



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DA
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Yoga and Physical Fitness

7 indoor exercises to keep you fit during monsoon (The Tribune: 20220706)

<https://www.tribuneindia.com/news/health/7-indoor-exercises-to-keep-you-fit-during-monsoon-409706>

One of the best times of year to witness nature's full splendor is during the monsoon. However, monsoons are notorious for their never-ending spells of sickness and cold. One's immune system is tested though the entire season.

And it doesn't stop there. There is always the possibility of contracting cholera, dengue fever, or other distressing ailments. So, how can one enjoy the monsoons as they should be while being safe and healthy? Good eating habits, exercise, and adequate rest are a few factors that can keep you safe during the rainy season.

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It doesn't end there. There is always the risk of contracting cholera, dengue fever, or other dreadful diseases. So, how can one truly enjoy the monsoons while remaining safe and healthy? Yoga and nutrition expert Garima Goyal recommends doing a workout session of 60 minutes a day to help you stay active and fit during the season. Garima further shares simple yoga exercises to help build strength, agility, meditation, relaxation, and focus.

Padangusthasana (Big Toe): Padangusthasana is a foundational asana in Ashtanga Yoga. It is a basic standing position that incorporates forward bending. The asana is classified as beginning due to its easiness. Padangusthasana stretches every muscle in the body from head to toe. It relaxes the body and soothes discomfort. It is beneficial for flat feet, among other things. Padangusthasana is an excellent place to begin your yoga experience.

Trikonasana (Triangle Pose): Trikonasana is derived from the Sanskrit terms 'Trikona' (three corners) and 'Asana' (posture). In trikonasana yoga, the practitioner spreads their legs apart without bending their knees, with their hands extended apart, producing a 90-degree angle between the upper and lower bodies. Trikonasana yoga, also known as Triangle position exercise, is a standing posture that improves strength, balance, and flexibility. There are several

variants in the trikonasana stages or processes. In general, it is divided into three types: Baddha Trikonasana, Parivrtta Trikonasana, and Utthita Trikonasana.

Utkatasana (Chair Pose): Chair posture, also known as "awkward chair pose" and "fierce stance" in Sanskrit, is a form of asana or yoga practice. Begin in a standing stance and bend your knees to lower your body as if you were sitting in an imaginary chair. This standing forward bend is part of the Vinyasa or Ashtanga yoga Sun Salutation routine. Chair posture strengthens your legs, upper back, and shoulders while also improving balance and flexibility. The chair position is a standing yoga practice that works the core. This strong stance may help you strengthen your legs, back, and shoulders.

Bhujangasana (Cobra Post): Bhujangasana is derived from the words bhujanga (cobra or snake) and asana (position). Cobra Stretch is another name for Bhujangasana. Suryanamaskar (Sun Salutations Position) and Padma Sadhana incorporate this pose. Do you wish to tone your stomach but lack the time to go to the gym? Are you exhausted or anxious as a result of an excessive workload? Bhujangasana, also known as Cobra Stretch, is a great way to cure these and other issues while sitting (or lying down) at home! Bhujangasana, also known as the Cobra Pose, is performed while laying on your stomach. It stretches your body (particularly your back) and rapidly melts your tension away! **Vrikshasana (Tree Pose):** Vrksasana is a Sanskrit noun that combines the terms Vriksha and Asana. The Sanskrit term for a tree is Vriksha, whereas the Sanskrit word for posture is Asana. As a result, this is known in English as Tree Pose. Vrikshasana is a standing fundamental yoga position. Furthermore, in Hinduism, Sages utilised this stance as a form of austerity or Tapasya. In a seventh-century CE rock temple in Mallapuram, a man performs a position akin to Vrikshasana. As a result, this is an old yoga stance.

Shishuasana (Child Pose): A child's pose, also known as balasana/shishuasana, is a beginner's position that aids in the relaxation of the mind and body. Balasana is derived from the Sanskrit words Bala, which means "young and childlike," and asana, which means "seat or sat pose." It is a vital resting posture that helps to quiet your senses. It is a fundamental yoga stance that teaches us that inactivity may be as helpful as action and doing. It's a chance to take a breather, assess your circumstances, and prepare to move on.

Tadasana (Mountain Pose): While Tadasana is one of the most fundamental yoga asanas, it is a challenge for all levels and delivers various physical and emotional advantages. Tadasana calms your body and mind, promoting inner tranquility. Maintaining alignment and body awareness is an ongoing effort. Standing firm, stable, and focused in Mountain Pose helps to improve posture, alignment, and balance. This can help with other yoga positions as well as your regular activities. Keep your practice new by always thinking of ways to change the stance.

HIV/AIDS

**HIV patients to get free health facilities in Haryana
22,000 are taking Antiretroviral Therapy (The Tribune: 20220706)**

<https://www.tribuneindia.com/news/haryana/hiv-patients-to-get-free-health-facilities-in-haryana-409613>

The Haryana Government today decided to provide free health facilities like radiological tests to HIV patients in the state under the public-private partnership (PPP) mode.

With this, HIV patients have been included in seven categories of the state which are being provided various health facilities free of cost under PPP mode.

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An official spokesperson of the Health Department informed that CM Manohar Lal Khattar approved a proposal to this effect.

All the laboratory and radiological tests, including CT scan and MRI which are provided in government hospitals under PPP mode will be available free of cost to HIV patients.

Listing the categories, the spokesperson said that in Haryana, these seven categories — BPL and urban slum patients of Haryana, recipients of handicap allowance, poor patients who do not belong to any free category, SC patients, patients belonging to economically weaker section, unattended victim of roadside accidents and state government employees, pensioners and dependents are being provided free services under PPP mode at various health facilities as per the reservation policy.

He said that HIV patients have been included in it as the eighth category.

He said that at present, 22,000 patients suffering from HIV are taking Antiretroviral Therapy (ART).

In addition, there is also an increase of approximately 300 patients per month. As per the information received from ART Centre, PGIMS, Rohtak, the requirement of radiological investigations for HIV patients is approximately only about 2 to 3 per cent of the total number of such patients. Thus, about 700 to 800 HIV patients in the state would require radiological investigations during their management on yearly basis.

Cancer

**Told that she had few years to live, Indian-origin woman cancer-free after experimental drug trial in UK
Jasmin David from Fallowfield in Manchester is looking forward to celebrating her 25th wedding anniversary in September after the successful National Health Service trial(The Tribune: 20220706)**

<https://www.tribuneindia.com/news/diaspora/told-that-she-had-few-years-to-live-indian-origin-woman-cancer-free-after-experimental-drug-trial-in-uk-409473>

Told that she had few years to live, Indian-origin woman cancer-free after experimental drug trial in UK

Undated photo of Indian-origin cancer patient Jasmin David (L) with her family after her successful trial at National Institute for Health and Care Research Manchester Clinical Research Facility that involved an experimental medicine combined an immunotherapy drug.

A 51-year-old Indian-origin woman who was given just months to live a few years ago is celebrating on Monday after doctors say she is showing no evidence of breast cancer following a clinical trial at a UK hospital.

Jasmin David from Fallowfield in Manchester is now looking forward to celebrating her 25th wedding anniversary in September after the successful National Health Service (NHS) trial.

David's two-year trial at the National Institute for Health and Care Research (NIHR) Manchester Clinical Research Facility (CRF) at Christie NHS Foundation Trust involved an experimental medicine combined with Atezolizumab, an immunotherapy drug administered intravenously which she continues to have every three weeks.

"I was 15 months down the line after my initial cancer treatment and had almost forgotten about it, but then the cancer returned," recalls David.

"When I was offered the trial, I didn't know if it would work for me, but I thought that at least I could do something to help others and use my body for the next generation. At first, I had many horrible side effects including headaches and spiking temperatures, so I was in hospital over Christmas and quite poorly. Then thankfully I started to respond well to the treatment," she said.

The previously fit and healthy mother of two grown-up children, worked as a clinical lead at a care home for the elderly.

She discovered she had an aggressive triple negative form of breast cancer in November 2017, when she found a lump above the nipple.

She underwent six months of chemotherapy and a mastectomy in April 2018, followed by 15 cycles of radiotherapy which cleared her body of cancer.

Then in October 2019 the cancer returned, and scans showed multiple lesions throughout her body meaning she had a poor prognosis.

The cancer had spread to the lungs, lymph nodes and chest bone and she was given the devastating news that she had less than a year to live. Two months later, and with no other options left, David was offered the opportunity to be part of research by participating in a Phase I clinical trial.

"I celebrated my 50th birthday in February 2020 while still in the middle of treatment and not knowing what the future held. Two and a half years ago I thought it was the end and I now feel like I've been reborn," said David.

“There is a change in my life after returning from India to see family in April and I have decided to take early retirement and to live my life in gratitude to God and to medical science. My family have been very supportive of this decision. I will be celebrating my 25th wedding anniversary in September. I have so much to look forward to,” she said.

“My Christian faith helped me a lot on this journey and the prayers and support from family and friends gave me strength to face the challenge,” she added. By June 2021, scans showed no measurable cancer cells in her body and she was deemed cancer free. She will remain on treatment until December 2023 but continues to show no evidence of the disease.

“We are really pleased that Jasmin has had such a good outcome. At The Christie we are continually testing new drugs and therapies to see if they can benefit more people,” said Professor Fiona Thistlethwaite, medical oncologist and clinical director of Manchester CRF at The Christie.

Active covid cases

Active covid cases in country rise to 1,15,212 28 new fatalities reported (The Tribune: 20220706)

<https://www.tribuneindia.com/news/nation/active-covid-cases-in-country-rise-to-1-15-212-409980>

India logged 16,159 new coronavirus infections taking the total tally of covid-19 cases to 4,35,47,809, while the active cases increased to 1,15,212, according to the Union Health Ministry data updated on Wednesday.

The death toll climbed to 5,25,270 with 28 new fatalities, the data updated at 8 am stated.

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The new fatalities include six each from Kerala and Maharashtra, three each from Delhi and West Bengal, two each from Goa and Karnataka and one each from Haryana, Madhya Pradesh, Punjab, Rajasthan, Tamil Nadu and Uttar Pradesh.

The active cases comprise 0.26 per cent of the total infections, while the national covid recovery rate was recorded at 98.53 per cent, the ministry said.

An increase of 737 cases has been recorded in the active covid caseload in a span of 24 hours.

The daily positivity rate was recorded at 3.56 per cent while the weekly positivity rate was recorded at 3.84 per cent, according to the ministry.

The number of people who have recuperated from the disease surged to 4,29,07,327 while the case fatality rate was recorded at 1.21 per cent.

According to the ministry, 198.20 crore doses of vaccine have been administered in the country so far under the nationwide covid vaccination drive.

Cell therapy

**Cell therapy cancer centre takes shape in Bengaluru, trials are on
With trials and innovations in India, the team hopes to bring down the cost
of the therapy from (Indian Express: 20220706)**

<https://indianexpress.com/article/lifestyle/health/cell-therapy-cancer-centre-bengaluru-trials-8011144/>

cell therapy cancer centre bengaluru(L-R) COO Dr Arun Anand, co-founder Kiran Mazumdar Shaw, Dr Devi Shetty and co-founder Dr Kush Parmar. (Image source: Immuneel.com)
In 2019, when Immuneel Therapeutics Ltd, founded by Pulitzer winning author and US oncologist Dr Siddhartha Mukherjee and leading biotech entrepreneur Kiran Mazumdar Shaw, planned to set up a breakthrough cell therapy facility for cancer treatment in India, its top team never imagined the world would be hit by Covid-19. It faced the brunt of the pandemic, but the team adapted fast — from vacating its one-room office in Bengaluru to locating the construction crew near the hospital and finding Indian vendors instead of outsourcing the project to a global firm — through the last two years to get the facility up and running.

Healthy habits

**Healthy habits: Things you must, must not do while and after eating
"Sitting in Vajrasana enhances digestion," said macrobiotic nutritionist
Shonali Sabherwal on Instagram (Indian Express: 20220706)**

<https://indianexpress.com/article/lifestyle/health/eat-right-simple-tips-good-digestion-7995792/>

eatingHere's how you should be eating for good health (Source: Getty Images/Thinkstock)
You may be eating healthy foods, but there are also certain habits you must avoid and follow while consuming meals to reap maximum benefits.

This is because good eating practices aid digestion, gut health, and also ensure maximum nutrient absorption by the body. So here's macrobiotic nutritionist Shonali Sabherwal sharing "5 dos and don'ts while and after eating".

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TB

Why recovered TB patients are at a higher risk of mortality

"Early detection is important; we saw some reversal of fibrosis in Covid-19 patients. But this does not happen in TB patients. So, we have to treat them before the lungs are damaged. The mortality depends on several factors and it definitely helps if they stay away from smoking and alcohol," says Dr G Narendran, a senior scientist, NIRT(Indian Express: 20220706)

<https://indianexpress.com/article/lifestyle/health/why-recovered-tb-patients-are-at-a-higher-risk-of-mortality-8010126/>

Even after completing treatment, tuberculosis patients are two to four times more likely to die than the general population, according to two studies on long-term survival of TB patients done by two institutes of the Indian Council of Medical Research (ICMR).

The current TB programme, which has set an ambitious target of eliminating the disease and catastrophic costs associated with it by 2025, focusses mainly on detecting active cases and treating them. The programme has added components such as testing for latent TB and prophylactic treatment among household contacts. Trials are ongoing to see whether the 100-year-old Bacillus Calmette–Guérin (BCG) vaccine or a newer recombinant form of it can prevent infections in such close contacts.

The study from Chennai's National Institute for Research in Tuberculosis shows that mortality among 4,022 patients treated for Tb was 2.3 times higher than in a matched control group of 12,243 people from the general population in Thiruvallur district near Chennai. The risk was higher – 2.6 times – among smokers. Mortality was higher among those who had received treatment for TB across age groups as compared to the general population, but it increased with age, as per the study.

There were 13.4 deaths per 1,000 population in those between the ages of 15 and 24 who had been treated for TB as compared to 5.4 in the general population. Similarly, 38.8 people per 1,000 died in the TB cohort, aged between 25 to 40 years, as compared to 7.5 among the same age group in the general population. There were 87.2 deaths among 41 to 50 years olds in the TB cohort as compared to 19.5 in the general population.

The mortality was 4.6 times more than that of the general population in the above 50 age group, who had been treated for TB, according to the study.

Another study by Jabalpur's National Institute of Research in Tribal Health conducted among 9,756 people from the Saharia tribe found that the mortality among the TB-affected population was four times higher than in the general population, with 122.9 deaths recorded per 1,000 people among those treated for TB as compared to 30.2 among the general population.

Incomplete or improper treatment might be one of the reasons, with a higher death rate of 66 per cent seen in those who took the non-DOTS (Directly Observed Treatment-Short Course) form of treatment, those who ignored follow-ups (65.6%), and those who discontinued treatment (62.5%) as compared to 32.7% among those who had been cured.

“When we talk about eliminating TB, we mainly think of detecting all cases and adherence to treatment. But, even if a person completes the course of treatment, can they go back to living normally? For example, can a rickshaw puller continue his profession after TB? They might not. TB treatment removed the mycobacterium but it doesn’t reverse the lung damage or fibrosis that has already happened. This is the reason early detection is important. Even if TB is cured, there are sequelae,” said Dr Padmapriyadarsini, director, NIRT.

Lung fibrosis is a condition where hard scar tissues are formed after injuries heal. The hardening results in lowering of the lung capacity. Lung fibrosis was also seen in patients who suffered from Covid-19.

Dr G Narendran, a senior scientist who runs the clinics for evaluating the trial participants at NIRT, said, “Early detection is important; we saw some reversal of fibrosis in Covid-19 patients. But this does not happen in TB patients. So we have to treat them before the lungs are damaged. The mortality depends on several factors and it definitely helps if they stay away from smoking and alcohol.” Alcohol, in fact, is one of the major reasons for incomplete treatment and relapse after recovery from TB, according to scientists at the institute.

Healthy Heart

‘Women must make heart health a priority’

Cardiovascular diseases have shown an alarming increase among Indian women. For those at high risk of life-threatening ailments, Dr Sanjeev Gera, Director & HOD, Cardiology, Fortis, Noida recommends immediate preventive measures to reduce the impact of heart attacks(Indian Express: 20220706)

<https://indianexpress.com/article/lifestyle/health/women-must-make-heart-health-a-priority-dr-sanjeev-gera-8008884/>

Contrary to popular belief, women are as vulnerable to heart ailments as men. In India, cardiovascular diseases are found to be among the leading causes of mortality among women, especially in urban areas and estimates show that 16.9 per cent of all deaths in women resulted from cardiovascular diseases.

Studies at Harvard Medical School have shown that “a woman’s symptoms are often different from a man’s. Before menopause, a woman’s own estrogen helps protect her from heart disease by increasing HDL (good) cholesterol and decreasing LDL (bad) cholesterol. After menopause, women have higher concentrations of total cholesterol than men do. But this alone doesn’t explain the sudden rise in heart disease risk after menopause. Elevated triglycerides are an important contributor to cardiovascular risk in women. Low HDL and high triglycerides appear to be the only factors that increase the risk of death from heart disease in women over age 65.

“Diabetes increases the risk of heart disease in women more than it does in men, perhaps because women with diabetes more often have added risk factors, such as obesity,

hypertension, and high cholesterol. Although women usually develop heart disease about 10 years later than men, diabetes erases that advantage. In women who've already had a heart attack, diabetes doubles the risk for a second heart attack and increases the risk for heart failure.”

Harvard Medical School research suggests that, for women, metabolic syndrome, characterised by large waist size, elevated blood pressure, glucose intolerance, low HDL cholesterol, and high triglycerides is the most important risk factor for having heart attacks at an unusually early age. In a study of patients undergoing bypass surgery, metabolic syndrome produced a greater risk for women than it did for men.

“Many women do not experience typical chest pain which makes early diagnosis and treatment difficult. Often due to responsibilities at home and at work, women tend to ignore their own well-being and dismiss mild symptoms as a routine niggler. But women must be aware that they too are vulnerable to heart diseases and should ensure regular check-ups as well as pay attention to any worrisome symptoms that need medical intervention. Peri-menopausal women, especially, are at higher risk,” says Dr Sanjeev Gera, Director & HOD, Cardiology, Fortis, Noida

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One must not ignore heart attack symptoms — aching, heaviness or burning sensation in the chest, pain in one or both arms or left shoulder, throat or jaw, shortness of breath or cold sweat, extreme fatigue and so on.

Often women do not undergo regular preventive heart check-ups to determine if there are any signs of heart disease. Many a time, patients reach hospitals with heavily blocked arteries that increase their risks like formation of blood clots, which can lead to 100 per cent blockage of coronary arteries, leading to a heart attack. Dr Gera suggests the following preventive regime:

- 1) The first step is awareness about the risk factors that cause blockages like high blood pressure, diabetes, high cholesterol, obesity, smoking, sedentary lifestyle and stress which worsen outcomes.
- 2) One must avoid smoking or use of tobacco in any form and even passive smoking. In today's time, most working women spend endless hours on the chair and do not commit time for physical activities.
- 3) Take up any kind of outdoor sport, jogging, walking, cycling, swimming or indoor activities such as gym, dancing, yoga or any such similar activity. It's imperative to engage in physical activities for 30 – 45 minutes every day and up the time if you're overweight.
- 4) Another key aspect is to watch for your diet. Excessive consumption of junk food, packaged food, aerated drinks food must be avoided. Check your calorie intake and look for heart-healthy diets which must include enough complex carbohydrates, legumes, fruits and vegetables with less of sugars, salt and fats.
- 5) Obesity or weight gain should be monitored. Physical activities and controlled diet would help maintain a healthy weight. In India, women have many responsibilities and they often neglect their health concerns. Many women experience modest to high level stress and owing

to many reasons are not able to get good quality sleep. This is detrimental to good heart health and measures should be taken to reduce stress and anxiety and they must not be sleep-deprived.

6) All women must go for regular health screening, which include home BP and sugar monitoring and an annual cardiac check that must include a lipid profile, HBA1C and an exercise cum ECG test to find out silent heart disease. In case any symptoms or risks are identified, then they must get detailed investigations done as per advice of cardiologists.

Calcium supplements

Are calcium supplements the answer to healthy bones?

"So stop stressing about calcium and find out what's affecting your bone strength and making it porous," integrative health coach Neha Ranglani wrote on Instagram (Indian Express: 20220706)

<https://indianexpress.com/article/lifestyle/health/bone-health-heres-what-weakens-your-bones-8002481/>

Uncontrolled stress and exposure to toxins leads to inflammation that leaches our bone minerals.(Representative Image: Pexels)

Calcium, a mineral, plays a key role in achieving healthy and strong bones. Our body continually removes a little amount of calcium from our bones and replaces it with new calcium. However, if the body removes more calcium than it replaces, then the bones slowly become weaker and brittle.

As such, many people pop calcium supplements in an attempt to make their bones stronger and keep bone-related issues at bay.

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“Our bones are metabolically active tissue, and are always lending its minerals to us in case the body needs them,” said Neha Ranglani, an integrative health coach on Instagram. So under what circumstances do the bones get weak and the need to rely on supplements arise?

Also Read |Miscarriages and summer: Experts decode the link

Sharing a post on her Instagram, the expert explains the things that affect bone strength and make them porous. Check out her post below:

*Eating highly processed foods or a lot of dairy and meat increases the acid load in our body. In order to neutralise it and maintain the blood pH at 7.4, our body pulls minerals from the bones, which weakens our bones.

*"When we don't move enough we do not stimulate our bones to thicken and strengthen," she wrote.

*Uncontrolled stress and exposure to toxins leads to inflammation "that leaches our bone minerals".

*When we don't have sufficient vitamin D, magnesium and vitamin K, our body cannot absorb calcium. This affects bone formation and regeneration.

*Poor gut health affects digestion and also the absorption of nutrients, including the calcium supplement.

Also Read |Do you sleep with lights on? Here's how it may affect your health
The expert further suggests certain lifestyle and dietary changes to keep the bone healthy:

*Eat more plant-based foods such as greens, sprouts, fruits, veggies, nuts etc. and avoid too much meat and dairy products.

*Stop buying and eating packaged food items loaded with tons of additives. Replace them with healthier options.

*Exercise regularly and move more.

*Check your vitamin levels regularly.

*Manage stress through self-care activities.

*Don't ignore your health and work on correcting issues like acidity, constipation, and bloating.

Eye Health

Simple tips to take care of your eyes this monsoon

Our eyes are particularly vulnerable to infections and other issues during monsoon, according to the expert (Indian Express: 20220706)

<https://indianexpress.com/article/lifestyle/health/eye-health-tips-monsoon-rainy-season-8002434/>

eye health, monsoonKids with a family history of this cancer or a sibling who has been affected have a 50 per cent chance of contracting retinoblastoma.

The rainy season has arrived, giving everyone a respite from the sweltering heat. As lively as the monsoon may be, it is also marked by a host of seasonal illnesses such as dengue, malaria and diarrhoea, among others. As the air gets filled with bacteria and viruses, eye infections become a common occurrence during this season.

Explaining the same, Dr Tushar Grover, Medical Director, Vision Eye Centre, New Delhi said, “For bacteria and viruses, air serves as a transportation medium. Therefore, even a small disregard for personal cleanliness and health might have serious consequences.”

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The most delicate organ in our body — the eyes — are particularly vulnerable to infections and other issues, according to the expert. “The most frequent eye infections that occur during the rainy season include conjunctivitis, corneal ulcers and styes (pimple-like lesions over the eyelids), among others.”

Dr Grover recommended following these five tips for maintaining eye health throughout the rainy season.

ALSO READ | Four early health tips to keep in mind before the arrival of monsoon season
Avoid dust storms and wear sunglasses

As mentioned, eye irritation and infections due to dust particles in the eyes are common during the rainy season. “You may protect your eyes from sand when travelling in a storm by using sunglasses or safety glasses,” he said.

Clear your contact lenses correctly

It is imperative to clean your contact lenses regularly as not doing so can lead to “serious sight-threatening infections, especially during the monsoon season”.

contact lens, eye health, monsoon Don't forget to clean your contact lenses (Source: Getty Images/Thinkstock)

Use a lubricant eye drop

If you suffer from dry eyes, Dr Grover suggested using a lubricant eye drop after consultation with a treating ophthalmologist. “Avoid exposure to dust and dirty water,” he added.

Keep towels and napkins separate

Eye diseases are contagious in nature and, therefore, you must avoid sharing personal hygiene items like towels, napkins and handkerchiefs.

ALSO READ | This monsoon, keep digestive issues at bay with these expert tips
Consume healthier foods

It is quite common to gorge on delicious street food items during this season. However, eating unhealthy food can not just cause severe health issues but also affect eyes. “Consume wholesome salads, fruits, and vegetables and drink plenty of water,” the expert said.

World Zoonosis Day

World Zoonosis Day | Indian Immunologicals launches nationwide anti-rabies vaccine drive (The Hindu: 20220706)

<https://www.thehindu.com/sci-tech/health/world-zoonosis-day-indian-immunologicals-launches-nationwide-anti-rabies-vaccine-drive/article65605173.ece>

World Zoonosis Day is observed annually on July 6 to commemorate the first immunisation against a zoonotic illness

Indian Immunologicals Limited (IIL) on Wednesday organised a nationwide free vaccination camp against zoonotic diseases on account of World Zoonosis Day 2022.

Diseases that transmit from animals to human beings are called zoonotic diseases and the day is observed annually on July 6 to commemorate the first immunisation against a zoonotic illness.

“Today, we administered 1 lakh doses of Raksharab and Starvac R (Anti-rabies vaccines of IIL) free of cost, to realize the vision of ‘One health’, a collaborative effort towards optimal health for humans and animals through innovative healthcare products,” Dr. K. Anand Kumar, Managing Director, Indian Immunologicals Limited.

The drive was launched at Government Superspeciality Veterinary Hospital, Narayanguda.

India, a potential hotspot for zoonotic diseases

A recent report from the State of the World’s Forests 2022 predicts India as a potential hotspot for zoonotic viral diseases. About 70% of all emerging diseases such as rabies, swine flu, nipah, brucellosis, leptospirosis, porcine cysticercosis and zika that affect humans are zoonotic in nature.

In their fight against the spread of such zoonotic viruses, IIL’s vaccination camp was escalated to 100 cities across the country through veterinary dispensaries, veterinary colleges and NGOs.

Zoonotic diseases such as rabies have imperilled human health since antiquity. Dogs are the source of most human rabies deaths, contributing up to 99% of all rabies transmissions to humans, and every year it causes 18,000 to 20,000 deaths.

“Through our ‘Anti-Rabies vaccine drive’, we aim to spread awareness on the disease and need to restrain it. Apart from Raksharab and Starvac-R, we have the largest range of zoonotic vaccines in the country such as CYSVAX, Bruvax, among others and we are constantly innovating novel vaccines to cater to the ever-emerging zoonotic risks,” Dr. Kumar said.

TB virus

NIRT proposes to study human-animal-human spill over transmission of TB virus (The Hindu: 20220706)

<https://www.thehindu.com/news/national/nirt-proposes-to-study-human-animal-human-spill-over-transmission-of-tb-virus/article65603623.ece>

Spill over infections in livestock occurs in highly endemic countries like India. Researchers at the Indian Council of Medical Research-National Institute for Research in Tuberculosis (ICMR-NIRT) have found human-to-animal transmission of TB in livestock (cattle) and are now awaiting regulatory approval from the ICMR to understand and evaluate the danger this presents to humans.

India reported more than 2.4 million TB cases in 2019 and continues to have the largest share of the global TB burden.

Meanwhile, the country's total livestock stands at 535.78 million, with an increase of 4.6% over the last census in 2012.

Speaking about the research and what it means for the common man, Dr P. Kannan, scientist at NIRT, explained that one study has been conducted in India to see the transmission from human to cattle and we know that spill over infections in livestock occurs in highly endemic countries like India.

“A new study proposes to study the transmission of TB bacteria (both human to animal and animal to human) in rural settings. And for this, routine screening of animals for TB infection is required. Also infected animals should be segregated from the herd,” he explained. The Institute proposes to undertake the screening of domestic animals in Chennai.

BCG booster to children

Meanwhile, the Institute is also looking at benefits of recommending BCG vaccination booster shots to children. “The Institute is looking at studying the effect of BCG revaccination in children aged between 6 and 12 years. We will follow them for three years and see whether they catch the disease,” said NIRT director Dr. Padmapriyadarsini C.

The trial, which proposes to take on 8,000 candidates, has already been registered with the Clinical Trials Registry of India.

National TB Control Programme

The way to control tuberculosis (The Hindu: 20220706)

<https://www.thehindu.com/opinion/op-ed/the-way-to-control-tuberculosis/article65603493.ece>

Three major deficiencies of the Revised National TB Control Programme need correction. Tuberculosis is the worst among endemic diseases, killing 1.5 million people every year (WHO). TB affects adults in their most productive years and therefore impoverishes the family and the nation. In India, the TB capital of the world, the disease kills some 1,400 persons every day. These are gross estimates, for our health management system has no method to count the exact numbers.

In the 1950s and '60s, India was the global leader in research in epidemiology, transmission and domiciliary treatment of TB. The National TB Control Programme of 1962 was a district-based one with public-private participation. However, upscaling the model proved unsuccessful and the programme failed to control TB. With that we lost self-confidence and began doing what we were told to do by the WHO under the Revised National TB Control Programme (RNTCP). WHO experts, without factoring in the differences between the TB epidemiology of poor and rich countries, used a theoretical construct of TB control to design RNTCP. By 2018, India realised that light at the end of the tunnel was still elusive.

Chemotherapy facility

Chemotherapy facility in 25 government hospitals in Kerala (The Hindu: 20220706)

<https://www.thehindu.com/news/national/kerala/chemotherapy-facility-in-25-government-hospitals-in-kerala/article65600562.ece>

In the selected 25 hospitals in Kerala, follow-up cancer care is possible. Chemotherapy facilities are now available in 25 government hospitals in Kerala, a statement issued by the office of Health Minister Veena George on Monday said.

When the COVID-19 pandemic was raging, the government had arranged follow-up care for cancer in select hospitals. Through screenings done in these

COVID-19 triggered stigma

COVID-19 triggered stigma; discrimination may keep testing rate low: study (The Hindu: 20220706)

<https://www.thehindu.com/news/national/covid-19-triggered-stigma-discrimination-may-keep-testing-rate-low-study/article65602408.ece>

‘Education and need for psychosocial intervention to deal with the negative impact of the stigma on individuals and families affected by COVID-19 continues to be vital,’ says Dr. Padmapriyadarsini

Alongside the fear that India may not be conducting enough COVID-19 tests, the pandemic triggered stigma and discrimination against individuals infected with or vulnerable to SARS COV-2 virus, may be further slowing down voluntary testing, suggests top scientist from the ICRM-National Institute for Research in Tuberculosis (NIRT), who in a study ‘COVID-19 stigma: Correlates and Mitigation Strategies’ found that 80.5% of the recovered participants of the study — that was conducted in seven States across the country in 18 districts — reported to have experienced at least one form of stigma. Further 51.3% of the respondents from the community reported severe stigma attitude towards those diagnosed with COVID-19

“Education and need for psychosocial intervention to deal with the negative impact of the stigma on individuals and families affected by COVID-19

Viruses

Are mosquitoes biting you more than others lately? This research on mice may have an answer (The Hindu: 20220706)

<https://www.thehindu.com/sci-tech/science/viruses-change-your-scent-make-you-more-attractive-mosquitoes-new-research-in-mice-finds/article65599131.ece>

Viruses can change your scent to make you more attractive to mosquitoes, new research in mice finds

Mosquitoes are the world’s deadliest animal. Over 1 million deaths per year are attributed to mosquito-borne diseases, including malaria, yellow fever, dengue fever, Zika and chikungunya fever.

How mosquitoes seek out and feed on their hosts are important factors in how a virus circulates in nature. Mosquitoes spread diseases by acting as carriers of