



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY

Monday

20210823

## WHO panel

### WHO panel to study Covid virus, high-threat pathogens (The Tribune: 20210823)

<https://www.tribuneindia.com/news/coronavirus/who-panel-to-study-covid-virus-high-threat-pathogens-300762>

Invites global experts to join scientific group that will meet in Sept

WHO panel to study Covid virus, high-threat pathogens

Health workers administer Covid vaccine to women in Thane. PTI

In the first step to prepare for future pandemics, the World Health Organisation (WHO) has set up a high-level scientific group inviting experts from across the world to join it and study the origins of Sars-CoV2, besides other high-threat pathogens. The WHO Scientific Advisory Group for the Origins of Novel Pathogens (SAGO) will meet as early as late September this year to finalise the way forward.

In a “Call for experts” this week, the WHO said, “It is seeking top minds to serve on the advisory group and up to 25 experts will be selected.”

The world body said the rapid emergence and spread of Covid-19 causing SARS-CoV-2 had highlighted the importance of being prepared for any future event, to be able to identify novel pathogens early and to address the risk factors that contribute to their emergence and spread.

“There has been an increase in the number of high-threat pathogens emerging and reemerging in recent years — SARS-CoV, MERS-CoV, Lassa, Marburg, Ebola, Nipah, avian influenza, the latest being SARS-CoV-2. There is not only need for robust surveillance and early actions for rapid detection, but also a need for robust process to establish the study around the emergence of these pathogens and routes of transmission from their natural reservoirs to humans,” the WHO said.

The SAGO will advise the WHO on the development of a global framework to define and guide studies into the origins of emerging and re-emerging pathogens of epidemic and pandemic potential.

## **India records 30,948 new Covid cases**

## **India records 30,948 new Covid cases, 403 more deaths; active cases lowest in 152 days (The Tribune: 20210823)**

<https://www.tribuneindia.com/news/coronavirus/india-records-30-948-new-covid-cases-403-more-deaths-active-cases-lowest-in-152-days-300606>

Total tally of Covid-19 cases increases to 3,24,24,234; death toll climbs to 4,34,367 with 403 fresh fatalities

India records 30,948 new Covid cases, 403 more deaths; active cases lowest in 152 days

As many as 15,85,681 tests were conducted on Saturday, taking the total cumulative tests conducted so far for detection of Covid-19 in the country to 50,62,56,239. PTI file

India logged 30,948 new coronavirus infections, while the active cases declined to 3,53,398 comprising 1.09 per cent of the total infections, according to the Union Health Ministry data updated on Sunday.

The total tally of COVID-19 cases has increased to 3,24,24,234. The death toll has climbed to 4,34,367 with 403 fresh fatalities, according to the data updated at 8 am.

The active cases have declined to 3,53,398, the lowest in 152 days, while the national COVID-19 recovery rate has increased to 97.57 per cent, the highest since March 2020, the ministry said.

A reduction of 7,942 cases has been recorded in the active COVID-19 caseload in a span of 24 hours.

As many as 15,85,681 tests were conducted on Saturday taking the total cumulative tests conducted so far for detection of COVID-19 in the country to 50,62,56,239. The daily positivity rate was recorded at 1.95 per cent. It has been less than three per cent for the last 27 days.

The weekly positivity rate was recorded at two per cent. It has been below three per cent for the last 58 days, according to the ministry.

The number of people who have recuperated from the disease surged to 3,16,36,469, while the case fatality rate stands at 1.34 per cent, the data stated.

India's COVID-19 tally had crossed the 20-lakh mark on August 7, 2020, 30 lakh on August 23, 40 lakh on September 5 and 50 lakh on September 16. It went past 60 lakh on September 28, 70 lakh on October 11, crossed 80 lakh on October 29, 90 lakh on November 20 and surpassed the one-crore mark on December 19. India crossed the grim milestone of two crore on May 4 and three crore on June 23.

Cumulatively, 58.14 crore COVID-19 vaccine doses have been administered under the nationwide vaccination drive till Sunday morning.

The 403 new fatalities include 145 from Maharashtra and 83 from Kerala.

A total of 4,34,367 deaths have been reported so far in the country including 1,35,817 from Maharashtra, 37,123 from Karnataka, 34,686 from Tamil Nadu, 25,079 from Delhi, 22,792 from Uttar Pradesh, 19,428 from Kerala and 18,356 from West Bengal.

The ministry stressed that more than 70 per cent of the deaths occurred due to comorbidities.

“Our figures are being reconciled with the Indian Council of Medical Research,” the ministry said on its website, adding that state-wise distribution of figures is subject to further verification and reconciliation. PTI

### **ZyCoV-D, world's first plasmid DNA vaccine**

### **ZyCoV-D, world's first plasmid DNA vaccine, Okayed (The Tribune: 20210823)**

Indigenously developed by Ahmedabad-based Zydus Cadila, three-dose shot safe for children

ZyCoV-D, world's first plasmid DNA vaccine, okayed

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The three-dose ZyCoV-D is India's sixth approved Covid shot after Covishield, Covaxin, Sputnik V, Moderna and Johnson and Johnson.

Zydus Cadila calls the vaccine “a no injection”, saying it has a needle-free application system in place to administer the shots.

The vaccine is also the first in India to be tested among 12 to 18 year olds, with the company saying it is safe for children.

“ZyCoV-D is the world’s first and India’s indigenously developed DNA-based vaccine for Covid-19 to be administered to humans, including children and adults 12 years and above. It has been developed in partnership with the Department of Biotechnology,” said DBT secretary Renu Swarup.

The three-dose vaccine when injected produces the spike protein of the SARS-CoV-2 virus and elicits an immune response.

## **Walnut**

### **Regular walnut consumption linked to greater longevity, reduced death risk: Harvard-led study (The Tribune: 20210823)**

<https://indianexpress.com/article/lifestyle/health/regular-walnut-consumption-linked-to-greater-longevity-reduced-death-risk-harvard-led-study-7463150/>

The research, published in the journal *Nutrients*, found five or more servings of walnuts per week may provide the greatest benefit for reducing mortality risk and increasing life expectancy. Do you have walnuts on a regular basis? (Photo: Getty Images/Thinkstock)

Consuming walnuts regularly may be associated with a lower risk of death and an increase in life expectancy among older adults compared to those who do not eat the nuts, according to a Harvard-led study.

The research, published in the journal *Nutrients*, found five or more servings of walnuts per week may provide the greatest benefit for reducing mortality risk and increasing life expectancy.

“What we have learned from this study is that even a few handfuls of walnuts per week may help promote longevity, especially among those whose diet quality isn’t great, to begin with,” said Yanping Li, senior research scientist at Harvard T.H. Chan School of Public Health in the US.

“It’s a practical tip that can be feasible for a number of people who are looking to improve their health, which is top of mind for many people,” said Li, lead investigator of the study.

The research found that eating five or more servings per week was associated with a 14 per cent lower risk of death from any cause, 25 per cent lower risk of dying from cardiovascular

diseases (CVD), and a gain in about 1.3 years of life expectancy, compared to those who didn't consume walnuts.

Consuming walnuts two to four times per week could have its benefits, too, with the researchers finding a 13 per cent lower risk of death overall, 14 per cent lower risk of dying from cardiovascular diseases, and a gain in about one year of life, compared to non-walnut consumers, the researchers said.

Even among people with a suboptimal diet, just a half serving per day increase in walnut consumption was associated with benefits, including 12 per cent reduced risk of death and 26 per cent lower risk of death from cardiovascular diseases, specifically, they said.

For this study, the researchers examined data from 67,014 women of the Nurses' Health Study with an average age of 63.6 years and 26,326 men from the Health Professionals Follow-up Study aged 63.3 years in 1986.

Participants were relatively healthy when they joined the studies, and were followed for about 20 years (1998-2018).

Dietary intake was assessed every four years in which participants reported on their overall dietary intake, including how often they consumed walnuts, other tree nuts, and peanuts, as well as lifestyle factors like exercise and smoking status.

Based on this data, the researchers were able to identify associations between walnut consumption at varying levels and different health indicators related to longevity.

"We observed that participants with higher amounts of walnut consumption, as well as the frequency, had a lower risk for all-cause mortality and CVD mortality compared with non-consumers," the authors of the study wrote.

**ALSO READ |** [Consuming this nut may improve gut, heart health: Study](#)

The researchers noted that as an observational study, these results do not prove cause and effect, but they do shed light on how walnuts may support an overall healthy lifestyle that promotes longevity.

Participants who consumed greater amounts of walnuts tended to be more physically active, have a healthier diet, lower alcohol consumption, and take multivitamins, they said.

All of these factors could influence life expectancy, however, the researchers adjusted for these aspects in their analysis.

## Food and Nutrition

### Five nutrition mistakes you should avoid during monsoon (The Tribune: 20210823)

<https://indianexpress.com/article/lifestyle/health/five-nutrition-mistakes-you-should-avoid-during-monsoon-7425149/>

While the rain may seem like the best time of the year, it is also when we are more prone to fall sick

healthy eating, healthy foods, monsoon season, healthy eating during monsoon season, healthy eating habits in rainy season, health, nutrition, indian express news Know what kind of healthy food to put on your plate this monsoon season. (Photo: Getty/Thinkstock)

Sitting by your window, listening to the rhythm of the falling rain, the smell of the mud, the cool and cozy environment, the soothing relief after the scorching heat of the summers and hoping for a rainbow is sure to awaken a number of childhood memories.

If you hear close enough, you would also hear your mother asking you to take care of your health, not leave your hair wet, wear clothes that keep you warm and also watch what you eat.

While the rain may seem like the best time of the year, it is also when we are more prone to fall sick.

Here are five nutrition mistakes you should avoid during the monsoon to remain healthy, as advised by dietitian Mac Singh, founder of Fitelo.

ALSO READ |From tea, coffee to milk and apples: Nutritionist suggests the best time to have them

#### 1: Avoiding citrus fruits

Citrus fruits are a great source of vitamin C. Vitamin C is great for your immunity as it fights infections, making it the need of the hour. Owing to the sourness of these fruits, people tend to avoid them during the monsoon, thereby compromising their immunity.

If you do not like consuming citrus fruits as a whole, you can always sprinkle a lemon on your food or make yourself a nice fruit drink. If you really cannot have citrus fruits, do not forget to consume foods such as papaya, guava and bell pepper as these are rich sources of vitamin C.

#### 2: Avoiding prebiotic and probiotic foods

Similar to citrus fruits, people are often seen avoiding probiotic foods like curd. During monsoons, you need to ensure you provide your gut with a diet that pleases it and takes care of

your immunity, too. Foods like curd, buttermilk, pickled vegetables help the gut fight disease-fighting germs and other harmful bacteria.

ALSO READ |Dietitian shares simple tips to maximise absorption of vitamin B12

healthy eating, healthy foods, monsoon season, healthy eating during monsoon season, healthy eating habits in rainy season, health, nutrition, indian express news Fried foods cause bloating and an upset stomach. (Photo: Getty/Thinkstock)

### 3: Consuming refrigerated water

If you really want to avoid something to keep your throat safe, it is fridge water. Cold water harms your throat and makes you prone to infections. If you find it hard to give up cold water, switch to our traditional ghade ka paani. Not only would this quench your thirst, but also provide a wide array of benefits ranging from boosting metabolism to balancing hormones and preventing sun strokes.

### 4: Ignoring hyper-local seasonal foods

The reason why there is emphasis on the consumption of hyperlocal seasonal fruits and vegetables, is because the benefits can be attained only when fruits and vegetables grown in your region are seasonal.

Imported fruits and vegetables are artificially made and harvested and hence devoid of immune boosting benefits.

### 5: Over-indulging in street foods

Monsoons call for fried snacks such as pakoras with chai. Fried foods cause bloating and an upset stomach. During the monsoon, one does not feel thirsty and often skips drinking enough water, which leads to dehydration due to humidity. So make sure to drink 2.5-3 liters of water daily.

## **Curbing Delta**

### **Curbing Delta: On the variant that drives India's COVID-19 infections (The Hindu: 20210823)**

<https://www.thehindu.com/opinion/editorial/curbing-delta-the-hindu-editorial-on-the-variant-that-drives-indias-covid-19-infections/article36049578.ece>

Increasing vaccination and monitoring of new variants are essential in fighting the pandemic

The overall number of coronavirus cases in India is on a downward

## **Herd immunity**

### **Grasping at straws: the race towards herd immunity (The Hindu: 20210823)**

<https://www.thehindu.com/news/national/delta-variant-driving-infections-in-india-says-india-sars-cov2-genome-consortium-report/article36019514.ece>

When people move, changing the demography of the 'herd,' or when new variants emerge, this can lead to loss of herd immunity

In the beginning of the pandemic, when vaccines were still undergoing clinical trials, the goal was to quickly reach herd immunity through vaccination and

## **Pfizer COVID-19 jab declines faster**

### **Pfizer COVID-19 jab declines faster than AstraZeneca: study (The Hindu: 20210823)**

<https://www.thehindu.com/news/international/pfizer-covid-jab-declines-faster-than-astrazeneca-study/article36006109.ece>

The effectiveness of the Pfizer-BioNTech vaccine against COVID-19 declines faster than that of the AstraZeneca jab, according to a new study published on

## **COVID-19 booster**

### **WHO Africa: COVID-19 booster shots make 'mockery' of equity (The Hindu: 20210823)**

<https://www.thehindu.com/news/international/who-africa-covid-19-booster-shots-make-mockery-of-equity/article36006022.ece>

WHO says less than 2% of the population of 1.3 billion people in Africa is fully vaccinated

Rich countries' decisions to roll out COVID-19 booster shots while so many people across Africa remain unvaccinated "threaten the promise of a brighter

### **NIMHANS helpline during pandemic**

### **13,451 healthcare workers used NIMHANS helpline during pandemic: Health Ministry(The Hindu: 20210823)**

<https://www.thehindu.com/news/national/13451-healthcare-workers-used-nimhans-helpline-during-pandemic-health-ministry/article35875662.ece>

Facility was set up anticipating the impact of COVID-19 on mental health

In over a year after it was established, the Health Ministry's COVID-19 mental health helpline number, set up through the National Institute of Mental Health

### **Third Wave (Hindustan: 20210823)**

[https://epaper.livehindustan.com/imageview\\_1001415\\_124159402\\_4\\_1\\_23-08-2021\\_0\\_i\\_1\\_sf.html](https://epaper.livehindustan.com/imageview_1001415_124159402_4_1_23-08-2021_0_i_1_sf.html)

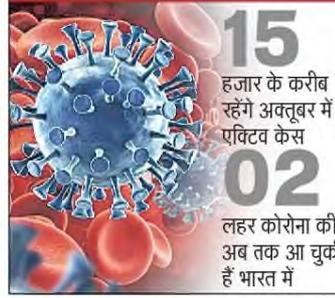
आईआईटी कानपुर के वैज्ञानिक का दावा- यूपी, बिहार, दिल्ली जैसे राज्य कोरोना से मुक्ति के करीब

# सुखद: तीसरी लहर की आशंका अब न के बराबर

कानपुर | वरिष्ठ संवाददाता

कोरोना का कहर झेल रहे देश के लोगों के लिए राहत भरी खबर है। कानपुर आईआईटी के वरिष्ठ वैज्ञानिक पद्मश्री प्रो. मणींद्र अग्रवाल ने दावा किया है कि संक्रमण की तीसरी लहर की आशंका अब न के बराबर है। इसकी मुख्य वजह बड़ी संख्या में टीकाकरण होना बताया है।

महामारी को लेकर नया अध्ययन प्रो. अग्रवाल ने गणितीय सूत्र मॉडल के आधार पर जारी किया है। इसके मुताबिक, संक्रमण लगातार कम होगा। वहीं यूपी, बिहार, दिल्ली जैसे



15

हजार के करीब रहेंगे अक्टूबर में एक्टिव केस

02

लहर कोरोना की अब तक आ चुकी है भारत में

तेजी का मिलेगा लाभ

प्रो. अग्रवाल के मुताबिक लॉकडाउन और टीकाकरण का काफी लाभ मिलता दिख रहा है। दूसरी लहर के बाद अधिकतर लोगों में हर्ड इम्युनिटी बन गई है। वहीं तेजी से चल रहे टीका अभियान का प्रभाव भी कोरोना महामारी को रोकने में काफी कारगर रहेगा।

पहले ही किया था दावा

तीसरी लहर की आशंका को लेकर वैज्ञानिक अलग-अलग दावे कर रहे थे। प्रो. अग्रवाल दूसरी लहर के बाद मई से ही कह रहे थे कि तीसरी लहर प्रभावी नहीं होगी। यह दूसरी से काफी कमजोर रहेगी। टीकाकरण ठीक से हुआ और लोगों ने प्रोटोकॉल का पालन किया तो यह न के बराबर रहेगी।

राज्य इससे लगभग मुक्ति की ओर हैं। अध्ययन के मुताबिक, अक्टूबर तक इन राज्यों में सक्रिय केस इकाई अंक तक पहुंच जाएंगे। वहीं, देश में

सक्रिय केस अक्टूबर तक 15 हजार के करीब रहेंगे। तमिलनाडु, केरल, कर्नाटक, तेलंगाना, असम, अरुणाचल समेत पूर्वोत्तर के राज्यों में

संक्रमित आते रहेंगे। मणींद्र अग्रवाल लगातार सरकार को सतर्क करते रहे हैं। दूसरी लहर को लेकर भी उनका दावा काफी हद तक सही रहा था।