



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Tuesday 20220412

## Precautionary vaccine doses

**Weighing the choices: on precautionary vaccine doses (The Hindu:20220412)**

<https://www.thehindu.com/opinion/editorial/weighing-the-choices/article65311202.ece>

Opening up the third dose for those above 18 years is a positive step

As India sees a steady slump in its daily coronavirus count, the Centre has announced opening up the third, or ‘precautionary doses’, to everyone over 18 years. The restriction is that these doses must be the same as the ones administered earlier and there must be at least a nine-month gap following the second dose, implying that Covishield and Covaxin will comprise almost all of the demand. The experience of the past two years from around the world has shown that the third dose has only a little additional benefit over two doses in preventing an infection because of the constantly mutating character of the virus. But, because it helps keep antibody levels boosted, they are useful in protecting against a severe infection. A major aspect of vaccines is the risk of adverse events following vaccination, and previous experience has suggested that certain vaccines may induce a higher risk of blood clots in younger populations. While these instances are extremely limited, they become particularly relevant in India given the size of the population and that a large number of people — young and old — have already been exposed to the virus. Normally, a technical committee of experts, such as the National Technical Advisory Group on Immunisation (NTAGI), weighs the evidence before recommending an approved vaccine for roll-out but this practice has been effectively eschewed in the context of booster doses, as well as earlier decisions to inoculate those below 15.

### ALSO READ

Explained | Why India administers ‘precaution dose’ of COVID-19 vaccine, and not ‘booster dose’

The pandemic is far from over and reports from several other countries suggest that no country can consider itself immune from emerging variants. With schools reopened, mask mandates made voluntary and restrictions on international travel lifted in India, it is reasonable for the Centre to anticipate a future wave led by a more transmissible variant — reports of the highly infectious XE variant have already surfaced here — and, therefore, take steps to buffer against it. However, there is no public information on whether studies have been done to establish if

administering a different vaccine as a third dose is better at boosting antibodies than repeating a vaccine. This ideally ought to have been a major area of research for the Centre. Another aspect that bears a closer look is progress on vaccines other than Covaxin and Covishield. The Serum Institute of India appears to be gearing up for large volumes of, not Covishield, but Covavax. Covaxin, following the World Health Organization's recommendation to pause exports pending an upgrade of its production facilities, is also unlikely to see fresh stocks any time soon. Both vaccines in fact will be available at discounted rates in private facilities. Demand is currently lacklustre but were it to spike, will supply be adequate? The Centre needs to be more transparent about the rationale guiding its vaccine policy.

## **vaccination centres**

### **SII to give free Covishield vials to pvt vaccination centres to compensate for price difference**

**The inventories at the private CVCs would be verified by SII representatives  
SII to give free Covishield vials to pvt vaccination centres to compensate for price difference**

**Image for representational purpose. iStock (The Tribune: 20220412)**

<https://www.tribuneindia.com/news/health/sii-to-give-free-covishield-vials-to-pvt-vaccination-centres-to-compensate-for-price-difference-385177>

A day after slashing the price of the precaution dose of Covishield to Rs 225 per shot for private hospitals, the Serum Institute of India (SII) told the Centre on Sunday that it will compensate for the price difference for the unexpired stocks lying with private centres in the form of free vials of fresh stocks, official sources said.

Vaccine majors SII and Bharat Biotech on Saturday said they have decided to cut the prices of the precaution dose of their respective COVID-19 vaccines to Rs 225 per shot for private hospitals after discussions with the government.

Bharat Biotech had also announced that the price differential with any existing stocks of Covaxin in private hospitals shall be compensated in the form of additional doses.

In a communication to the Union health ministry, Prakash Kumar Singh, director, government and regulatory affairs at the SII, on Sunday said, "As per direction of Dr Adar C Poonawalla, we want to inform you that we will compensate the price difference for the current unexpired stocks lying with private Covid vaccination centres (CVCs)." "The difference between Rs 600 plus GST and our recent price of Rs 225 plus GST would be compensated in the form of free vials of the fresh stocks of Covishield," Singh is learnt to have conveyed in the communication.

The inventories at the private CVCs would be verified by SII representatives and the claim would then be processed on the basis of their approval.

India began administering the precaution dose of COVID-19 vaccines to all beneficiaries aged above 18 years at private vaccination centres from Sunday.

Those above the age of 18 and who have completed nine months after the administration of the second dose of the vaccine will be eligible to receive the precaution dose.

## **Healthy food, exercise**

### **Healthy food, exercise can help manage Parkinson's (The Tribune: 20220412)**

When Parkinson's is present at a younger age, it is more likely to have a genetic link

<https://www.tribuneindia.com/news/health/healthy-food-exercise-can-help-manage-parkinsons-385489>

Eating a variety of foods, regular exercise and adequate amount of sleep can help people with Parkinson's disease to improve their health and enhance the quality of life, say doctors.

World Parkinson's Day is marked annually on April 11 and is supported by the European Parkinson's Disease Association.

The aim of Parkinson's Awareness Day is to raise awareness of Parkinson's disease, promoting a greater understanding of this condition and how it can affect a person.

Parkinson's is a disease in which nerve cells that deliver the neurotransmitter dopamine to other cells are reduced in numbers. As cell death spreads to ever larger parts of the brain, more centres are affected. This results in an aggravation of motor and non-motor disorders.

As individuals age, the most important factor would be the quality of life they will sustain over the many years they live. Parkinson's disease is a commonly witnessed ailment that adversely impacts the quality of a human life as they turn older.

Because the exact cause of Parkinson's is unknown, proven ways to prevent the disease also remain a mystery.

Early onset of Parkinson's disease can be a worrying diagnosis as it can significantly affect the quality of life of the individual and their family. When Parkinson's is present at a younger age, it is more likely to have a genetic link.

It may also progress differently than Parkinson's in older people. Being aware of the symptoms can help a person get the treatment and support they need at an early stage.

“While there is no prescription for a Parkinson’s disease-specific diet, to maintain overall good health most people living with this disease should eat a variety of whole grains, vegetables, fruits, milk and dairy products, and protein-rich foods such as meat and beans.

One must consider, including nuts, olive oil, fish and eggs, to your diet for their beneficial fats. Eating a variety of foods will help you get the energy, protein, vitamins, minerals and fibre you need for good health.

In advanced stages of disease, it may be required to adjust timing of protein intake according to medication schedule to improve the efficacy of drugs,” said Suresh Reddy, Consultant Neuro Physician, Aware Gleneagles Global Hospital.

“Medication aside, there are many ways people living with Parkinson’s disease can improve their health and well-being, preserve physical function, ease symptoms and enhance quality of life. Most important among these is doing regular exercise, staying hydrated and getting an adequate amount of sleep. Developing quality habits like practicing yoga, Tai-Chi, going in for massage or movement therapies, acupuncture etc. are also great means to avoid falling into the Parkinson’s disease trap,” said Abhinay M. Huchche, Consultant Neurologist, SLG Hospitals.

A. Preetham Reddy, Consultant Neurologist, Century Hospital, said: “By 2030, one in every six people in the world will be aged 60 years or above, and at that rate the share of the population aged 60 years and above will increase from one billion in 2020 to 1.4 billion. With increased incomes, people tend to indulge in habits like alcoholism, which could result in ailments like Parkinson’s disease with time. Hence, there is an urgent need to spread awareness on the risks associated with the disease and how it would have an adverse impact on the quality of life, and what preventive steps could help overcome the risks.” “Several genetic factors increase a person’s risk of developing Parkinson’s disease, although exactly how these make some people more susceptible to the condition is unclear. Though inheritance is a rare occurrence, there is a possibility that Parkinson’s disease can run in families because of faulty genes being passed to a child from parents. Undergoing a gene map study too might not be a bad idea, if there are elders in the family suffering from this ailment,” added Ch. Vijay, Consultant Neurologist, KIMS Icon hospital, Vizag. IANS

## **Covid infection**

### **Covid infection may increase serious blood clot risk up to 6 months: Study (The Tribune: 20220412)**

Higher risk of events in patients with underlying conditions and those with more severe Covid

<https://www.tribuneindia.com/news/coronavirus/covid-infection-may-increase-serious-blood-clot-risk-up-to-6-months-study-384382>

Covid infection may increase serious blood clot risk up to 6 months: Study  
Photo for representational purpose only.

People infected with Covid-19 are at an increased risk of deep vein thrombosis -- a blood clot in the leg -- up to three months, pulmonary embolism -- a blood clot in the lung -- up to six months, and a bleeding event up to two months, finds a study.

The findings, published by The BMJ, also showed a higher risk of events in patients with underlying conditions, and those with more severe Covid.

Researchers from Umea University in Sweden said these results support measures to prevent thrombotic events (thromboprophylaxis), especially for high risk patients, and strengthen the importance of vaccination against Covid.

It is well known that Covid increases the risk of serious blood clots (known as venous thromboembolism or VTE), but less evidence exists on the length of time this risk is increased, if risk changed during the pandemic waves, and whether Covid also increases the risk of major bleeding.

To address these uncertainties, researchers set out to measure the risk of deep vein thrombosis, pulmonary embolism, and bleeding after Covid.

For the study, the team identified more than one million people with confirmed Covid infection between February 1, 2020 and May 25, 2021, and matched them with more than four million people who had not had a positive SARS-CoV-2 test result.

The researchers found a five-fold increase in risk of deep vein thrombosis, a 33-fold increase in risk of pulmonary embolism, and an almost two-fold increase in risk of bleeding in the 30 days after infection.

Risks were the highest in patients with more severe Covid and during the first pandemic wave compared with the second and third waves, which the researchers say could be explained by improvements in treatment and vaccine coverage in older patients after the first wave.

Even among mild, non-hospitalised Covid patients, the researchers found increased risks of deep vein thrombosis and pulmonary embolism.

"This is an observational study, so the researchers cannot establish the cause," researchers said.

"Our findings arguably support thromboprophylaxis to avoid thrombotic events, especially for high risk patients, and strengthen the importance of vaccination against Covid," they said.  
IANS

## Child Adaption (The Tribne: 20220412)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16291598>



Smoke billows from fire at Reserve Bank of India air-condition plant in New Delhi on Monday. — ASIAN AGE

## SC seeks Centre's response on plea to simplify procedure for child adoption

**PARMOD KUMAR**  
NEW DELHI, APRIL 11

The Supreme Court, on Monday, sought the Centre's response on a public interest plea (PIL) seeking simplification of procedure for child adoption with reduced paperwork to encourage childless couples to go for adoption of orphan children.

A bench comprising Justice D.Y. Chandrachud and Justice Surya Kant issued notice to the Centre as petitioner NGO, 'The Temple of Healing', said that with one out of six married couples in urban areas impacted with infertility and nearly 3.2 crore couples—who are actively trying to conceive—suffering from infertility, the child adoption rate at 0.1 per cent of orphan chil-

dren is woefully low. Referring to the Indian Society of Assisted Reproduction (ISAR), which says that 10 to 14 per cent of the country's population is affected by infertility, which is higher among couples in urban areas, the PIL petitioner NGO has contended that a relaxed adoption procedure with reduced paperwork can boost the adoption of orphaned children by childless couples.

The petitioner NGO, which has moved the top court through its secretary Dr Piyush Saxena, has pointed out that there is no authoritative statistics on the number of orphans in the country as orphan children are clubbed with poor children. It said that there is a

dichotomy—while the Parliament makes a distinction and identifies orphans as a separate category of children, the government brushes them with the same brush. It has referred to the Juvenile Justice Act, which describes an orphan as one who does not have both parents.

It says that while the Centre puts the onus on the state government, the state governments have not cared to undertake the exercise.

"The state govts. had or have no such data because they never focused on this issue in the name of administrative convenience," says the PIL.

However, referring to different estimations, the PIL says that there are about 3 crore orphan children in

the country. It pointed out that in the 2021 census there is no column for counting the number of orphans.

The PIL has referred to a report of the National Family Health Survey (2015-16), which says that overall 5 per cent of children under the age of 18 years are orphans. Pointing to the staggering number of orphans, the PIL says 41 per cent of India's population is below 18 years of age.

The PIL has referred to the examples of Steve Jobs, Marilyn Monroe, and Leo Tolstoy as shining examples of orphans who not only excelled in their lives when given an opportunity but immensely contributed to the well-being of humanity and the society across the continents.

## Summer pollution

## Govt unveils action plan to cut summer pollution (Hindustan Times: 20220412)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=1246611d75b&imageview=0>

The Delhi government on Monday unveiled a 14-point action plan to combat air pollution during summer which will kick off with a month-long campaign against open burning of waste and garbage from April 12, environment minister Gopal Rai said.

He added that an anti-dust campaign, the second phase of the action plan, will be launched from April 15. Open burning of biomass and road dust are among the major air pollutants in Delhi as they are the major contributors of particulate matter (PM2.5 and PM10) to city air.

The minister said that the remaining 12 components of the plan will be laid out with a long-term focus. He said this includes a high-level meeting to be held on April 21, where experts will discuss and suggest technological solutions to landfill fires that add noxious gases to the city air.

“Of the 14 points under the summer action plan, two immediate actions have been prepared and the remaining 12 will be released in the long term. Under this, we will be launching our anti-open burning and anti-road dust campaigns for a month from April 12 and April 15 respectively,” said Rai.

The plan was reviewed at a meeting on Monday which was attended by officials from the Delhi Pollution Control Committee, the three municipal corporations, DDA, environment department, revenue department, Delhi Fire Service (DFS), Irrigation and Flood Control Department and the Delhi Jal Board (DJB).

The plan is unique since most of the focus on pollution mitigation so far remain on air pollution in winters when a host of local sources, farm fires in nearby states and adverse meteorological factors push pollution to hazardous levels.

Rai said the Public Works Department (PWD) has been asked to form a special task force under the summer action plan, which will focus on increasing roadside green cover in Delhi to curb dust pollution. He added that government has started the ‘Green Delhi Startup Scheme’ with IIT Delhi, under which startups will be encouraged to find solutions to environmental problems such as single-use-plastic (SUP).

Rai said 500 teams from 10 government departments will be deployed across Delhi for the anti-open burning campaign, and 78 mechanical road sweepers and 587 water sprinkling machines will be used for the anti-dust campaign.

The other focus areas of the plan include tree plantation, for which Rai said a meeting will be scheduled on Tuesday to announce the annual greening targets for Delhi this year. Urban farming, which will see the Delhi government promote rooftop farming; development of green parks, for which the government will provide ₹2.55 lakh per acre to RWAs and development and preservation of water bodies form other components of the action plan.

The plan also states that industrial pollution will be cut by ensuring that each industry in Delhi uses piped natural gas, for which a special drive will be launched from April 20 onwards, while real-time source apportionment will be available from August 2022, Rai said.

## **Cancer blood tests**

### **Can cancer blood tests live up to promise of saving lives?**

**Such blood tests, called liquid biopsies, are already used in patients with cancer to tailor their treatment and check to see if tumours come back (The Indian Express: 20220412)**

<https://indianexpress.com/article/lifestyle/health/can-cancer-blood-tests-live-up-to-promise-of-saving-lives-7863963/>

cancer blood testThe new blood tests look for many cancers at once. (Source: Getty Images/Thinkstock)

Joyce Ares had just turned 74 and was feeling fine when she agreed to give a blood sample for research. So she was surprised when the screening test came back positive for signs of cancer.

After a repeat blood test, a PET scan and a needle biopsy, she was diagnosed with Hodgkin lymphoma.

“I cried,” the retired real estate broker said. “Just a couple of tears and thought, ‘OK, now what do we do?’”

The Canby, Oregon, resident had volunteered to take a blood test that is being billed as a new frontier in cancer screening for healthy people. It looks for cancer by checking for DNA fragments shed by tumour cells.

Such blood tests, called liquid biopsies, are already used in patients with cancer to tailor their treatment and check to see if tumours come back.

**ALSO READ |World Parkinson’s Day 2022: Why symptoms like tremors, rigidity, and stiffness must not be ignored**

Now, one company is promoting its blood test to people with no signs of cancer as a way to detect tumours in the pancreas, ovaries and other sites that have no recommended screening method.

It’s an open question whether such cancer blood tests — if added to routine care — could improve Americans’ health or help meet the White House’s goal of cutting the cancer death rate in half over the next 25 years.

With advances in DNA sequencing and data science making the blood tests possible, California-based Grail and other companies are racing to commercialize them.

And US government researchers are planning a large experiment — possibly lasting seven years and with 200,000 participants — to see if the blood tests can live up to the promise of catching more cancers earlier and saving lives.

“They sound wonderful, but we don’t have enough information,” said Dr Lori Minasian of the National Cancer Institute, who is involved in planning the research. “We don’t have definitive data that shows that they will reduce the risk of dying from cancer.”

Grail is far ahead of other companies with 2,000 doctors willing to prescribe the \$949 test. Most insurance plans don’t cover the cost. The tests are being marketed without endorsements from medical groups or a recommendation from U.S. health authorities. A review by the Food and Drug Administration isn’t required for this type of test.

“For a drug, the FDA demands that there is a substantial-high likelihood that the benefits not only are proven, but they outweigh the harms. That’s not the case for devices like blood tests,” said Dr Barry Kramer of the Lisa Schwartz Foundation for Truth in Medicine.

The evidence is strongest for screening tests for cancers of the breast, cervix and colon. (Source: Pixabay)

Grail plans to seek approval from the FDA but is marketing its test as it submits data to the agency.

The history of cancer screening has taught caution. In 2004, Japan halted mass screening of infants for childhood cancer after studies found it didn’t save lives. Last year, a 16-year study in 200,000 women in the United Kingdom found regular screening for ovarian cancer didn’t make any difference in deaths.

Cases like these have uncovered some surprises: Screening finds some cancers that don’t need to be cured. The flip side? Many dangerous cancers grow so fast they elude screening and prove deadly anyway.

And screening can do more harm than good. Anxiety from false positives. Unnecessary costs. And serious side effects from cancer care: PSA tests for men can lead to treatment complications such as incontinence or impotence, even when some slow-growing prostate cancers would never have caused trouble.

The evidence is strongest for screening tests for cancers of the breast, cervix and colon. For some smokers, lung cancer screening is recommended.

The recommended tests — mammography, PAP tests, colonoscopy — look for one cancer at a time. The new blood tests look for many cancers at once. That’s an advantage, according to Grail executive Dr Joshua Ofman.

“We screen for four or five cancers in this country, but (many) cancer deaths are coming from cancers that we’re not looking for at all,” Ofman said.

Dr Tomasz Beer of Oregon Health & Science University in Portland led the company-sponsored study that Joyce Ares joined in 2020. After a miserable winter of chemotherapy and radiation, doctors told her the treatment was a success.

Her case isn't an outlier, "but it is the sort of hoped-for ideal outcome, and not everyone is going to have that," Beer said.

While there were other early cancers detected among study participants, some had less clear-cut experiences. For some, blood tests led to scans that never located cancer, which could mean the result was a false positive, or it could mean there's a mystery cancer that will show up later. For others, blood tests detected cancer that turned out to be advanced and aggressive, Beer said. One older participant with a bad case declined treatment.

ALSO READ |New study says no increased fertility chances from weight loss; here's why experts disagree

Grail continues to update its test as it learns from these studies, and is sponsoring a trial with Britain's National Health Service in 140,000 people to see if the blood test can reduce the number of cancers caught in late stages.

Although Ares feels lucky, it's impossible to know whether her test added healthy years to her life or made no real difference, said Kramer, former director of the National Cancer Institute's Division of Cancer Prevention.

"I sincerely hope that Joyce benefited from having this test," Kramer said when told of her experience. "But unfortunately, we can't know, at the individual Joyce level, whether that's the case."

Cancer treatments can have long-term side effects, he said, "and we don't know how fast the tumour would have grown." Treatment for Hodgkin lymphoma is so effective that delaying therapy until she felt symptoms might have achieved the same happy outcome.

For now, health experts stress the Grail blood test is not a cancer diagnosis; a positive result triggers further scans and biopsies.

"This is a path in diagnostic testing that has never been tried before," Kramer said. "Our ultimate destination is a test that has a clear net benefit. If we don't do it carefully, we'll go way off the path."

## **Summer health**

### **Summer health: Top three reasons why you should consume mulberry this season**

**According to the nutritionist, mulberry is the best vitamin shot that you can take to build immunity this season(The Indian Express: 20220412)**

<https://indianexpress.com/article/lifestyle/health/summer-fruit-mulberry-shehtoot-health-benefits-rujuta-diwekar-7860065/>

mulberryMulberry or shehtoot is abundantly found in the country. (Source: Pixabay)

During the summer months, it is advised to keep oneself hydrated by drinking enough water and consuming seasonal fruits and vegetables as the sweltering heat can lead to a host of issues such as dehydration and excessive sweating among others.

One such delicious and commonly-found summer fruit is mulberry or shehtoot, as it is popularly known. Nutritionist Rujuta Diwekar said that this fruit is “abundantly available everywhere in our part of the world”. However, little is known about the many benefits of mulberry that make it “super healthy” and “priceless”.

Take a look.

Here are the various health benefits of mulberry, as shared by Diwekar.

Improves eye health

In today’s time, we spend a large amount of time in front of screens. This can lead to eye fatigue and dryness. Mulberries have “carotenes and zeaxanthin for eye health”, she shared.

ALSO READ | Nutritionist shares simple diet tips to manage symptoms of menopause  
Builds immunity

According to the nutritionist, this is the best vitamin shot that you can take to build immunity. It helps you keep flu and congestion-free this season.

Relieves digestive issues

Many people struggle with constant bloating. If you are one of those, consume mulberries as it improves digestion and has several anti-inflammatory properties.

Prior to this, Ayurvedic expert Dr Dixa Bhavsara, too, had shared the many benefits of this seasonal fruit.



## **Precaution dose' of COVID-19 vaccine,**

### **Explained | Why India administers 'precaution dose' of COVID-19 vaccine, and not 'booster dose' (The Hindu: 20220412)**

<https://www.thehindu.com/sci-tech/health/explained-why-india-administers-precaution-dose-of-covid-19-vaccine-not-booster-doses/article65306005.ece>

A medical staff member seen showing Corbevax vaccine during covid 19 vaccination drive in progress at a centre in Daryaganj , in New Delhi.

A medical staff member seen showing Corbevax vaccine during covid 19 vaccination drive in progress at a centre in Daryaganj , in New Delhi. | Photo Credit: SUSHIL KUMAR VERMA

As India gears up to administer 'precaution doses' of COVID-19 vaccine to eligible population above 18 years from Sunday, the debate over 'booster' vs 'precaution' doses has arisen.

On December 25, Prime Minister Narendra Modi announced that healthcare, frontline workers and those who are above 60 years and have comorbidities will be eligible for a 'precaution dose' from January 21. The use of 'precaution' doses had arisen as the question is to why Centre had not termed it 'booster' doses as is the global norm.

What are India's 'precautionary doses'?

As per Ministry of Health and Family Welfare (MoHFW)'s guidelines, beneficiaries above 18 years who have received two doses, are eligible to receive another dose of COVID-19 vaccine. The prioritisation and sequencing of this precaution dose would be based on the completion of 9 months, or 39 weeks, from the date of administration of the second dose.

Co-WIN system will send SMS to such beneficiaries for availing the precaution dose when the dose becomes due.

The details of administration of the precaution dose will be suitably reflected in the vaccination certificates.

Private vaccination centres can charge up to a maximum of Rs 150 as service charge for vaccination, over and above the cost of the vaccine.

Precaution dose will be of same vaccine which has been used for administration of first and second dose.

ICMR on 'booster doses'

Technically, the 'precaution dose' is effectively a 'booster dose', differing only in nomenclature. As late as December 12, 2021, the Indian Council of Medical Research (ICMR) maintained that the "need for a booster or additional COVID-19 vaccine dose" was being examined.

"There is currently no strong evidence that those who have been vaccinated will not get the virus. Also many have been vaccinated and have got the infection later. The protection that this combination [getting infected and getting vaccinated] offers is also a matter of study."

Dr. Samiran Panda

Head, Epidemiology and Communicable Diseases, ICMR

Dr. Samiran Panda of ICMR added that there was no immediate recommendation to introduce booster or additional dose. He said from a public health point of view also more coverage is what India is looking at.

Twenty-three days later, PM Narendra Modi announced the launch of 'precautionary' doses for frontline workers and eligible population over 60 years.

How is it different from a 'booster' dose?

The main difference between 'precautionary' and 'booster' doses is that mixing of vaccines is not allowed in India's 'precaution' doses.

After Mr. Modi's announcement of 'precaution' doses, Dr V.K. Paul, Member-Health, NITI Aayog said that the 'precaution dose' of COVID-19 vaccine will be of the same vaccine which was administered previously. That is, beneficiaries who have gotten two Covishield doses, will be given a 'precaution dose' of Covishield only.

However, an ICMR study titled 'Serendipitous COVID-19 Vaccine-Mix in Uttar Pradesh' found that mixing of Covishield and Covaxin was safe and showed better results. The study was based on a group of Covishield recipients in Uttar Pradesh who had inadvertently received Covaxin as their second dose.

"It is observed that the neutralizing NABs were 1.25, 3.95 and 1.30 fold reduced in the heterologous (mix dose) group for Alpha, Beta and Delta. Similarly the NAB were reduced homologous Covishield [1.33, 3.9, and 2.74], homologous Covaxin [1.4, 2.45, and 2.08] for Alpha, Beta and Delta"

ICMR

On a comparative study of this group to two groups of 40 people who had received two doses of Covishield and Covaxin respectively, ICMR found that those who received a mix of vaccines (an adenovirus vector platform-based vaccine followed by an inactivated whole virus vaccine) elicited better immunogenicity than two doses of using the same vaccines.

'Booster' doses across the world

In US, which is currently administering booster doses, the government allows its eligible population above 18 years to get either Pfizer-BioNTech or Moderna vaccine as booster doses, five months after getting the primary doses.

For those who got two doses of Johnson & Johnson's Janssen vaccine, the Centre for Disease Control (CDC) recommends getting either Pfizer-BioNTech or Moderna as a booster. Similarly in UK, either Pfizer-BioNTech or Moderna are offered as booster inspite of Oxford-AstraZeneca vaccine (i.e Covishield) being the main vaccine to be administered.

WHO on 'booster doses'

In September, The World Health Organisation (WHO) had called for a moratorium on booster vaccination for healthy adults until the end of 2021 to counter the persisting and profound inequity in global vaccine access.

“While many countries are far from reaching the 40% coverage target by the end of 2021, other countries have vaccinated well beyond this threshold, already reaching children and implementing extensive booster vaccination programmes”

Dr Tedros Adhanom Ghebreyesus

WHO director-general

The WHO prioritises Global COVID-19 Vaccination by mid-2022 and has stated “Vaccine effectiveness data for a booster dose are being published from an increasing number of countries, but remain limited in follow-up time. All studies demonstrate an improvement in protection against infection; milder disease; as well as severe disease and death”.

## **WHO -SARS-CoV-2 variant**

### **WHO records new recombinant SARS-CoV-2 variant (The Hindu: 20220412)**

<https://www.thehindu.com/sci-tech/health/who-records-new-recombinant-sars-cov-2-variant/article65284952.ece>

A woman wears a face mask while walking on Oxford Street in London on April 1, 2022. The WHO said a recombinant SARS-CoV-2 variant was detected in the United Kingdom on January 19, 2022, and over 600 sequences have been reported and confirmed since.

A woman wears a face mask while walking on Oxford Street in London on April 1, 2022. The WHO said a recombinant SARS-CoV-2 variant was detected in the United Kingdom on January 19, 2022, and over 600 sequences have been reported and confirmed since. | Photo Credit: Getty Images

XE recombinant reported in the U.K.; a recombinant variant occurs when an individual is infected with two or more variants at the same time.

The World Health Organization (WHO) has flagged the emergence of a new variant of the SARS-CoV-2 virus, the XE recombinant, in the United Kingdom, and with a possibly higher rate of transmission.

The WHO, in its weekly epidemiological update, said the recombinant was detected in the United Kingdom on January 19 and over 600 sequences have been reported and confirmed since. It went on to add: “Early-day estimates indicate a community growth rate advantage of about 10% as compared to BA.2, however this finding requires further confirmation.”

#### **ALSO READ**

Immunity following infection lasts up to 19 months

The U.K. Health Security Agency (UKHSA), which tracks SARS-CoV-2 variants, analysed three recombinants, known as XF, XE and XD. It explained that, of these, XD and XF are recombinants of Delta and Omicron BA.1, while XE is a recombinant of Omicron BA.1 and BA.2. A recombinant variant occurs when an individual becomes infected with two or more

variants at the same time, leading to a mixing of genetic material in the human body. Several such recombinants have emerged in the past during the pandemic.

The UKHSA has stated that in the U.K., only 38 cases of XF have been identified, though none since mid-February. There is currently no evidence of community transmission within the U.K. XD has not been identified in the U.K. to date, though 49 cases have been reported to global databases.

However, a total 637 cases of XE have been confirmed in the UK so far. “The earliest of these has a specimen date of 19 January 2022. There is currently insufficient evidence to draw conclusions about growth advantage or other properties of this variant,” the agency said. However, all the recombinants are being tracked closely, it added.

#### ALSO READ

COVID-19 deaths up by 40%: WHO

Reflecting this, the WHO also said that until there emerges further confirmation on the community growth rate, “XE continues to belong to the Omicron variant until significant differences in transmission and disease characteristics, including severity, may be reported.” It has also committed to closely monitoring and assessing the public health risk associated with the recombinant variants.

## **SARS-CoV-2**

### **The recombinant variants of SARS-CoV-2 (The Hindu:20220412)**

<https://www.thehindu.com/sci-tech/health/the-recombinant-variants-of-sars-cov-2/article65292323.ece>

How are mutations and recombinants different from each other? Is the newly detected recombinant coronavirus more transmissible?

The story so far: The World Health Organization (WHO) has flagged the emergence of a new variant of the SARS-CoV-2 virus — the XE recombinant. The WHO further added that the recombinant virus was detected in the U.K. on January 19 and over 600 sequences have been reported and confirmed since.

## **Bowel cancer**

### **Exercise can lower risk of getting bowel cancer: Study (New Kerala:20220412)**

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## **Pregnancy**

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**(New Kerala:20220412)**

University, exposure to pollution during pregnancy can have many adverse effects in infants. View it--> <https://www.newkerala.com/news/2022/52834.htm>

## **Ageing**

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researchers have developed a method to 'time jump' human skin cells by 30 years, turning back the ageing clock for cells without losing their specialised functions. View it--> <https://www.newkerala.com/news/2022/52799.htm>

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# कोरोना के एक्सई वेरिएंट से घबराने की जरूरत नहीं, 49 मरीज भर्ती: सत्येंद्र जैन

एक्सई वेरिएंट को डबल्यूएचओ ने 'वेरिएंट ऑफ कंसर्न' की लिस्ट में शामिल नहीं

भास्कर न्यूज | नई दिल्ली

दिल्ली के लोगों को कोरोना से घबराने की जरूरत नहीं है। लोग केवल कोरोना मरीजों से सतर्क रहे। दिल्ली के स्वास्थ्य मंत्री सत्येंद्र जैन ने कहा कि कोरोना के एक्सई वेरिएंट से घबराने की जरूरत नहीं है। दिल्ली के अस्पतालों में कोरोना एक्सई वेरिएंट के केवल 49 मरीज भर्ती हैं। जैन ने कहा कि एक्सई वेरिएंट को डबल्यूएचओ ने 'वेरिएंट ऑफ कंसर्न' की लिस्ट में शामिल नहीं किया है, ये खतरनाक श्रेणी की कोरोना नहीं है। जब तक कोई वेरिएंट ऑफ कंसर्न नहीं आता है तब तक चिंता करने की बिल्कुल जरूरत नहीं। हमें कोरोना के नए-नए वेरिएंट के साथ रहना सीखना होगा, ये वेरिएंट आगे आते रहेंगे।

## सरकारी अस्पतालों में जल्द फ्री मिलेगी प्रीकोशन डोज



जैन ने कहा कि हमें अभी भी कोरोना के नियमों का पालन करने की जरूरत है। उन्होंने कहा कि दिल्ली सरकार की ओर से कोरोना से बचाव के लिए सभी आवश्यक कदम उठाए जा रहे हैं। दिल्ली के सरकारी अस्पतालों में लोगों को जल्द फ्री प्रीकोशन डोज मिलेगी। जिसे लोग अपना इम्युनिटी बढ़ाने के लिए लोग लगवाए। जिन लोगों को दूसरी डोज लिए नौ महीने पूरे हो गए हैं, वे प्रीकोशन डोज ले सकते हैं।

## इधर, बीते 24 घंटे में 137 नए केस

दिल्ली में कोरोना की जांच घटने के साथ संक्रमण दर लगातार बढ़ रहा है। सोमवार को यह आंकड़ा बढ़कर 3 फीसदी के करीब पहुंच गया जो 5 फरवरी के बाद सबसे ज्यादा है। हालांकि, संक्रमित पाए गए मरीजों की संख्या कम है। दिल्ली के स्वास्थ्य

विभाग के अनुसार सोमवार को कोरोना के 137 नए मामले पाए गए, वहीं 144 मरीजों को छुट्टी दी गई। राहत की बात है कि किसी मरीज ने कोरोना के कारण दम नहीं तोड़ा। दिल्ली में रविवार को कोरोना की जांच के लिए 5,079 टेस्ट हुए जिसमें 2.70 फीसदी मरीज संक्रमित पाए गए।

