 responses were received from 112 countries, with a large proportion coming from educated youth and those with internet access.

The survey involved individuals between the ages of 18-29, who were asked to talk about a host of factors such as employment, education, mental health and social well-being.

According to the survey's reports, individuals recorded more than one cause for a surge in mental health problems.

For the younger ones, a shift in means of education and apparent uncertainty made them prone to experiencing anxiety. Months-long pandemic ensured that from schools, colleges, workplaces and recreational centres, everything was closed down. Many students were left in the lurch regarding their higher education and had to cope with the perils of online classes and exams.

For those in their 20s and 30s, job crunches, losses added to problems of worry. Working from home, extended working hours, coupled with additional responsibilities drove many to experience symptoms of burnout as well, a serious mental health crisis.

Young students most affected

Even though the lockdown gave many a time to hone new skills and learn something new, for the young students prepping for higher education, distant learning proved cumbersome. As per the report's findings, a whopping 65% of young people reported having learned less since the beginning of the pandemic because of the transition from the classroom to online education.

Nearly 50% of the younger students said that they feared the pandemic delaying their education and at least 9% said they feared 'failing' in their exams, which drove them to experience mental stress.

The report also pinpointed to an apparent skewed difference between men and women. It was observed that mental well-being was a low score in young women and more so, those between the ages of 18-24.

### Analysis

The ILO study pointed out if the challenges aren't dealt with, the world might face an unprecedented health crisis even after the pandemic ends, which can impact the quality of life and could further deteriorate factors which contribute to well-being.

End of the article

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### For the art collector with everything, the \$1.5 million COVID mask

Made out of 18 carat gold and studded with 3,600 black and white diamonds, the mask will be fitted with an N99 filter to offer a high level of protection, said Isaac Levy, owner of the Yvel jewellery brand. The Israeli jewellers who are crafting the \$1.5 million object for an unnamed US-based client.

### WHO wants to review Russian COVID-19 vaccine safety data

The World Health Organization said any WHO stamp of approval on a Covid-19 vaccine candidate would require a rigorous safety data review, after Russia announced Tuesday it had approved a vaccine. "We are in close contact with the Russian health authorities and discussions are ongoing with respect to possible WHO pre-qualification of the vaccine," WHO said.

### Alaya F's red wrap dress is perfect for a rainy date

All of 22, Alaya seems to have the maturity of a 30-year-old woman and a style sense better than a lot of her seniors. We checked out her Instagram feed and came across one of her prettiest looks recently - a red dress, have a look!

### New dating trend that you should know of - Ghostlighting

Don't feel bad if you are told that they were "just caught up" or how you are "overreacting". Do you know what this is called? It's called ghostlighting and no, it's not at all okay

### Yoga can improve anxiety, nervousness:

## **Yoga and Physical Fitness**

### **Yoga can improve anxiety, nervousness: Study (New Kerala: 2020814)**

<https://www.newkerala.com/news/2020/143284.htm>

Researchers have suggested that yoga improves symptoms of generalised anxiety disorder, a condition with chronic nervousness and worry, suggesting the popular practice may be helpful in treating anxiety in some people.

The study, published in the journal JAMA Psychiatry, found that yoga was significantly more effective for generalised anxiety disorder than standard education on stress management.

"Our findings demonstrate that yoga, which is safe and widely available, can improve symptoms for some people with this disorder and could be a valuable tool in an overall treatment plan," said study lead author Naomi M Simon from the New York University in the US.

For the study, 226 men and women with a generalised anxiety disorder were randomly assigned to three groups - either CBT, Kundalini yoga, or stress-management education, a standardized control technique.

After three months, both CBT and yoga were found to be significantly more effective for anxiety than stress management. Specifically, 54 per cent of those who practised yoga met response criteria for meaningfully improved symptoms compared to 33 per cent in the stress-education group. Of those treated with CBT, 71 per cent met these symptom improvement criteria.

Kundalini yoga included physical postures, breathing techniques, relaxation exercises, yoga theory, and meditation/mindfulness practice. Each treatment was administered in groups of three to six participants, over weekly two-hour sessions for 12 weeks with 20 minutes of daily homework assigned.

The study involved an evidence-based protocol for CBT treatment of generalized anxiety disorder, including psychoeducation, cognitive interventions (focused on identifying and adapting maladaptive thoughts and worrying), and muscle relaxation techniques.

However, after six months of follow-up, the CBT response remained significantly better than stress education (the control therapy), while yoga was no longer significantly better, suggesting CBT may have more robust, longer-lasting anxiety-reducing effects.

"Many people already seek complementary and alternative interventions, including yoga, to treat anxiety," Simon said.

"This study suggests that at least short-term there is significant value for people with a generalized anxiety disorder to give yoga a try to see if it works for them. Yoga is well-tolerated, easily accessible, and has a number of health benefits," the study author noted.

## **Experimental Covid-19 vax**

### **Experimental Covid-19 vax prevents severe disease in mice (New Kerala: 2020814)**

<https://www.newkerala.com/news/2020/143210.htm>

An experimental vaccine is effective at preventing pneumonia in mice infected with the COVID-19 virus, according to a study.

The vaccine, which is made from a mild virus genetically modified to carry a key gene from the Covid-19 virus, is published in the journal Cell Host and Microbe. "Unlike many of the other vaccines under development, this vaccine is made from a virus that is capable of spreading in a limited fashion inside the human body, which means it is likely to generate a strong immune response," said study author Michael S. Diamond from the Washington University.

"Our vaccine candidate is now being tested in additional animal models with the goal of getting it into clinical trials as soon as possible," Diamond added. According to the study, the research team created the experimental vaccine by genetically modifying vesicular stomatitis virus (VSV), a virus of livestock that causes only a mild, short-lived illness in people. They swapped out one gene from VSV for the gene for a spike from SARS-CoV-2, the virus that causes Covid-19. The hybrid virus is called VSV-SARS-CoV-2. Spike protein is thought to be one of the keys to immunity against Covid-19.

The Covid-19 virus uses spike to latch onto and infect human cells, and the human body defends itself by generating protective antibodies targeting spike. By adding the gene for spike to a fairly harmless virus, the researchers created a hybrid virus that, when given to people, ideally would elicit antibodies against spike that protect against later infection with the Covid-19 virus. As part of this study, the researchers injected mice with VSV-SARS-CoV-2 or a lab strain of VSV for comparison.

A subgroup was boosted with a second dose of the experimental vaccine four weeks after the initial injections. Three weeks after each injection, the researchers drew blood from the mice to test for antibodies capable of preventing SARS-CoV-2 from infecting cells. They found high levels of such neutralising antibodies after one dose, and the levels increased 90-fold after a second dose. Then, the researchers challenged the mice five weeks after their last dose by spraying the Covid-19 virus into their noses. The vaccine completely protected against pneumonia.

At four days post-infection, there was no infectious virus detectable in the lungs of mice that had been given either one or two doses of the vaccine. In contrast, mice that had received the placebo had high levels of virus in their lungs. In addition, the lungs of vaccinated mice showed fewer signs of inflammation and damage than those of mice that had received the placebo. "The experimental vaccine is still in the early stages of development," the study authors noted.

## **Higher TB vax'**

### **Improved Covid outcomes in nations with higher TB vax'(New Kerala: 2020814)**

<https://www.newkerala.com/news/2020/143180.htm>

Researchers have found that tuberculosis (TB) vaccine administered during the past 15 years is associated with significantly improved Covid-19 outcomes.

For the study, published in the journal 'Vaccines', researchers from the Ben-Gurion University of the Negev and Hebrew University of Jerusalem in Israel, wanted to analyse the correlation between the Bacille Calmette-Guerin (BCG) vaccine for tuberculosis and Covid-19 outcomes.

The researchers discovered that BCG regimes are associated with better Covid-19 outcomes, both in reducing infection rates and death rates per million, especially for ages 24 or younger who had received the vaccination in the last 15 years.

"Our findings suggest exploring BCG vaccine protocols in the context of the current pandemic could be worthwhile," said study researcher Nadav Rappoport of the Ben-Gurion University.

"A growing number of clinical trials for testing the efficacy of BCG vaccination have been initiated," Rappoport added, according to the research team, there was no effect among older adults who had received the BCG vaccine.

Many countries have stopped inoculating their entire population, but some still use BCG widely. The researchers analysed data from 55 countries with populations of more than three million people, which comprise some 63 per cent of the world's population.

As the pandemic reached different countries at different dates, they aligned countries by the first date at which the country reached a death rate of 0.5 deaths per million or higher. They controlled for 23 variables including demographic, economic, pandemic-restriction-related, and country health-based.

BCG vaccine administration was shown to be constantly associated with Covid-19 outcomes across the 55 countries. To ascertain whether other vaccines also influenced Covid-19 outcomes, they conducted the same analysis for the measles and rubella vaccines and found that those did not have a significant association with Covid-19 outcomes. Other epidemiological studies have shown the effect of the BCG vaccine beyond tuberculosis, but scientists do not yet know why the vaccine has such an effect.

Recently, a study published earlier this month in the journal 'Cell Reports Medicine', revealed that the BCG vaccine has a general stimulating effect on the immune system and is therefore effective against Covid-19.

## Pendemic

### Covid-19:महामारी जैसी खतरनाक हुई कोरोना से जुड़ी ये अफवाहें (Hindustan: 2020814)

<https://www.livehindustan.com/lifestyle/story-covid-19-these-life-taking-rumors-related-to-coronavirus-became-dangerous-like-epidemic-3413064.html>

दुनियाभर में जहां लाखों मरीज कोरोना महामारी से जिंदगी की लड़ाई लड़ रहे हैं, वहीं शेष लोग उससे जुड़ी अफवाहों से जूझ रहे हैं। ये अफवाहें महामारी की तरह भयावह स्तर पर फैलती जा रही हैं। एक नए अध्ययन के अनुसार, कोविड-19 से जुड़ी अफवाहों, प्रसार के लांछन लगाने और वायरस की उत्पत्ति एवं प्रसार की साजिश के सिद्धांतों को कम से कम 87 देशों में शेयर किया जा रहा है।

कोरोना के संबंध में इन भ्रामक सूचनाओं को 25 अलग-अलग भाषाओं में प्रसारित किया गया है। गलत जानकारी के बहकावे में आने के कारण कई लोगों की मौतें भी हुई हैं और कई को चोटें आई हैं। अमेरिकन जर्नल ऑफ ट्रॉपिकल मेडिसिन एंड हाइजीन में सोमवार को प्रकाशित यह अध्ययन में 31 दिसंबर, 2019 से पांच अप्रैल, 2020 के बीच किया गया था। इसमें सोशल मीडिया प्लेटफॉर्म, ऑनलाइन अखबारों और अन्य वेबसाइट पर कोरोना संबंधी अफवाहों, कलंक और साजिश के सिद्धांतों का विश्लेषण करना शामिल था।

शोधकर्ताओं ने 87 देशों से 25 भाषाओं में संभावित कोविड-19 गलत सूचना से संबंधित 2,311 रिपोर्ट की पहचान की। इन रिपोर्टों में से, 89% को अफवाहों के रूप में वर्गीकृत किया गया था; 7.8% साजिश के सिद्धांत थे; और 3.5% लांछन लगाने वाली थीं।

अधिकांश अफवाहें भारत, अमेरिका और चीन से-

शोधकर्ताओं ने पाया कि अधिकांश अफवाहें, लांछन और साजिश के सिद्धांतों की पहचान भारत, संयुक्त राज्य अमेरिका, चीन, स्पेन, इंडोनेशिया और ब्राजील से की गई। शोधकर्ताओं ने अध्ययन में उल्लेख किया कि इस तरह की भ्रामक जानकारियां लोगों की जान ले सकती हैं या उन्हें चोट पहुंचा सकती हैं।

शराब से कोरोना के खात्मे के दावे ने ले ली 800 जानें-

उदाहरण के लिए, एक सर्वाधिक प्रचलित अफवाह कि शराब का सेवन शरीर को कीटाणुरहित कर सकता है और वायरस को मार सकता है। इसके कारण लगभग 800 लोग मारे गए हैं, जबकि 5,876 अस्पताल में भर्ती हुए हैं और 60 लोग मेथनॉल पीने के बाद पूरी तरह अंधेपन के शिकार हुए हैं।

टीके को जैविक हथियार तक बता डाला-

अध्ययन में शुरुआती दौर के कुछ फर्जी दावों के उदाहरण शामिल किए हैं, जैसे पोल्ट्री अंडे कोरोना संक्रमित होते हैं और शराब पीकर वायरस को मार सकते हैं आदि अफवाहें थीं। हर बीमारी कभी-न-कभी चीन से ही आई है... यह लांछन था। वहीं, बिल और मेलिंडा गेट्स द्वारा टीका विकास के नाम पर एक जैविक हथियार का वित्त पोषण है, जैसे कथित साजिश के सिद्धांत प्रसारित किए गए थे।

## Infection

### Covid-19:मात्र टीका बन जाने से नहीं रुकेगा संक्रमण, बचाव के लिए अपनाने होंगे ये तरीके(Hindustan: 2020814)

<https://www.livehindustan.com/lifestyle/story-covid-19-coronavirus-infection-will-not-stop-by-mere-inventing-vaccination-these-methods-will-have-to-be-adopted-for-prevention-in-a-long-term-3327974.html>

पूरी दुनिया में कोरोना वायरस का पहला टीका बनाने की होड़ चल रही है। लगभग सभी बड़े देश दावा कर रहे हैं कि वे पहली वैक्सीन इस साल के अंत तक ले आएंगे, जिससे कोरोना पर काबू पाया जा सकेगा। इस बारे में दुनिया के प्रतिष्ठित वायरस विशेषज्ञ प्रो. पीटर पाउट का कहना है कि अकेले कोरोना का टीका इस महामारी से निजात नहीं दिला पाएगा। उन्होंने कारण बताया कि सामान्यतः टीका बनने में एक से डेढ़ साल लगता है और उसकी सफलता दर बहुत कम होती है।

प्रो. पीटर लंदन स्कूल ऑफ हाइजीन एवं ट्रॉपिकल मेडिसिन के डीन हैं और वह शुक्रवार को नेशनल इंस्टीट्यूट ऑफ सिंगापुर योंग लोओ लिन स्कूल ऑफ मेडिसिन द्वारा आयोजित एक वेबिनार श्रृंखला में बतौर मुख्य वक्ता बोल रहे थे। उन्होंने कहा कि ऐसा नहीं लगता कि आने वाले कुछ महीनों में यह वैक्सीन तैयार होकर दुनिया के करोड़ों लोगों में बांटी जा सकती है। साथ ही उन्होंने चेताया कि कोविड की वैक्सीन बनाने में कोई शॉर्टकट नहीं लिया जा सकता, किसी तरह की जल्दबाजी टीके के असर को और कम कर सकती है।

टीके की सफलता दर सिर्फ दस प्रतिशत-

प्रो. पीटर ने कहना है कि सामान्यतः टीके की सफलता दर बहुत कम मात्र दस प्रतिशत होती है पर वे मानते हैं कि अगर कोरोना का संभावित टीका 70 प्रतिशत असरदार हुआ तो यह बड़ी सफलता होगी।

लंबे समय तक बचाव तरीके अपनाने होंगे-

वैज्ञानिक का कहना है कि लोगों को टीका आने का इंतजार करने की जगह मास्क पहनने और शारीरिक दूरी का पालन करने के तरीकों को लंबे वक्त तक अपनाना होगा। यह ठीक उसी तरह है जैसे एचआईवी के इलाज में स्थानीय स्तर पर रोकथाम और जरूरत मुताबिक हस्तक्षेप का तरीका अपनाया जाता है।

इबोला खोजने वाले वैज्ञानिक-

प्रो. पीटर इबोला वायरस खोजने वाली टीम में प्रमुख वैज्ञानिक थे। साथ ही एचआईवी के खिलाफ वैश्विक लड़ाई में वह अग्रणी रहे हैं।

खुद संक्रमित हो गए-

वह अपने अध्ययन के दौरान कोरोना संक्रमण की चपेट में आ गए और तीन महीने बाद ठीक हो सके। वह कहते हैं कि कोरोना बहुत खतरनाक वायरस है, यह हृदय ही नहीं पूरे शरीर पर असर डालता है।