



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Monday 20220314

## women's fertility

### Scientists extend women's fertility, reverse ageing in human egg cells (The Tribune: 20220314)

Researchers at the Hebrew University of Jerusalem (HU) showed that antiviral drugs could indeed reverse the process in mouse and human egg cells and return to their former youthful selves

<https://www.tribuneindia.com/news/health/scientists-extend-womens-fertility-reverse-ageing-in-human-egg-cells-377505>

Scientists extend women's fertility, reverse ageing in human egg cells  
Photo for representation only. Source: iStock.

In a major breakthrough, Israeli scientists claim to have extended women's fertility by successfully reversing the ageing mechanism in eggs using antiviral drugs.

In humans, egg cells begin to accumulate damage to their genetic material when a woman is relatively young. Often by the time she is in her late-thirties, her eggs have accumulated so much damage to the DNA that they are unable to mature and be fertilised.

Researchers at the Hebrew University of Jerusalem (HU) showed that antiviral drugs could indeed reverse the process in mouse and human egg cells and return to their former youthful selves.

There has also been similar success using genetic manipulation to insert two genes into the mouse egg cell DNA - the implanted genes produce enzymes which prevent the chain of events that leads to the activation of the damaging parts of the DNA.

"Within a decade, I hope we will be able to increase fertility among older women using antiviral drugs," said Michael Klutstein, head of the Chromatin and Ageing Research Lab in the Faculty of Dental Medicine at the HU.

The findings were published in the journal Ageing Cell.

The team successfully identified one of the ageing processes that prevent the successful maturation of an egg cell.

## **Public health measures**

### **Should public health measures like masking continue beyond the pandemic? Data on viral infections show their benefits (The Tribune: 20220314)**

<https://www.tribuneindia.com/news/health/should-public-health-measures-like-maskings-continue-beyond-the-pandemic-377470>

Should public health measures like masking continue beyond the pandemic?  
Photo for representation only. File photo

Calgary, March 13

Public health measures, such as masking and physical distancing that have been a high-profile part of the COVID-19 response for the past two years are now beginning to lift. However, surprisingly little attention has been paid to the remarkable effects of these measures on other respiratory illnesses caused by or exacerbated by viral infections.

These effects are a valuable research discovery from the pandemic. It's a discovery that suggests that selective, non-mandated use of public health measures like masking, physical distancing and hand-washing may have a continued role as we enter the endemic phase of COVID-19. Collectively, these measures are known as non-pharmacologic public health interventions (NPIs).

Following the onset of the pandemic in March 2020, many regions around the world reported a dramatic decrease in demand for acute healthcare services, including urgent care visits to emergency departments and inpatient hospital stays.

Early on, this was likely driven by stringent lockdown measures, patients avoiding healthcare settings due to fears of contracting COVID-19 or the perception that hospitals were overwhelmed and unable to accommodate non-emergency cases.

However, as public health measures were relaxed over the following months, there was a rapid rebound in healthcare services for conditions such as heart disease and appendicitis. Meanwhile, the decrease persisted for respiratory illnesses attributed to non-COVID-19 viruses.

In Canada, the usual annual surge in influenza infections has not occurred during the two winters since the beginning of the pandemic.

Our research group — all front-line healthcare workers — analyzed nationwide admissions data that revealed that hospital admissions for major respiratory illnesses dropped sharply in the year following the start of the first lockdown.

## **Omicron infection**

### **Pfizer-BioNTech vax greatly reduces Omicron infection risk among kids: CDC**

**Children and adolescents aged five to 15 were tested for SARS-CoV-2 weekly, irrespective of symptoms, during July 2021 to February 2022(The Tribune: 20220314)**

<https://www.tribuneindia.com/news/health/pfizer-biontech-vax-greatly-reduces-omicron-infection-risk-among-kids-cdc-377234>

Pfizer-BioNTech vax greatly reduces Omicron infection risk among kids: CDC  
Photo for representational purpose only. iStock

Two doses of Pfizer-BioNTech Covid-19 vaccine greatly reduced the risk of Omicron infection among children aged five to 15, according to a study published by the US Centers for Disease Control and Prevention (CDC).

Children and adolescents aged five to 15 were tested for SARS-CoV-2 weekly, irrespective of symptoms, during July 2021 to February 2022, Xinhua news agency quoted the CDC as saying.

Approximately one half of Omicron infections in unvaccinated children and adolescents were asymptomatic, according to the CDC.

Two doses of Pfizer-BioNTech Covid-19 vaccine reduced the risk of Omicron infection by 31 per cent among children aged five to 11, and by 59 per cent among adolescents aged 12 to 15, according to the CDC study.

The Pfizer-BioNTech mRNA Covid-19 vaccine was recommended by CDC's Advisory Committee on Immunization Practices for adolescents aged 12 to 15 on May 12 last year, and for children aged five to 11 years on November 2, 2021.

## **Red blood cells**

### **Researchers re-engineer red blood cells to trigger immune system against Covid**

**Red blood cell membranes are embedded with SARS-CoV-2 spike proteins, which then form virus-like particles (The Tribune: 20220314)**

<https://www.tribuneindia.com/news/health/researchers-re-engineer-red-blood-cells-to-trigger-immune-system-against-covid-377233>

Researchers re-engineer red blood cells to trigger immune system against Covid  
Photo for representational purpose only. iStock

Researchers have teamed up to modify red blood cells to transport viral agents which can safely trigger the immune system to protect the body against SARS-CoV-2, creating a promising new vehicle for vaccine delivery.

The new method, described in the journal PLOS ONE, is said to be a unique approach to vaccination. Red blood cell membranes are embedded with SARS-CoV-2 spike proteins, which then form virus-like particles.

"We take red blood cells and remove everything from the inside. We then attach spike proteins to their outside to mimic a coronavirus," explained co-author Isabella Passos Gastaldo from McMaster University, Canada.

The particles, shown to activate the immune system and produce antibodies in mice, are completely harmless.

"Current vaccine delivery methods often cause drastic immune system reactions and have short-lived responses," said another researcher.

"Some of the vaccines that have been developed have shown side effects. This delivery platform opens new possibilities for vaccines and therapeutics," the researcher added.

The researchers found cells can be loaded with a large dose of viral proteins, yet likely produce few side effects, making the new method more tolerable and effective than other vaccine options.

They said they have developed a method where we can trigger an immune response without the use of genetic material and yet they can synthesize these particles in a very short amount of time.

The technology can be quickly adapted to develop vaccines for variants or new viruses that may emerge in the future.

## **Broken Heart Syndrome'**

**Expert: Stress can cause 'Broken Heart Syndrome' among women (The Tribune: 20220314)**

<https://www.tribuneindia.com/news/jalandhar/expert-stress-can-cause-broken-heart-syndrome-among-women-377179>

Expert: Stress can cause 'Broken Heart Syndrome' among women  
Photo for representational purpose only.

“Heart disease and stroke are the leading causes of death among women, but it remains underdiagnosed and undertreated because of basic differences in the presentation and diagnostics as well as treatment challenges which are entirely different from men,” said senior cardiac surgeon Dr Deepak Puri.

Stress is another factor which affects women as compared to men, especially after menopause. In young females, Tako Subo cardiomyopathy, which is also called 'Broken Heart Syndrome', is quite common following extremely stressful situations.

While addressing a webinar, he stated that the risk of death due to heart disease and stroke is higher in women than men. Every year, six times more women die because of heart disease as compared to breast cancer and the heart disease deaths in women are more than the deaths due to all cancer deaths in women combined, maintained Dr Puri, who is also the global chairman of Cardiomersion, a global group of cardiovascular and comprehensive cardiac care.

He said, “Women do not present with usual symptoms. About 64% women die suddenly of heart attacks without having any previous symptoms. In 53% women, the symptoms go unrecognised.”

“It is indeed unfortunate as 80% of these deaths are preventable with simple lifestyle changes and education. Women do not usually experience classical chest pain but may face unexplained fatigue, nausea, jaw pain, tingling sensation in forearms,” he added.

## **Generic drug**

**Lupin gets USFDA nod to market generic drug  
Mumbai-based drug firm's product is the generic equivalent of Lundbeck  
Pharmaceuticals' Sabril for Oral Solution (The Tribune: 20220314)**

<https://www.tribuneindia.com/news/health/lupin-gets-usfda-nod-to-market-generic-drug-377008>

Drug firm Lupin on Friday said it has received approval from the US health regulator to market its anti-epilepsy drug Vigabatrin for Oral Solution in the American market.

The company has received approval from the US Food and Drug Administration (FDA) for its abbreviated new drug application (ANDA), Vigabatrin for Oral Solution USP (500 mg), Lupin said in a statement.

The Mumbai-based drug firm's product is the generic equivalent of Lundbeck Pharmaceuticals' Sabril for Oral Solution.

The product will be manufactured at Lupin's manufacturing facility in Goa, it added.

As per IQVIA MAT December 2021 data, Vigabatrin for Oral Solution USP (500 mg) had estimated annual sales of USD 275 million (around Rs 2,100 crore) in the US.

## **Protein foods**

### **Eating several protein foods together can help lower BP: Study (The Tribune: 20220314)**

<https://www.tribuneindia.com/news/health/eating-several-protein-foods-together-can-help-lower-bp-study-376946>

Eating several protein foods together can help lower BP: Study  
Photo for representation only. Source: iStock.

Finding it hard to regulate your hypertension? Eating a balanced diet, including protein from a variety of sources, may help adults lower the risk of developing high blood pressure, according to new research.

Hypertension, or high blood pressure is one of the leading contributors to cardiovascular disease. When left untreated, high blood pressure damages the circulatory system and is a significant contributing factor to heart attack, stroke and other health conditions.

The study, published in the journal Hypertension, showed that those people who ate four or more protein foods, which include whole grains, refined grains, processed red meat, unprocessed red meat, poultry, fish, egg and legumes, had a 66 per cent lower risk of developing high blood pressure compared to those who ate less than two.

"The heart health message is that consuming a balanced diet with proteins from various different sources, rather than focusing on a single source of dietary protein, may help to prevent the development of high blood pressure," said Xianhui Qin, from the National Clinical Research Centre for Kidney Disease at Nanfang Hospital, Southern Medical University in China.

"Nutrition may be an easily accessible and effective measure to fight against hypertension. Along with fat and carbohydrates, protein is one of the three basic macronutrients," Qin added.

There is a strong association between poor diet quality and increased risk of cardiovascular disease and death from cardiovascular disease. In its 2021 dietary guidance to improve cardiovascular health, the American Heart Association advises people eat healthy sources of protein, mostly from plants and may include seafood and low-fat or fat-free dairy products, and, if desired, lean cuts and unprocessed forms of meat or poultry.

The American Heart Association also recommends eating one to two servings, or 5.5 ounces, of protein daily.

## **Antibodies**

### **Children more unlikely to produce antibodies (The Hindu:20220314)**

<https://www.thehindu.com/sci-tech/science/children-more-unlikely-to-produce-antibodies/article65217013.ece>

Study comparing adults and children was done when Wuhan strain was in circulation; results may not hold true for Delta and Omicron

A small study involving 108 participants — 57 children and 51 adults — found that compared with adults, a higher proportion of children did not produce antibodies in response to SARS-CoV-2 infection (seroconversion). All the 108 participants were either asymptomatic or had only mild symptoms. The lack of antibodies in children becomes particularly stark as both adults and children had comparable viral load.

The study was carried out between May 10 and October 28, 2020 at the Royal Children's Hospital, Melbourne, Australia. The study looked at the ability of

## **Surgery**

### **More Than Just Surgery: Life lessons beyond the O.T. review: The healing touch (The Hindu:20220314)**

<https://www.thehindu.com/sci-tech/health/medicine-and-research/more-than-just-surgery-life-lessons-beyond-the-ot-review-the-healing-touch/article65203734.ece>

Tracing India's surgical history through the memoirs of a pioneering doctor  
For reasons unknown, until recently, there were relatively few autobiographies by pathbreaking Indian doctors. Ergo, this memoir by Tehemton Udwadia is a most welcome one. Udwadia has been a general and gastrointestinal surgeon in Mumbai for about six decades. It would not be an exaggeration to state that almost every Indian surgeon (and doctors from other fields) are aware of him and his achievements — he is, after all the pioneer of laparoscopic surgery in India. Laparoscopic surgery forms an important part of this book, which has been written for a general readership, but there is more than just that.

## **Genetic variants**

### **The genetic variants causing severe COVID-19(The Hindu:20220314)**

<https://www.thehindu.com/sci-tech/science/the-genetic-variants-causing-severe-covid-19/article65221636.ece?homepage=true>

What is the GenoMICC research project? Will the identification of new genes aid the development of new treatments for the disease?

The story so far: Scientists in the United Kingdom as part of a research project, GenOMICC (Genetics of Mortality in Critical Care), have identified 16 new genetic variants that make a person more susceptible to a severe COVID-19 infection.

### **New Cases (The Asian Age:20220314)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16226193>



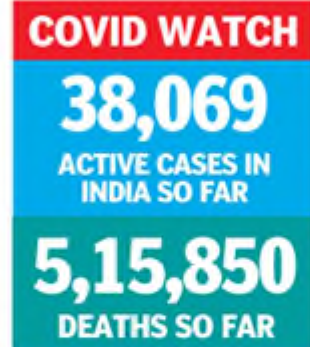
# ■ Over 180cr vaccine doses administered so far 47 die, 3,116 Covid cases in 24 hrs, lowest in 676 days

AGE CORRESPONDENT  
NEW DELHI, MARCH 13

India logged 3,116 new coronavirus infections, the lowest in 676 days, taking the total tally of Covid-19 cases to 4,29,90,991, while the active cases dipped to 38,069. The death toll has gone up to 5,15,850 with 47 fresh fatalities reported in the last 24 hours.

The active cases comprise 0.09 per cent of the total infections while the national Covid-19 recovery rate further improved to 98.71 per cent. There has been a reduction of 2,490 cases in the active Covid-19 caseload in a span of 24 hours.

The daily positivity rate was recorded as 0.41 per cent while the weekly positivity rate was 0.50 per cent. The number of people who have recuperated



from the disease surged to 4,24,37,072, while the case fatality rate was recorded as 1.20 per cent.

India has administered over 180.13 crore of vaccine doses for Covid-19 to its eligible population so far. The country's Covid-19 tally had crossed the 20-lakh mark on August 7, 2020, 30 lakh on August 23, 40 lakh on September 5 and 50 lakh on September 16. It went past 60 lakh on

September 28, 70 lakh on October 11, crossed 80 lakh on October 29, 90 lakh on November 20 and surpassed the one-crore mark on December 19. India crossed the grim milestone of two crore on May 4 and three crore on June 23 last year.

According to the health ministry data uploaded on Sunday morning, the 47 new fatalities include 31 from Kerala. The data showed that a total of 5,15,850 deaths reported so far in the country include 1,43,752 from Maharashtra, 66,793 from Kerala, 40,018 from Karnataka, 38,023 from Tamil Nadu, 26,141 from Delhi, 23,491 from Uttar Pradesh and 21,186 from West Bengal. The ministry stressed that more than 70 per cent of the deaths occurred due to comorbidities.

**Live with Covid (The Asian Age:20220314)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16226211>

# A new worry: How we need to 'live with Covid' in India



Chandrakant  
Lahariya

**T**wo years since Covid-19 was declared a pandemic — on March 11, 2020 — finally, for India, there seems to be some light at the end of the pandemic tunnel. The daily new Covid-19 cases in the country have come down to around 4,000 to 5,000, the lowest in 22 months since May 2020. This has revived some of the discourses — (a) whether the third wave of Covid-19 pandemic is over in India? (b) Has Covid-19 become endemic in the country? (c) Will there be another wave? and (d) Does everyone need a Covid-19 vaccine booster dose? These are some of the many questions that people have in the mind.

To start with — in a pandemic or epidemic — when the number of daily new cases comes down and stabilises at low levels, for at least two weeks, it is considered an end of the wave in that specific setting. If on a graph, these new cases are plotted on y-axis and the time on x-axis, a curve with a flattened pattern would appear towards the end. Moreover, at present, the daily new Covid-19 cases in India are lower than the cases before the third wave in the country. In this backdrop, it is logical to conclude that the Covid-19 third wave is over. However, a wave getting over does not mean that SARS CoV2 has gone. In fact, the newer pathogens including viruses, once detected, stays with humanity for long, possibly forever. This seems to be the most probable scenario with SARS CoV2 as well. It clearly is time for us to prepare to live with SARS CoV2.

That brings another question: Has Covid-19 become endemic in India? To start with, we need to

pandemic and tomorrow it is endemic. Also, "endemic" does not mean the "end" of the virus transmission. So, when do we call a disease "endemic"? An epidemic or pandemic starts with a pathogen (in this case a virus) but ends with a "socio-political consensus". Therefore, when Covid-19 would be considered endemic in any setting or country is going to be determined by every country at different points of time. There is going to be some risk associated with SARS CoV2, which would be greater than pre-Covid period. Therefore, a decision on endemicity would be influenced by societal consensus and political leadership based upon how much risk any society or community is willing to accept, in the return to normalcy, in other spheres of life? Sweden, Denmark and Britain, without explicitly declaring Covid-19 as endemic, removed nearly all Covid-19 related restrictions. When these countries removed restrictions, the number of daily new Covid-19 cases were far higher than even the peak of the earlier waves in those settings.

The third wave of the Covid-19 pandemic in India can be considered over. But in the last week of February 2022, a pre-print mathematical modelling study by a group of researchers at a reputed educational institution in India claimed that the fourth wave in India would start in June 2022. Since then, the study has been criticised for lack of rigour and methodological flaws, including by not taking relevant epidemiological aspects in the consideration, the findings are on a weak scientific footing and as good as "an intelligent guess". Considering high population

**What would endemicity or 'living with SARS CoV2' mean? It would mean that for most adherence to Covid appropriate behaviour of masks and distancing — in public places — would become a voluntary decision.**

and nearly 95 per cent of the adult population receiving at least one shot of Covid-19 vaccines, there is a situation of hybrid immunity in the country. Though immunity and protection decline over a period, two shots of the vaccines continue to provide protection from severe disease and hospitalisation for long. In this backdrop, the possibility of a fresh large-scale wave in India is very low. This is also to argue that there is no urgency to get a booster for a healthy adult population.

What would endemicity or "living with SARS CoV2" mean? It would mean that for most people adherence to Covid appropriate behaviour of face masks and physical distancing — in public places — would become a voluntary decision. However, it would be pragmatic to remove the restrictions in a graded manner. First, the restrictions may be removed for the outdoor public spaces, then for closed spaces and before finally being removed for everyone. However, even when Covid-19 becomes endemic, it would be advisable for high-risk individuals — adults with comorbidities or the 60-plus population, to voluntarily adhere to masks and distancing as deemed appropriate. It is very likely that for many months to come, some people will voluntarily wear masks in public places. The Covid-19 pandemic has underscored the relevance of staying healthy. Therefore, living with SARS CoV2 essentially would mean every individual needs to do their bit of adopting a healthier lifestyle, which would

intervention would be needed. In fact, some areas would require sustained and priority policy attention. As an example, among all age groups, school-age children are at lowest risk of severe disease. Therefore, proactive interventions will be needed to bring everything for them to normalcy, urgently. The policy interventions needed to reopen schools with 100 per cent attendance in physical classes. The end of a wave or entering into the endemic stage also means that the face mask mandates for school-age children should be done away. Every effort by all state governments would have to be made to ensure continuity of school, which should not be disrupted by a temporary rise in cases. It is also the time to focus upon the physical and mental health of children through strengthened school health services.

At a broader level, even now, tackling misinformation (about various aspects of virus and disease) should remain a priority. Science communication with the public should be strengthened and sustained to counter misinformation. The general health services, both government and private facilities, for post and long Covid conditions need to be expanded and strengthened. The strengthened mental health services should get renewed attention. For both, post Covid and mental health services, tele consultation services should be strengthened.

One thing is certain — the Covid-19 pandemic will be over. However, SARS CoV2 is likely to stay with humanity for long. All epidemiological and immunological evidence suggests that India is inching towards a Covid-19 endemic stage. It is time we as a society start preparing to live with Covid-19. This requires actions at individual, societal and policy level.

**Dr Chandrakant Lahariya** is a primary care physician, preventive medicine specialist

# Flower Power (The Asian Age:20220314)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=16225827>

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=16225827>

Floral waters are a great way to refresh yourself and hydrate your skin especially in the summer season

**BINDU GOPAL RAO**

**F**loral water is made using fresh flowers in a cauldron/ vessel through which water vapour is passed. All the volatile components present in the flowers are then vapourised along with the steam and this is then passed through a condenser. This condensed liquid is then called floral water. It can sometimes contain EO traces of the plant material as well. **Astha Khandelwa Jain**, Founder, Tvachamrit, says, "floral waters can be used as a face mist, make up setting mist, as a face toner (rose water, chamomile water, tulsi water) or as a liquid to activate any ubtan/ face mask. The advancement of technology has helped us concentrate the nectar and essence of flowers through distillation and other techniques. These concentrated essential oils, flavors, and aroma are together known as 'Floral Water'. They are separated from the oils and packed in the form of mist that rejuvenates the skin and refreshes it," says a spokesperson from Levo Spa Salon.

### SKIN SENSE

Floral waters have the same properties as essential oils, but are much gentler on the skin, easily absorbable and in general easier to use. They are excellent toners and can be used as a part of regular skincare regimen. Ideally, floral waters should be sprayed immediately after cleansing the face for toning benefits. Users can also add these fragrant waters to their DIY scrubs or as a setting spray. Some floral waters, including rose water, are great as hair tonics.

Floral waters are best used in a spray/mist bottle which you can spray on your skin at least morning and evening if not more. "They heal the skin, hydrates the skin, tightens pores which have been enlarged, acts like a toner and cleanser too, is great for anti-aging and soothes and freshens up the skin," says **Zahara Nedou**, Founder, Zahara Skincare. **Vivek Singh**, Co-Founder & CEO, Anveya Living adds, "for example cornflower floral water is good for toning the skin given its astringent qualities, rose floral water acts as antioxidant on skin and has anti-ageing properties and so on."

### CHOOSE RIGHT

Always choose floral water depending on the plants/ flowers properties since the hydrosol derives its properties from the plant material. **Sanchi Sehgal**, Founder, Ozone Signature explains, "skin conditions like dark pigmentation, dull skin, sunburns, are well treated with Bulgarian Rose water. Lavender Floral waters helps

**Sanchi Sehgal**  
Founder Ozone  
Signature



# FLOWER POWER



**FLORAL WATERS ARE 100% STEAM DISTILLED HYDROSOLS OF FLOWERS. THEY ARE BASICALLY WATER-SOLUBLE COMPONENTS OF FLOWERS. THEY ARE BY-PRODUCTS IN THE PROCESS OF MANUFACTURING ESSENTIAL OILS, HAVE ALMOST THE SAME PROPERTIES AS THE OILS BUT ARE GENTLER ON THE SKIN.**

in regulating and balancing oil levels and is best for oily skin condition.

For skin toning and brightening, pure floral extracts of White Camellia do the magic due to its rich vitamins and mineral properties. For multiple skin revival like, skin toning, infusing youthfulness, unclogging skin pores, Jasmine floral extracts is the perfect solution."

**Apoorva Joshi**, Health & Wellness Expert, Plix advises, "while selecting a hydrosol, check the list of ingredients and the preservative used. You may want to go for a hydrosol that does not contain preservatives. Also check the shelf life of the hydrosol you opt for."



**Promira Banerjee**,  
CMO, Sutatva

### FRESHNESS FIRST

Flowers that are picked at dawn with dew on them are ideal for floral water. One must always incorporate floral water as a part of the hydrating ritual, especially for tired skin. It works amazingly.

**Promira Banerjee**, C M O, Sutatva says, "most flowers have antifungal, antibacterial, and anti-inflammatory properties. They help in relaxation and soothing the irritated or burnt skin, with excellent astringent properties. Also, hydrosols are excel-



**Pooja Nagdev**,  
Founder, INATUR

**"Floral waters are suitable for all skin types and have significant skincare benefits. Besides pore tightening and toning, floral waters can refresh the face and help soothe the skin. Rose floral water, for instance, helps maintain skin's pH balance and has antiseptic and anti-aging properties, as it contains powerful antioxidants."**

— Vaishali Sharda, CEO, Mellow Herbs



**"Although floral water is of very safe nature, still it is better to do a patch test before using it for the first time with your daily skin routine. It is not a replacement for moisturiser. Rather it is an add-on product for skin routine."**

— Dr. Debeshi, Bhattacharjee, Clinical cosmetologist, Founder of Lueur Aesthetics



lent for stress relief. Always keep the lid closed tight, preferably in the refrigerator. Do not expose the hydrosols to sunlight or keep them exposed. Not be diluted with any other substance too."

It is good to carry it in your workout bag and spray it on your face once you have just finished your workout or in between. "When used on your face, it acts like face sanitizers and can close the open pores and help it to stay fresh all along. Since they are chemical free and don't harm your skin in any way. During summers it is advisable to keep them in the fridge to have the cooling effect, says **Pooja Nagdev**, Aromathe.

## **Fitness motivation:**

**Fitness motivation: Karishma Tanna nails these three exercise routines; check them out**

**If you're looking for inspiration for a fit and active life, take a look at these exercises that the 38-year-old tried (The Indian Express:20220314)**

Karishma-1200The actor is serious about her fitness regime! (Source: Karishma Tanna/Instagram)

Newlywed Karishma Tanna is dedicated to fitness — her social media is proof! The actor's fitness is inspiring and if you are looking to have that fit and active life, take a look at the combination of exercises that she tried.

[Karishma Tanna wedding: Actor made for a gorgeous bride in a soft pink lehenga; see pics She took to Instagram to share a video and captioned it, "Come check this. Cz its #trending [Sic]". Take a look here.

The exercises she attempted are as follows:

\*Knee raises

An effective workout that targets the abs and the core, knee raises are a great way for effective calorie burn.

\*Single knee raise and hold

Karishma attempted another variation of the knee raises, which are also known as single knee raises. She chose to do repetitions with a hold count in the middle. These target the core and abs as well.

\*Side lateral shoulder raises

Next, she attempted side lateral shoulder raises which are beneficial for the shoulders. It improves flexibility and blood circulation.

ALSO READ [Karishma Tanna aces inversion poses like a boss; see pics

Previously, the 38-year-old had shared another workout video on Instagram wherein she was seen attempting dumbbell curls, leg stretches, and more. Take a look at the post here.

Would you try these exercises out?

## Healthy eating

**Healthy eating: Find out how you can add Romanesco broccoli to your plate  
Chef Vicky Ratnani took to Instagram to share details about this versatile  
green! (The Indian Express:20220314)**

<https://indianexpress.com/article/lifestyle/food-wine/winter-special-romanesco-broccoli-benefits-recipe-vitamins-7658654/>

Broccoli-IGRomanesco broccoli, as captured by Chef Vicky Ratnani. (Source: Chef Vicky Ratnani/Instagram)

This is the perfect time to experiment with a variety of fresh produce. From fruits to vegetables, try making everything from roasts, stir-fries and curries and share the deliciousness with friends and family.

ALSO READ |Are your meals well-balanced? Here's what you need to know

If you're on the lookout for a healthy addition to your dinner table, we have a suggestion: Romanesco broccoli. Chef Vicky Ratnani took to Instagram to share many ways in which this versatile vegetable can be used. Take a look here:

The humble green, also known as "Roman cauliflower, broccolo romanesco, romanesque cauliflower or simply romanesco, is an edible flower bud of the species Brassica oleracea." Explaining the origin of this power packed vegetable, the chef said, "First documented in Italy in the 16th century, it is chartreuse in color, and has a form naturally approximating a fractal."

This vegetable can be compared to a traditional cauliflower in terms of taste. However, it has a firmer texture and delicate nutty flavour.

To replicate the taste, the chef suggested that you imagine the combination of cauliflowers together with walnuts: a balance of smooth, nutty taste. "Think cauliflower and walnuts or chestnuts together."

Romanesco is a rich source of vitamin C, vitamin K, dietary fiber, and carotenoids which will make sure that it's a healthy addition to your diet. This vegetable is to be enjoyed during the cooler months as a "veggie side dish for any roasted or grilled meat and poultry main course".

Due to the delicate taste of the Romanesco, it's important that you cook it gently to retain maximum flavour. The use of freshly cracked black pepper and a dash of lemon is recommended to amp up the taste of Romanesco. The chef simply cooks it and flavours it with "just a little garlic, chillies, pepper, and lemon."

ALSO READ |Foods that help promote lung health

The addition of Romanesco could be a game-changer. Rich in essential vitamins and dietary fibre, roast it, bake it, fry it, let us know how you liked it!

## Mental health

### Mental health: How to deal with stress in a post-Covid world

**It is important to understand the coping mechanisms of dealing with stress and managing it efficiently if one can't do away with it(The Indian Express:20220314)**

<https://indianexpress.com/article/lifestyle/health/mental-health-post-covid-stress-anxiety-tips-7794622/>

mental healthUncertainty has been one of the root causes of stress at all levels. (Source: Getty Images/Thinkstock)

Studies worldwide have revealed an enormous rise in the numbers and the severity of stress-related disorders, said Dr Preeti Chawla, counselling psychologist and life skills trainer, The Learning Lobby by Practically.

“Interestingly, it is not the fear of the Covid-19 virus itself, but the new normal that people have unknowingly adopted in order to break the chain of viral spread,” said Dr Chawla.

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Uncertainty has been one of the root causes of stress at all levels. Students and homemakers were not left behind. Getting back to the school/college also burdened students and parents with anxiety and fear of catching the virus.

It is important to understand the coping mechanisms of dealing with stress and managing it efficiently if one can't do away with it.

#### I. Dealing with the feelings

Acknowledge how you feel

It's important that you are honest with your feelings. Journaling might be one of the best ways to record your innermost thoughts and feelings.

As you write your thoughts, label anything that alarms you with negativity. Talk to your most trusted friend or confide in a counsellor. Be gentle with yourself. Do not judge yourself.

Acceptance of uncertainty

Although we all love to have control over every situation in our lives, it's not always the case. The pandemic for that matter was out of bounds.

Also Read |Combating the mental health crisis in India

Nobody knew that it would leave no room for one to plan things ahead of time. Uncertainties are a part of life.

Preparing oneself to have a placid mind through the ebbs and tides no matter how things turn out is the key. Remember, it is okay to not have control over the situation.

## II. Ways to remain calm

### Get physical activity

Sedentary lifestyle can be the worst bane. Being a couch potato leads to stress that aggravates or leads to other health issues such as cardiovascular disease, immune system suppression, diabetes, obesity, sleep issues, headaches, neck and back pain, and depression or anxiety issues among others, according to ACSM's Health and Fitness Journal.

Pexels-yoga (Source: Representative image/Pexels)

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Some recommended physical activities include jogging, skipping, dancing, sport, use stairs, play with kids/ pets. Getting physical activity or exercise helps release dopamine and serotonin that alleviate stress, suggest various sources including Exercise and Sport Sciences Review.

Besides, it can boost the cardiovascular, digestive, and immune systems.

### Healthy food

Be on a balanced diet. Reduce junk or fried foods. Include citrus fruits in your diet.

According to the book titled 'Post-harvest Biology and Technology of Tropical and Subtropical Fruits', due to their high content of Vitamin C, citrus fruits offer multifarious benefits from boosting immunity to building collagen and reducing anaemia and stress.

balanced diet Be on a balanced diet. Reduce junk or fried foods. (Source: Pexels)

### Optimum rest

Six to seven hours of sound sleep is very important to get over stress. But ironically there is a link between sleep and stress. It is hard to get quality sleep when stressed out.

sleep Six to seven hours of sound sleep is very important to get over stress.(Source: Getty Images/Thinkstock)

And sleep deprivation can lead to cardiovascular diseases, other co-morbidities, memory loss, lack of focus, and even safety concerns while driving.

Exercising optimally and eating on time will surely help in stress release which in turn will help in getting the right amount of sleep.

### Sunlight

Basking under the sun for at least 20 minutes every day will not only give you your natural Vitamin D, but also help ward off stress and depression. Did you know that sunlight increases your serotonin and keeps Seasonal Affective Disorder (SAD) at bay?

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According to a study by researchers at Brigham Young University, ‘increased mental health distress was found during periods of reduced sun time hours’.

Stay connected

With the lockdowns and infrequent socialising that ensued with it, many have felt cut off from their herd.

But one can still be part of online communities and communicate with friends and folks through video calls or join online forums on their area of interest – be it a book club or a hobby.

parents and children bonding, parents and children communicating, connecting with children, parenting, indian express, indian express news Spend quality time with family. Read, watch animation films, cook, declutter and play with children or pets. (Source: Getty/Thinkstock)

Also Read |Self-compassion: Here’s why you need to be kinder to yourself

Spend quality time with family. Read, watch animation films, cook, declutter (did you know decluttering is a great stress-buster?), and play with children or pets.

Get some me-time

Meditate. The little me-time gives you the window for introspection and connecting with your inner-self. Yoga and deep breathing work just as well with multiple health benefits. Keep your senses away from indulgences.

Watching too much TV or mobile phone is one form of indulgence to the eyes! Journal to reflect upon how you are feeling better day by day.

Limit digital activity

Limit exposure to news and updates. Use social media moderately. Rein your thoughts and keep your rationale before you can go too deep in your thoughts.

Go creative and use expressive arts. The pandemic has undoubtedly set loose the side-effects in the form of stress globally, but the cure is very much within our means. With the above tips, you would know it’s never too hard to get over stress.

## **Vegetarian diet**

**Vegetarian diet could reduce cancer risk by 14 per cent, according to a new study**

**Published in BMC Medicine, the research was conducted by analysing diet groups of over 450,000 people in the UK Biobank wherein the participants were categorised by level of meat and fish consumption (The Indian Express:20220314)**

<https://indianexpress.com/article/lifestyle/health/a-world-cancer-research-fund-says-that-a-vegetarian-diet-could-cancer-risk-by-14-7811984/>



vegetarian diet, cancer prevention Here's what this study had to say about a vegetarian diet's benefits for cancer prevention. (Photo: Pexels)

Many doctors and experts have often talked about the benefits of a vegetarian diet. According to Minal Shah, senior nutrition therapist at Fortis Hospital, Mulund, "A vegetarian diet is a healthy diet that may lower LDL cholesterol levels and blood pressure. It can reduce the incidence of hypertension, metabolic disease, including obesity and type-2 diabetes, and decrease the risk of death from ischemic heart disease."

FSSAI India had also tweeted about the many benefits of a plant-based diet.

Now, a recent study conducted by World Cancer Research Fund, Cancer Research UK and Oxford Population Health stated that vegetarians are at lesser risk of cancer than meat and/or fish eaters.

Published in BMC Medicine, the research was conducted by analysing diet groups of over 450,000 people in the UK Biobank wherein the participants were categorised by level of meat and fish consumption. Regular meat-eaters were classified as those who consumed processed meat, red meat or poultry more than five times a week; low meat-eaters less or equal to five times a week. The study also analysed people who didn't eat meat but did eat fish (pescatarians); the final group included vegetarians who never consume any meat or fish.

vegetarian diet, cancer prevention "Pursuing a vegetarian diet can significantly reduce the incidence of developing not only colorectal or other gastro-intestinal cancer, but will also help decrease overall cancer incidence in the population," said Dr Basu. (Photo: Pexels)

Following were the findings of the study:

\*Compared with regular meat-eaters, the risk of developing any type of cancer was 2 per cent lower in low meat-eaters, 10 per cent lower in pescatarians, and 14 per cent lower in vegetarians.

\*Low meat-eaters had a 9 per cent lower risk of developing bowel cancer in comparison to regular meat-eaters,

\*Vegetarian women had a lower risk of postmenopausal breast cancer (18 per cent) in comparison to regular meat-eaters, potentially due to the lower body mass index observed in vegetarian women.

\*Pescatarians and vegetarians had a lower risk of prostate cancer (20 per cent and 31 per cent, respectively) in comparison to regular meat-eaters.

ALSO READ | Vegetarians, increase your protein intake with these smart swaps

Concurring with the findings of the study, Dr Ayan Basu, HoD and senior consultant, Radiation Oncology, HCG EKO Cancer Center, Kolkata, said, "Overall, pursuing a vegetarian diet can significantly reduce the incidence of developing not only colorectal or other gastro-intestinal cancer, but will also help decrease overall cancer incidence in the population. Most prospective observational studies conclude following a vegetarian diet decreases overall cancer risk by 10 to 12 per cent across different sites. Those consuming a vegetarian diet had 22 per cent lower risk of developing colorectal cancers than non-vegetarians."

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