



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY

Friday

20210917

ICMR

ICMR chief says antibodies needn't be measured (The Tribune: 20210917)

<https://www.tribuneindia.com/news/coronavirus/icmr-chief-says-antibodies-neednt-be-measured-312230>

Says immunity after Covid shots builds at various levels, not just at level of antibodies

Balram Bhargava, ICMR chief, today downplayed studies that have claimed reduction in antibodies to Covid-19 after a few months of inoculation and said there was no need to measure such antibodies as the immunity responses build up at various levels.

Reacting to a study by one of its own regional centres in Bhubaneswar that said Covid vaccine induced antibodies lasted from two to four months, Bhargava said today, "Booster doses of Covid vaccine are not a central theme at the moment in the scientific discussion. Getting two doses of the Covid vaccine is a major priority."

"Several scientific rationale are now available to suggest that antibody levels should not be measured. You can have all kinds of immunity responses post vaccination - from cellular to mucosal immunity. These studies commenting on antibodies are piecemeal studies," he added.

Vaccination

Over 60% vaccinated with one dose, 20% covered with both (The Tribune: 20210917)

<https://www.tribuneindia.com/news/coronavirus/over-60-vaccinated-with-one-dose-20-covered-with-both-312227>

Over 60% vaccinated with one dose, 20% covered with both

A health worker collects sample from a passenger for Covid-19 test at Anand Vihar Railway Station in New Delhi. Manas Ranjan Bhui

Three in five Indian adults have been covered with at least one Covid vaccine dose and 20 per cent have received both doses. New government data shows Chandigarh entering the coveted league of states and UTs to have protected their adult population with the first Covid dose.

Jabs: India exceeds 18 nations combine in Sept

New Delhi: India is ahead of 18 major countries combined on the daily average Covid-19 vaccine delivery, latest world data show. Where 18 major nations together administered 8.17 million doses daily on an average between September 1 and 13, India alone administered 8.54 million doses. The overall vaccine doses delivered by India have exceeded 76 crore since January 16 when the inoculation drive began. TNS

Health Secretary Rajesh Bhushan today said 62 per cent people aged 18 and above had received at least one Covid shot and 20 per cent had received both. India has an estimated 94 crore adults.

As of today, 57.86 crore first doses of Covid-19 vaccine have been administered and 18.7 crore persons have received both doses.

Commenting on the scale of inoculation, the government said in the first 11 days of September over 11 crore doses have been administered which was double the doses given throughout May.

The government also said of the 3,651 Pressure Swing Absorption (PSA) Plants for medical oxygen generation which have been sanctioned, 1,595 have been commissioned so far. This comes to a 43.6 per cent commissioning rate. Of the total 3,651 PSA plants sanctioned with 4,751 MT capacity, 1,491 plants with 2,281 MT are centrally supported.

Daily Covid vaccine

India ahead of 18 major nations combined on average daily Covid vaccine dose delivery (The Tribune: 20210917)

<https://www.tribuneindia.com/news/coronavirus/india-ahead-of-18-major-nations-combined-on-average-daily-covid-vaccine-dose-delivery-312025>

The overall vaccine doses delivered by India have exceeded 76 crore since January 16 when the inoculation drive began

India ahead of 18 major nations combined on average daily Covid vaccine dose delivery

Photo for representational purpose only. PTI file

India is ahead of 18 major countries combined on the daily average COVID-19 vaccine delivery, latest world data show.

Where 18 major nations together administered 8.17 million doses daily on an average between September 1 and 13, India alone administered 8.54 million doses.

The overall vaccine doses delivered by India have exceeded 76 crore since January 16 when the inoculation drive began.

The 18 countries falling behind India on the COVID delivery are Canada, US, UK, Brazil, Russia, New Zealand, Australia, Switzerland, Japan, Indonesia, South Africa, Turkey, Saudi Arabia, Argentina, Spain, France, Germany and Italy.

Basic skincare

Basic skincare: Some everyday habits that can cause acne (The Indian express: 20210917)

<https://indianexpress.com/article/lifestyle/life-style/basic-skincare-everyday-habits-acne-skincare-tips-skincare-rules-7513011/>

Acne can be caused by consuming an excessive amount of carbohydrates, such as dairy products

skincare, skincare tips, what causes acne, everyday habits that can cause acne, bad skincare habits, how to get rid of acne problem, indian express news We often buy skincare products with high oil content which causes acne. (Photo: Getty/Thinkstock)

When you do not take care of your skin, no matter its type and texture, you predispose it to certain conditions which can become lifelong problems. Acne is a common skin issue which affects both men and women. While known to happen during adolescence, acne can also plague adults who make skincare mistakes, are stressed, or do not do enough for their skin.

Dr Stuti Khare Shukla, a dermatologist, who is popularly known as the 'hair growth queen' of India, lists four everyday bad habits that could lead to acne, and what you can do about it. Read on.

* High-carb diet

Acne can be caused by consuming an excessive amount of carbohydrates, such as dairy products. Eating a well-balanced diet rich in antioxidants, such as green leafy vegetables, can aid in the treatment of acne. Sugar and carbs, which include junk food such as chips, chocolate, and ice cream, should be avoided because they are the primary cause of bloating and acne.

* Certain medications

Certain medications can disrupt your body's hormone levels, resulting in acne-like breakouts. When dealing with prescribed medications, always consult your doctor.

* Not showering after workouts

Acne mechanica is a type that occurs when we wear tight clothes during workouts and don't shower afterward. This is because the heat and sweat get trapped and bacteria start to multiply. We should take regular baths and cleanse our faces properly.

ALSO READ | How does grape seed work to help you get glowing and hydrating skin?

* Overexposure to sunlight

Long-term sun exposure can cause unwanted skin inflammation, and sunburn accumulates more dead skin cells, clogging pores and causing more breakouts. It even causes our skin to sweat more, providing more space for bacterial growth.

* Inadequate sleep and lack of exercise

Not getting enough sleep can stress you out, which makes the body secrete hormones abnormally, causing acne. It is critical to exercise twice or three times per week to keep your hormones balanced, as hormonal imbalance is one of the leading causes of breakouts.

skincare, skincare tips, what causes acne, everyday habits that can cause acne, bad skincare habits, how to get rid of acne problem, indian express news When you try to pop a pimple, you push the bacterial infection deeper down and spread it beneath your skin. (Photo: Getty/Thinkstock)

Here's what you can do instead:

1. Maintain face hygiene

Wash your face twice or three times per day with salicylic acid face wash. Apart from washing, moisturising your skin is critical, especially if you have a combination or oily skin. Most people do not moisturise, because they believe their skin produces enough oil, but this is actually counterproductive. To compensate for dehydration, your skin will produce more oil.

2. Clean makeup tools regularly

Clean your makeup as well as any other items that come into contact with your face, such as cosmetic sponges and reusable pads, Clarisonic brush heads, tweezers, and eyelash curlers.

Bacterial counts on these devices can rise to levels higher than on the skin. Our skin has natural defenses against bacterial overgrowth. If our skin function is compromised, as it is in acne patients, then using a contaminated tool can aggravate it.

3. Don't pop pimples

When you try to pop a pimple, you can easily push the bacterial infection deeper down and spread it beneath your skin. This only adds to the clogging, swelling, and redness of your pimples. It also increases the chances of scarring.

4. Use the right products

We often buy skincare products with high oil content which causes acne. We should get non-comedogenic products to avoid excess oil on our skin. Do a skin sensitivity test to know the characteristics and type of your skin and then buy a product that suits it. If you have skin problems, it is wise to take the opinion of a dermatologist before buying products.

Physical exercise

What does no physical exercise mean for your body (The Indian express: 20210917)

<https://indianexpress.com/article/lifestyle/fitness/physical-exercise-body-health-immunity-sports-genes-pandemic-health-sport-activities-7491845/>

Moderate but consistent and regular exercise can do wonders for the body

exercising, exercises, physical activities, exercising at home, exercising every day, physical fitness, staying active, active lifestyle, sedentary lifestyle, pandemic health and immunity, indian express news The most effective fitness activities include heavy and fast-paced walking, cycling, and running. (Photo: Getty/Thinkstock)

While exercise routine can be flexible and personal, not exercising at all can be detrimental to health. Not only does it help a person to stay physically active and healthy, exercising also ensures their mental well-being which, in the pandemic, has been prioritised.

Amol Naikawadi, the joint managing director and preventive healthcare specialist at Indus Health Plus tells indianexpress.com that sports, along with fitness and genes can help build and strengthen a person's immunity.

“We have seen and heard many conversations around the immediate effects of exercise, but the lesser-known fact is it can help us fight off bacteria, viruses, and other disease-causing agents. An exercise routine can remove the bacteria from our internal airways, increase antibodies and make them more robust, improve blood flow, and reduce stress hormones like cortisol, adrenaline,” he explains.

ALSO READ | Yoga and skincare: Asanas to tighten skin around eyes, reduce wrinkles

Naikawadi also says moderate but consistent and regular exercise can do wonders for the body. “Locomotion and movement are essential. Along with helping in terms of immunity, they reduce inflammation in the body, decrease blood sugar levels, help in maintaining a healthy weight, ward off lifestyle diseases, thus promoting longevity.”

The most effective fitness activities, he says, include heavy and fast-paced walking, cycling, and running. “These are sufficient to bring in more immune cells into circulation.”

But what happens when no exercising happens at all?

According to Naikawadi, no exercise will lead to a weaker immune system and make our bodies more susceptible to different types of infections. Apart from affecting our immune system, it will also increase the chances of obesity, cardiovascular ailments, diabetes, and other non-communicable diseases.

“Don’t force your body to perform high-intensity workouts right from day 1, or if you’ve just recovered from sickness. Exercise within your constraints. The best way to track your fitness would be to keep a check on the number of steps you’ve walked,” he warns.

Menstrual changes

Link between menstrual changes and Covid vaccination should be investigated: BMJ editorial (The Indian express: 20210917)

<https://indianexpress.com/article/lifestyle/health/link-between-menstrual-changes-and-covid-vaccination-should-be-investigated-bmj-editorial-7512519/>

The expert, however, noted most people find that their period returns to normal the following cycle and, importantly, there is no evidence that Covid-19 vaccination adversely affects fertility menstrual changes, Covid vaccination Reports of menstrual changes after COVID-19 vaccination have been made for both mRNA and adenovirus-vectored vaccines, said Victoria Male. (Photo: Getty Images/Thinkstock)

A link between changes in the menstrual cycle and COVID-19 vaccination is plausible, and should be investigated, according to an editorial published in the British Medical Journal on Thursday.

In the editorial, Victoria Male, a reproductive specialist at Imperial College London, UK noted that periods or unexpected vaginal bleeding are not listed as common side effects of COVID-19 vaccination.

Over 30,000 such reports had been made to the UK Medicines and Healthcare Products Regulatory Agency (MHRA) surveillance scheme for adverse drug reactions by September 2, she said.

The expert, however, noted most people find that their period returns to normal the following cycle and, importantly, there is no evidence that COVID-19 vaccination adversely affects fertility.

India's grand vaccination drive

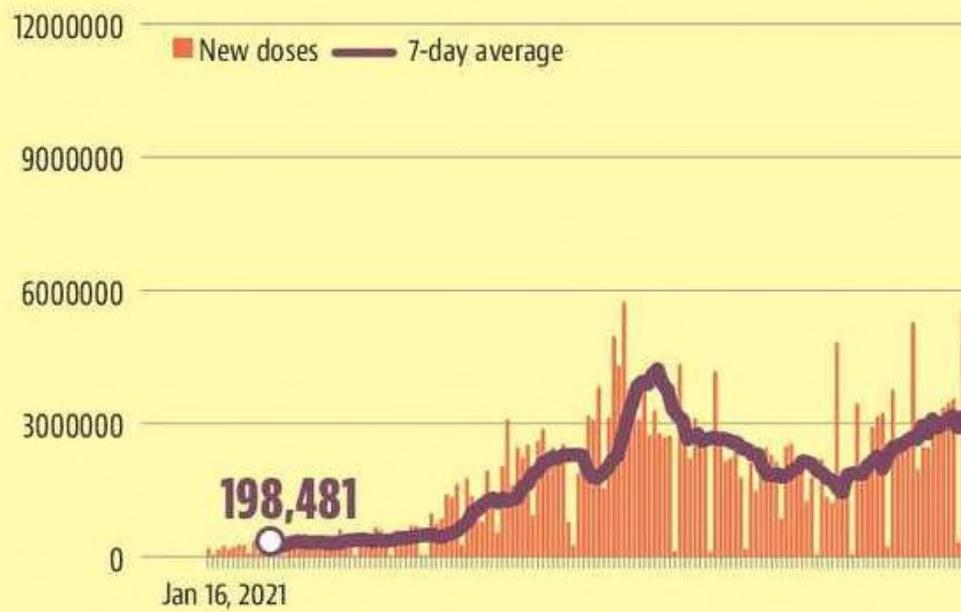
Himachal Pradesh leads the country as vax pace maintains momentum (Hindustan Times: 20210917)

India's grand vaccination drive completed eight months. Till Thursday evening, the country administered over 771 million doses of the Covid-19 vaccine, with six out of every 10 adults (61.9%) in the country having received at least one jab, and a little over two out of 10 (20.2%) having been fully vaccinated. Three states (Himachal Pradesh, Sikkim and Goa) and four Union territories (Ladakh, Lakshadweep, Chandigarh, and Dadra and Nagar Haveli and Daman and Diu) have announced in the past two weeks that they have administered first doses to their entire populations. A look at how different states are performing, and the road ahead for the country's vaccination drive.

1 National vaccination drive off peak level but pace remains high

India's pace of vaccination, which has been extremely patchy in the past, is currently going through one of its finest phases. In the past week, an average of 7 million daily doses has been administered across the country every day, according to HT's Covid-19 dashboard. While this is a dip from the peak vaccination rate (for the week ended September 1, the seven-day average of daily doses touched a peak of 8.5 million doses), it is still better than anything seen till late August. One concern is that over the past week this number has been steadily dropping.

DAILY DOSE ADMINISTRATION IN INDIA AND



2 Himachal Pradesh leads in all metrics, Kerala and Uttarakhand not far behind

Himachal Pradesh, which was India's first state to cover its entire adult population with single doses on August 29, continues to lead the country in key vaccination metrics – population covered with at least one dose, and proportion of adults fully vaccinated. Around 63.7% of all adults in the state are partially vaccinated, while another 37.8% fully vaccinated. This translates into nearly 100% of the state's estimated adult population (according to the Census of India's National Commission on Population) having received at least one dose. To be sure, the coverage appears to exceed 100% because the adult population figures are projected estimates, and may be off by small margins in some regions.

In overall coverage, Uttarakhand is at the second spot with nearly 57.1% of the state's adults partially vaccinated and 31.1% having received both doses of the vaccine – translating to around 88.2% of adults receiving at least one jab.

Kerala, with 87.2% of adults receiving jabs, has the third highest overall coverage of population among states for which adult population projections were available. Interestingly, the state ranks second only to Himachal Pradesh in

proportion of adults fully vaccinated. In the southern state, significant especially because of the high population density in some months, accounting for, on some days, a significant portion of the total case total. However, the seven-day average has now been consistently dropping over the past week. Gujarat, another large state, has covered 40% with a single dose and 30% are fully vaccinated. Madhya Pradesh wraps up at the bottom of the list, however, lags behind the national average in coverage (only 19.2% of MP's adult population fully vaccinated). To be sure, disaggregated population projections for north-eastern states other than Assam are not available under a single category – "North-eastern states" – marginally ahead of the national average. Himachal Pradesh is among the best regions in the country, with 63.7% fully vaccinated (27.7%).

STATES, BY PROPORTION OF ADULTS COVERED BY VACCINES



New Cases (The Asian Age: 20210917)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15839839>

30,570 new Covid-19 cases, 431 deaths in last 24 hours

AGE CORRESPONDENT
NEW DELHI, SEPT. 16

With 30,570 more people testing positive for Covid-19, India's overall infection tally has risen to 3,33,47,325, while the count of active cases has dipped to 3,42,923, according to the Union health ministry on Thursday.

The death toll due to the disease has climbed to 4,43,928 with 431 new fatalities being recorded, according to data updated by the ministry at 8 am.

The number of active cases has dropped to 3,42,923, which comprises 1.03 per cent of the total infections, while the national Covid-19 recovery rate was recorded at 97.64 per cent, the ministry said.

A reduction of 8,164 cases has been recorded in the active Covid-19 case-load in a span of 24 hours,

COVID WATCH

3,42,923

ACTIVE CASES IN INDIA

4,43,928

DEATHS SO FAR

the data showed.

Also, 15,79,761 Covid-19 tests were conducted in the country on Wednesday, taking the total number of such examinations so far to 54,77,01,729, it stated.

The daily positivity rate was recorded at 1.94 per cent. This has been below three per cent for 17 days.

The weekly positivity rate was recorded at 1.93 per cent. This figure has been below three per cent for 83 days now, according

to the health ministry.

The number of people who have recuperated from the disease has surged to 3,25,60,474, while the case fatality rate was recorded at 1.33 per cent.

The cumulative number of Covid-19 vaccine doses administered in the country so far under the nationwide vaccination drive has exceeded 76.57 crore, according to the ministry.

India's Covid-19 infection tally had crossed the 20-lakh mark on August 7, 2020, 30 lakh on August 23, 40 lakh on September 5, 50 lakh on September 16, 60 lakh on September 20, 70 lakh on October 11, 80 lakh on October 29, 90 lakh on November 20 and the one-crore mark on December 19.

The country crossed the grim milestone of two crore cases on May 4 and three crore on June 23.

Covid Green Pass (The Asian Age: 20210917)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15839968>

Putin: Kremlin's inner circle infected

Italy to extend Covid 'green pass'

Moscow, Sept. 16: Dozens of people in Vladimir Putin's entourage have tested positive for the Coronavirus, the Russian leader said on Thursday, as his country struggles with high infection rates and a vaccine-sceptic population.

Earlier this week, 68-year-old Putin cancelled all in-person events and said he was self-isolating after announcing an outbreak in the Kremlin.

"Cases of the Coronavirus were detected in my inner circle. Not just one or two but several dozen people," Putin said, speaking via video link at a meeting of a Moscow-led security alliance.

Putin had been due to attend the meeting of the Collective Security Treaty Organisation (CSTO) in Tajikistan's capital Dushanbe in person, but said Tuesday he would instead join remotely.

Putin's spokesman Dmitry Peskov on Thursday told reporters that the outbreak was mainly among members of Putin's security detail.

He added that "practically everybody" who works with Putin is vaccinated.

While it remains unclear how long Putin will be in quarantine, Peskov said he will be self-isolating for "at least" another week.

News of the extent of the outbreak at the Kremlin comes a day before parliamentary elections open Friday in Russia. — *AFP*

Rome, Sept. 16: Italy was set Thursday to make the country's anti-covid "green pass" obligatory for all employees, in a bid to boost vaccine rates ahead of the winter flu season.

The law, which would penalise workers who are unvaccinated or do not have proof of a recent negative Coronavirus test, is expected to come into effect on October 15.

"The government is ready to speed up on the 'green pass'... (for) not just the public sector, but private too," regional affairs minister Mariastella Gelmini said Wednesday.

The pass is a certificate that shows if someone is

UK'S HEALTH SERVICE ROLLS OUT BOOSTER VACCINE DOSE FOR COVID

London, Sept. 16: The UK's National Health Service (NHS) said it has started delivering Covid-19 booster vaccines to people in eligible groups of over-50s from Thursday.

In line with new guidance set out by the Joint Committee on Vaccination and Immunisation earlier this week, the NHS vaccination programme will

vaccinate against Covid-19, has tested negative in the previous 48 hours, or has recently recovered

from the virus. It is currently required by everyone in Italy who wants to eat inside restaurants, go to the cinema and sports stadiums, take intercity trains and buses or domestic flights, and for teachers.

Just over 40 million people are fully vaccinated against the Coronavirus in Italy, which roughly equals 75 per cent of the population over the age of 12.

The government hopes to bump that figure up by another four million.

"Only by immunising the large majority of the population can we keep transmission under control. The vaccine is the only weapon we have against Covid," Gelmini told Rai radio. — *AFP*

FRANCE SUSPENDS AROUND 3,000 UNVACCINATED HEALTH WORKERS

Paris, Sept. 16: Thousands of health workers across France have been suspended without pay for failing to get vaccinated against Covid-19 ahead of a deadline this week, Health Minister Olivier Veran said Thursday.

France's national public health agency estimated last week that roughly 12 per cent of hospital staff and around six per cent of doctors in private practices have yet to be vac-

nated. "Some 3,000 suspensions were notified yesterday to employees at health centres and clinics who have not yet been vaccinated," Veran told RTL radio.

He added that "several dozens" had turned in their resignations rather than sign up for the jabs.

That compares with 2.7 million health workers overall, Veran said, adding that "continued health-care is assured." — *AFP*

CHINA FULLY VACCINATES MORE THAN 1 BILLION PEOPLE AGAINST COVID-19

Beijing, Sept. 16: China has fully vaccinated more than one billion people against the Coronavirus — 71 per cent of its population — official figures showed Thursday.

The country where the virus was first detected has mostly curbed the virus within its borders, but is racing to get the vast majority of its population vaccinated as a new outbreak flickers in the southeast.

"As of September 15, 2.16 billion vaccine doses have been administered nationwide," said National Health Commission spokesman Mi Feng at a press briefing. Chinese health authorities said late last month that 890 million people in China had been fully vaccinated and two billion doses administered. The government has not publicly announced a target for vaccination coverage. — *AFP*

COVID-19 booster

COVID-19 booster dose not a central theme at the moment: Government (The Hindu: 20210917)

<https://www.thehindu.com/news/national/covid-19-booster-dose-not-a-central-theme-at-the-moment-government/article36498243.ece>

"The important understanding is that full vaccination of both the doses is absolutely essential."

The government on Thursday said COVID-19 booster shot is not the central theme in scientific discussion as well as in the public health domain at the

COVID-19 vaccine 'swollen testicles'

Nicki Minaj's COVID-19 vaccine 'swollen testicles' claim is false, says Trinidad health minister(The Hindu: 20210917)

<https://www.thehindu.com/news/international/nicki-minajs-covid-19-vaccine-swollen-testicles-claim-is-false-says-trinidad-health-minister/article36490009.ece>

Nicki Minaj sparked an international furor when she alleged on Twitter that a person in Trinidad became impotent after getting vaccinated for COVID-19

Trinidad and Tobago Health Minister Terrence Deyalsingh on Wednesday criticized as "false" the claim by American rapper Nicki Minaj that a person on

Higher blood pressure

Elevated stress hormones linked to higher blood pressure risk (New Kerala:20210917)

In a study of more than 400 adults with normal blood pressure, those who had high levels of stress hormones detected in their urine were more likely to develop

<https://www.newkerala.com/news/2021/134183.htm>

Alzheimer's disease

Australian researchers identify likely cause of Alzheimer's disease (New Kerala:20210917)

Sydney, Sep 16: Australian researchers have in a groundbreaking study identified a 'blood-to-brain pathway' that can lead to Alzheimer's disease, offering potential new prevention an-> View it--> <https://www.newkerala.com/news/2021/134060.htm>

Vitamin D

Vitamin D may protect severe Covid infection, death (New Kerala: 20210917)

: Study London, Sep 16: Good amount of Vitamin D in the body before Covid-19 infection can prevent severe disease and death, according to an international study. A team from Trinity College in Ir-> View it--> <https://www.newkerala.com/news/2021/133959.htm>

Lymphoma

Early diagnosis key to cure lymphoma: Doctors Vitamin D (New Kerala: 20210917)

Proper and timely diagnosis of lymphoma is key and may also cure the disease for life, said doctors on

Wednesday. September 15 is observed every year as World Lymphoma Awareness Day.-> View it--> <https://www.newkerala.com/news/2021/133832.htm>