



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20210922

Virus testing

More virus testing in villages than cities, towns of Punjab (The Tribune: 20210922)

<https://www.tribuneindia.com/news/coronavirus/more-virus-testing-in-villages-than-cities-towns-of-punjab-314608>

The urban-rural divide, which had emerged wide and open in the Covid cases reported in the state during the past 14 days, has also become evident in the daily testing, the government has confirmed.

While a majority of 18 districts conducted more virus tests in their rural areas, only three districts did maximum tests in their towns, the official figures have revealed.

However, when it comes to per million testing comparison, an equal focus remained on the urban and rural areas. While 11 districts covered more per million population in the rural areas, rest 11 conducted more tests per million population in the urban areas.

The region-wise testing distribution compiled by the Health and Family Welfare department, a copy of which is available with The Tribune, showed that Ludhiana, which has been excelling in the state in conducting the maximum Covid tests, has conducted 94,400 tests in villages, while 68,700 tests were conducted in the urban areas of the district.

Mohali, Jalandhar and Faridkot were those three districts which conducted more tests in their towns. While Mohali took 18,200 tests in urban areas and tested 15,700 persons in villages, Jalandhar conducted 60,900 tests in the rural areas and 44,000 in its towns. Faridkot tested 12,600 persons in villages and 12,800 in towns.

The districts that focused their testing drive in the rural areas included Ferozepur with 16,200 tests in villages and 7,900 in towns, Ropar 14,500 rural 6,800 urban, Hoshiarpur 36,900 rural 8,300 urban, Kapurthala 23,600 rural 16,700 urban, Mansa 14,100 rural 5,200 urban, Nawanshahr 25,900 rural 4,500 urban, Pathankot 19,700 rural 10,500 urban, Fazilka 17,700 rural 7,800 urban, Bathinda 26,500 rural 13,800 urban, Amritsar 39,300 rural 24,000 urban,

Fatehgarh Sahib 13,200 rural 9,700 urban, Sangrur 40,500 rural 14,500 urban, Patiala 32,000 rural 26,800 urban, Tarn Taran 28,200 rural 5,300 urban, Barnala 19,400 rural 8,300 urban, Gurdaspur 87,700 rural 17,700 urban, Muktsar 26,300 rural 9,900 urban, and Moga conducted 16,000 tests in villages and 5,100 towns.

In per million testing rate, Ludhiana conducted 34,104 tests in the rural areas and 19,268 in the urban areas during the past 14 days.

Among other districts that excelled in more per million testing in rural areas included Amritsar, which conducted 17,402 rural 9,344 urban tests per million population, Barnala 26,912 rural 21,265 urban, Bathinda 16,272 rural 13,389 urban, Gurdaspur 31,221 rural 30,286 urban, Hoshiarpur 20,411 rural 15,243 urban, Moga 9,779 rural 9,435 urban, Pathankot 24,184 rural 15,696 urban, Mohali 13,155 rural 9,721 urban, Sangrur 11,086 rural 4,434 urban, and Muktsar 21,154 rural 18,204 urban.

The districts with more tests per million population in urban areas included Faridkot 17,133 rural 27,791 urban, Fatehgarh Sahib 17,787 rural 28,612 urban, Fazilka 14,683 rural 15,299 urban, Ferozepur 10,185 rural 10,985 urban, Jalandhar 21,184 rural 26,228 urban, Kapurthala 22,709 rural 27,643 urban, Mansa 10,788 rural 11,131 urban, Patiala 15,859 rural 18,854 urban, Ropar 16,438 rural 17,800 urban, Nawanshahr 41,173 rural 67,663 urban, and Tarn Taran took 17,272 tests per million population in rural and 19,535 in urban areas.

Vaccination

Punjab's estimates revised, now 21 lakh more to be vaccinated (The Tribune: 20210922)

<https://www.tribuneindia.com/news/coronavirus/punjab-estimates-revised-now-21-lakh-more-to-be-vaccinated-314413>

Already lagging behind in the Covid vaccination race, the situation has got a little more challenging for the Punjab Government as the Centre has conveyed that the number of eligible persons is much higher than state's original estimates.

As per revised Census data sent to the state government, against an estimate of 2.06 crore population in the 18 years and above category eligible for vaccination, the figure now stands at 2.27 crore. As the population falls in the eligible category for vaccination, the state has to vaccinate 21 lakh more people than its original estimates.

A letter written to the state government last week by the Union Joint Secretary, Health and Family Welfare, said during review meetings, some states and UTs had raised the issue of a difference in the estimated target population communicated by the Government of India and the state estimates.

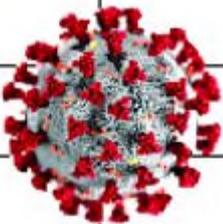
Following this, the ministry had referred the issue to the Office of Registrar General & Census Commissioner, India, for inputs and corrections, if any, in the estimated population.

Based on the latest report, the number of age-specific population for Punjab has been revised. Now, 18 years and above population, which needs to be vaccinated, stands at 2,27,38,000. In age-wise break-up, population falling in the 18-44 years category is 1,38,13,000; 45-59 years 50,96,000; and 60 years and above 38,29,000.

So far, the state has administered 1.8 crore vaccine doses and just 42 lakh people have been fully jabbed.

Dr Rajesh Bhaskar, state nodal officer for Covid, said the state was fully equipped to administer five lakh doses every day. “If we get regular supply of vaccine, the increased estimate won’t be a big problem,” he said.

COVID METER

Cases		37
Critical		0
Active		304
Deaths		1

DISTRICT-WISE COUNT

DISTRICT	+VE	DEATHS
SAS Nagar	8	0
Sangrur	7	0
Amritsar	3	1
Pathankot	3	0
Patiala	3	0
Total	6,01,359	16,501

Urban-rural divide emerges in Covid-19 cases

Urban-rural divide emerges in Covid-19 cases in Punjab (The Tribune: 20210922)

8 dists report more infections in towns, 13 see surge in villages

In what appears to be a new trend, an urban-rural divide has emerged wide and open in Covid cases reported in the state during the past 14 days, the government has confirmed.

Eight districts reported more cases from rural areas

13 districts recorded maximum infections from urban areas

Highest count of 42 cases from urban areas was registered in Mohali

Ferozepur reported maximum of 23 infections from rural areas

Lowest number of one case each from urban areas was recorded in Nawanshahr, Moga, and Mansa

Ropar reported the minimum of two cases from rural areas

While eight districts recorded more infections in towns, 13 districts saw higher count in villages, the official figures have revealed.

The analysis of region-wise positive patients conducted by the Health and Family Welfare Department, a copy of which is with The Tribune, showed that Ludhiana recorded five virus cases from urban areas while 15 from villages during the past 14 days.

While Mohali topped the state with the maximum count of 42 infections from urban areas, Ferozepur reported the maximum of 23 fresh cases from the villages.

The district-wise comparison indicated that Mohali reported 42 cases from urban and 10 from rural areas, Jalandhar 32 urban and 12 rural, Bathinda 29 urban 11 rural, Amritsar 28 urban 21 rural, Ferozepur 13 urban 23 rural, Pathankot 23 urban six rural, Hoshiarpur 13 urban 22 rural, Muktsar three urban 19 rural, Patiala 17 urban 13 rural, Gurdaspur eight urban 16 rural, Faridkot nine urban 15 rural, Ludhiana five urban 15 rural, Fazilka five urban 13 rural, Ropar eight urban two rural, Tarn Taran three urban seven rural, Fatehgarh Sahib six urban five rural, Kapurthala five urban six rural, Nawanshahr one urban five rural, Moga one urban four rural, Barnala two urban three rural and Mansa recorded one case from urban areas and three from rural areas in the past fortnight.

Vaccine diplomacy

UK's appalling bias against Covishield termed racist (The Tribune: 20210922)

<https://www.tribuneindia.com/news/editorials/vaccine-diplomacy-314339>

Even as India is keen to help the global community by contributing to the Covax vaccine pool, the UK has struck a discordant note with its discriminatory travel rules under which Indians inoculated with Covishield would be treated as unvaccinated and would have to quarantine themselves for 10 days. - File photo

WITH the second wave of Covid-19 having ebbed considerably and the vaccination rate nearing a healthy average of 1 crore doses daily, India has decided to resume the export of surplus shots from October under the Vaccine Maitri programme. The vaccine diplomacy had kicked off soon after the vaccination drive was rolled out in mid-January. More than 90 countries were the beneficiaries of Made-in-India vaccines. The exports were stopped in April when the second wave intensified, even as several states were already grappling with vaccine shortage prior to the surge in cases. The Centre was accused of being overzealous in providing doses to other nations at the expense of domestic needs. Probably many lives could have been saved had vaccine production and supply issues been addressed well before this devastating wave peaked.

Though the government has assured that vaccinating India's citizens remains its top priority, it's vital to get the supply arithmetic right this time to prevent a shortfall in anticipation of the third wave. So far, less than one-fourth of the country's eligible population has received both doses. With the upcoming festival season set to witness overcrowding in public places and blatant disregard for Covid-appropriate behaviour, the focus should be on fully vaccinating as many citizens as possible at the earliest.

Even as India is keen to help the global community by contributing to the Covax vaccine pool, the UK has struck a discordant note with its discriminatory travel rules under which Indians inoculated with Covishield would be treated as unvaccinated and would have to quarantine themselves for 10 days. Manufactured by the Pune-based Serum Institute, the world's leading Covid vaccine producer, Covishield is simply a brand name of the AstraZeneca vaccine developed by Oxford University. Ironically, travellers from several countries who have received AstraZeneca shots can enter Britain without quarantine curbs if they meet certain conditions. There is no place for vaccine 'racism' in the global battle against the pandemic. After all, no one on the planet is safe until everyone is safe. The UK needs to do course correction on this count.

Biomedical waste dumping

Covid has caused surge in hazardous waste production (The Tribune: 20210922)

<https://www.tribuneindia.com/news/editorials/biomedical-waste-dumping-314391>

Biomedical waste dumping

NEWS of heaps of biomedical waste being dumped in the open by hospitals in Hisar is shocking but not surprising — if you go around any large town or city in India, you'd find medical waste discarded close to hospitals, including PPE kits, syringes, gloves, face masks and used medicines. - File photo

NEWS of heaps of biomedical waste being dumped in the open by hospitals in Hisar is shocking but not surprising — if you go around any large town or city in India, you'd find medical waste discarded close to hospitals, including PPE kits, syringes, gloves, face masks and used medicines. Residents of different locations in New Delhi, Chennai, Kolkata, Mumbai and Bengaluru have been crying foul over rising heaps of medical waste being dumped in the open. The situation is replicated in the smaller cities, and the Hisar residents are not the first ones to raise a stink over this — similar reports have been coming from other cities in the region such as Gurugram, Ludhiana, Patiala, Jalandhar, Mohali, Panipat and even the non-elite parts of Chandigarh.

Covid-19 has caused a big increase in the biomedical waste production. Before the pandemic struck, India produced around 600 tonnes of biomedical waste a day. In May, when the second wave was at its peak, the country produced 203 tonnes of Covid-related waste per day, ie, a 33% increase over the pre-pandemic figures. The surge in the number of cases has led to a corresponding surge in the generation of hazardous material — all medical gear and safety devices used in the identification of infected persons and their treatment are treated as extremely hazardous.

On paper, India should be able to handle the additional burden of Covid-related waste: Early this year, the Central Pollution Control Board said the country's 198 biomedical waste treatment facilities — plus such facilities in hospitals — can treat 826 tonnes of biomedical waste per day, which is more than the May peak of 800 tonnes. The dumping of biomedical waste in the open, however, suggests that such figures could be inaccurate and all waste is not accounted for. Moreover, 22 of the 35 states and UTs generate more biomedical waste than they are equipped to treat. The solution lies in creating new biomedical waste treatment facilities in regions where they're needed desperately, and using a carrot-and-stick policy to make hospitals follow the guidelines on waste disposal.

UK vaccine rule is ‘discriminatory’

India says UK vaccine rule is ‘discriminatory’ (Hindustan: 20210922)

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



External affairs minister S Jaishankar with British foreign secretary Liz Truss in New York on Tuesday. ANI

India on Tuesday urged the UK to change a policy requiring visiting Indian nationals to quarantine even if they are fully vaccinated, describing it as “discriminatory”.

The issue was raised by external affairs minister S Jaishankar during a meeting with his British counterpart Liz Truss on the margins of the UN General Assembly in New York late on Monday.

The issue of vaccine certification has emerged as a fresh irritant in bilateral ties as Indian nationals who have received both doses of Covishield, the local variant of Britain’s AstraZeneca vaccine, will be considered as unvaccinated and will have to quarantine for 10 days under new British travel rules that will come into effect from October 4.

Foreign secretary Harsh Shringla told a media briefing on Tuesday that India could consider imposing “reciprocal measures” against countries that don’t accept the country’s vaccine certification.

The basic issue, Shringla said, is that Covishield is a licensed product of a UK company that is manufactured in India, and five million doses of the vaccine have even been supplied to Britain at the request of the UK government, and used by the National Health Service.

“Therefore, non-recognition of Covishield is a discriminatory policy and does impact on those of our citizens travelling to the UK,” he said.

“Urged early resolution of quarantine issue in mutual interest,” Jaishankar tweeted after his meeting with Truss.

Shringla said the minister raised the issue “strongly” with Truss and was given certain assurances “that this issue would be resolved”.

The UK said on Monday it is working with India on the recognition of Covid-19 vaccine certification issued by Indian authorities following criticism of the new travel restrictions, suggesting that the recognition of the certificates themselves is an issue to be worked out.

A British high commission spokesperson said: “We are engaging with the government of India to explore how we could expand UK recognition of vaccine certification to people vaccinated by a relevant public health body in India.”

The new UK rules, which were unveiled on Friday, were described by Britain as an effort to change the current “red, amber, green traffic light system” to a single red list of countries and “simplified travel measures” for arrivals from around the world.

Under the rules, only people who have got both shots of a double dose vaccine such as the Oxford-AstraZeneca, Pfizer or Moderna or the single shot Janssen vaccine “under an approved vaccination program in the UK, Europe, US or UK vaccine programme overseas” will be considered fully vaccinated. People who have received these jabs in Australia, Antigua and Barbuda, Barbados, Bahrain, Brunei, Canada, Dominica, Israel, Japan, Kuwait, Malaysia, New Zealand, Qatar, Saudi Arabia, Singapore, South Korea or Taiwan will also be considered fully vaccinated, the UK added.

UK recognises the Oxford-AstraZeneca vaccine that is marketed by AstraZeneca as Vaxzevria, but not Covishield. In August, phase 2 /3 trials by Serum Institute of India established the bio-equivalence between the doses. The findings of the trial was released as preprint by The Lancet.

Congress MP and former minister Shashi Tharoor said he had cancelled a planned book tour of Britain to protest against the rules. “It is offensive to ask fully vaccinated Indians to quarantine,” he said.

Shringla said India had offered some partner countries the option of mutual recognition of vaccine certification.

“Obviously, as we go along, we will have to see how it goes. But if we don’t get satisfaction, we would be within our rights to impose reciprocal measures,” he said.

Shringla said the Covid-19-related travel restrictions of the US policy had been gradually liberalised and India’s category within the American policy had been upgraded. He noted, for instance, that visas for Indian students were being speeded up by the US.

Going forward, a number of Indian professionals are expected to be given American visas and it was “positive news” that fully vaccinated people would be allowed to travel to the US, he said.

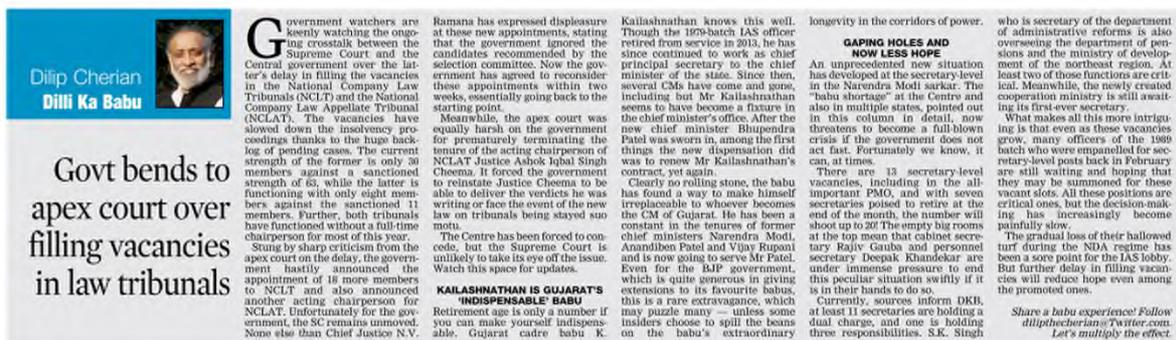
The Indian side was especially upset by the new rules as vaccination-related travel restrictions had been repeatedly taken up with the UK at the highest levels, including by Shringla and Jaishankar, in recent months.

Experts have weighed in on the controversy, urging regulatory authorities around the world to accept the World Health Organization's emergency use listing to recognise coronavirus vaccines.

"We cannot have multiple *classes* of vaccines for travel. The Multilateral Leaders Task Force 'calls on all regulatory authorities around the world to...support the acceptance of the WHO Emergency Use Listing procedure'," Gita Gopinath, the chief economist at the International Monetary Fund, said in a tweet on Saturday, a day after the UK's new rules were announced.

Vaccines (The Asian Age: 20210922)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15849479>



Dilip Cherian
Dilli Ka Babu

Govt bends to apex court over filling vacancies in law tribunals

Government watchers are keenly watching the ongoing crosstalk between the Supreme Court and the Central government over the latter's delay in filling the vacancies in the National Company Law Tribunal (NCLT) and the National Company Law Appellate Tribunal (NCLAT). The vacancies have slowed down the insolvency proceedings thanks to the huge backlog of pending cases. The current strength of the former is only 30 members against a sanctioned strength of 63, while the latter is functioning with only eight members against the sanctioned 11 members. Further, both tribunals have functioned without a full-time chairperson for most of this year. Stung by sharp criticism from the apex court on the delay, the government hastily announced the appointment of 18 more members to NCLT and also announced another acting chairperson for NCLAT. Unfortunately for the government, the SC remains unmoved. None else than Chief Justice N.V. Ramana has expressed displeasure at these new appointments, stating that the government ignored the candidates recommended by the selection committee. Now the government has agreed to reconsider these appointments within two weeks, essentially going back to the starting point. Meanwhile, the apex court was equally harsh on the government for prematurely terminating the tenure of the acting chairperson of NCLAT Justice Ashok Upadhyay Singh Cheema. It forced the government to reinstate Justice Cheema to be able to deliver the verdicts he was writing or face the event of the new law on tribunals being stayed *suo motu*. The Centre has been forced to concede, but the Supreme Court is unlikely to take its eye off the issue. Watch this space for updates.

KAILASHNATHAN IS GUJARAT'S 'INDISPENSABLE' BABU
Retirement age is only a number if you can make yourself indispensable. Gujarat cadre babu K. Kailashnathan knows this well. Though the 1970-batch IAS officer retired from service in 2013, he has since continued to work as chief principal secretary to the chief minister of the state. Since then, several CMs have come and gone, including Mr. Kailashnathan seems to have become a fixture in the chief minister's office. After the new chief minister Bhupendra Patel was sworn in, among the first things the new dispensation did was to renew Mr. Kailashnathan's contract, yet again. Clearly no rolling stone, the babu has found a way to make himself irreplaceable to whoever becomes the CM of Gujarat. He has been a constant in the tenures of former chief ministers Narendra Modi, Anandiben Patel and Vijay Rupani and is now going to serve Mr. Patel. Even for the BJP government, which is quite generous in giving extensions to its favourite babus, this is a rare extravagance, which may puzzle many — unless some insiders choose to spill the beans on the babu's extraordinary longevity in the corridors of power.

GAPING HOLES AND NOW LESS HOPE
An unprecedented new situation has developed at the secretary-level in the Narendra Modi sarkar. The "babu shortage" at the Centre and also in multiple states, pointed out in this column in detail, now threatens to become a full-blown crisis if the government does not act fast. Fortunately we know, it can, at times. There are 13 secretary-level vacancies, including in the all-important PMO, and with seven secretaries poised to retire at the end of the month, the number will shoot up to 20! The empty big rooms at the top mean that cabinet secretary Rajiv Gauba and personnel secretary Deepak Khandekar are under immense pressure to end this peculiar situation swiftly if it is in their hands to do so. Currently, sources inform DKB, at least 11 secretaries are holding a dual charge, and one is holding three responsibilities. S.K. Singh who is secretary of the department of administrative reforms is also overseeing the department of pensions and the ministry of development of the northeast region. At least two of those functions are critical. Meanwhile, the newly created cooperation ministry is still awaiting its first-ever secretary. What makes all this more intriguing is that even as these vacancies grow, many officers of the 1989 batch who were empanelled for secretary-level posts back in February are still waiting and hoping that they may be summoned for these vacant slots. All these positions are critical ones, but the decision-making has increasingly become painfully slow. The gradual loss of their hallowed turf during the NDA regime has been a sore point for the IAS lobby. But further delay in filling vacancies will reduce hope even among the promoted ones.

Share a babu experience! Follow @dilipcherian on Twitter.com. Let's multiply the effect.

Vegan foods

FSSAI launches logo for vegan foods; know more about it here (The Indian Express: 20210922)

<https://indianexpress.com/article/lifestyle/food-wine/fssai-launches-vegan-logo-food-mansukh-mandaviya-label-crueltyfree-7526332/>

In a Twitter post, Union Health Minister Mansukh Mandaviya introduced the logo and said, "@FSSAIIndia launched a logo for vegan foods to help consumers easily identify and differentiate from non-vegan foods. This will empower the people to make informed food choices"

veganHere's the new vegan logo launched by FSSAI. (Source: FSSAI/Twitter; designed by Abhishek Mitra)

Considering the rise in veganism and, as such, the consumption of vegan food products, the Food Safety and Standards Authority of India (FSSAI) has introduced a new logo to "help consumers easily identify and differentiate from non-vegan foods."

The new green-coloured logo has a 'V' inscribed (in the middle of a square box) with a small plant on top of it and vegan written at the bottom. The design is such, informed FSSAI, that it resonates with the current logo (that has a dot in the middle of a square) for vegetarian and non-vegetarian products.

ALSO READ |Healthy eating: Four plant-based foods you can add to your diet

In a Twitter post, Union Health Minister Mansukh Mandaviya introduced the logo and said, "@FSSAIIndia launched a logo for vegan foods to help consumers easily identify and differentiate from non-vegan foods. This will empower the people to make informed food choices.

FSSAI already has logos for vegetarian and non-vegetarian products, which are dots in green and brown colours, respectively.

"Earlier, we had logos for vegetarian (green dot) and non-vegetarian foods (brown dot). We have a growing movement towards veganism, so, we have come out with a vegan logo," FSSAI CEO Arun Singhal told ANI while launching the logo.

Hormonal belly'

What is 'hormonal belly' and what can you do about it? (The Indian Express: 20210922)

<https://indianexpress.com/article/lifestyle/health/hormonal-belly-signs-cure-ab-belly-fat-diet-fitness-7513569/>

Finding it difficult to lose belly fat? Dr Sushruta Mokadam explains why it could be so

belly fatFind out why fat around the belly is not reducing. (Source: Getty Images/Thinkstock)

Many people work out really hard to lose belly fat and weight. As such, they try every possible means — from rigorous exercises to diets. But sometimes, despite doing all this and much

more, some find it difficult to lose fat, especially from the belly region. This, experts said, indicates that the hormones — that regulate regulate various functions in the body along with metabolism, stress, hunger, and sex drive — may be creating havoc.

“Due to fluctuation in the hormonal levels, there could be a deficiency in certain hormones which could lead to belly bulge becoming more prominent. This, in turn, can be called a hormonal belly,” said Dr Sushruta Mokadam, senior consultant obstetrician and gynaecologist, Motherhood Hospital, Kharadi, Pune.

As per the expert, there are several hormone-associated conditions that can make you pack pounds around the belly region, like underactive thyroid, Polycystic ovary syndrome (PCOS), and menopause. Hormonal imbalances can also occur because of obesity, stress, or medications.

world liver day, liver transplant, liver, symptoms for infection after liver transplant, why to undergo liver tansplant, liver transplant, indian express, indian express news Pay close attention to your hormones too when aiming to lose weight. (Photo: Pixabay)

Here are a few vital signs that you need to watch out for

Not feeling satisfied even after having a meal

If this happens frequently then it means the sex hormones are indirectly impacting those hormones that help regulate metabolism — estrogen and testosterone. Low estrogen levels make you feel hungry even after having a meal owing to the impact of estrogen on leptin. Notably, high leptin levels are problematic.

Being stressed all the time

Every time you're stressed, your adrenal glands release cortisol to help your body respond promptly. In case you are stressed all the time, your adrenal gland will not even realise that it's producing more cortisol than your body needs. Furthermore, high levels of cortisol raise heart rate, blood pressure, and even blood sugar. Not only this, too much cortisol tends to increase abdominal fat.

“Low estrogen levels can be seen owing to excessive exercise, not eating properly, or pituitary gland problems. When estrogen levels dramatically go down then one may gain more weight around the belly,” said Dr Mokadam.

What can be done?

“Speak to an expert who will guide you regarding this,” said Dr Mokadam.

Delhi News

Following court rap in riot cases, police constitute special teams for pending investigations

Delhi wakes up to gloomy skies; IMD predicts moderate rainfall in NCR

AIIMS extends timings for collecting blood samples

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📣 The above article is for information purposes only and is not intended to be a substitute for professional medical advice. Always seek the guidance of your doctor or other qualified health professional for any questions you may have regarding your health or a medical condition.

Health benefits of smoothie bowls

What are the health benefits of smoothie bowls? (The Indian Express: 20210922)

<https://indianexpress.com/article/lifestyle/food-wine/health-benefits-smoothie-bowls-healthy-breakfast-option-7525608/>

To understand how your body will react to the smoothie bowl, you will need to consume it at least three times a week

smoothie bowl, what are smoothie bowl, how to make a smoothie bowl, health benefits of smoothie bowl, smoothie bowl for breakfast, healthy breakfast option, healthy eating, indian express news Making a smoothie bowl is easy if one uses the right ingredients like apple, banana, chikoo and dairy. (Photo: Getty/Thinkstock)

It is said that breakfast is the most important meal of the day, which should ideally never be skipped. In the pandemic, there has been a sudden change in people's eating habits, with them opting for healthier and more nutritious food.

While breakfast looks different in different parts of the world, it is most eclectic in India, where there are so many food choices: from fruits and juices, to oats, Indian staples like poha, idli, dosa, parathas, etc.

Amid all this, there is a new interest in something called 'smoothie bowls', which is packed with health benefits and is known to make a person feel fuller for a longer period of time.

ALSO READ | Healthy eating: Four dessert recipes for this festive season

According to Samrat Reddy, the founder and managing director of Drunken Monkey, a smoothie chain in India, smoothie bowls are not just a healthy replacement, but a lifestyle. "Swap your regular oats breakfast with a smoothie bowl and turn on the nutrient powerhouse in your body. Hydrate yourself with the abundant fibres in farm-fresh fruits and vegetables, and stay fit with power-packed smoothie bowls," he says.

How to make one?

Reddy says making a smoothie bowl is easy if one uses the right ingredients like apple, banana, chikoo and dairy, which will “provide your body with vitamins, calcium, iron and potassium manganate, and will also be great for your skin, eyes and bones”.

COVID-19 vaccine exports

A welcome decision: on COVID-19 vaccine exports (The Hindu: 20210922)

<https://www.thehindu.com/opinion/editorial/a-welcome-decision-on-ramping-up-of-vaccine-production/article36598635.ece>

Vaccine production must be ramped up to sustain exports and meet domestic demand

In a welcome move to address the huge vaccine inequity globally, India will,

COVID-19 vaccine

India's decision to resume COVID-19 vaccine shipments important development: WHO chief (The Hindu: 20210922)

<https://www.thehindu.com/news/national/indias-decision-to-resume-covid-19-vaccine-shipments-important-development-who-chief/article36603223.ece>

India had stopped the export of COVID-19 vaccines after the second wave of the pandemic hit the country in April this year

World Health Organization chief Tedros Adhanom Ghebreyesus has hailed India's decision to resume COVID-19 vaccine exports as an "important

Herbal cigarettes

Can herbal cigarettes be harmful? (The Hindu: 20210922)

<https://www.thehindu.com/sci-tech/health/no-tobacco-but-herbal-cigarettes-are-just-as-bad-for-your-health/article26496284.ece>

When in cigarettes, yes, say doctors

Given the 'nature-wellness' age we live in, it's hard not to hear 'organic' or 'herbal' and immediately associate them with good health. The cigarette

कोविशील्ड

कोविशील्ड को मान्यता न देने पर भारत ने ब्रिटेन को चेताया (Hindustan: 20210922)

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

सीरम 22 करोड़ खुराक देगा

सीरम इंस्टीट्यूट ऑफ इंडिया (एसआईआई) ने सरकार को बताया है कि वह उसे कोविशील्ड की करीब 22 करोड़ खुराक अक्तूबर में उपलब्ध करा सकेगा। केंद्र ने 'टीका मैत्री' कार्यक्रम के तहत चौथी तिमाही में अतिरिक्त टीकों का निर्यात फिर से शुरू करने की घोषणा की है। ब्योरा

फाइजर से टीका खरीद नहीं

भारत सरकार फाइजर/बायोएनटेक और माडर्ना से कोरोना टीका नहीं खरीदेगी। सूत्रों के मुताबिक भारत ने किफायती और आसानी से स्टोर होने वाले घरेलू टीकों के उत्पादन में वृद्धि के मद्देनजर यह निर्णय किया है। सरकार ने टीकों के दुष्प्रभाव पर कानूनी सुरक्षा के अनुरोधों को भी मानने से इनकार किया है।

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भारत ने ब्रिटेन में कोविशील्ड टीके को मान्यता नहीं देने वाली नीति को लेकर कड़ी चेतावनी दी है। भारत सरकार ने कहा कि यह मसला जल्द नहीं सुलझा तो वह भी ऐसा कदम उठा सकता है। ब्रिटेन में नए नियमों के तहत कोविशील्ड टीका लगवा चुके लोगों का टीकाकरण नहीं माना जाएगा और उन्हें क्वारंटाइन में रहना होगा।

चार अक्तूबर तक हल हो : विदेश मंत्री जयशंकर ने संयुक्त राष्ट्र आमसभा की बैठक से इतर ब्रिटेन की समकक्ष एलिजाबेथ टुस के समक्ष मुद्दा उठाया और इसका शीघ्र हल करने को कहा। सूत्रों ने कहा कि यदि चार अक्तूबर तक भारत की चिंताओं का समाधान नहीं किया गया तो ब्रिटेन से आने वालों के संबंध में वैसे ही कदम उठाए जा सकते हैं। ब्रिटेन का नया नियम चार अक्तूबर से प्रभावी होगा। इस बीच, विदेश सचिव हर्षवर्धन शृंगला ने भारत में कहा कि कोविशील्ड टीके को लेकर भेदभावपूर्ण नीति से हमारे नागरिकों पर असर पड़ रहा है। हमने मित्र देशों को टीकों की आपसी मान्यता की पेशकश की है। लेकिन, ये पारस्परिक सहयोग से संभव है। यदि हमें संतुष्टि नहीं मिली तो पारस्परिक उपाय लागू करने के लिए हम स्वतंत्र हैं।