Pneumococcal conjugate vaccine

Pneumococcal conjugate vaccine launched (The Tribune: 20210827)


Pneumococcal conjugate vaccine (PCV) was launched at Community Health Centre, Koom Kalan. The PCV is now on the routine immunisation list for children.

“To reduce the number of deaths due to pneumonia in children, the Health Department has introduced PCV as per the guidelines of Punjab Government and Director Health Services Punjab,” said Koom Kalan Senior Medical Officer Puneet Juneja.

Dr Juneja said, “The Health Department is already providing free immunisation to protect children from 11 deadly diseases and now a new pneumococcal conjugate vaccine has been added to the Health Department’s regular immunisation list for children suffering from pneumonia.”

He said the first dose of this vaccine would be given to the child at the age of one and half months, the second at the age of three and half months and booster dose at the age of nine months. —TNS

Third wave likely in Sept-Oct,

Third wave likely in Sept-Oct, to affect kids more: Experts (The Tribune: 20210827)

Experts are warning that the third wave of Covid would likely strike in September-October. It would affect children more and they would have similar risks as adults.

However, if adults in the family wear masks and maintain hand hygiene, social distancing and get vaccinated against Covid, they can prevent infection among children in the family and protect them.

“Lactating mothers should also get vaccinated against Covid. After delivery, even if the mother is Covid positive, the baby and the mother should not be separated. All babies should be exclusively breastfed for the first six months, irrespective of the Covid status of the mother. The virus is usually not transmitted through breast milk. In fact, the baby will receive antibodies against the virus through breast milk,” said Dr Rajinder Gulati, a paediatrician and retired SMO, Civil Hospital, Khanna.

Children infected with Covid may be asymptomatic. Some can have fever, cough, cold or loose stools. If a child infected with coronavirus does not have respiratory distress, he/she can be isolated at home. In case of respiratory distress, it is mandatory to seek medical advice and care, said Dr Gulati further.

Another expert, Dr Gurmeet Singh, a private practitioner, said it is important to ensure that the affected children are not dehydrated. These children can be given fluids, such as rice gruel, tender coconut water and fruit juice, in addition to nutritious diet. If the child has loose stools, homemade or commercially available Oral Rehydration Solution (ORS) can be given. Oral Paracetamol is enough for managing fever in children. Administering unnecessary medicines without appropriate medical advice can be dangerous, he maintained.

In case the child has other chronic problems, like asthma, diabetes or epilepsy, the respective medications should be continued with medical advice. Children should avoid stepping out of the house unnecessarily. They should not be taken to overcrowded places, he added.

Dealing with children in Covid times

REDUCE SCREEN TIME Due to the pandemic and home confinement, children are likely to experience psychological problems like stress or depression. It is advisable to reduce their screen time. Unnecessary information which is like to cause fear and panic need not be shared with children.

SIT AND TALK It is important that the parents sit down and interact freely with the children. All their concerns should be addressed diligently. In case a child has psychological issues, appropriate counselling and medical care should be given.

KEEP THEM ENGAGED To keep children active and happy, they can be engaged in different games at home. Their talents should be identified and they should be encouraged to improve their skills in the area/areas of their choice.


**Expect Covid-19 cases to double in 2 months**

**Expect Covid-19 cases to double in 2 months: Expert (The Tribune: 20210827)**


Covid-19 cases can be expected to double in Punjab in about 64 days, under the assumption that the growth rate remains constant, said Dr Paul Kattuman from the University of Cambridge.

In a forecast on the future of Covid in the state, submitted to the government, a copy of which is with The Tribune, the Reader of Economics at Cambridge Judge Business School said there was high probability that cases were accelerating in Punjab at present.

“There is likelihood of geographic spillover from neighbouring states, especially Himachal Pradesh, where infection is rising,” Dr Kattuman predicted.

Drawing a map of transmission trajectory of the epidemic, the Kerala native based his forecast on daily growth of virus cases and reproduction number (Rt).

With an estimated Rt value 1.05, higher than last week, he opined that the state could record 50 fresh cases daily by August end while the daily growth rate estimated value of 1.1 per cent positive cases was expected to double the new cases in 64 days, the expert said.

Dr Kattuman recommended continuing with the policy of enforcing containment and closure measures when infection increases and easing restrictions when possible.

“These measures are likely to drive state-level reproductive number to oscillate around the threshold of 1 in the coming weeks,” he felt, while predicting that this stage was likely to last till the vaccination coverage grows to a level consistent with herd immunity.

Acting on the expert’s forecast and recommendations, the state government has further ramped up the test, trace, treat, vaccinate and strict enforcement of Covid-appropriate behaviour.

The ongoing testing drive has been extended to OPD/ IPD patients at government and private hospitals, travellers at entry points of airports, railway stations and bus stands, industrial workers and inmates of labour colonies, staff at marriage palaces, restaurants, pubs/bars, gyms, government offices, de-addiction centres and public transport.

With the help of stringent measures being taken to keep the Covid situation under control, the reproduction number has dropped to less than 1, and daily growth rate of fresh cases has
India’s Covid numbers

The southern factor in India’s Covid numbers (Hindustan Times: 20210827)

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

By Jamie Mullick

India faced a brutal second wave of Covid-19 starting February that ran through the country till May. When this wave peaked on May 9, daily new cases fell sharply almost throughout India. However, in recent weeks, a growing outbreak in Kerala – apparently sparked by Onam festivities – has again started dominating headlines. On Wednesday, the state reported 31,445 new infections, making it responsible for more than two-thirds of all new cases reported across India on the day. The state’s tally on Wednesday was also the most infections lodged in any state in India in a single day since May 27, when Tamil Nadu recorded 33,361 new cases. It is a given that Kerala, of course, is the region reporting the highest number of new cases. But if we look at big states seeing high number of cases with respect to their population, we see others on the list are largely located in southern India. After Kerala (561 cases per million in the past week) on the list lie Maharashtra (37 cases per million), followed by Andhra Pradesh (25), Tamil Nadu (22), Odisha (20), Karnataka (20), and Telangana (9). Here are five charts that try to how the post-second wave battle against the disease has weighed heavily on southern India and Maharashtra.
1 India sees a minor rise in cases and deaths

The seven-day average of daily new cases in India has risen from a 156-day low of 24 infections per million for the week ending Sunday to 25.3 for the week ending Wednesday.

While this may only be a 5% increase, and is heavily influenced by numbers from Kerala, it remains a cause of concern. In the same period, the seven-day average of reported deaths across the country (per million population) has seen an increase of 10%.

And while the death trajectory has seen sudden surges since June due to states such as Maharashtra and Bihar adding deaths to their tallies that had earlier gone unreported (see chart), the recent spurt is not due to any major death toll reconciliation.

All figures used in this analysis have been normalised using the region’s population as it provides a common comparison point for areas vastly different in size and population.

2 Kerala contributing 58% of India’s new cases

More than 58% of all new infections reported across the country in the past week can be traced back to just Kerala - a statistic that underscores how large an outlier the state is to the overall trend.

With population factored in, Kerala has reported 561 new cases per million in the past week against a national average of around 25. But when Kerala’s numbers are removed from the national tally, the latter sees a massive drop - there have been an average of around 11 new infections per million every day in the past week in the rest of India.

Another way to look at these numbers is that, per capita, Kerala is currently reporting 52 times as many new cases in the past week as the rest of the country.

3 But Kerala’s share in deaths is still not as bad

When the same calculations are applied to the number of deaths reported due to Covid-19 in the past week, Kerala’s numbers (though still high) see a marginal improvement. The state has been responsible for 35% of all deaths reported across India in the past week - a much lower share than its caseload.

With population factored in, the state has seen 3.8 deaths per million residents against a national average of around 0.4 fatalities per million. Even removing Kerala’s numbers from the national tally to derive the “Rest of India” metric, the latter still sees a threefold lower death toll.

The national death rate has remained stable, largely due to the lower number of infections in the rest of the country.
Health tips for diabetics

Health tips for diabetics: Three lifestyle habits to manage blood sugar levels
(The Indian express: 20210827)


Dietitian Mansi Padechia recommends simple lifestyle changes to manage diabetes blood sugar rise issues, diabetes, how to manage blood sugar levels, indianexpress.comm indianexpress, lifestyle diseases, diabetes diet

Prevent blood sugar rise with these simple changes in your daily life. (Source: Getty Images/Thinkstock)

There is a lot of information available on how one can manage diabetes. But the basics often get ignored. To help you make the right choices, here’s a quick guide from dietitian Mansi Padechia who said that simple lifestyle tweaks can go a long way in helping curb rising blood sugar levels, and therefore prominent lifestyle disorders like diabetes.

“Are you confused with a lot of information on diabetes? Here’s what you need to you need to do,” she captioned her Instagram post.

Walk for 15 minutes post meals. This will make a big difference when it comes to managing your sugar levels. Your body absorbs most of the sugar at this time, and hence movement helps.

Physical Fitness

How exercise may help keep our memory sharp (The Indian express: 20210827)


Irisin, a hormone produced by muscles during exercise, can enter the brain and improve cognition, a new mouse study suggests.

Exercise, fitness
We have plenty of evidence already that exercise is good for the brain. (Source: Pixabay)

IRISIN, A HORMONE PRODUCED BY MUSCLES DURING EXERCISE, CAN ENTER THE BRAIN AND IMPROVE COGNITION, A MOUSE STUDY SUGGESTS.
An intriguing new study shows how exercise may bolster brain health. The study was in mice, but it found that a hormone produced by muscles during exercise can cross into the brain and enhance the health and function of neurons, improving thinking and memory in both healthy animals and those with a rodent version of Alzheimer’s disease. Earlier research shows that people produce the same hormone during exercise, and together the findings suggest that moving could alter the trajectory of memory loss in ageing and dementia.

We have plenty of evidence already that exercise is good for the brain. Studies in both people and animals show that exercise prompts the creation of new neurons in the brain’s memory center and then helps those new cells survive, mature and integrate into the brain’s neural network, where they can aid in thinking and remembering. Large-scale epidemiological studies also indicate that active people tend to be far less likely to develop Alzheimer’s disease and other forms of dementia than people who rarely exercise.

But how does working out affect the inner workings of our brains at a molecular level? Scientists have speculated that exercise might directly change the biochemical environment inside the brain, without involving muscles. Alternatively, the muscles and other tissues might release substances during physical activity that travel to the brain and jump-start processes there, leading to the subsequent improvements in brain health. But in that case, the substances would have to be able to pass through the protective and mostly impermeable blood-brain barrier that separates our brains from the rest of our bodies.

Those tangled issues were of particular interest a decade ago to a large group of scientists at Harvard Medical School and other institutions. In 2012, some of these researchers, led by Bruce M. Spiegelman, the Stanley J. Korsmeyer Professor of Cell Biology and Medicine at the Dana-Farber Cancer Institute and Harvard Medical School, identified a previously unknown hormone produced in the muscles of lab rodents and people during exercise and then released into the bloodstream. They named the new hormone irisin, after the messenger god Iris in Greek mythology.

Tracking the flight of irisin in the blood, they found it often homed in on fat tissue, where it was sucked up by fat cells, setting off a cascade of biochemical reactions that contributed toward turning ordinary white fat into brown. Brown fat is much more metabolically active than the far more common white type. It burns large numbers of calories. So irisin, by helping to create brown fat, helps amp up our metabolism.

But Dr. Spiegelman and his colleagues suspected irisin might also play a role in brain health. A 2019 study by other researchers had shown that irisin is produced in the brains of mice after exercise. That earlier research had also detected the hormone in most of the human brains donated to a large brain bank — unless the donors had died of Alzheimer’s disease, in which case their brains contained virtually no irisin.

That study strongly suggested that irisin lowers the risks of dementia. And in the new study, which was published last week in Nature Metabolism, Dr. Spiegelman and his collaborators set out to quantify how.
They began by breeding mice congenitally unable to produce irisin, and then allowing those and other normal, adult mice to run on wheels for a few days, something the animals seem to relish doing. This form of exercise usually lifts subsequent performance on rodent tests of memory and learning, which happened among the normal runners. But the animals unable to make irisin showed few cognitive improvements, prompting the researchers to conclude that irisin is critical for exercise to enhance thinking.

They then looked more closely inside the brains of running mice with and without the ability to make irisin. All contained more newborn neurons than the brains of sedentary mice. But in the animals without irisin, those new brain cells appeared odd. They had fewer synapses, the junctions where brain cells send and receive signals, and dendrites, the snaky tendrils that allow neurons to connect into the neural communications system. These newly formed neurons would not easily integrate into the brain’s existing network, the researchers concluded.

But when the scientists used chemicals to increase irisin levels in the blood of animals unable to make their own, the situation in their brains changed notably. Young mice, elderly animals and even those with advanced cases of rodent Alzheimer’s disease began performing better on tests of their memory and ability to learn. The researchers also found signs of reduced inflammation in the brains of the animals with dementia, which matters, since neuroinflammation is thought to hasten the progression of memory loss.

Importantly, they also confirmed that irisin flows to and crosses the blood-brain barrier. After the researchers injected the hormone into the bloodstreams of the genetically modified mice, it showed up in their brains, although their brains could not have produced it.

Taken as a whole, these new experiments strongly suggest that irisin is a key element in “linking exercise to cognition,” Dr. Spiegelman said.

It also might someday be developed as a drug. He said that he and his collaborators, including Christiane D. Wrann, an assistant professor at Massachusetts General Hospital and Harvard Medical School and a senior author of the new study, hope eventually to test whether pharmaceutical versions of irisin could slow cognitive decline or even raise thinking skills in people with Alzheimer’s.

This was a mouse study, though, and much research still needs to be done to establish whether our brains react like rodents’ to irisin. It’s also unknown how much or what types of exercise might best amplify our irisin levels. But even now, Dr. Wrann says, the study reinforces the idea that exercise can be “one of the most important regulators” of brain health.
Fitness alert: 3 exercises

Fitness alert: 3 exercises men must do for hair growth, flat stomach and glowing skin(The Indian express: 20210827)


"You need to start going to the gym and lift some weights," said nutritionist Rujuta Diwekar

People are finally paying more attention to their lifestyle habits to stay fit and healthy. But along with physical fitness, one must also take care of their skin and hair. While more women are now paying focus towards the same, most men still don’t pay as much attention.

But, it must be noted that men have different skin textures and fitness requirements, and hence need a special routine to ensure good skin and health.

Regular exercise is believed to be one of the most effective ways to not just lose belly fat and get a flat stomach, but also improve hair growth and skin. According to nutritionist Rujuta Diwekar, “You need to start going to the gym and lift some weights”.

Diwekar, who regularly shares nutrition and fitness related posts on her social media accounts, once again took to Instagram to share three exercises that men must include in their fitness regime.

Covid (The Asian Age: 20210827)

Ensure uninterrupted edu of Covid orphans: SC to AP

PARMOD KUMAR
NEW DELHI, AUG. 26

The Supreme Court on Thursday directed the Andhra Pradesh government to ensure that there is no break in the education of children studying in private schools who have become orphans or lost their parents during the Covid-19 pandemic.

There are 329 orphan children and 7,110 children who have lost one of their parents due to the Covid infection.

The top court direction to Andhra Pradesh government came as the National Commission for Protection of Child Rights (NCPCR) said that there are around one lakh children who need support and care as they have lost either one or both parents in the Covid pandemic year.

NCPCR told the court that 6,181 children have become orphans and 92,475 lost one of the parents since March 2020 — when the pandemic assumed menacing proportions in the country.

THE COURT ordered the Andhra government, Child Welfare Committee and district education officer to impress upon the private schools to waive off the fee of these children or state itself should bear the cost of the education of these children, including that of books and uniforms.

The court also asked the district magistrate to uploads information about these children relating to all the six stages that includes identification of children who are orphaned or lost one of their parents, steps for immediate relief inquires by the child welfare committees leading to social investigation report of each child, monitoring of children by CWC and the district child protection officer to ensure that the benefits announced by the Central and the state governments reach these children.

The Supreme Court order came during the hearing of a suo motu petition relating to “Contagion of Covid 19 virus in children protection home”. The hearing saw the broadening of its scope when the court embarked on addressing the conditions of children of parents who lost their lives to Covid.
Caste Census (The Asian Age: 20210827)

Caste census and quotas: It’s a political minefield

Shikha Mukherjee

Equivocation is invariably the political response to demands for a scientifically designed, systematic, robust, full-fledged caste census, because it shrinks the wriggle room that ruling national parties need to dodge the demand for corrections on the one hand and address the issue of equality, inequality, justice and positive action on the other.

The middle order of the Other Backward Castes is like an unchecked minefield. Disillusionment and a growing sense of discrimination and relative deprivation of this very large but heterogeneous constituency of voters exerts pressure for indulgence as backwards with all benefits and an increase in the bundle of benefits is practically impossible to reject or even disagree with. To accept and agree to a caste-based robust (netal) headcount of all individuals is to plunge into a political maelstrom.

A proper caste census, the last one done in 1931, is a long-standing demand that ruling national parties have managed to put off by substituting the census with a slightly different methodology that has far-reaching consequences. The Congress agreed to a caste census and then ended up by substituting it with the Socio-Economic and Caste Census in 2011.

The data on caste was never fully relied upon.

The BJP is in much the same boat. It agrees that a caste count should be done, but it refuses to commit to a census. Prime Minister Narendra Modi’s meeting with the all-party delegation led by Bihar chief minister Nitish Kumar, which included leaders from the BJP, Tejashwi Yadav of the Opposition RJD, Dipendar Bhattacharya of the CPI-ML) Liberation and his non-committal response on it says it all.

Neither he nor the BJP can disagree with the demand for a caste census, nor can they afford to accept and agree to such an exercise. A caste census is not simply a head count: it comes with a commitment to reframe policies that fix the problems of inequality, relative deprivation and the skewed distribution of benefits to those castes and sub-castes that are found to be worse off and it reveals both the successes and the failures of the State in addressing the problem of marginalisation and deprivation and backwardness.

One estimate indicates that of the 2,626 OBC sub-castes that figure in the Centre’s list for reservations in jobs, almost one-fifth or 513 have been allotted 25 per cent or more reservations. The overwhelming bulk of recruitment and admission to higher education institutions, that is 97 per cent, for OBCs has been captured by a select 25 per cent of OBC sub-castes.

Depictr the privileged 10 dominant castes by redistributing the benefits to other OBC sub-castes is asking for trouble on a large scale. Correcting the skew in recruitment and admission of OBCs in educational institutions is equally politically dangerous for a party that is heavily dependent on votes from OBCs and Muslims.

Two large states, Uttar Pradesh and Bihar, have put an instrument that restores to the states the power to draw up their own OBC lists that have traditionally had OBCs deprived of reservation. The States have been allocted 25 per cent of the total OBC quota, and the OBC list will follow from drawing up a fresh list of OBCs.

Caste politics, as the Bihar delegation’s visit underscored, is not a parable whose episode has been passed. It is a field of unchecked landmines that can explode under the slightest pressure. The BJP has to face the task of either doing it or disowning it. Either way, it will have to pay for the dissatisfaction that will follow…

Having allowed Mr Modi to play the OBC listing card, the BJP is now faced with the task of either doing it or disowning it. Either way, it will have to pay for the dissatisfaction that will follow…

Shikha Mukherjee is a senior journalist in Kolkata
Guidelines

New to strength training? Follow these guidelines (The Hindu: 20210827)


Tread cautiously if you are lifting weights or doing body weight exercises for the first time.

It’s been over a month since Tanya Goenka embarked on a fitness routine. “I had an active childhood — swimming, dancing, karate and Taekwondo,” says the 18-

Coronavirus live

Coronavirus live | Officials on edge as school kids begin testing positive in Andhra Pradesh (The Hindu: 20210827)


The Centre has asked Kerala and Maharashtra, both having high number of Covid cases, to intensify efforts to check the spread of the virus through interventions like contact tracing and vaccination.

India’s COVID-19 vaccination coverage has crossed 61 crore, the Union health ministry said on August 26. Nearly 68 lakh (67,87,305) vaccine doses were

Vaccination

14,421 persons got COVID-19 despite vaccination (The Hindu: 20210827)


Officials stress that only 0.03% of the total 93,04,200 fully-vaccinated persons have been re-infected.
Karnataka has recorded 14,421 breakthrough COVID-19 infections, and 126 of the patients have succumbed to the disease ever since the start of vaccination.

**Vaccine**

**Coronavirus | There is no vaccine shortage, says Health Ministry (The Hindu: 20210827)**


No word yet on when Moderna and the Johnson & Johnson vaccines will be available in India

India isn’t facing any shortage of COVID vaccine right now, Health Secretary Rajesh Bhushan said on Thursday. He was responding to a question about some

**COVID-19: Active cases**

**COVID-19: Active cases continue to rise in Maharashtra; active case tally now at 50,393(The Hindu: 20210827)**


Pune reports high surge with more than 1,100 new cases; Mumbai 398

Maharashtra’s active case tally continued to rise with the State’s Covid-19 cases exceeding its recoveries for the third consecutive day. While 5,108 new cases

**Jaycovid Vaccine (Hindustan: 20210827)**

https://epaper.livehindustan.com/imageview_1008785_85371474_4_1_27-08-2021_3_i_1.sf.html
अक्टूबर में मिल सकता है जायकोय डी टीका

नई दिल्ली | विशेष सांवादियता

केंद्र सरकार ने कहा कि केंद्रीय स्वास्थ्य सचिव राजेश भृषण ने गुरुवार को कहा कि यदि अक्टूबर के पहले सप्ताह में टीका आपूर्ति शुरू होती है तो अक्टूबर अंत तक इसे टीकाकरण कार्यक्रम में इस्तेमाल करना संभव हो पाएगा। बच्चों की टीके के देने पर उन्होंने कहा कि टीकाकरण पर बने समूह को अभी इसकी सिफारिश करती है। उनकी एक स्थायी सभित पत्थर यह तय करेगी कि टीके की किन बच्चों को दिया जाए।

उन्होंने कहा कि अगस्त में अब तक औसतन 52 लाख टीके रेजलगे हैं। बुधवार को 80 लाख टीके लगे थे।

कमी की शिकायत नहीं: भृषण ने कहा कि इस समय देश के किसी भी स्थान से टीके की कमी की शिकायत नहीं है। सरकार रोज़ रजतों के पास बढ़े टीकों का अपडेट जारी करती है तथा बहुत नोट किया गया है कि लगभग तीन सप्ताहों के दौरान रोज़ औसतन 300 टीकों खुदाई के बाद राज्यों के पास आगे चढ़े दिन उपयोग के लिए रहते हैं।

आशिक टीकाकरण पृष्ठ 19