

1. Emphasis on Life-long Vaccination: World Immunisation Day

Doctors in Visakhapatnam emphasised the importance of vaccination across *all ages*—not just children—on World Immunisation Day, urging people to regard vaccines as a lifelong protective shield.

They pointed out that despite major gains (such as in eradicating diseases like smallpox and polio), myths and logistical barriers still impede full coverage.

- The theme this year: “**Immunisation for all: a humanly possible goal**”.
Implication: This highlights a push to move beyond childhood vaccination and include adults and the elderly in immunisation drives. It suggests increased focus on public-awareness campaigns, outreach in rural/remote areas, and perhaps policy shifts.
-

2. Rise of Sleep Disorders Recognised as “Silent Epidemic”

During a CME programme at Postgraduate Institute of Medical Education & Research (PGIMER) in Chandigarh, experts said sleep-related breathing disorders (like obstructive sleep apnea), insomnia, and allied disorders are becoming widespread yet remain under-diagnosed.

The event included a hands-on allergy workshop, and emphasised multidisciplinary approaches to care (ENT, dental, pediatrics) and early diagnosis.

Implication: More clinicians, hospitals and medical education programmes may start emphasising sleep health. For individuals: if you snore, feel unrested, or have unexplained daytime fatigue, it might merit investigation.

3. Convocation at National Medical Academy, Emphasis on Ethics & Innovation

PGIMER also hosted the 65th convocation of the National Academy of Medical Sciences (India) (NAMS). In his address the Haryana Governor stressed integrity in medicine, and an official from NITI Aayog urged doctors to shift from being mere consumers of AI/tech-tools to innovators in patient care.

Implication: This signals emphasis on ethical practice + technological innovation in Indian healthcare. Good to note for anyone involved in medical education or healthcare policy.

4. Health Insurance Trust & Claims – Under Pressure

An analysis article pointed out that India's health insurance sector faces a **trust deficit**—especially among younger policy-holders—because of claim rejections, fine print exclusions, and mis-sold “no-limit” covers.

Implication: For you (or anyone buying health-insurance), it's a reminder to *check claim conditions, exclusions, waiting periods*, and to understand what “unlimited” really means. Transparent communication from insurers remains a challenge.