



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 202101124

Third Covid wave

Third Covid wave unlikely, says AIIMS chief (The Tribune: 202101124)

At 7,579, cases lowest in 543 days

<https://www.tribuneindia.com/news/nation/third-covid-wave-unlikely-says-aiims-chief-342101>

In a significant comment on the future course of the Covid-19 pandemic, AIIMS- New Delhi chief Randeep Guleria on Tuesday said it was “very unlikely” that India would see a third wave.

Editorial: Covid surge in Haryana

He predicted that Covid, like swine flu (H1N1), would become endemic and the disease would cyclically affect the vulnerable and immuno-suppressed population but would not acquire a severe form, as previously predicted by experts. “As the national vaccine programme moves forward with vaccines already holding up in preventing disease and death, the chances of having any huge wave are declining with each passing day. It is very unlikely that we will see a third wave,” Guleria said on a day when India logged 7,579, the lowest daily new infections in 543 days, and the active cases the lowest in 536 days.

Asked if a booster dose was necessary, the AIIMS director said no.

“Covid vaccines are holding out – we are not seeing breakthrough infections, we have a high seropositivity rate and antibody presence. As of now, we really do not need a booster dose. We are quite well-protected and should focus on getting more and more people covered with the first and second doses. That is the way to get maximum protection against the disease,” Guleria said.

The AIIMS chief was speaking at the launch of “Going Viral”, written by ICMR director general Balram Bhargava. The book details the journey of India’s indigenous Covid shot Covaxin, a Bharat Biotech and ICMR collaboration. — TNS

Covaxin

Covaxin shows 50 per cent effectiveness against symptomatic Covid in real-world assessment: Lancet study (The Tribune: 202101124)

<https://www.tribuneindia.com/news/nation/covaxin-shows-50-per-cent-effectiveness-against-symptomatic-covid-in-real-world-assessment-lancet-study-342244>

The results of an interim study recently published in The Lancet shows that two doses of Covaxin had 77.8 per cent efficacy against symptomatic disease and present no serious safety concerns

Covaxin shows 50 per cent effectiveness against symptomatic Covid in real-world assessment: Lancet study

Two doses of Covaxin are 50 per cent effective against symptomatic Covid, according to the first real-world assessment of India's indigenous coronavirus vaccine published in The Lancet Infectious Diseases journal.

The results of an interim study recently published in The Lancet showed that two doses of Covaxin, also known as BBV152, had 77.8 per cent efficacy against symptomatic disease and present no serious safety concerns.

The latest study assessed 2,714 hospital workers at the All India Institute of Medical Sciences (AIIMS) in Delhi, from April 15–May 15, who were symptomatic and underwent RT-PCR test for Covid detection.

Researchers noted that the Delta variant was the dominant strain in India during the study period, accounting for approximately 80 per cent of all confirmed Covid cases.

Covaxin, developed by Hyderabad-based Bharat Biotech in collaboration with the National Institute of Virology, Indian Council of Medical Research (NIV-ICMR), Pune, is an inactivated whole virus vaccine administered in a two-dose regimen, 28 days apart.

In January this year, Covaxin was approved for emergency use in India for people aged 18 and above. The World Health Organisation (WHO) added the vaccine to its list of approved emergency use Covid vaccines earlier this month.

The latest study was conducted during India's second Covid surge and in healthcare workers who were primarily offered Covaxin.

"Our study offers a more complete picture of how BBV152 (Covaxin) performs in the field and should be considered in the context of Covid surge conditions in India, combined with the possible immune evasive potential of the Delta variant," said Manish Soneja, Additional Professor of Medicine at AIIMS, New Delhi.

"Our findings add to the growing body of evidence that rapid vaccine rollout programmes remain the most promising path to pandemic control while public health policies must continue to include additional protective measures, such as mask-wearing and social distancing," Soneja said in a statement.

The Covid vaccination centre at AIIMS, New Delhi, exclusively offered Covaxin beginning January 16 this year to all of its 23,000 employees.

Researchers evaluated the effectiveness of the vaccine against symptomatic RT-PCR confirmed SARS-CoV-2 infection.

Lowest new Covid cases

India records lowest new Covid cases in 18 months (The Tribune: 202101124)

<https://www.tribuneindia.com/news/nation/india-records-lowest-new-covid-cases-in-18-months-342246>

The national Covid recovery rate recorded at 98.33 per cent

India added 9,283 new coronavirus infections taking the country's total tally of Covid cases to 3,45,35,763 while the active cases declined to 1,11,481, the lowest in 537 days, according to the Union Health Ministry data updated on Wednesday.

The death toll climbed to 4,66,584 with 437 fresh fatalities, according to the data updated at 8 am.

The daily rise in new coronavirus infections has been below 20,000 for 47 straight days and less than 50,000 daily new cases have been reported for 150 consecutive days now.

The active cases comprise 0.32 per cent of the total infections, the lowest since March 2020, while the national Covid recovery rate was recorded at 98.33 per cent, the highest since March 2020, the ministry said.

A decrease of 2,103 cases has been recorded in the active Covid caseload in a span of 24 hours.

The 437 new fatalities include 370 from Kerala and 19 from Maharashtra.

Of the 370 deaths, 57 were reported over the last few days and 313 were designated as Covid deaths after receiving appeals based on the new guidelines of the Centre and the directions of the Supreme Court, a state government release said on Tuesday.

A total of 4,66,584 deaths have been reported so far in the country, including 1,40,766 from Maharashtra, 38,182 from Karnataka, 38,045 from Kerala, 36,401 from Tamil Nadu, 25,095 from Delhi, 22,909 from Uttar Pradesh and 19,407 from West Bengal. PTI

Covaxin's efficacy 50% in Delta wave'

Covaxin's efficacy 50% in Delta wave' (Hindustan Times: 202101124)

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

New Delhi : The efficacy of Covaxin in preventing symptomatic Covid-19 is 47%-50%, according to real-world data derived from infections in a group of over 2,700 hospital workers when India was hit by the Delta variant, according to a study published on Tuesday in the Lancet Infectious Diseases journal. The findings are based on a Phase 3 randomised control trial carried out between April 15 and May 15, at the height of India's second wave of infections. Covaxin in clinical trials had an estimated efficacy of 65% when the more infectious Delta variant was taken into account.

“...The adjusted effectiveness of BBV152 against symptomatic Covid-19 after two doses administered at least 14 days before testing was 50%... After excluding participants with previous SARS-CoV-2 infections, the adjusted effectiveness of two doses administered at least 14 days before testing was 47%...” said the Lancet study.

According to the Phase 3 clinical trials, for which evaluations were held over a longer period, the vaccine had an estimated efficacy of 65% when Delta variant infections were taken into account. Overall, clinical trials held with 25,000 people showed an efficacy rate of 77.8%. P8

Cancer Conversations

Cancer Conversations: Why Do I Need a Cancer Insurance Policy? (The Indian Express: 202101124)

<https://indianexpress.com/article/lifestyle/sponsored-lifestyle/cancer-conversations-why-do-i-need-a-cancer-insurance-policy-7638431/>

Cancer Conversations, brought to you by The Indian Express and Aditya Birla Sun Life Insurance, is an initiative that aims to spread awareness instead of fear.

If early detection is the key to surviving cancer, so is early financial planning. That's why as part of Cancer Conversations' launch initiative brought to you by The Indian Express and Aditya Birla Sun Life Insurance, we reveal the reasons why a cancer insurance policy is imperative.

Cancer policies offer comprehensive coverage that reduces out-of-pocket expenses that you may incur after being diagnosed with the disease. Whether it's hospital stays, medication, or treatments like chemotherapy, radiation, or hormone therapy, this policy covers it all. Cancer Conversations, brought to you by The Indian Express and Aditya Birla Sun Life Insurance, is an initiative that aims to spread awareness instead of fear. Therefore, we've chosen to shed light on why you should invest in a cancer insurance plan.

Cancer cases are on the rise

According to the data in the National Cancer Registry, the caseload in India has increased from 11.5 lakhs in 2019 to 13.9 lakhs in 2020. This means that there has been a 21 per cent rise in just one year. These numbers are expected to rise. This should give you reason enough to consider a cancer insurance policy before you are diagnosed with it.

Cancer treatments are long-drawn and expensive

A single chemotherapy session can cost anywhere between Rs. 50,000 to Rs. 1,00,000. And one or two sessions are not enough. The cost of radiation, surgery, and other treatments is just as high. You need to factor in the possibility of taking time off from work during treatment. This means your income will take a hit. Add hospital stays, doctor fees, the possibility of having to travel to another city or country for treatment and the cost of cancer becomes high enough to break your bank.

General health insurance policies may not be sufficient

Most health insurance policies available in the market have limitations. They usually pay only for hospitalization, and rarely cover the entire cost of the treatment. Furthermore, the policy amount may fall short as most people generally do not choose a policy that's more than Rs. 5,00,000, while your overall treatment and care can be much higher.

Anyone can get cancer

Cancer is a complex group of diseases with many causes. While you can avoid smoking, alcohol and keep a check on your diet and fitness regime, you cannot control genetics and environmental toxins. Several people who have lived clean healthy lives with no family history of cancer, end up battling the disease.

You don't want to deal with financial toxicity

Studies show that the stress caused by financial toxicity is counterproductive to cancer treatment. It has even led people to forgo treatments because they can't afford it. A comprehensive cancer coverage plan ensures that you don't have to deal with this stress if you are diagnosed with cancer and gives you one less thing to worry about.

Aditya Birla Sun Life Insurance became the ideal partner for Cancer Conversations because it offers comprehensive cancer insurance options with maximum coverage. It also has an efficient ecosystem that will support patients and their families in a time of need.

Dental health

Dental health: Are you brushing your teeth the right way? (The Indian Express: 202101124)

<https://indianexpress.com/article/lifestyle/health/dental-health-vigorous-toothbrushing-teeth-brushing-7632882/>

"Usually we need to replace our toothbrush every three months. But if you brush too hard, the toothbrush bristles get damaged too early," the dentist suggested

Vigorous toothbrushing can lead to a lot of dental issues. (Source: Getty Images/Thinkstock)

It goes without saying that brushing your teeth regularly is indispensable to good dental health. It is advisable to brush your teeth twice a day for at least two minutes each time. However, despite doing so, people often complain of incessant dental issues like sensitivity, plaque and tooth loss, among others.

Wondering about the possible cause? Worry no more as dentist Dr Pavani Reddy has the perfect answer for you. Hint: It has something to do with the way you brush your teeth.

So if you brush your teeth vigorously, you may want to stop doing so immediately.

"Brushing your teeth harder than needed" is called vigorous toothbrushing, as per the dentist.

Reasons for vigorous toothbrushing

Dr Reddy listed three possible reasons for vigorous toothbrushing.

*Excess dominant hand pressure.

*Brushing more than necessary.

*Toothbrush has abrasive bristles.

According to her, aggressive movements and abrasive bristles is “a very bad combination”.

What happens when you brush your teeth aggressively?

“Enamel and other layers of teeth are lost and gums recede,” she said.

She added, “When enamel is lost and gums recede, softer layers of the tooth are exposed to bacteria, trauma, plaque build-up, acidic food and other harmful substances.”

Further, this can make your tooth vulnerable to decay and tooth loss. Sensitivity to hot and cold food is another side effect.

“Usually we need to replace our toothbrush every three months. But if you brush too hard, the toothbrush bristles get damaged too early,” the dentist suggested.

Parkinson's

Why researchers are turning to music as a possible treatment for stroke, brain injuries and even Parkinson's (The Indian Express: 202101124)

<https://indianexpress.com/article/lifestyle/health/why-researchers-are-turning-to-music-as-a-possible-treatment-for-stroke-brain-injuries-and-even-parkinsons-7636836/>

Neurologic music therapy works a bit like physiotherapy or speech therapy, in that it aims to help patients manage symptoms and function better in their daily life. Therapy sessions use musical or rhythmical exercises to help patients regain functional skills.

music therapy, what is music therapy, music therapy for stroke, music therapy for parkinson's

Given the powerful effect that music has on the brain, researchers are investigating whether it can be used to treat many different neurological conditions -- such as stroke, Parkinson's disease or brain injury. (Photo: Getty Images/Thinkstock)

You probably don't realise it when you're listening to your favourite song, but music has an incredibly powerful effect on the human brain.

Singing, playing an instrument or listening to music have all been shown to activate numerous areas of the brain that control speech, movement and cognition, memory and emotion — often

all at the same time. Remarkably, research also suggests that music can physically increase brain matter, which could help the brain repair itself.

More intriguing is the impact that music can have even in cases where the brain may not be functioning as it should. For example, studies show that for people with Alzheimer's, music can often spark a reaction, helping patients access memories that were previously lost. There's also evidence of patients who have suffered brain damage and lost the ability to speak that can still sing when music is played.

Given the powerful effect that music has on the brain, researchers are investigating whether it can be used to treat many different neurological conditions — such as stroke, Parkinson's disease or brain injury. One such treatment currently being investigated for use is neurologic music therapy.

Neurologic music therapy works a bit like physiotherapy or speech therapy, in that it aims to help patients manage symptoms and function better in their daily life. Therapy sessions use musical or rhythmical exercises to help patients regain functional skills. For example, patients relearning to walk after an accident or trauma might walk to the rhythm of music during a therapy session.

music therapy, what is music therapy, music therapy for stroke, music therapy for parkinson's

It's thought that the reason neurological music therapy works is because music can activate and simulate so many different parts of the brain simultaneously. (Photo: Getty Images/Thinkstock)

Talking, walking, thinking

Ayurvedic expert shares '8 swaps' for sustainable weight loss

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"The swaps make sure you don't regain the weight you've lost over a period of time with determination and consistency in following healthy lifestyle changes," said Dr Dixa Bhavsar

Incorporate these healthy swaps in your routine for sustainable weight loss. (Source: Pexels)

Many people work extremely hard to lose excess weight. However, losing weight can sometimes get daunting as it requires immense dedication and consistency. But, it must be known that it is not just heavy workouts and diet that aid weight loss, certain simple lifestyle factors can also be extremely effective.

If you are someone who wants to lose weight effectively, you must adopt some lifestyle swaps that will aid the process. Ayurveda expert Dr Dixa Bhavsar recently suggested few such alternatives that can be "the real game-changer when it comes to sustainable weight loss".

“They (lifestyle swaps) make sure you don’t regain the weight you’ve lost over a period of time with determination and consistency in following healthy lifestyle changes,” she said.

Incorporate these healthy swaps in your routine for sustainable weight loss, as suggested by the expert.

White sugar with jaggery

White sugar is just empty calories while jaggery is nutrient-rich.

Coldwater with warm water

Warm water helps ignite your digestive fire (agni) and keeps it optimum. Also, it improves metabolism as it’s easier to digest.

No movement with 5,000-10,000 steps daily

Staying active (walking 5,000-10,000 steps) throughout the day keeps your body active, flexible and blood circulation optimum.

Fruit juices with eating fruits

When you consume fruit juices, you lose the fibre and as it is liquid, you tend to drink more. When you chew your fruits, their digestion begins right from your mouth and the fibre is intact so you’ll eat them in proportion.

Skipping lunch with having good lunch

Never skip lunch as 10 to 2 pm is the best time to have a moderate to heavy meal (as its pitta kala, and metabolism is optimum during that time).

Heavy and late dinner with a light, early dinner

After sunset, metabolism reduces so the dinner should be light and early (best before 8 pm).

Ignoring sleep with heavy sound sleep

Your liver detoxifies when you sleep so ignoring sleep is the best way to delay your weight loss. Sleep before 10 pm if you want to see a quick result in weight loss.

Sedentary life with daily exercise

Exercise plays a major role in sustainable weight loss when incorporated with proper sleep, managing stress and healthy food choices. So, make sure you’re active — choose whatever works for you — yoga, walks, jog, cycling, gym, weights, HIIT, swimming, etc.

So far, this type of therapy has shown promise in helping stroke survivors to recover language, improve walking and recover physical movement better than other standard therapies.

Researchers have also investigated whether neurologic music therapy can treat other movement disorders, such as Parkinson’s disease. Most studies in this area have used a technique called

rhythmic entrainment exercises, which uses the brain's ability to synchronise with a beat unconsciously — such as having to walk to a specific speed of music or beat.

ALSO READ |How music became a therapeutic companion in the times of COVID-19

Compared to doing therapy without music, neurologic music therapy has been shown to improve walking and reduce moments of “freezing” (a temporary, involuntary inability to move) in Parkinson's patients.

Studies have also investigated whether this type of therapy can treat cognitive issues in people who have suffered a traumatic brain injury or have Huntington's disease.

For these types of conditions, neurologic music therapy focuses on activating and stimulating areas of the brain which may have been damaged — such as the prefrontal cortex, an area of the brain responsible for planning, decision-making, problem solving and self control. This might involve the patient switching between playing two types of musical instruments when they hear a change in the music they're playing along to (such as the tempo becoming faster or slower).

music therapy, what is music therapy, music therapy for stroke, music therapy for parkinson's

Research is also underway to see whether it can be used to help people with age-related diseases, such as dementia or Alzheimer's. (Getty Images/Thinkstock)

One research study found that these types of activities improved concentration and attention for patients with traumatic brain injury. This in turn had a positive impact on their wellbeing, and lowered feelings of depression or anxiety.

Music and the brain

It's thought that the reason neurological music therapy works is because music can activate and simulate so many different parts of the brain simultaneously. For patients with neurological conditions, it's often the connections in the brain that are causing problems, rather than a specific area itself.

Research shows that music can uniquely form new connections in the brain. Listening to music also improves neuron repair better than other activities — such as listening to an audiobook — which may mean the brain functions better and builds new connections.

Music is believed to have long lasting effects on the brain, too. So much so that a musician's brain is actually better connected than people who haven't played music. This could be important for people with neurological conditions, as music could help to repair damaged connections over time. This activation of multiple areas of the brain may be the reason why neurologic music therapy is more successful than other standard therapies alone. Given that many neurological conditions affect the connections in the brain, music's ability to activate multiple areas simultaneously may help bypass these problem connections and build new ones — allowing people to overcome certain symptoms, or better manage them.

Though more research still needs to be done before neurological music therapy is used widely across healthcare systems, early results from studies show how much promise this therapy could hold. Research is also underway to see whether it can be used to help people with age-related diseases, such as dementia or Alzheimer's.

Ayurvedic expert shares '8 swaps' for sustainable weight loss

Ayurvedic expert shares '8 swaps' for sustainable weight loss (The Indian Express: 202101124)

<https://indianexpress.com/article/lifestyle/fitness/adopt-these-lifestyle-swaps-for-a-sustainable-weight-loss-7546630/>

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Check out the post

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Food and Nutrition

Is 'climatarian' diet the eco-friendly answer to food wastage? Here's what experts say(The Indian Express: 202101124)

<https://indianexpress.com/article/lifestyle/food-wine/climatarian-diet-eco-friendly-food-wastage-vegan-plant-based-food-vegetarian-food-diet-health-nutrition-environment-7620406/>

Climatarian diet factors in ways in which the environment can be protected by making sure there is reduced carbon footprint. In other words, people who follow the diet consciously choose lower-carbon options as much as possible

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Climatarian diet encourages people to make environment-friendly choices. (Photo: Getty/Thinkstock)

We cannot talk about healthy eating and keeping ourselves fit without considering the environment. 'Health' is not an isolated concept, but one with a holistic standpoint that takes into account many factors.

Around the world, people have come to understand that every action has repercussions that ultimately affect the planet. As such, there has been a conscious shift in diet for many people, who have started choosing plant-based foods over those that are animal-derived. Mostly, the word that comes to mind is 'veganism', or even 'vegetarianism'. While the latter factors out meat and poultry, the former excludes all forms of meat and products that are derived from animals.

ALSO READ |Vegan or vegetarian? Virat Kohli's recent trolling is proof of confusion between the two diets

Then, there is something called the 'climatarian' diet which, in addition to ditching meat, also factors in ways in which the environment can be protected, by making sure there is reduced carbon footprint. In other words, people who follow the climatarian diet consciously choose lower-carbon options as much as possible

It is understood that in 2015, The New York Times had first included the term 'climatarian' on its list of new food-related words, defining it as "a diet whose primary goal is to reverse climate change".

"A climatarian diet strives to reduce carbon footprint through sustainable eating — for example, eating foods that don't cause high carbon emissions in their production, eating local food with less associated air miles, eating organic food, and minimising food wastage. Lowering your carbon footprint does not mean you have to buy only sustainable products. Being mindful and intentional of how we use and maintain our products also has a big impact," Riddhi Jadhvani, health coach and founder of PositivEats, tells indianexpress.com.

climatarian diet, what is climatarian diet, climatarian diet vs vegan diet, climatarian diet vs vegetarian diet, food wastage, climatarian and environment, eco conscious way of eating, green

diet, plant-based foods, plant-based menu, veganism, vegetarianism, healthy foods, healthy eating, indian express news

Climatarian diet isn't just about what you eat, but also about how you shop for food, and how it reaches your plate. (Photo: Getty/Thinkstock)

Agreeing with her, Dubai and Delhi-based wellness advocate and nutrition coach Eshanka Wahi says diets such as flexitarian and climatarian promote sustainable eating. "We can make environment-friendly choices if people make a shift towards diets such as flexitarian or climatarian that limit or cease the over-consumption of products that affect the environment. Personally, I am not vegan or vegetarian, but have created a sustainable habit to eat vegetarian food 70-80 per cent of the time. If one can't give up all forms [of meat and animal-derived food] completely due to their nutrition needs, decreasing and limiting non-veg intake is a great step towards reducing carbon footprint," she tells this outlet.

According to Wahi, before one makes the switch to a climatarian diet, they should keep these two things in mind:

1. Climatarian diet is focused on reducing the carbon footprint. So, helping the environment and the surroundings.
2. It involves limiting non-veg intake; so if you are a big fan of non-veg food and consume large amounts regularly, you may want to keep in mind that it may be a big change for you. It is suggested that before completely switching to a climatarian diet, you may want to first gradually reduce the non-veg intake as it could affect your body's nutritional needs.

Jadhvani states that every new product requires more resources to be extracted, processed and disposed of. One can eliminate this wastage and incorporate sustainable food practices in life by doing the following:

- * Asking if you really need the new item.
- * Opting to share.
- * Buying second-hand and borrowing.
- * Reducing food waste.
- * Planning your meals beforehand — so you buy only the food you need.
- * Preserving food near expiration.
- * Creating awareness among peers.
- * Being open to opposing opinions.
- * Seeking to understand other's opinions and brainstorming to have a positive environmental impact.

* Bringing people together creates a network that supports and builds.

Climatarian diet and health

The food that we eat decides our health. Doing a dietary shift, especially without consulting with an expert, can cause some health problems. Dr Rohini Patil, a nutritionist and author of *The Lifestyle Diet*, cautions that if a person — who has been consuming meat throughout their life — decides to switch to a vegan diet or climatarian diet abruptly, it won't be wise, "as the body gets used to a certain diet, which we consume since childhood, and our bodies metabolism, functioning and digestion revolves around it".

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Healthy vegan diet food — wheat chapati served with chickpea channa, chana, masala curry.
(Photo: Getty/Thinkstock)

"Moreover, we need to analyse our body's nutritional needs and see that the particular diet, which we are switching to, is providing all necessary nutrients. Following one without proper information and research can lead to nutritional deficiencies and medical issues. People who have been taking a normal diet — which includes both non-vegetarian and vegetarian meals — get both plant and animal-based nutrients, and in some cases, animal-based nutrients are of better quality and more bioavailable to the body," the doctor explains.

She, however, adds that products that come from red meat like beef, lamb, pork, mutton etc., are considered to be harmful for health, because of their higher fat content. "There are various meat products like ham, salami, sausages, etc., which are not good for health, as they are processed red meat products made using different methods like curing, fermentation, communication, etc. Plant-based diet is a healthier alternative, as it adds more fibre to our diet, improves digestion, protects us from heart diseases, helps lower cholesterol, etc.," she says.

So, what should be done?

Jadhvani says that since a climatarian diet isn't just about what you eat, but also about how you shop and cook, buying just what you need to avoid food wastage, and filling your freezer with leftovers can help reduce food waste and support healthy eating. She suggests the following:

– If you are choosing to go 100 per cent plant-based, children and adults need to supplement with vitamin B12.

- Buy local and seasonal fruits and veggies. The ingredients for your salad or soup should never have to take a long haul flight – buying local and seasonal food reduces the CO2 emissions from processing, packaging, and transportation.
- Opt for whole grains with their lower GI (glycaemic index) rating – meaning they release energy more slowly – they’re better nutritionally.
- Stock up on nuts and seeds. They are great for snacking or adding to smoothies or overnight oats, and are great sources of protein.
- Look for brands that offer refillable or reusable packaging.
- Bring your own reusable shopping bags.
- Read the labels and know what they mean.
- While shopping, do your best to seek out eco-friendly options that are recyclable, reusable, biodegradable, and sustainable.

The popularity of climatarian diet and dining options

As mentioned earlier, since the climatarian diet isn’t just about what you eat, but also about how you shop for food, and how it reaches your plate, chef Anurudh Khanna, the multi-property executive chef at The Westin Gurgaon, New Delhi and The Westin Sohna Resort and Spa, says consumers today have become much more nuanced, health-focused and they want to know the source of food they are consuming.

“It is important for us to realise the kind of daily logistics we are indulging in, what eventually we are putting up on the menu, and most importantly, the amount of waste we are generating. At The Westin Sohna Resort and Spa, we have only bettered the techniques and nuances of the ‘Farm-to-Table’ concept. In collaboration with our skillful horticulturists, we design and showcase menus that are globally-inspired, but locally-created,” he says.

The chef adds that they have an ‘EAT WELL’ menu that is “designed to nourish our guest’s well-being”. “The menu comprises expert-curated options that keep you fuelled and feeling your best. These options have been inspired by seasonal produce, and I feel certain foods taste best when they are in season. They are fresher, since they haven’t been transported over long distances.

“I foresee more people getting inclined towards making sustainable, eco-conscious choices. They want to consume dishes that are made from gooseberries and sweet potatoes, or have greens like regular spinach which is known to be a natural immunity booster,” he mentions.

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Find out how you can prepare this delectable recipe. (Photo: PR handout)

He shares one such delectable recipe for pumpkin bharta, curried tomato achaar, and ragi crisp.

Ingredients

Pumpkin — 500 g

Tomatoes — 4/5 (medium size)

Red onion — 3/4 (medium size)

Ragi flour — 100 g

Sugar — 50 g

Heeng (asafoetida) — 1 pinch

Baking powder — 1 pinch

Water — 50 g

Mustard seeds — 1 pinch

Curry leaves — 2/3

Salt — 1 tsp

Pepper — 1 tsp

Turmeric — 1 tsp

Edible flower — 2/3

Sunflower cress — 4/5

Refined flour — 2 tbsp

Method

Pumpkin bharta

- Dice and peel the pumpkin and cook it with sliced onion in mustard oil.
- Add heeng and curry leaves to it and season with salt and pepper.
- Cook until pumpkin attains a mashed texture.
- Set aside and allow it to cool.

Curried tomato jam

- Cook sliced onion and sliced tomato together in oil over medium heat.
- Temper with mustard seeds, curry leaves and heeng.
- Continue to cook over medium heat and add sugar. Cook for another 25 minutes.
- Blend it well with oil and set aside.

Ragi crisp

- Make a dough with ragi flour, baking soda, refined flour and water.
- Rest, roll out the dough and cut it into triangles.
- Bake in the preheated oven at 200-degree Celsius.

ICMR

No scientific evidence to support need for booster vaccine dose against COVID-19: ICMR chief (The Hindu: 202101124)

<https://www.thehindu.com/sci-tech/science/no-scientific-evidence-to-support-need-for-booster-vaccine-dose-against-covid-19-icmr-chief/article37624539.ece>

According to sources, the booster dose issue is likely to be discussed in the next meeting of the National Technical Advisory Group on Immunisation in India

There is no scientific evidence so far to support the need for a booster vaccine dose against COVID-19, ICMR Director General Dr Balram Bhargava said on Monday, underlining the completion of second dose for India's adult population is the priority for the government for now.

According to sources, the booster dose issue is likely to be discussed in the next meeting of the National Technical Advisory Group on Immunisation in India (NTAGI).

Zika virus outbreaks

Zika virus outbreaks, an opportunity to improve healthcare in India (The Hindu: 202101124)

<https://www.thehindu.com/sci-tech/science/zika-virus-outbreaks-an-opportunity-to-improve-healthcare-in-india/article37475467.ece>

The lab capacity for COVID-19, developed in the last 18 months, needs to be optimally used to conduct testing for other emerging infections

Viruses are ubiquitous, most are innocuous and some, such as SARS CoV-2, turn out to be pernicious. Zika virus, first detected in rhesus monkeys in the Zika forest in Uganda in 1947 and then identified in humans after a few years, appears to be re-positioning itself. For the first 60 years after detection, only 14 human cases had been reported, from Asia and Tropical Africa. The first ever outbreak of Zika virus was reported in 2007 in the island of Yap (a federated state in Micronesia) in the Pacific. Zika virus received global attention with the start of a major outbreak in Brazil in March 2015, which then spread to many countries in Central and South America and the Caribbean. The outbreak was associated with higher incidences of microcephaly (a condition which results in a small brain in the fetus) as well as the increased neurological symptoms such as Guillain-Barré syndrome and neuropathies in adults and children infected with the virus. On February 1, 2016, Zika virus outbreak was designated a public health emergency of international concern (PHEIC) by the World Health Organization (a classification a step before a disease is declared as pandemic). Between 2015 and 2017, nearly 550,000 suspected and 175,000 confirmed Zika virus cases were reported, which included nearly 2,700 cases of microcephaly in Brazil alone. The outbreak had subsided by mid-2017; however, by late 2019, the Zika virus has been reported from at least 87 countries across the world.

The earliest evidence of Zika virus in India is in 1952-1953. The prevalence studies conducted by the National Institute of Virology, Pune, in different parts of India, had detected the antibodies against the Zika virus from humans.

Zika virus outbreaks, an opportunity to improve healthcare in India

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Pulmonary rehab clinics

Pulmonary rehab clinics to be started(The Hindu: 202101124)

<https://www.thehindu.com/news/national/kerala/pulmonary-rehab-clinics-to-be-started/article37533684.ece>

All 227 CHCs will have the facility to address chronic obstructive pulmonary disease

Pulmonary rehabilitation clinics will be started in all 227 Community Health Centres (CHCs) across the State this year, Health Minister Veena George has said.

She said this in a statement here on Tuesday on the occasion of World COPD (chronic obstructive pulmonary disease) Day on Wednesday.

Poor Sleeping

Study finds poor sleep linked to negative impact on health Exeter, (New Kerala: 202101124)

to new research, people who are over 50 and suffer from poor sleep can also suffer from the negative perceptions of ageing that can affect their physical, ment-> View it-->

<https://www.newkerala.com/news/2021/166413.htm>

Pollution woes

Pollution woes: 30pc of Gurugram patients suffer from lung infection (New Kerala: 202101124)

Amid worsening levels of air pollution, the hospitals here have registered a 30 per cent increase in patients with respiratory ailments.->-> View it-->

<https://www.newkerala.com/news/2021/166219.htm>

SARS-CoV-2 immunity:

Exposure to harmless coronaviruses boosts SARS-CoV-2 immunity: Study New Kerala: 202101124)

Previous antibody responses to other, harmless coronaviruses may confer immunity against SARS-CoV-2, the virus that causes Covid-19, according to a new study. Th-> View it-->

<https://www.newkerala.com/news/2021/166164.htm>

Osteoporosis

Bone strengthening Yoga poses for osteoporosis (New Kerala: 202101124)

: Osteoporosis is a disease that weakens the bones, making them less dense and increasing the chances of a fracture. Since there are no specific symptoms related to osteoporosis, peopl->

View it--> <https://www.newkerala.com/news/2021/166163.htm>

Mental Health problems

Mental Health problems at the workplace (New Kerala: 202101124)

A study by Assocham showed that nearly 43 per cent of employees in the private sector in India suffer from mental health issues at work. Also, a WHO report in 2017 found out that 18 per cent-> View it--> <https://www.newkerala.com/news/2021/166143.htm>

Pollution

वायु गुणवत्ता सूचकांक **300** के नीचे आया, लगातार दूसरे दिन तेज हवाओं के कारण प्रदूषण कणों का बहाव हुआ तेज (Hindustan:202101124)

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

दिल्ली में धूल से प्रदूषण कम करने के लिए आईटीओ पर मंगलवार को स्मॉग गन की तैनाती की गई। इससे पेड़ों पर जमी धूल हटाने के लिए छिड़काव किया गया। ● संचित खन्ना

पाबंदियों से 20 फीसदी तक कम हुआ प्रदूषण

प्रदूषण नियंत्रण के लिए दिल्ली में लगाई गई अलग-अलग पाबंदियों का फायदा हुआ है। विशेषज्ञों का आकलन है कि इससे प्रदूषण का स्तर 15 से 20 फीसदी तक कम हुआ है। दीपावली के बाद दिल्ली में छाए भयावह प्रदूषण की रोकथाम के लिए अलग-अलग पाबंदियां लगाई गईं। 13 नवंबर से ही दिल्ली सरकार ने निर्माण कार्य पर रोक लगा दी और स्कूल-कॉलेज भी बंद कर दिए। जबकि, 17 तारीख से केन्द्रीय वायु प्रबंधन गुणवत्ता आयोग ने दिल्ली में प्रवेश करने वाले डीजल वाहनों पर भी पाबंदी लगा दी। केवल आवश्यक वस्तु लेकर आने वाले ट्रकों को ही इससे छूट दी गई। इंडियन इंस्टीट्यूट ऑफ ट्रापिकल मीटियोलॉजी (आईआईटीएम) के मुताबिक पाबंदियों के चलते दिल्ली में प्रदूषण के स्तर को और खराब होने से रोक दिया गया। आईआईटीएम के विशेषज्ञ सचिन गुडे के मुताबिक इन पाबंदियों के चलते प्रदूषण के स्तर को 15 से 20 फीसदी तक कम रखने में मदद मिली है।

ज्यादा दिन नहीं टिकने की संभावना

तेज हवाओं के कारण राजधानी में एक्वआई का स्तर भले ही कम हुआ हो लेकिन केंद्र द्वारा संचालित संस्था सफर का अनुमान है कि तेज रफ्तार हवा के चलते दिल्ली को प्रदूषण से मिली यह राहत भी ज्यादा दिन तक टिकने वाली नहीं है। हवा की रफ्तार सुस्त होने के साथ ही प्रदूषक कण का स्तर बढ़ने की संभावना है। सफर का अनुमान है कि अगले तीन दिनों के बीच वायु गुणवत्ता सूचकांक खराब से बेहद खराब श्रेणी में रह सकता है।

दिल्लीवालों को 22 दिनों बाद भीषण प्रदूषण से थोड़ी राहत मिली है। एक नवंबर के बाद से ही दिल्ली का वायु गुणवत्ता सूचकांक लगातार 300 अंक से ऊपर यानी बेहद खराब श्रेणी में चल रहा था। तेज हवाओं के चलते मंगलवार को पहली बार सूचकांक 300 अंक से नीचे आया है। तेज गति से चलने वाली हवाओं ने दिल्ली के लोगों को प्रदूषण से खासी राहत दी है।

राजधानी में नवंबर की शुरुआत से ही प्रदूषण के स्तर में अचानक तेजी देखी गई। एक नवंबर को वायु गुणवत्ता सूचकांक 281 के अंक पर यानी खराब श्रेणी में रहा था। इसके बाद प्रदूषण की स्थिति और खराब हो गई। यहां तक की दीपावली के अगले दिन वायु गुणवत्ता सूचकांक 462 के स्तर तक पहुंच गया था। लेकिन, पिछले दो दिनों से चल रही तेज हवा के चलते प्रदूषक कणों का बहाव तेज हुआ और दिल्ली की हवा कुछ हद तक सांस लेने लायक हुई है।

दिल्ली की हवा में अब भी प्रदूषक कण मौजूद हैं, लेकिन पहले की तुलना में देखें तो हवा काफी साफ हुई है। केन्द्रीय प्रदूषण नियंत्रण बोर्ड के मुताबिक, मंगलवार को दिल्ली का वायु गुणवत्ता सूचकांक 290 के अंक पर रहा।

इस स्तर की हवा को खराब श्रेणी में माना जाता है। एक दिन पहले यानी सोमवार को सूचकांक 311 के अंक पर रहा था। चौबीस घंटे के अंदर इसमें 21 अंकों का सुधार हुआ है।

10 किलोमीटर प्रति घंटे से अधिक रही रफ्तार : मौसम विभाग के मुताबिक, दिन में हवा की रफ्तार 10 किलोमीटर प्रति घंटे से अधिक रही। इसके चलते वातावरण में जमा प्रदूषक कणों का बहाव तेजी से हुआ।

डिस्कलेमर: इस वेबसाइट पर मौजूद सामग्री का कॉपीराइट हिन्दुस्तान डिजिटल स्ट्रीम्स (HTDS) के पास है। अखबार के डिजिटल वर्जन ईपेपर समेत डाउनलोड करने तकने योग्य किसी भी सामग्री का उपयोग व्यक्तिगत उपयोग के लिए ही किया जा सकता है। यहाँ मौजूद सामग्री और ईपेपर

(पीडीएफ या किसी और स्वरूप में) का गैर-अधिकृति/ बिना अनुमति/ बिना लाइसेंस के प्रकाशन अथवा प्रचार, प्रसार या वितरण सोशल मीडिया अथवा किसी भी अन्य