

Flu shots do not end with childhood

ADVENT OF ADVANCED VACCINE PLATFORMS

To counter immunosenescence, vaccine technology has evolved beyond traditional live-attenuated or inactivated models. Scientists now utilise specialised platforms to trigger strong immune responses even in older adults:

ADJUVANTED AND HIGH-DOSE FORMULATIONS: Enhanced vaccines—such as the recombinant shingles vaccine and high-dose influenza shots—include add-ons (adjuvants) that forcefully wake up a sluggish immune system, providing protection that lasts up to a decade

NEXT-GENERATION MRNA PLATFORMS: These systems allow for rapid, annual composition updates to precisely match fast-mutating viral agents, like modern Omicron subvariants

HIGHER-VALENT CONJUGATE TECH: For bacterial threats, newer conjugate vaccines (like PCV20 and PCV21) simplify adult protection by covering vastly more resistant strains in a single dose compared to the multi-shot sequences of the past



ANNA JOSE @T'Puram

INDIA is experiencing a seasonal surge in influenza cases, with a higher number of cases reported in states and major cities, including Delhi, Kerala, Karnataka, and Maharashtra. As older adults, young children, pregnant women, and people with chronic health conditions (like diabetes, heart disease, or lung illness) face a higher risk of severe complications, doctors are recommending that they get the annual flu shot.

The Association of Physicians of India (API), along with 23 national and regional medical bodies, formed a consensus on guidelines in 2026, formally recommending annual influenza vaccination as a core preventative measure for adults, particularly high-risk groups and older populations.

Flu vaccines can prevent complications and deaths from an influenza virus infection, said Dr Sunny P Orathel, pulmonologist and former president of the Indian Medical Association (IMA), Kochi chapter. "Several hospitals now have vaccination clinics. Many elderly people are now getting flu shots. Elderly people, along with people with diabetes, cancer, kidney, and liver diseases, should get the flu shot. Because people with lifestyle diseases and chronic diseases have comparatively low immunity, it is recommended that such patients get the shot. Getting flu shots may not prevent the occurrence of fever. However, it can prevent complications and deaths from influenza and other communicable diseases," he said.

Because the influenza strain changes almost every year, people get flu vaccines annually. According to the World Health Organisation (WHO), in India, both seasonal influenza and avian influenza (in wild birds and poultry) have been widely reported. Influenza viruses are constantly changing and can infect both humans and animals. Influenza viruses



have several types and subtypes. According to Dr Sunny, the latest pneumococcal vaccine needs to be administered only once. "Earlier, elderly people had to be administered it once every five years. Now, with the latest vaccines available, one dose is enough," he said.

"Vaccination is an indispensable preventive strategy against influenza, specifically for individuals who live with or care for high-risk individuals, older adults (>50 years), pregnant women, children, and individuals with chronic medical conditions," states the

study 'Clinical practice guidelines 2019: Indian consensus-based recommendations on influenza vaccination in adults,' in 2020.

The study also stated that there are variations in the peak influenza season across various parts of the country. It recommended influenza vaccination from September to October for cities with temperate seasonality and April–May for cities with the peak monsoon season in July–September.

The immune system undergoes a progressive natural weakening in a person when

DECLINE IN RESISTANCE

As adults age, they face two distinct challenges to their natural immunity:



IMMUNOSENESCENCE: Starting as early as age 50, the immune system undergoes a progressive natural weakening. The body produces fewer naive T-cells and B-cells, making it harder to fight off brand-new infections or respond robustly to older, traditional vaccines

WANING IMMUNITY: The protection granted by childhood vaccines naturally fades over the decades. For instance, a lack of regular boosters leaves adults highly susceptible to diseases like pertussis (whooping cough) and tetanus

COMBATING ANTIMICROBIAL RESISTANCE

The drop in human resistance has historically meant a heavier reliance on antibiotics, which directly drives the global crisis of antimicrobial resistance



CONTROL ANTIBIOTIC USAGE: According to WHO, scaling up vaccines against 24 primary pathogens could reduce global antibiotic usage by 22%—saving roughly 2.5 billion daily doses of antibiotics every year. By stopping the infection before it starts, vaccines prevent bacteria from ever mutating into drug-resistant "superbugs"

PREVENTING "BYSTANDER" SELECTION: When an adult gets a viral infection (like the flu), their respiratory defences are damaged, opening the door for secondary bacterial infections. Doctors then prescribe antibiotics

they cross the age of 50. Add to it the waning effect of vaccines administered during childhood in absence of boosters over decades.

"As resistance to infection is declining, the chances of getting infected are much higher compared to previous years. Within days or weeks, any infection can travel and spread. The ease of spread of infection is an issue as many zoonotic diseases, Nipah, Zika, and monkeypox, are being reported. Also, almost everyone has liver disorders, obesity, COPD, and diabetes.



RAY OF HOPE
WHAT'S NEW

1 Patients with blindness due to retinitis pigmentosa who received a treatment based on research that won the 2026 Nobel Prize in Physiology or Medicine had their ability to detect objects restored in a small trial

2 Using optogenetic therapy, which uses light to control brain cells, researchers combined gene therapy that made surviving retinal ganglion cells sensitive to light with delivery of light to stimulate these cells

3 The 10 trial participants each received an injection into one eye carrying genetic instructions for ChrimsonR, a light-sensitive protein from GenSight Biologics

Missed a dose? No need to restart

If a child misses a scheduled vaccination dose, there is no need to start the vaccination schedule from the beginning as the body's immune system never forgets, says Dr Naveen Thacker, executive director of International Paediatric Association (IPA), in an interview with Anna Jose. Edited excerpts:

Q Why are vaccines during childhood important?

Childhood vaccines are important because they protect children from life-threatening preventable diseases. Vaccines stop dangerous diseases like polio, measles, and whooping cough and prevent permanent disabilities, brain damage, hearing loss, and death. DTP, MMR, and OPV/IPV are the common vaccines for children.

Q Are parents delaying or skipping vaccines? What are the main reasons?

Some parents are particularly delaying and skipping some vaccines, mainly because of the concerns over side effects.

Myths and misinformation play a major role in vaccine hesitancy. There are many myths about some vaccines, like MMR causing autism, polio vaccines causing infertility, etc. We need trusted messengers like health care professionals to talk about these and build public trust to increase vaccine confidence. The government has to do more to improve digital literacy and take legal action against those who spread misinformation.

Q If a child has missed several vaccine doses, should the vaccination schedule be restarted?

There is no need to restart the vaccination schedule from the beginning. Continue with the doses if the child is partially immunised. The body's immune system never forgets. Vaccines, if missed, can be given as appropriate for the child's age.

MISINFORMATION, COST REMAIN HURDLES TO TOTAL VACCINATION IN KIDS

ANNA JOSE @T'Puram

DISEASES that once claimed young lives and left children with lifelong complications have become less common, thanks to childhood vaccination. However, health experts believe misinformation, gaps in awareness and the cost of certain vaccines remain barriers to comprehensive protection.

According to Dr Tonny Paul Mampilly, HoD and senior consultant in paediatrics and neonatology at Lisie Hospital, Kochi, vaccination in children is one of the success stories.

"It is one of the cornerstones in preventing morbidity and mortality. Some two or three decades ago, every month we used to see meningitis and bad pneumonia cases. Nowadays, we don't see any meningitis or bad pneumonia. Vaccination among children is a success story. A lot of childhood mortality and morbidity was prevented with vaccination," he said.

"The aim of childhood vaccination is to prevent major killer diseases among children. If these diseases occur in children, they can cause major morbidity and mortality. Diseases like TB meningitis can cause developmental delays and permanent morbidities," said Dr

Gopika Sekhar R, senior consultant at Anantapur Hospitals.

"In Kerala, for example, up north, the vaccination rates may not be as good as what we see in central and south Kerala. There are a lot of misconceptions. Some people have attributed autism to the mumps vaccine. But they are not true. The situation in Kerala has improved tremendously. However, optional vaccines, including chickenpox and hepatitis A, are rarely taken, and it needs a lot of encouragement from the doctors, community and health workers. They are little costly and most people cannot afford them," Dr Tony highlighted.

To improve vaccination, the government had launched Mission Indradhanush, aiming to improve the vaccine coverage. "Projects like the Indradhanush mission have been effective in improving the vaccine coverage among kids. Anganwadi, Asha and health workers, and local authorities should communicate more with parents.

Through initiatives, we can reach out to public. Government and doctors need to work hand in hand to ensure vaccination of children and reach pockets where there is vaccine hesitancy," added Dr Gopika.



STATE BANK OF INDIA

Stressed Assets Recovery Branch: Administrative Office Campus, Balaji Nagar, Siripuram Junction, Visakhapatnam - 530003. Ph : 0891 - 2739126, Mobile : 96669 09050, E-mail: sbi.10077@sbi.co.in

Authorised Officer's Details: Name: Sri G. Nageswara Rao, Mobile No.97045 57261

Appendix – IV – A
[See Proviso to rule 8(6)]

SALE NOTICE FOR SALE OF IMMOVABLE PROPERTIES

E-AUCTION SALE NOTICE FOR SALE OF IMMOVABLE ASSETS UNDER THE SECURITISATION AND RECONSTRUCTION OF FINANCIAL ASSETS AND ENFORCEMENT OF SECURITY INTEREST ACT, 2002 READ WITH PROVISIO TO RULE 8(6) OF THE SECURITY INTEREST (ENFORCEMENT) RULES, 2002.

1 Notice is hereby given to the public in general and in particular to the Borrower(s) and Guarantor(s) that the below described immovable property mortgaged/charged to the Secured Creditor, the **symbolic possession** of which has been taken by the Authorized Officer of **State Bank of India**, the Secured Creditor, will be sold on "**As is Where is**", **As is What is** and "**Whatever there is**" on **30-10-2026**. For recovery of **Rs.29,50,489/-** (Rupees Twenty Nine Lakhs Fifty Thousand Four Hundred and Eighty Nine Only) as per Demand Notice dated **02.01.2020** and Present dues **Rs.66,22,863/-** (Rupees Sixty Six Lakhs Twenty Two Thousand Eight Hundred and Sixty Three Only) dues to the Secured Creditor as on **07-10-2026** and are also liable to pay future interest w.e.f. **08.10.2026** together with all incidental expenses, cost, charges, etc., (post factoring repayments if any) from **Borrower(s): Smt. Kuchimanchi Naga Durga Sirisha**, W/o Sri Srinivasa Subrahmanyam, 3rd Line, Door No.59A-18-15, Near Fun Times Club, Teacher's Colony, Vijayawada, Krishna District-520008. **Also at: Smt. Kuchimanchi Naga Durga Sirisha**, W/o. Srinivas Subrahmanyam, Flat No.22, NSR Nagar, 5th Road, Near Panta Kaluva Road, Vijayawada. **Also at: Smt. Kuchimanchi Naga Durga Sirisha**, W/o. Srinivas Subrahmanyam, H.No.60-6-7, 3rd lane, Siddhardha Nagar, Mogairajapuram, Vijayawada - 520008.

The Bidders Should get themselves registered on <https://baanknet.com/eauction-psb/x-login> by providing requisite KYC documents and registration fee as per the practice followed by <https://baanknet.com/eauction-psb/x-login> well before the auction date.

Date & Time of Public E-Auction : 30-10-2026 from 11:00 AM to 4:00 PM with unlimited extension of 10 minutes each.

Details of Properties	Reserve Price (Rs.)	Earnest Money Deposit (Rs.)	Bid Increase Amount (Rs.)	Date & Time of Inspection
Property Belongs to Smt. Kuchimanchi Naga Durga Sirisha , W/o. Sri Srinivas Subrahmanyam: All that part and parcel of the property consisting (250.25 Sq.Yds + 151.60 Sq.Yds + 62.20 Sq.Yds) Total an extent of 464.05 Sq.Yds of Vacant Residential Plot Nos.VIP-2, 5, 6 in R.S.No.s 427/4, 429/1 & 429/7, situated at Duggirala Village & Panchayat, Pedavegi Mandal, Vaturu sub-Registry, West Godavari District, belonging to Smt.Kuchimanchi Naga Durga Sirisha, W/o Sri Srinivasa Subrahmanyam (vide Regd.Doc.No.3143/2016, dt: 27-09-2016), Boundaries of Plot No.VIP-2 - 250.25 Sq.yds : East: Site in Plot No.VIP-3, South: Road, West: Road, North: Site in Plot No.VIP-1. Boundaries of 151.60 Sq.yds Plot No.5: East: Below mentioned 3rd Item in Plot No.6, South: Site left by Executant, West: Road, North: Road. Boundaries of 62.20 Sq.yds Plot No.6: East: Site left by Executant South: Site left by Executant, West: Above mentioned 2nd Item in Plot No.5, North: Road.	23,66,000/-	2,36,600/-	10,000/-	14-10-2026 to 29-10-2026 From 10.00 A.M to 04.00 P.M.

Above 1 to 3 consisting a total extent of 464.05 Sq.yds of vacant residential site.

2 Notice is hereby given to the public in general and in particular to the Borrower(s) and Guarantor(s) that the below described immovable property mortgaged/charged to the Secured Creditor, the **symbolic possession** of which has been taken by the Authorized Officer of **State Bank of India**, the Secured Creditor, will be sold on "**As is Where is**", **As is What is** and "**Whatever there is**" on **30-10-2026**. For recovery of **Rs.24,67,114/-** (Rupees Twenty Four Lakhs Sixty Seven Thousand One Hundred and Fourteen Only) as per Demand Notice dated. **18.07.2019** and Present dues **Rs.52,39,551/-** (Rupees Fifty Two Lakhs Thirty Nine Thousand Five Hundred and Fifty One Only) due to the Secured Creditor as on **07-10-2026** and are also liable to pay future interest w.e.f. **08.10.2026** together with all incidental expenses, cost, charges, etc., (post factoring repayments if any) due to the secured creditor from **Borrower(s): Smt. Konakalla Venkata Satya Saroja**, W/o. Maheswara Srinivas, H.No.76-3-9/2A, Ashramam Street, Bhavanipuram, Vijayawada (Urban), Vidhyadarapuram, Krishna District - 520012.

The Bidders Should get themselves registered on <https://baanknet.com/eauction-psb/x-login> by providing requisite KYC documents and registration fee as per the practice followed by <https://baanknet.com/eauction-psb/x-login> well before the auction date.

Date & Time of Public E-Auction : 30-10-2026 from 11:00 AM to 4:00 PM with unlimited extension of 10 minutes each.

Details of Properties	Reserve Price (Rs.)	Earnest Money Deposit (Rs.)	Bid Increase Amount (Rs.)	Date & Time of Inspection
Property belongs to Smt. Konakalla Venkata Satya Saroja , W/o. Sri Konakalla Maheswara Srinivas: All that vacant residential plot bearing plot Nos.1 and 2 totally admeasuring 340.35 sq.yds, forming part of R.S. Nos. 427/4, 429/1 and 429/7 situated at Duggirala Village and Gram Panchayat, Pedavegi Mandal, Vaturu SRO., W.G. Dist. As per Sale Deed No.2269/2016, dated. 16.07.2016 in the name of Smt. Konakalla Venkata Satya Saroja, W/o. Sri Konakalla Maheswara Srinivas is Bounded by: East: Road - 71'-3", South: Site left over by Vendor - 43'-0", West: Site left over by Vendor - 71'-3", North: Plot No.3 - 43'-0".	17,36,000/-	1,73,600/-	10,000/-	14-10-2026 to 29-10-2026 From 10.00 A.M to 04.00 P.M.

Encumbrances: To the best of knowledge and information of the Authorized Officer, there are no encumbrance advised to the Bank. The intending bidders should make their own independent inquiries regarding the encumbrances; title of properties put on auction and claims / rights / dues/ affecting the property prior to submitting their bid. The e-Auction advertisement does not constitute and will not be deemed to constitute any commitment or any representation of the bank. The properties are being sold with all the existing and future encumbrances whether known or unknown to the bank. The Authorized Officer / Secured Creditors shall not be responsible in any way for any third-party claims / rights / dues / TDS / GST / other taxes to be borne by purchaser and The purchaser shall bear the applicable stamp duty/ additional stamp duty/ transfer charges, fee etc. and also the statutory / non-statutory dues, taxes, rates, assessment charges, fees etc.

For detailed terms and conditions of the sale, please refer to the link provided in **State Bank of India**, the Secured Creditor's website www.sbi.co.in/web/sbi-in-the-news/auction-notices. For Registration, EMD, Auction Details etc., visit <https://baanknet.com/eauction-psb/x-login> of the service provider: **M/s PSB Alliance and M/s. Baanknet**, e-Auction Portal: <https://baanknet.com> & Toll free Number : + 91 - 8291220220, Mail ID : support.baanknet@psballiance.com or contact to **CM/Case Lead Officer Mob.No.97045 57261 & City Case Officer Mob.No.96669 09050**. **This Notice Should also be considered as 15 Days' notice to the Borrowers/Director/Guarantors/Mortgagors under Rule 8(6) of the Security Interest (Enforcement) Rule - 2002.**

As per Section 194-IA of the Income Tax Act 1961, **TDS @ 1%** will be applicable on the sale proceeds where the sale consideration is **Rs.50,00,000/-** (Rupees fifty lakhs) and above. The successful bidder/purchaser shall deduct the TDS from the sale price / Government guideline value, whichever is higher and deposit the same with the Income Tax Department and submit the original receipt of the TDS Certificate to the Bank.

Date: 08-10-2026, Place: VISAKHAPATNAM

Sd/-Authorized Officer, STATE BANK OF INDIA