



# DAILY NEWS BULLETIN

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

20220322

## Covid booster

### Covid booster shot for all adults mulled

Cases rise in some countries, including China and Singapore (The Tribune:20220322)

<https://www.tribuneindia.com/news/nation/booster-shot-for-all-adults-mulled-379535>

Covid booster shot for all adults mulled  
Union Health Minister Mansukh Mandaviya. File photo

The Union Health Ministry is considering expanding Covid booster shot programme to cover all adults in view of ample vaccine availability in India and the rising cases in some countries, including China and Singapore.

Sources said a booster (or precaution dose) for all adults was being considered, but a final decision was yet to be taken. Started on January 10, the booster shots are currently available for health and frontline workers and everyone aged 60 years and above.

The sources said enough vaccine stocks were available in India and the government was mulling extending further protection to those who had already received two shots. The booster dose to currently eligible people is being given upon the completion of nine months or 39 weeks from the date of administration of the second shot. India today witnessed a record low of 1,549 daily cases as against 3,47,254 recorded on January 21. Health Minister Mansukh Mandaviya credited the decline in cases and successful fight against Covid to people's participation and PM Narendra Modi's leadership.

More than 1.81 billion Covid doses have been administered so far with over 911.9 million first doses and 785.4 million (84 per cent) second doses. In all, 21.7 million precaution doses have been given.

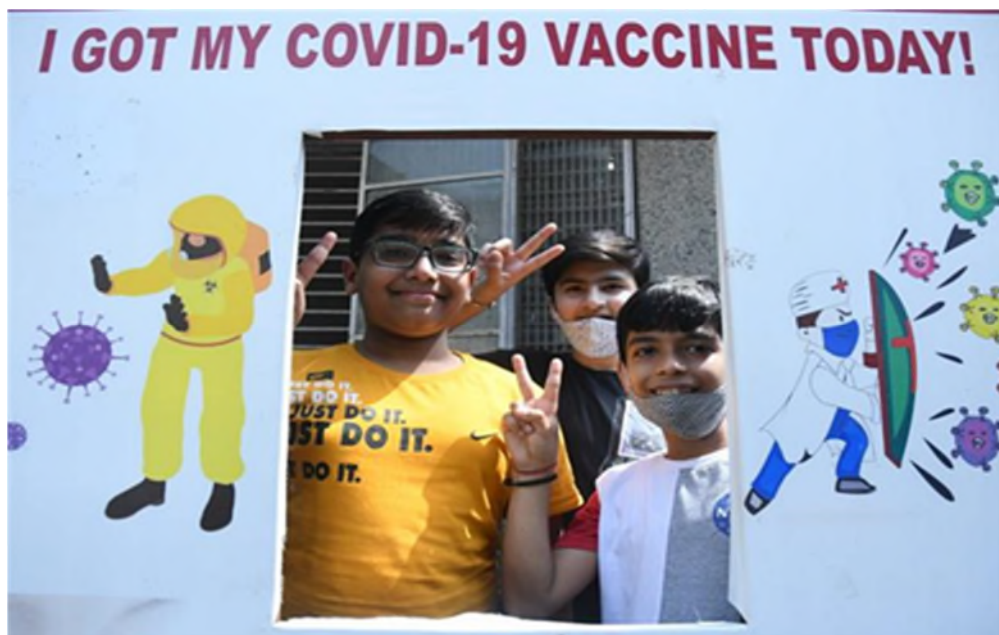
Among 15 to 18 year olds, 76 per cent have received the first and 48 per cent have received both doses. Among 12 to 14 year olds, 1.79 million doses have been given so far, Mandaviya said today. —

## **Covid-19 vaccination**

**Over 2.16 lakh doses given on Day 1 as Covid-19 vaccination for children aged 12-14 begins**

**Total eligible children in the segment are over 4 crore (The Tribune:20220322)**

<https://www.tribuneindia.com/news/nation/covid-19-vaccination-for-children-aged-12-14-starts-today-378300>



More than 2.16 lakh doses were administered to 12-14 years age group on Wednesday on the first day of the drive.

Total eligible children in the segment are over 4 crore.

The inoculation of children in the age group of 12 to 14 years started with Corbevax vaccine.

Besides, the government has also decided to waive the condition of comorbidity for those above 60 years in order to receive the precaution dose.

"Taking the Covid-19 vaccination campaign forward, under the '#SabkoVaccineMuftVaccine' campaign led by PM @NarendraModi ji, the Covid vaccination of children in the age group of 12-14 has started from today. All the people of 60+ ages will also be able to get precaution doses from today. Let's secure the country together, get the vaccine," Health Minister Mansukh Mandaviya tweeted.

कोविड टीकाकरण अभियान को आगे बढ़ाते हुए, PM @NarendraModi जी के नेतृत्व में '#SabkoVaccineMuftVaccine' अभियान के तहत 12-14 आयुवर्ग के बच्चों का कोविड टीकाकरण आज से शुरू हो चुका है।

60+ आयु के सब लोग भी आज से प्रिकॉशन डोज लगवा सकेंगे।

आइए मिलकर देश सुरक्षित करे, वैक्सीन लगवायें। [pic.twitter.com/sz0eg4zObD](https://pic.twitter.com/sz0eg4zObD)

— Dr Mansukh Mandaviya (@mansukhmandviya) March 16, 2022

Two doses of Biological E's intramuscular vaccine Corbevax would be administered to the beneficiaries in the 12 to 14 years age group in an interval of 28 days, the guidelines said.

As of March 1, 2021, there were 4.7 crore children aged 12 and 13 years in the country.

Also, the precaution dose can now be administered to all people aged 60 years and above, and the prioritization and sequencing of this dose would be based on completion of nine months to 39 weeks from the date of administration of the second dose.

As per the guidelines, the precaution dose should be of the same vaccine that was administered to a person during primary vaccination.

"The vaccination slots will be booked for 12-14 years age group for "Corbevax" only through Co-WIN. Vaccinator has to ensure that the vaccine is administered to only those children who have completed the age of 12 years on the date of vaccination and if a child is registered but has not attained the age of 12 years, the vaccination is not to be given," the guidelines released by the Health Ministry on Monday said.

The Centre has asked states to organize dedicated Covid-19 vaccination sessions through earmarked centres and train vaccinators to avoid mixing of vaccines during the inoculation of adolescents.

## Heart transplant

### PGI conducts seventh heart transplant (The Tribune:20220322)

<https://www.tribuneindia.com/news/chandigarh/pgi-conducts-seventh-heart-transplant-379626>

Says patient doing fine | Three others get new lease of life | Two to get sight

The PGI conducted its seventh heart transplant after a 19-year-old donor youth from Karnal died in a critical condition after sustaining a grievous head injury.

The donor, Yogesh Kumar, a resident of a village in Karnal district of Haryana, gave a new lease of life to four people with the transplant of heart, liver, kidneys and pancreas. The retrieved corneas will restore the sight of another two patients post-transplant.

Prof Harkant Singh Baryah, Department of CTVS, PGI, who, along with Prof Shyam KS Thingnam, spearheaded the surgery, said, “The heart transplant surgery has its challenges—the surgery is complex and technically demanding and secondly, there are not too many usable hearts. Even the recipients have to be selected very carefully for these procedures. In this case, we were lucky that the donor heart was in a very good condition. It was due to the untiring efforts by the CTVS team, headed by Professor Thingnam, that the surgery went off well and the recipient is doing fine.”

Yogesh Kumar’s long struggle between life and death came to a halt when he was declared brain dead on March 19. Following the family’s consent, the heart, liver, kidneys, pancreas and corneas were retrieved from the donor for transplant to matching recipients at the PGI.

Prof Surjit Singh, Director, PGI, said, “Despite cadaver donor organ transplants picking up at a consistent pace in different pockets of the country, heart transplants are still uncommon because of complexities.”

Prof Vipin Koushal, Medical Superintendent-cum-Head, Department of Hospital Administration, PGI, said, “One interaction with terminally ill organ failure patients will be sufficient to reveal how painful their lives are and how even daily routine chores are an ordeal for them. We must all come forward to save precious lives by pledging for organ donation and provide a ray of hope to the ever-increasing recipients on the waiting list.”

Donor heart was in good condition

...We were lucky that the donor heart was in a very good condition. It was due to the untiring efforts by the CTVS team that the surgery went off well and the recipient is doing fine. — Prof HS Baryah, Dept of CTVS, PGI

## **Covid booster**

### **Centre mulls Covid booster shot for all above 18 years amid global surge (The Tribune:20220322)**

<https://www.tribuneindia.com/news/nation/centre-mulls-covid-booster-shot-for-all-above-18-years-amid-global-surge-379513>

Sena MP seeks clear guidelines on boosters for under 60 years

Centre mulls Covid booster shot for all above 18 years amid global surge  
Photo for representational purpose only. PTI file

The Centre is considering a Covid vaccine booster shot for all those above 18 years in view of a surge in coronavirus infections in parts of the world and also to ease difficulties faced during international travel, sources said on Monday.

Currently, healthcare and frontline workers and those above 60 years are being administered the precaution doses of Covid vaccine. All people above 60 years have become eligible for this dose after the Union Health Ministry removed the co-morbidity clause recently.

The prioritisation and sequencing of the dose is based on completion of nine months, or 39 weeks, from the date of administration of the second dose.

“The government is considering a booster dose of Covid vaccine for all those above 18 years in view of a surge in infections in parts of the world and to ease difficulties faced during international travel,” a source said.

Amid a growing chorus for booster doses by several states, Shiv Sena MP Priyanka Chaturvedi also raised the issue in the Rajya Sabha and asked the government to come out with clear guidelines for boosters for those under 60 years, noting that several countries are imposing strict conditions for foreign travellers.

Chaturvedi said several countries want that the second shot of the Covid vaccine should have been taken within a certain time frame, failing which the vaccination certificate will not be considered valid.

In many European countries, she said, vaccines are considered valid only for 270 days. If travellers got their last vaccine shot in April 2021, they cannot enter many EU countries without a valid Covid test.

## **Health crisis**

### **World's worst health crisis is in Ethiopia: WHO Chief (The Tribune:20220322)**

<https://www.tribuneindia.com/news/health/worlds-worst-health-crisis-is-in-ethiopia-who-chief-378385>

WHO director-general Tedros Adhanom Ghebreyesus said the situation in Tigray from where he hails was 'catastrophic,' saying the region had been 'sealed off from the outside world' for about 500 days

As much of the world's attention is focused on the bloodshed in Ukraine, the head of the World Health Organisation said on Wednesday there's "nowhere on earth where the health of millions of people is more under threat" than Ethiopia's Tigray region.

WHO director-general Tedros Adhanom Ghebreyesus said the situation in Tigray from where he hails was "catastrophic," saying the region had been "sealed off from the outside world" for about 500 days.

"No food aid has been delivered since the middle of December," Tedros told a press briefing, adding that about three quarters of health facilities assessed by WHO in the region had been destroyed. He said there was no treatment for about 40,000 people with HIV in the region.

"Yes, I'm from Tigray and this crisis affects me, my family and my friends very personally," Tedros said.

"But I, the director general of WHO, I have a duty to protect and promote health wherever it's under threat," he said.

"And there is nowhere on earth where the health of millions of people is more under threat than Tigray." Tedros said the UN health agency had now documented 43 attacks on health care workers and facilities in Ukraine since the Russian invasion began last month.

WHO has now opened supply lines to many cities in Ukraine, but some access challenges remained. The agency continued to call for attacks on health workers and facilities to stop.

But Tedros said the crisis in Ukraine was "far from the only crisis to which WHO is responding," citing ongoing problems in Yemen, Syria and Ethiopia.

Earlier this year, the government of Ethiopia sent a letter to the World Health Organization, accusing Tedros of "misconduct" after his sharp criticism of the war and humanitarian crisis in the country. AP

## **Aromatherapy and stress**

### **Aromatherapy and stress: Four essential oils that promise relief Aromatherapy uses the sense of smell, one of the strongest and most effective of all human senses (The Indian Express:20220322)**

<https://indianexpress.com/article/lifestyle/health/aromatherapy-stress-four-essential-oils-relief-anxiety-7805558/>

essential oil, aromatherapy for stress relief, how can aromatherapy help will stress, essential oils and stress relief, indian express news Clinical aromatherapy can be practised primarily in two ways: inhalation or topical application. (Photo: Getty/Thinkstock)

There is a close association between aromatherapy and stress relief. Around the world, stress has become a comprehensive issue, affecting people's mental and physical health.

Sumi Thadani, the co-founder of Secret Alchemist and a certified aromatherapist says while long-term stress can manifest itself as anxiety, irritability, anger, headaches, sleep issues, digestive issues, hormonal imbalances, and more, aromatherapy can help with these symptoms.

ALSO READ |Skincare alert: The eight steps to a French facial routine decoded  
“Essential oils can help in relaxation, alleviating pain, regulating blood pressure, aiding in better functioning of organs and the entire body. Clinical aromatherapy can be a comprehensive alternative treatment to sync the mind, body and soul connection,” she says.

But, what is aromatherapy?

Thadani explains it as a “therapy that uses the sense of smell, one of the strongest and most effective of all human senses”. “The science of aromatherapy emerges from the roots of Ayurveda, and each aroma has a strong and impactful effect on all types of Dosh, balancing for a more holistic wellbeing of the inner you.”

She adds that clinical aromatherapy can be practised primarily in two ways: inhalation or topical application. “A lot of this can be incorporated in our daily lives, whether as a diffuser, or a roll-on, or just massaging on the body,” she says.

ALSO READ |Is there a right and wrong way to wear perfume? Find out  
The expert recommends the following four essential oils to alleviate symptoms of stress:

1. Lavender: It is the gateway to essential oils. Lavender *Officinalis* (botanical name) is one of the most-studied essential oils for its relaxing effects. It helps calm the nervous system, lowering blood pressure and heart rate. It counter-reacts to stress, relieves fatigue and symptoms of depression.

2. Ylang Ylang: *Cananga Odorata* (botanical name), native to tropical Asia, relieves depression and improves mood. It aids in increasing blood circulation and has an invigorating effect. It not only controls anxiety and tension, but also helps in lowering the blood pressure.

essential oil, aromatherapy for stress relief, how can aromatherapy help will stress, essential oils and stress relief, indian express news Aromatherapy diffusers take essential oils and evaporate them, spreading the aroma effectively through air. (Photo: Getty/Thinkstock)

3. Clary sage: It is an essential oil that has shown antidepressant-like effect on the body. *Salvia Sclarea* (botanical name), is a plant native to the northern Mediterranean. It can help alleviate stress by inducing a sense of well-being. It is a member of the sage family.

4. Patchouli: A well-known essential oil, it is used to treat chronic stress. This scent's potent aroma increases the secretion of happy hormones serotonin and dopamine. *Pogostemon Patchouli* (botanical name) improves mood and stimulates blood circulation treating the symptoms of stress.

ALSO READ |Why you must never share cosmetics or makeup products

Thadani also lists effective ways in which these oils can be integrated in our lives.

\* Diffusers: Aromatherapy diffusers take essential oils and evaporate them, spreading the aroma effectively through air. Once inhaled, it can have a positive and holistic effect on the body.

\* Body products: Use body products that use essential oils and not the synthetic scent. They can be used in topical application for alleviating pain from joints or through champi-massage. You can also use them as a body lotion or oil or dab a few drops on your pulse points.

\* Candles: It is a simple and the least time-consuming way to relieve stress. Lighting a candle could be a part of your meditative routine of 5 minutes or a way to enhance your ambience. In any case, it is a great addition to aromatherapy.

## **Food and Nutrition**

### **What happens to your body when you eat palak or spinach daily?**

**Garima Goyal, a dietician and nutritionist says it is safe to consume the leafy vegetable daily, as long as it is taken in "limited quantities"(The Indian Express:20220322)**

<https://indianexpress.com/article/lifestyle/health/body-health-eating-palak-spinach-daily-health-benefits-7794606/>

spinach, eating spinach every day, palak, spinach palak, should you eat palak every day, health benefits of spinach, health benefits of palak, indian express news Spinach is packed with fibre and magnesium, both of which are instrumental in reducing the risk of diabetes. (Photo: Getty/Thinkstock)

Spinach is a popular food item, a green leafy vegetable that dieticians insist you add to your everyday diet. It is packed with health benefits, and regular consumption can boost your iron content, protein, and also your immunity.



But, have you ever wondered what happens to your body when you eat spinach, also known as palak, every day? Garima Goyal, a dietician and nutritionist says it is safe to consume the leafy vegetable daily, as long as it is taken in “limited quantities”.

### 1. Daily dose of vitamins

“Spinach contains essential B-complex vitamins like folate, as well as vitamins A, C and K. Most diets lack one or more essential vitamins. Consuming a bowl of spinach every day would help you meet the daily requirements,” the expert says, adding that antioxidants in vitamin C promote “skin healing and prevent premature ageing”. Vitamin A ensures stronger immunity, and its anti-inflammatory action can reduce the inflammation and promote eye health.

ALSO READ |Winter health: Five reasons why you should eat green peas

### 2. Bone and muscle health

Goyal adds that spinach is a rich source of calcium that helps prevent osteoporosis and can be instrumental in boosting muscle growth as well, due to the formation of collagen.

### 3. Heart health

heart health, tips for healthy heart, heart healthy foods Spinach is especially good for heart health.

The iron content helps prevent anaemia by keeping haemoglobin levels high. Spinach also contains nitric oxide which drastically reduces your chances of atherosclerosis.

ALSO READ |Healthy eating: What Ayurveda says about consuming bathua or goosefoot

### 4. Sugar level control

Spinach is packed with fibre and magnesium, both of which are instrumental in reducing the risk of diabetes, promoting better sugar control. The fibre also decreases gastric delay and can prevent overeating.

“While these are some of the positives of eating spinach daily, having it in excess can cause adverse effects. Oxalic acid can interfere with the absorption of essential nutrients like zinc and magnesium, and can even trigger kidney stone formation. This leafy vegetable can lead to minor immune response due to slight histamine content,” the dietician warns.

## skin hyperpigmentation

**The five best ingredients to treat skin hyperpigmentation are...**

**While there are cosmetic products available in the market that claim to treat this condition, it is best to look for natural remedies (The Indian Express:20220322)**

<https://indianexpress.com/article/lifestyle/life-style/five-ingredients-treat-skin-hyperpigmentation-natural-kitchen-home-remedies-skincare-7807239/>

skincare, skincare tips, hyperpigmentation, home remedies for hyperpigmentation, what is hyperpigmentation of the skin, natural ways to treat hyperpigmentation, indian express news Overexposure to the sun, hormonal changes, medical conditions, application of wrong skin care products can cause it. (Photo: Getty/Thinkstock)

Hyperpigmentation is a common skin problem that causes tanning, dark spots, melasma, blemishes, post-inflammatory acne marks, and dark circles that make your skin appear darker than its normal skin tone.

Arthi Raguram, the founder of Deyga Organics, explains that hyperpigmentation occurs due to excessive production of melanin, a pigment present in the skin cells that provides your skin its complexion. “Overexposure to the sun, hormonal changes, medical conditions, application of wrong skin care products, or poor diet are some of the main causes of it.”

ALSO READ | Effective skincare tips to prevent underarm pigmentation

According to her, while there are cosmetic products available in the market that claim to treat this condition, it is best to look for natural remedies that reduce the appearance of dark spots. She lists some of them here; read on.

### 1. Turmeric

Turmeric contains an active ingredient called curcumin that inhibits melanin production in the skin cells. It has anti-inflammatory properties that can help calm the skin, especially if it's been sunburned or scarred by acne. Chickpeas, turmeric powder, and rosewater make a mild-yet-effective face pack that calms your skin and helps to reduce the appearance of dark spots. To speed up the process, add a few drops of lemon juice and witness the natural glow.

### 2. Aloe vera

Every household has aloe vera. It contains aloin, a naturally depigmenting compound that is also anti-inflammatory in nature, which helps lighten dark spots. By destroying existing melanin cells, the gel regulates melanin production. For best results, take out fresh gel from the plant, apply it to the affected regions and wash your face the next morning. Repeat the process until the spots/patches are no longer visible or have shrunk in size.

skincare, skincare tips, hyperpigmentation, home remedies for hyperpigmentation, what is hyperpigmentation of the skin, natural ways to treat hyperpigmentation, indian express news Milk and curd make for excellent de-tanners. (Photo: Getty/Thinkstock)

### 3. Milk/milk products

Milk and curd are wonderful moisturisers that can provide your skin with a healthy glow. They make for excellent de-tanners that can be used to make face packs, reducing pigmentation and allowing for a brighter, more radiant complexion. Take 1 tablespoon chickpea flour, 1 teaspoon turmeric, and a couple of tablespoons of raw milk or curd; combine to make a paste and apply.

ALSO READ |Skincare alert: The eight steps to a French facial routine decoded

### 4. Citrus fruits

Lemons, oranges, limes, grapefruits, and other citrus fruits high in vitamin C are natural bleaching agents that decrease dark spots and pigmentation. Lemon juice or other citrus fruits, however, should never be used in their pure form on the skin because they are highly acidic. Mix a few drops of lemon with honey, apply the concoction on the face for 15 minutes, and then wash with cold water.

### 5. Potatoes

The enzyme found in potatoes, known as catecholase, acts as a natural bleach for the skin. It is especially useful in treating suntan, freckles, dark elbows, and underarms and helps to brighten the skin while removing pigmentation. You may notice a visible difference after applying potato juice to the problematic areas for 15-20 minutes every alternate day for a few months.

## **Sleeping (TheAsian age:20220322)**


<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16243910>

PHOTO CREDIT: PICSABY



# SLEEPING ON IT HELPS

Instead of lying awake worrying, we're often told to 'sleep on it' when making decisions, both big and small. And there's actually a scientific basis for this advice

 Sleep can influence our response to emotional situations, and helps us to manage our mental health.

To understand why sleep and emotions are so connected, it's important to first understand what happens in the brain when we encounter something emotive.

Two main brain regions interact to create emotional responses. The first is the limbic system, which is located deep in our brain. This acts as our emotion centre, quickly evaluating a situation and helping us to decide how to react. Historically, this region may have been important for humanity's survival, as it helps us react

quickly in certain situations, if we encounter a dangerous predator, for example.

But most of the time we need to adjust our initial emotional response. This is where the second region 'the prefrontal cortex' comes in. Located just behind our forehead, the prefrontal cortex helps us to increase or decrease our emotional responses as necessary. So if we see a predator (such as a bear) in the zoo, the prefrontal cortex tells us we don't need to panic because it's in an enclosure.

These regions need to be well-connected in order to effectively generate and adjust our emotional responses. This is where

**IMAGINE YOU'RE EXPERIENCING A DIFFICULT WORK PROBLEM. IF YOU'RE WELL RESTED, YOU ARE MORE LIKELY TO BE ABLE TO EFFECTIVELY PROBLEM SOLVE, FIXING THE ISSUE. BUT IF YOU'RE SLEEP DEPRIVED, YOU MIGHT AVOID DEALING WITH THE PROBLEM. OVER TIME, THIS COULD HAVE A NEGATIVE EFFECT ON WELLBEING.**

sleep comes in. When we're sleep deprived, the connections between these areas weaken, making the reaction in the limbic system stronger.

Sleep loss not only increases our reaction to stressful events during the day, it also

makes these reactions harder to change. This may be particularly pronounced if you lose REM (rapid eye movement) sleep.

Studies show that getting poor sleep makes us more likely to choose less effective ways of managing our emotions which could have a knock-on effect for our mental health.

Imagine you're experiencing a difficult work problem. If you're well rested, you are more likely to be able to effectively problem solve, fixing the issue. But if you're sleep deprived, you might avoid dealing with the problem. Over time, this could have a negative effect on wellbeing.

—PTI

## **Maternal Mortality Ratio**

### **Maternal Mortality Ratio of India declines by 10 points (The Hindu :20220322)**

<https://www.thehindu.com/news/national/maternal-mortality-ratio-of-india-declines-by-10-points/article65224041.ece>

India on verge of achieving SDG target of Maternal Mortality Ratio of 70/ lakh live births by 2030

The Maternal Mortality Ratio (MMR) of India has declined by 10 points as per a special bulletin released by the Registrar General of India. It has declined from 113 in 2016-18 to 103 in 2017-19 (8.8 % decline). The country had been witnessing a progressive reduction in the MMR from 130 in 2014-2016, 122 in 2015-17, 113 in 2016-18, and to 103 in 2017-19, said the release issued on Monday.

With this persistent decline, India was on the verge of achieving the National Health Policy (NHP) target of 100/lakh live births by 2020 and certainly on track to achieve the Sustainable Development Goal (SDG) target of 70/ lakh live births by 2030, it noted.

The number of States that have achieved the SDG target has now risen from five to seven -- Kerala (30), Maharashtra (38), Telangana (56), Tamil Nadu (58), Andhra Pradesh (58), Jharkhand (61), and Gujarat (70). There are now nine States that have achieved the MMR target set by the NHP, which include the above seven and Karnataka (83) and Haryana (96).

Uttarakhand (101), West Bengal (109), Punjab (114), Bihar (130), Odisha (136) and Rajasthan (141) -- have the MMR in between 100-150, while Chhattisgarh (160), Madhya Pradesh (163), Uttar Pradesh (167) and Assam (205) have the MMR above 150.

#### **U.P.'s achievement**

Encouraging achievement has been reported by Uttar Pradesh -- which has shown the maximum decline of 30 points, Rajasthan (23 points), Bihar (19 points), Punjab (15 points) and Odisha (14 points), the release stated.

Kerala, Maharashtra and Uttar Pradesh have shown more than 15% decline in the MMR, while Jharkhand, Rajasthan, Bihar, Punjab, Telangana and Andhra Pradesh have shown a decline between 10-15%. Madhya Pradesh, Gujarat, Odisha and Karnataka witnessed a decline between 5-10%.

West Bengal, Haryana, Uttarakhand and Chhattisgarh have shown an increase in the MMR and hence would need to reappraise their strategy and intensify efforts to accelerate the MMR decline to achieve the SDG target, it added.

## **Corbevax and Covovax**

### **Explained | How are Corbevax and Covovax different from other COVID-19 vaccines? The Hindu :20220322**

By when will they be available? Which vaccine has been earmarked for 15 to 17 year-olds? The story so far : India has approved two more vaccines, Corbevax and Covovax, under emergency use authorization, as well as an antiviral drug, Molnupiravir to fight against COVID-19. However, India's expanded vaccination drive from January 3 will not immediately benefit from them.

## **virus variants**

### **Recombination of two virus variants seen since 2020(The Hindu :20220322)**

<https://www.thehindu.com/sci-tech/recombination-of-two-virus-variants-seen-since-2020/article65239981.ece>

The Alpha and Wuhan strain recombinant was the first; the latest is a mixture of two Omicron sub-lineages

Mutations are a natural phenomenon when viruses replicate. Generally, RNA viruses have a higher rate of mutations compared with DNA viruses. However, unlike other RNA viruses, coronaviruses have fewer mutations. This is because coronaviruses have a genetic “proofreading mechanism” that corrects some of the errors made during replication. This is applicable to SARS-CoV-2 viruses too. As a result, SARS-CoV-2 viruses have “higher fidelity in its transcription and replication process than that of other single-stranded RNA viruses” says a February 2021 paper in Nature.

## **Parkinson's**

### **Scientists uncover new targets for treating Parkinson's (New Kerala:20220322)**

21: Scientists have found that a type of immune cells of people with Parkinson's disease have a very specific gene signature, a finding that may open the door to new treatments. View it--> <https://www.newkerala.com/news/2022/42197.htm>

## **non-communicable diseases**

### **Here's how Vitamin C helps boost immunity against non-communicable diseases ( New Kerala:20220322)**

With an accelerated rise in the prevalence of non-communicable (NCD) in India, Vitamin C has become one of the most needed nutrients. View it--> <https://www.newkerala.com/news/2022/42185.htm>

## **Natural COVID-19 antibodies**

### **Natural COVID-19 antibodies last seven months for children, finds study (New Kerala:20220322)**

Houston, March 21: According to a new study led by the University of Texas Health Science Center at Houston, children previously infected with COVID-19 develop natural antibodies that last for seven months. View it--> <https://www.newkerala.com/news/2022/42179.htm>

## **Past neurological, psychiatric disorders**

### **Past neurological, psychiatric disorders may cause future conditions☹(New Kerala:20220322)**

People with a history of neurological and psychiatric disorders are potentially at an increased risk of developing future conditions, -> View it-->  
<https://www.newkerala.com/news/2022/41910.htm>