



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 20210930

Infection

Singapore reports 5 Covid-19 deaths, 2,236 new infections (The Tribune: 20210930)

<https://www.tribuneindia.com/news/coronavirus/singapore-reports-5-covid-19-deaths-2-236-new-infections-317818>

As of Tuesday, the nation has reported a total of 91,775 cases and 85 deaths since the start of pandemic

Singapore reports 5 Covid-19 deaths, 2,236 new infections

A woman takes her antigen rapid test under supervision at a Quick Test Centre during the coronavirus disease outbreak, in Singapore on September 28, 2021. Reuters

Singapore reported record 2,236 Covid-19 cases, including 515 cases among residents of dormitories for foreign workers and 10 who arrived from abroad, on Tuesday as well as five fresh deaths due to the infection.

As of Tuesday, the nation has reported a total of 91,775 cases and 85 deaths since the start of the pandemic.

There have been 30 deaths in September so far, a new monthly record, according to a Channel News Asia report.

The Ministry of Health said there were 1,325 Covid-19 cases warded in hospital, of which 209 cases of serious illness required oxygen supplementation and 30 were in critical condition in the intensive care unit (ICU).

Among those who fell very ill were 201 seniors aged above 60 years.

The MOH said it was currently “closely monitoring” 11 active large clusters.

Six dormitories for migrant workers are among the clusters being monitored for the spread of the deadly disease.

The ministry said the largest cluster under monitoring is currently located at Blue Stars Dormitory with 401 cases, 20 of which were reported on Tuesday.

Woodlands Dormitory reported 40 new coronavirus infections on Tuesday, taking the total to 216.

As of Tuesday, cases at other dormitories were 15 at Avery Lodge, taking the total to 256, 11 Tuas Ave 10 dormitory five cases for a total of 47, Tampines Dormitory five cases for a total of 66 and Bukit Batok Road/Plantation Crescent dormitory five cases for a total of 40.

A new cluster of 11 cases has been identified at Man Fatt Lam Elderly Joy Daycare Centre.

The cluster involved transmission among clients and staff members, said MOH, adding that 10 of the cases were the clients while one was an employee.

The centre has been closed since September 25, said the health ministry.

New, tighter community restrictions kicked in on Monday through to October 24, amid the ongoing wave of COVID-19 infections in Singapore.

Working from home has been implemented for employees who are able to do so.

The cap on social gatherings has been reduced to two people, while the group size limit on dining-in at regular F&B outlets has been restricted to two vaccinated people.

These restrictions will be reviewed in two weeks, according to media reports. PTI

Vaccination

Covid-19 lockdown to ease more rapidly for the vaccinated in Australia's Sydney (The Tribune: 20210930)

<https://www.tribuneindia.com/news/coronavirus/covid-19-lockdown-to-ease-more-rapidly-for-the-vaccinated-in-australias-sydney-316872>

Curbs for unvaccinated in NSW to remain until December 1; Victoria declines to commit to reopening date

Covid-19 lockdown to ease more rapidly for the vaccinated in Australia's Sydney

Sydney, along with Melbourne and Canberra, has been in lockdown for several weeks. Reuters file

Australian authorities announced plans on Monday to gradually reopen locked-down Sydney, unveiling a two-tiered system that will give citizens inoculated for COVID-19 more freedoms than their unvaccinated neighbours for several weeks.

Movement restrictions across New South Wales, the country's most populous state and home to Sydney, will be lifted gradually between October 11 and December 1 as vaccination rates push through 70%, 80% and 90%.

However, people who are not fully inoculated will not be allowed to join in renewed activities, like community sports, dining out and shopping, until the final date.

"It is very important to note that in unlike most cases in the world if you are not vaccinated you will have to wait at least four or five weeks ... in order to participate in things that the rest of us can participate in," state Premier Gladys Berejiklian said in a televised briefing.

"The message is if you want to be able to have a meal with friends and welcome people in your home, you have to get vaccinated."

Berejiklian did not detail how the block on activity by the unvaccinated would be enforced.

Sydney, along with Melbourne and Canberra, has been in lockdown for several weeks, with the three cities bearing the brunt of a third wave of COVID-19 infections that has taken national case numbers to almost 100,000 - 68% recorded since mid-June.

At 1,245 deaths, the national fatality rate, however, has slowed due to higher vaccination levels among the most vulnerable.

The Delta-fuelled outbreak has divided state and territory leaders, with some presiding over virus-free parts of the country indicating they will defy a federal government plan to reopen internal borders once the adult population reaches a 70-80% vaccination rate, expected toward the end of October.

In New South Wales, where around 60% of people aged 16 and over are fully inoculated, restaurants, pubs, retail stores, gyms and indoor recreation facilities will be allowed to reopen on Oct. 11 - days after the state is expected to reach 70% vaccination - with capacity limits.

Once 80% vaccination is achieved, expected a couple of weeks later, state-wide travel will be allowed. Limits on people attending funerals and weddings lifted, while retaining social distancing, and the number of vaccinated people allowed to gather in a home will double to 10.

From Dec. 1, there will be no limits on home gatherings and informal outdoor gatherings. Capacity limits will continue at indoor venues, but masks will no longer be required. Businesses will be allowed to impose their own rules requiring patrons be vaccinated after this date.

In neighbouring Victoria, Premier Daniel Andrews refused to commit to a date that would ensure all citizens in his state, including the unvaccinated, would have significant freedoms before Christmas.

"I will say to people, just wait five weeks and you will have all the freedoms," he said. "No, that is not a guarantee at all here. We have not made that decision." New South Wales, Victoria and the Australian Capital Territory, home to Canberra, reported a total of just over 1,500 new COVID-19 cases on Monday - the vast bulk almost evenly split between Sydney and Melbourne.

The daily numbers have been tracking lower in recent weeks.

Victoria is expected to relax some curbs from Wednesday when the state's first-dose vaccination rate is forecast to tick over 80%, while New South Wales on Monday allowed construction sites to return to full capacity and outdoor swimming pools to reopen with social distancing rules.

Qantas Airways, which has already stated its intention to require travellers to be fully vaccinated, said after Monday's announcement it would bring forward its reopening date for travel between Sydney and Melbourne to November 5, from December 1. Reuters

Poshan (The Asian Age: 20210930)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15867737>

■ Scheme will cover all school children studying from Class 1 to 8 *Centre renames Mid Day Meal as PM Poshan*

New Delhi, Sept. 29: The Union Cabinet on Wednesday approved the roll-out of the "PM POSHAN in Schools" scheme that will provide hot cooked meal to students of elementary classes in government and government-aided schools across the country.

The decision was taken at a meeting of the Cabinet Committee on Economic Affairs (CCEA)

chaired by Prime Minister Narendra Modi. The existing mid-day meal scheme will be subsumed into the PM Poshan Shakti Nirman scheme with the addition of several new components in it, Union minister for information and broadcasting minister Anurag Thakur said after the meeting.

"The CCEA, chaired by Prime Minister, has approved the continua-

tion of 'National Scheme for PM POSHAN in Schools' for the five years, from 2021-22 to 2025-26, with a financial outlay of ₹54,061.73 crores from the central government and ₹31,733.17 crore from the state governments and union territory administrations," the government said in a statement.

The central government will also bear the additional cost of about ₹45,000 crore on food grains.

"Therefore, the total

scheme budget will amount to ₹1,30,794.90 crore," the statement added.

The PM POSHAN scheme will cover all school children studying in classes 1-8 of government and government-aided schools.

"The scheme will cover about 11.80 crore children studying in 11.20 lakh schools across the country," the statement said.

— PTI

Sputnik V (The Asian Age: 20210930)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15867789>

Sputnik V proves a flop in India

KRISHNA N. DAS &
JATINDRA DASH
NEW DELHI, SEPT. 29

Some of India's private hospitals have cancelled orders for Russia's Sputnik V vaccine as they struggle to sell Covid-19 shots amid surging supplies of free doses of other vaccines offered by the government.

Industry officials said low demand and the extremely cold storage temperatures required have spurred at least three big hospitals to cancel orders for Sputnik V, sold only in the private market.

"With storage and everything, we have cancelled our order for 2,500 doses," said Jitendra Oswal, a senior medical official at Bharati Vidyapeeth Medical College and Hospital in Pune. "Demand is also not great. There is a class of people, barely 1 per cent, that wanted to go for Sputnik. For the rest, anything would do."

From May until last week, private hospitals accounted for just about 6 per cent of all vaccines administered in India.

India is set to be a major production centre of Sputnik V, with planned capacity of about 850 million shots a year, and low domestic uptake could mean higher exports.

Since a June launch event by local distributor Dr Reddy's Laboratories Ltd, only 943,000 doses of Sputnik V have been administered by hospitals, a fraction of the national total of 876 mn.

Dr Reddy's, which has imported about 3 million doses of the vaccine and refunded hospitals for



cancelled orders, refused to comment.

The mainstay of India's inoculation drive is the AstraZeneca's Covishield vaccine, which can be stored in regular refrigerators, unlike Sputnik V, which needs temperatures of -18 degrees Celsius, impossible to guarantee in most of India.

The vaccine is also as much as 47 per cent more expensive than Covishield in the private market.

Avis Hospitals, which runs eight vaccination centres in Hyderabad, has also cancelled an order for 10,000 Sputnik V doses, said a source. Avis did not comment.

Another Pune hospital, which declined to be identified, said it had also cancelled Sputnik V orders.

Sputnik V is just one of the vaccines suffering from a sharp fall in private sales. Pune's Bharati hospital will end its Covid-19 vaccination programme when it runs out of AstraZeneca doses, as daily inoculations have fallen about 90 per cent from their June levels, Oswal said. Just 9,000 doses remain of stocks of 62,000 it ordered.

Avis's Covid-19 vaccine sales have shrunk 40 per cent with existing stocks expected to last until December. —Reuters

Is raw plant food harmful?

Lectin in plant-based food is the latest villain capable of causing even autoimmune diseases. Here's how to avoid it

SWATI SHARMA

THE ASIAN AGE



Fad after fad follows as celebrities share news about committing to one or another. Recently, we heard that celebs like Gwyneth Paltrow, Kelly Clarkson and Tom Brady are eliminating lectins from their diet to revive their gut and joint health.

What is lectin and what's the fuss about avoiding it?

Lectins, a type of protein found in wheat, beans and potatoes among other foods, are considered dangerous to ingest because they supposedly damage the gut and cause problems in the body. According to some doctors and researchers, lectins in many common plant foods may cause inflammation, leaky gut, and autoimmune diseases.

In his book *The Plant Paradox*, Dr Steven R. Gundry supports that theory. The author does, however, preach the importance of eating vegetables including broccoli, Brussels

sprouts and avocado and other proteins, including pressure-cooked legumes. Fruits are also acceptable to eat as long as they are in season. Incidentally, Dr Gundry claims his lectin-free diet cured his arthritis, high blood pressure and migraines, while losing 32 kg in the process.

According to the International Journal of Nutrition and Food Sciences, lectins are found in legumes, grains, some nuts, squash, zucchini, cucumbers, tomatoes, potatoes, peppers, eggplant and most fruits, as well as dairy from grain-fed cows, etc.

Aswini Sagar, clinical and sports nutritionist, founder of *Ahaarveda*, also reiterates that if certain lectin-rich foods aren't well-cooked, they can damage the gut. "Lectins are substances produced by plants as a defence mechanism to protect themselves from being eaten by animals, insects, etc. and therefore able to propagate further. Human digestive system is

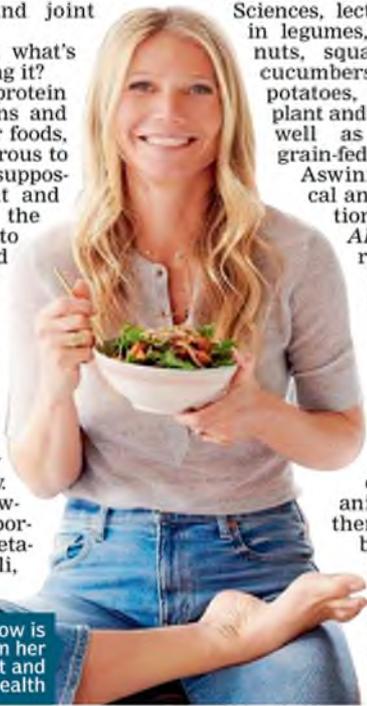
RIGHT PROCESSING METHODS

Understand the right food processing methods that enhance nourishment by improving the nutritive quality as well as absorption too, Aswini says. "Thorough washing, soaking (for at least 4-8 hours before cooking), sprouting, processing, fermenting and cooking are the best ways to minimise lectins getting into the gut and improving nourishment," she adds.

- Soak, sprout and cook (minimal) of whole bean and lentils (dry beans, peas, lentils, etc.) before consumption; soy products can be fermented for better nourishment
- Peel and deseed (if needed) vegetables before cooking (minimal) (bell peppers, tomatoes, potatoes, cucumbers, brinjals etc.)
- Soak dry nuts overnight and peel, as needed
- Ferment grain and lentil batters

very sensitive to lectins and they damage the gut in a bad way causing inflammation, malabsorption, irritable bowels and increased reflexes, apart from compromised immunity," Aswini says.

TURN TO PAGE 10



Gwyneth Paltrow is eliminating lectins from her diet to revive her gut and joint health

Protein Food (The Asian Age: 20210930)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15867369>



Can raw plant food harm?



Aswini Sagar

HOW CAN ONE EAT RAW YET NOT ENTERTAIN LECTIN EFFECTS?

"Eat fresh fruits and salad vegetables after thoroughly washing, peeling, and deseeding (if necessary) them before consumption. Not all food is meant to be eaten raw — especially uncooked whole cereals and grains, pulses, seeds, nuts and some vegetables," Aswini adds.

CONTINUED FROM PAGE 9

SOAK, SPROUT AND COOK

Avoiding lentils and legumes couldn't be the solution because they are also great sources of plant protein.

The answer is in eating well-balanced, well-prepared meals every time. In fact, the solutions might even be close to what your grandparents preached, like soaking nuts overnight and peeling them off before eating.

"Also, always soak lentils and pulses for a few hours before cooking and use sprouted beans," adds Aswini.

Luke Coutinho, Holistic Lifestyle Coach — Integrative and Lifestyle Medicine and Founder of YouCare — All about YOU, adds more. "Lectin is water-soluble, and soaking pulses/legumes for 8-9 hours (with tougher legumes like kidney beans) ensures lectins get leached out. Also, discard the water in which the nuts and seeds were soaked, rinse and then consume them," Luke says.

SOAKING AND BOILING BEANS SIGNIFICANTLY REDUCES THE LEVEL OF LECTINS PRESENT IN THEM, WEAKENING THEIR

BINDING ABILITY AND RENDERING THEM SAFE TO CONSUME

AVOIDING LENTILS AND LEGUMES COULDN'T BE THE SOLUTION BECAUSE THEY ARE ALSO GREAT SOURCES OF PLANT PROTEIN. THE ANSWER IS IN EATING WELL-BALANCED, WELL-PREPARED MEALS EVERY TIME.

position of lectins is such that it cannot be digested in the gut. "So a normal healthy individual excretes it undigested. For those with a weak gut (like Crohn's disease and inflammatory bowel disease), the gut linings are leaky, letting the lectins leak into the bloodstream and initiate an immune response causing health issues," he adds.



Luke Coutinho

Lectins, a type of protein found in wheat, beans and potatoes among other foods, are considered dangerous to ingest because they supposedly damage the gut. According to some doctors and researchers, lectins in many common plant foods may cause inflammation, leaky gut, and autoimmune diseases.

Luke also points out that people with a strong gut and no underlying autoimmune conditions or gut sensitivity can easily consume lectin-containing foods. "Different lectins are present in foods, and the reaction to these foods varies widely in individuals. So those with weak gut or autoimmune conditions must identify lectin-containing foods that cause their symptoms of gut discomfort or flare-ups," adds Luke.



Dr Steven R. Gundry

permeability to remain intact, explains Luke.

"It ensures only small molecules pass into the bloodstream while containing the large molecules. Lectins can damage this repair action, causing long-term damage to the lining, letting large molecules seep into the bloodstream thus eliciting an autoimmune response, as these large molecules get perceived as foreign particles."

Worse, lectins interfere with the digestion and utilization of essential minerals like zinc, calcium, phosphorus and iron from the food. "They can also bind to the surfaces of the cells lining the intestinal walls, disrupting the absorption of nutrients, and leading to disturbances in the gut microflora,"

BIGGER ISSUES

Exhaustion

Try these nutritionist-approved tips to overcome exhaustion (The Indian Express: 20210930)

<https://indianexpress.com/article/lifestyle/health/exhausted-tips-rejuvenate-pandemic-routine-life-7526984/>

"You may not be able to get away for a vacation or even a long weekend, but you can definitely take a little break. You literally owe it to yourself," said nutritionist Lovneet Batra

exhaustion, how to tide over exhaustion, tips to tide over exhaustion, pandemic exhaustion, what to do to feel happy, how to be happy, indianexpress.com, indianexpress,How are you managing your routine life? (Source: Pixabay)

The monotony of routine life can make everyone feel exhausted after a certain point. Add to it, the social distancing norms and restrictions on free movement amid pandemic — which has only made things seem more uncertain.

But feeling so is only normal. And instead of ignoring or avoiding such feelings, it is important to embrace them and take a break for one's well-being and "to help combat the epidemic of stress", suggests nutritionist Lovneet Batra.

"Don't we all get exhausted from living the regular hackneyed routine? Some days we just want to give up, not knowing where we're going and what we're after. Everything seems like a farce and meaningless, especially in this pandemic. Not only is it okay, but it is something we should encourage to help combat the epidemic of stress that can wear down your physical and mental health. So, it's important to take a break from the job, the routine, and the demands of life in order to allow yourself a break from life when you come to question the meaning of your existence," she mentioned.

Breast milk contains antibodies

Breast milk contains antibodies up to 10 months after Covid recovery, study finds (The Indian Express: 20210930)

<https://indianexpress.com/article/lifestyle/health/breast-milk-contains-antibodies-10-months-after-covid-recovery-study-7541976/>

The main antibody in breast milk is Secretory Immunoglobulin A (IgA), which sticks to the lining of babies' respiratory and intestinal tracts, blocking viruses and bacteria from entering their bodies

breast milkAntibodies and bioactive factors in breast milk may fight against COVID-19 infection, say experts. (Source: getty images)

A study has found that breastfeeding women, who have been infected with Covid, continue to secrete antibodies into their milk up to 10 months.

While protecting infants from the disease, these antibodies can also be used to treat people with severe Covid, as per the researchers, reported The Guardian.

The main antibody in breast milk is Secretory Immunoglobulin A (IgA), which sticks to the lining of babies' respiratory and intestinal tracts, blocking viruses and bacteria from entering their bodies.

For the study, Dr Rebecca Powell from Mount Sinai hospital and her team analysed breast milk samples from 75 women who recovered from Covid. They found that 88 per cent contained IgA antibodies.

“It means that if you continue breastfeeding, you're still giving those antibodies in your milk. It could be an incredible therapy, because Secretory IgA is meant to be in these mucosal areas, such as the lining of the respiratory tract, and it survives and functions very well there. You could imagine if it was used in a nebuliser-type treatment, it might be very effective during that window where the person has gotten quite sick, but they're not yet at the point of [being admitted to intensive care],” Powell was quoted as saying.

Reacting to the study, Dr Sarika Gupta, senior consultant, Oncology and Robotic Gynaecology, Indraprastha Apollo Hospital, New Delhi, told indianexpress.com, “The recent published literature has found that the IgA antibodies found in the breast milk of previously infected nursing mothers continue to be secreted for 10 months. These antibodies provide passive immunity to infants and can also be potentially used to treat COVID 19 infection in sick patients.”

Dr Gupta, however, said that more studies will be required to check the value of using IgA derived from breast milk in treating Covid infection.

The researchers also found that vaccinated women had virus-specific antibodies in their milk. “We know that the level of antibodies produced by RNA vaccines is extremely high compared to other vaccines. You don't necessarily need that much antibody to protect you from infection, but the milk effect really depends on there being a lot of antibody in your blood that's transferring into your milk. Because there's a lower level stimulated by the J&J vaccine (a viral vector vaccine), that's probably why there's very low levels in the milk,” Dr Powell added.

Maternal and child under nutrition

High levels of maternal and child under nutrition continue to plague India: UNICEF official(The Hindu:20210930)

<https://www.thehindu.com/sci-tech/health/high-levels-of-maternal-and-child-under-nutrition-continue-to-plague-india-unicef-official-arjan-de-wagt/article36734871.ece>

COVID-19 is interacting with under nutrition and exacerbating nutritional insecurities, says Arjan De Wagt, Head, Nutrition, UNICEF India

Arjan De Wagt, Head, Nutrition, UNICEF India speaks to The Hindu's Bindu Shajan Perappadan on how high levels of maternal and child under nutrition continue to plague the country, and the impact COVID-19 has had on the gains India has made in economic and human development in recent decades. He notes that for the future of children in India, controlling COVID-19 and ending malnutrition are equally important and urgent.

Health Care Services

दूसरे अस्पतालों से भी यहां टीबी के विशेष रूप की जांच के लिए सैंपल भेजे जाते हैं, सुविधा उपलब्ध नहीं हो पाने से मरीजों की परेशानी बढ़ीएम्स की लैब में रीजेंट नहीं होने से टीबी जांच रुकी (Huindustan Times: 20210930)

<https://epaper.livehindustan.com/>

क्या होता है रीजेंट

यह एक ऐसा तत्व होता है जो जांच के दौरान रासायनिक अभिक्रिया के दौरान काम होता है।



क्या आ रही दिक्कत

दिल्ली के लेडी हार्डिंग मेडिकल कॉलेज के डॉक्टर ने बताया कि उनके भी कुछ मरीजों के सैंपल इसी लैब में भेजे जाते थे। उन्होंने कहा कि कई दिनों से जांच बंद है। ऐसे में वे कैसे पता लगा सकेंगे कि उनके मरीज को कहीं दवा प्रतिरोधी टीबी की बीमारी तो नहीं है। जांच से दवा प्रतिरोधी टीबी के अलावा यह भी पता चलता है कि माइक्रोबैक्टीरिया कितना बढ़ रहा है।

भटकना पड़ रहा

महारानी बाग में रहने वाले पीयूष ने बताया कि उनके बच्चे को डॉक्टर ने अल्ट्रासाउंड में टीबी होने का शक जाहिर किया था। लंबे समय से इलाज चल रहा है। अब कुछ सैंपल लैब में देने के लिए डॉक्टर ने कहा है, लेकिन जब लैब पहुंचे तो पता चला कि कुछ दिनों से ये जांच नहीं हो रही हैं। आखिर अब कैसे जांच कराएं।

ये अस्पताल शामिल

- लेडी हार्डिंग के कई विभाग
- कलावती सरन अस्पताल
- राम मनोहर लोहिया अस्पताल आदि
- दवा प्रतिरोधी टीबी का यह रूप बेहद खतरनाक होता है। इसका समय से इलाज जरूरी होता है