



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Monday 20210906

## Vaccination

### **At 1.31 lakh doses, Ludhiana distroct achieves highest single-day vaccination (The Tribune: 20210906)**

<https://www.tribuneindia.com/news/coronavirus/at-1-31-lakh-doses-ludhiana-distroct-achieves-highest-single-day-vaccination-307276>

In a momentous feat, Ludhiana has achieved the highest ever vaccination in a single day with 1,31,993 lakh doses given across district on Sunday.

Lauding the untiring and determined efforts of the healthcare workers in recording highest single day vaccination, Deputy Commissioner Varinder Kumar Sharma said that this would further strengthen the fight against the deadly coronavirus.

He said the milestone of administering more than 1.31 lakh doses of Covid-19 vaccine was not possible without the fulsome support of Ludhiana people who took part wholeheartedly in the inoculation drive which has so far covered 22,54,619 people that started on January 16.

The DC said it was the need of the hour to vaccinate people on a war footing to build herd immunity to combat the third wave by sending teams in every nook and corner of the district.

He said vaccination was being done on a large scale in Ludhiana and the administration was in an action mode to further boost the protection system against Covid-19.

The Deputy Commissioner said: “Vaccination was the most effective weapon against this invisible enemy and now, it was our responsibility to come forward for taking the jab.”

## **Fake vaccines**

### **Government lists parameters to identify fake vaccines (The Tribune: 20210906)**

<https://www.tribuneindia.com/news/coronavirus/government-lists-parameters-to-identify-fake-vaccines-307205>

Days after the WHO issued a fake Covid vaccine alert for India and Uganda, the government on Sunday issued guidance to states on how to identify fake batches of Covishield, Covaxin and Sputnik V being used here.

The advisory follows an alert from the WHO about fake Covishield batches in India and a nudge to the government to detect batches in public interest.

The health ministry has now listed specific parameters in its guidance to help states identify fraud batches.

In August, India gave more shots than G7 nations

India on Sunday reached a significant global milestone in Covid vaccine delivery by administering more doses to its population through August than all developed G7 nations put together

The Health Ministry data showed that India administered 180 mn doses in August, as against Canada's 3 mn, UK's 5 mn, Germany's 9 mn, France 13 mn, US 23 mn, Japan 40 mn

Cumulatively, India has administered over 68.46 crore doses to its population as per provisional reports till 7 am on Sunday

For Covaxin authentication, the government has said, "There is an invisible UV helix or a DNA like structure on the Covaxin label. This is visible only under UV light. The micro text hidden in the label claims Dots, which is written as Covaxin; there is a green foil effect in the X of Covaxin."

For Covishield the guidelines are even more elaborate. Authentication details include — the text font of the generic name is in un-bolded format; the label is overprinted with CGS NOT FOR SALE; The SII logo is printed at a unique angle; the letters are printed in a special white ink.

The WHO had earlier said falsified Covid-19 vaccines posed a serious risk to global public health and placed an additional burden on vulnerable populations and health systems and called for urgent detection and removal of falsified product batches in India and Uganda to prevent harm to patients.

## **Covid update**

### **Covid update: New variant prompts Health Dept to screen international travellers(The Tribune: 20210906)**

<https://www.tribuneindia.com/news/coronavirus/covid-update-new-variant-prompts-health-dept-to-screen-international-travellers-307009>

14-day home quarantine mandatory for people coming from abroad

Following reports of new Covid mutations across the globe, the Health Department has once again started screening international travellers.

Officials of the Health Department said they would be screening travellers coming from the United Kingdom, South Africa, Botswana, China, Mauritius, New Zealand and Zimbabwe. Besides, travellers from Europe and the Middle East would also be screened by the Health Department, they added.

The Health Department has mandated 14 days home quarantine for travellers coming from the listed countries.

Dr Prince Sodhi, Civil Surgeon, Patiala, said travellers would only be home isolated. However, health officials would remain in constant touch with travellers during the quarantine period, he added.

“We will be taking samples of travellers on the seventh day of their arrival. Until now, six travellers from the UK have been under surveillance,” he said.

Notably, a new variant of Covid, C.1.2., which was first reported from South Africa, has now spread to China, the Democratic Republic of the Congo, Mauritius, England, New Zealand, Portugal and Switzerland. Following this, health officials after receiving directions from the state Health Department have started screening travellers from these countries.

Dr Sumeet Singh, district epidemiologist, said steps to quarantine and test travellers were taken after cases of new variants were reported from these countries.

“The decision to screen and test travellers has been taken as a precautionary measure to curb the spread of new variants. However, as of now there is no need to panic,” he added.

# Rural post should be a must for docs for promotion: V-P

AGE CORRESPONDENT  
NEW DELHI, SEPT. 5

Vice-president M. Venkaiah Naidu said on Sunday that serving in rural areas should be made mandatory before giving the first promotion to doctors in the government sector.

Speaking at the 11th Annual Medical Teachers' Day Awards function, the vice-president said that three-to-five years' service in the rural areas for young doctors was essential while pointing out that 60 per cent of the country's population lives in the villages.

Calling for creating state-of-the-art health infrastructure across the country, particularly in the rural areas, the vice-president said the Covid-19 pandemic has accentuated the need for better health infrastructure and advised the state governments to bestow special attention on this aspect.

He stressed the need to increase the number of medical colleges while referring to the government's efforts to bridge the gap in doctor-patient ratio in the country and added the doctor-patient ratio was 1:1,456 as against the WHO norm of 1:1000.



**Both, medical education and treatment should be affordable and within the reach of the common man...**

— Venkaiah Naidu,  
Vice-president

He pointed out that the urban-rural ratio of doctors was also highly skewed with more medical professionals opting to work in urban areas.

Mr Naidu also emphasized that both medical education and treatment should be affordable and within the reach of the common man.

He said that top priority should be accorded to education and health sectors with a greater allocation of budget.

"Both, medical education and treatment should be affordable and within the reach of the common man," he said.

HOLISTIC WELLNESS

# Music therapy, a balm for the soul

MUSIC HAS IMMENSE HEALING POWER AND HAS BEEN PRACTICED ACROSS CULTURES SINCE TIME IMMEMORIAL TO EASE PAIN, CALM ANXIETY AND CURE CERTAIN AILMENTS



SHARMILA CHAND

Activities like listening to music, singing or playing an instrument have profound and positive impacts on an individual's mind and wellbeing. We speak with some professionals who have gone back to music to help them ground.

### SOLACE IN MUSIC

Dr Anshuman Agarwal, Senior Consultant Urology and Robotic Surgery, Indraprastha Apollo Hospital, Delhi, says, "Singing is healing for me and takes away all the soreness in the body, which arises from hours of difficult surgeries. For me, singing started in my early childhood. My grandfather's friend was a musician and he trained me for a few months although academic pressures compelled me to discontinue it. Later in college, I started learning the guitar, which helped me improve my singing. One of the hospitals I worked for promoted cultural activities, with regular singing and dancing events held. It was a departure from the rigours of patient care — very relaxing. I decided to resume learning music and it was great fun getting to know music better. More recently, even when I had COVID and was confined to a room, I did try to practice, as much as my throat permitted."

### 'IT HELPS TO CONNECT WITH THE SOUL'

"Listening to music (as per one's choice) can lead to mood elevation and relaxation. It can help one dissociate from the surroundings while helping to connect with one's soul. Being a doctor I am constantly surrounded by misery and problems, so listening, playing music or singing really helps me in disconnecting from those issues for a while and to help me gather myself for an uphill task. While learning may not be possible for everyone, one must try to appreciate the effort that goes into making good music. Try to invest in good equipment to enjoy the intricacies of good music. Singing is God's gift but practice makes a singer perfect. Music is as vast as an ocean and any amount of practice is insufficient."



PHOTO CREDIT: FREEPIK



It gives me a high if I can sing a song without finding faults myself. It's like performing an operation nicely, flawlessly. Singing and surgery are both arts (and wrongly termed as science, in my opinion). Often, good music gives me goosebumps.  
— Dr Anshuman Agarwal

### 'MUSIC HELPS TO NAVIGATE THROUGH YOUR EMOTIONS'

Pragnya Wakhlu, singer and songwriter, and Founder, Mousai India, says, "Most of the music I write explores themes or issues I feel strongly about or things around me that inspire me. Songs such as *Flying high* from my first album *Journey to the sun* were inspired by a bumble bee and the bumble bee theory. The bumble bee defies laws of aerodynamics, which say an object of its shape cannot fly, even as it flies anyway. The song is about realising that sometimes we as humans tend to limit our own potential due to negative self-talk or by listening to others that tell us we can't do something. If we could all be like the bumble-bee, we would be able to fly to greater heights and release our true potential. Songs from my new album *Lessons in love* help people explore emotions that might leave them feeling unsettled at the time... when you hear the music it helps you understand the space better and helps you navigate through how you're feeling."

Everybody responds differently to sound. You have to be conscious and remain aware of how your body is responding specifically to certain sounds and see what works best for you. Make a playlist of songs that you associate with different moods to help with musical entertainment. Use the power of the human voice to play and release any unexpressed communication. You don't have to look externally when we are all blessed with one of the most powerful instruments... the human voice.  
— Pragnya Wakhlu

Music is one of the most emotive art forms and has the powerful ability to disarm and allow a person to feel safely vulnerable. Much like therapy does. Except that it doesn't require another human being to be present. Music can heal one's spirit and emotions in two ways — identification and transformation.  
— Nithya Rajendran



### FINDING SOLUTIONS IN MUSIC

Nithya Rajendran, Indian classical music vocalist (Hindustani and Carnatic) and Founder, Music Vruksh, tells us that she created "Music Vruksh" as an umbrella venture for classical music training and as an initiative to spread awareness of music for wellness. "We offer lecture demonstrations, classes and workshops for individuals and corporations to understand the deeper realms of music and make it accessible for its aesthetic and wellness potential. My connection with music is deep, emotive and spiritual. It has been my confidante through thick and thin and I am so grateful for that. And this is what I want people to experience too. You embrace music and it will heal you. I have seen a chain smoker quit smoking after commencing learning *Raag Megh*. Another lady who had migraines for years was miraculously relieved of the pain after attending her daughter's music lessons. The third was when in one of my concerts a person with severe depression wept uncontrollably after learning *Raag Todi*. She testified to feeling emotionally lighter like never before. There are many more instances but it suffices to say that we are sitting on the immense potential that Indian music has for wellness. Kids have an immense and instinctive appreciation for good music. Their sense of music is unadulterated and pure. Music appreciation inculcated early in children has powerful developmental benefits.

### 'MAKE MUSIC A PART OF LIFE'

"One of the easiest ways to use music for wellness is to engage more actively in listening to, singing or playing and learning music. Starting with setting aside 10-15 mins a day to devote to musical activities, including swaying, clapping and dancing to music, a person can go further and start to practice emotional awareness in the presence of music. This will help the person become less at the mercy of repressed emotions. Learning an instrument or learning to sing opens up the creative channels of the brain and helps give different parts of the brain that respond to emotions and motor movements a good overall boost. The brain also releases feel good chemicals like dopamine and endorphins that help promote an overall feeling of wellbeing. The trick is to slowly and steadily but consciously make music an active part of one's life," says Nithya.

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## **Food and Nutrition**

### **Nutritionist explains the amazing benefits of sprouts (The Indian Express: 20210906)**

<https://indianexpress.com/article/lifestyle/food-wine/why-sprouts-nutritionist-explains-its-various-benefits-7441141/>

"While beans have their own energy and live foods have another whole gamut of energies, sprouts on a physical level are richer in protein and have a higher enzyme activity," she said

sproutsA bowl of sprouts can be your guilt-free binge whenever you experience hunger pangs. (Source: Unsplash)

Breakfast is said to be the most important meal of the day, and rightly so. After hours of overnight fasting, breakfast gives us a boost of energy. Thus, it is essential that your breakfast is packed with all the essential nutrients. As such, we are often told to include a bowl of sprouts in our diet, especially for breakfast. It is not just a delicious food option but also a healthier alternative.

A bowl of sprouts can be your guilt-free binge whenever you experience hunger pangs. You can always go creative with sprouts to add more flavours without compromising your health. Nutritionist Shonali Sabherwal elaborated upon the various benefits of sprouts and why you should eat them.

"While beans have their own energy and live foods have another whole gamut of energies, sprouts on a physical level are richer in protein and have a higher enzyme activity; they are beneficial for you in every way," she said in an Instagram post.

## **Ayurveda**

### **Ayurvedic expert suggests simple ways to prevent and treat acidity (The Indian Express: 20210906)**

<https://indianexpress.com/article/lifestyle/health/ayurveda-doctor-suggests-simple-ways-to-prevent-and-treat-acidity-7473416/>

"Take enough rest, drink enough water, have sound sleep, practice yoga, pranayam, meditation and exercise regularly," Dr Dixa Bhavsar advised

acidityPrevent and treat acidity with these simple home remedies. (Source: Pixabay)

Acidity is a common problem that most people experience at some point or another. It usually manifests as a burning sensation in the chest that leads to restlessness and irritability. A number of factors like stressful lifestyle and injudicious eating can lead to acidity.

However, with few simple lifestyle changes, you can prevent acidity. Ayurvedic expert Dr Dixa Bhavsar, said, “First step towards treating a disease is to prevent it as prevention is better than cure”.

## **Type 2 diabetes risk**

### **Weight gain in pandemic increased type 2 diabetes risk: UK study (The Indian Express: 20210906)**

<https://indianexpress.com/article/lifestyle/health/weight-gain-in-pandemic-increased-type-2-diabetes-risk-uk-study-7489101/>

The NHS estimates that weight gain of one kg, or 2.2 pounds, can increase someone's risk of diabetes by around 8 per cent

diabetes, diabetes in the pandemic, weight gain in the pandemic, type 2 diabetes risk, type 2 diabetes and pandemic, weight gain and type 2 diabetes risk, UK study, indian express news "The pandemic has changed every part of our lives and taken a toll on mind and body, with thousands of people paying a heavy price." (Photo: Getty/Thinkstock)

Extra weight gained as people lived through the COVID-19 pandemic and multiple lockdowns means they are at a higher risk of developing type 2 diabetes, a new UK study reported on Saturday.

The study, published in ‘The Lancet Diabetes & Endocrinology’, shows that people aged under 40 enrolling on the National Health Service (NHS) Diabetes Prevention Programme have seen the greatest differences in weight, and are an average of eight pounds heavier than those enrolling before.

The NHS estimates that weight gain of one kg, or 2.2 pounds, can increase someone’s risk of diabetes by around 8 per cent.

“The pandemic has changed every part of our lives and taken a toll on mind and body, with thousands of people paying a heavy price, and many gaining weight during lockdown,” said Dr Jonathan Valabhji, NHS national clinical director for diabetes and obesity.

“The increase in weight also means an increased risk of type 2 diabetes, which is associated with many of the common types of cancer, blindness, amputations as well as heart attacks and strokes.

“As we return to normal life, there has never been a better time to make small changes to improve our health, our NHS Diabetes Prevention Programme can help people do just that,” he said.

The study compared the weight of people at high risk of type 2 diabetes starting the NHS’s Diabetes Prevention Programme (DPP) during COVID-19 to that of participants starting the programme over the three years prior to the pandemic.

It found that people seeking the NHS help to lose weight during the pandemic are on an average five pounds heavier than those starting the programme during the previous three years.

The NHS is therefore urging people who fear they may be at risk of type 2 diabetes to come forward for help. It has fast-tracked access to the programme after research found that people are twice as likely to die from COVID-19 if they have type 2 diabetes.

“Type 2 diabetes is a complex condition with multiple risk factors that include age, family history and ethnicity. Living with obesity is the single greatest risk factor, and accounts for 80-85 per cent of someone’s risk of developing the condition,” said Dan Howarth, Head of Care at Diabetes UK.

diabetes, diabetes in the pandemic, weight gain in the pandemic, type 2 diabetes risk, type 2 diabetes and pandemic, weight gain and type 2 diabetes risk, UK study, indian express news It found that people seeking the NHS help to lose weight during the pandemic are on an average five pounds heavier than those starting the programme during the previous three years. (Photo: Getty/Thinkstock)

“This study suggests that during the pandemic, there may have been an increase in the body weight of people at high risk of type 2 diabetes. This is concerning as it could lead to rates of the condition rising more steeply down the line,” he said.

People can check their risk online and self-refer themselves for weight loss support through the world leading programme. As well as being referred for support by their general practitioners, people can now self-refer for support by using an online tool, hosted by Diabetes UK, to calculate their risk of developing type 2 by answering a series of questions about risk factors including age, weight and ethnicity.

Those who qualify will be able to choose how they complete the programme, either by joining group sessions by a video link or telephone with an experienced coach or through digital support, which includes online peer support groups, and in some areas, wearable tech.

The NHS has also been piloting low calorie diets for those recently diagnosed with type 2 diabetes to put the condition into remission.

According to official data, more than 405,000 people have been helped by the NHS Diabetes Prevention Programme since it was first established in 2016 and have been provided with bespoke advice on healthy eating, physical exercise and weight management.

The latest NHS data shows that people completing the programme typically achieve an average weight loss of 3.3 kilograms, and 3.6 kilograms for those who are overweight or obese, reducing their risk of type 2 diabetes significantly.

## **Health benefits of fasting**

### **What are the health benefits of fasting? (The Indian Express: 20210906)**

<https://indianexpress.com/article/lifestyle/health/benefits-of-fasting-weight-loss-skincare-hair-care-energy-detoxification-7490405/>

"Fasting has been shown to have many health benefits, from increased weight loss to better brain function"

fasting, why is fasting important, how to fast, health benefits of fasting, dry fasting, intermittent fasting, health, weight loss, how does fasting boost health, indian express news How often do you fast? (Photo: Getty/Thinkstock)

While consuming a diet that is healthy and nutritious is important, sometimes fasting is encouraged, too. Luke Coutinho, a holistic lifestyle coach, during an interaction with indianexpress.com last year, had said that as a practice, fasting "spread to all religions due to its health and spiritual benefits".

"Fasting is not starvation. Fasting is not deprivation. Fasting is a discipline where one willingly gives their body and digestive system a break, redirecting the energy towards rejuvenation and detoxification," he had said.

Fasting, therefore, is understood to have many health benefits. Taking to Instagram, Radhika Iyer Talati, the founder of Food by Anahata, an entrepreneur, yogini, mountaineer and philanthropist, has explained "fasting has been shown to have many health benefits, from increased weight loss to better brain function".

In the accompanying video, she has said that she learnt a few things about her own body when she started fasting, which she has been doing for 11 years now. "I lost a lot of weight, but I became smarter, my brain started working better," she said.

Talati continued: "Water retention in my body started to reduce, my digestion improved, my skin allergies disappeared. My face started to shine, my hair started to grow better."

She said she realised people eat because they are "bored". She encouraged them to fast to see how their life changes.

Coutinho had explained that fasting doesn't have to suit everyone. "If one form of fasting doesn't suit a person, for example dry fasting, in case of a health condition like recurrent UTI, they can adopt intermittent fasting. In the end, it's about what suits a person."

## **Antimalarial vaccine–drug**

### **Antimalarial vaccine–drug combo proves most efficacious in Africa trial (The Hindu: 20210906)**

<https://www.thehindu.com/sci-tech/health/antimalarial-vaccinedrug-combo-proves-most-efficacious-in-africa-trial/article36294238.ece>

When the first malarial vaccine (named RTS,S) was used along with drugs, the efficacy went up to 70%, or more

When the World Health Organization's Strategic Advisory Group of Experts on Immunisation (SAGE) considers, on October 6, evidence to decide on the roll out

## **Infections**

### **Explained | Why are 'breakthrough' infections a concern? (The Hindu: 20210906)**

<https://www.thehindu.com/sci-tech/health/explained-why-are-breakthrough-infections-a-concern/article36297637.ece>

Why are people who are double-vaccinated still getting COVID-19? Do vaccines work against variants?

The story so far: India's second wave has not fully dipped and over the past seven days, daily infections of COVID-19 have logged over 40,000 cases. The rise in daily infections is primarily seen in Kerala and Maharashtra, which paradoxically are also among the States which have a high rate of vaccination. In this context, there are concerns about the rise in 'breakthrough infections' or confirmed infections in those who have got the second dose of the vaccine at least two weeks earlier.

## **Carefully authenticate COVID-19 vaccine before use**

### **Carefully authenticate COVID-19 vaccine before use: Health Ministry (The Hindu: 20210906)**

<https://www.thehindu.com/news/national/carefully-authenticate-covid-19-vaccine-before-use-health-ministry/article36306213.ece>

Guidelines issued to ensure fake COVID-19 vaccines are not administered in India

Following the World Health Organization's (WHO) warning that it has identified counterfeit versions of the Covishield vaccine in Southeast Asia and

### **Data | Daily COVID-19 vaccinations touch record pace in the last 11 days of August**

### **Data | Daily COVID-19 vaccinations touch record pace in the last 11 days of August(The Hindu: 20210906)**

<https://www.thehindu.com/data/data-daily-covid-19-vaccinations-touch-record-pace-in-the-last-11-days-of-august/article36270774.ece>

The average rate of daily COVID-19 vaccinations in India in the last 11 days of August was the highest since the drive began in January. However, it is still