



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY

Thursday

2020108

## India's coronavirus

### India's coronavirus fight people-driven; gets great strength from Covid warriors: Modi

**PM appeals to people to follow social distancing norms and expressed confidence that the fight against the pandemic would be won (The Tribune; 2020108)**

<https://www.tribuneindia.com/news/nation/indias-coronavirus-fight-people-driven-gets-great-strength-from-covid-warriors-modi-152726>

India's coronavirus fight people-driven; gets great strength from Covid warriors: Modi Narendra Modi. Photo courtesy: Twitter

India's coronavirus fight is people-driven and gets great strength from its Covid warriors, Prime Minister Narendra Modi said on Thursday as he urged people to follow Covid-appropriate behaviour.

He made the appeal to people to follow social distancing norms and expressed confidence that the fight against the pandemic would be won.

The Ministry of Information and Broadcasting had on Wednesday said the Prime Minister would launch a 'jan andolan' campaign for Covid-appropriate behaviour on Thursday with a tweet in view of the upcoming festivals, winter season and opening up of the economy.

"India's Covid-19 fight is people-driven and gets great strength from our Covid warriors," Modi said.

He said collective efforts had helped save many lives.

"We have to continue the momentum and protect our citizens from the virus," the PM tweeted using the hashtag 'Unite2FightCorona'.

"Let us #Unite2FightCorona! Let us always remember: Wear a mask. Wash hands. Follow social distancing. Practise 'Do Gaj Ki Doori.' Together, we will succeed. Together, we will win against Covid-19," he said in another tweet. PTI

## Generic drug

**Majority of generic drug ingredients produced in Asia: Study  
Shift of API production from Europe to Asia since 2000; high concentration in India, China poses supply risk-study; drugmakers say supply networks need to be global; German health minister hopes for European proposals by November(The Tribune; 2020108)**

<https://www.tribuneindia.com/news/health/majority-of-generic-drug-ingredients-produced-in-asia-study-152347>



Two thirds of the active ingredients needed to make generic drugs are manufactured in Asia, a study showed on Wednesday, the latest evidence to underscore Europe's reliance on foreign imports for its medicines.

Europe was rattled at the start of the coronavirus outbreak when India, one of the biggest producers of drug ingredients, banned exports of certain products relevant to the pandemic, prompting concerns about a shortage of medicines.

Although those fears were largely unfounded, European Union health ministers have vowed to boost local drugs production to safeguard against future supply disruptions.

Price pressure and lower regulatory requirements have led to a shift in drugs manufacturing from Europe to Asia over the past two decades, the study by German generics lobby Pro Generika found.

The study analysed the global production of 565 active pharmaceutical ingredients (APIs) and found 63 per cent of the quality certificates, which grant them suitable for use in medicinal products, were held in Asia, up from around 31% in 2000.

More than 80 per cent of Asia's certificates are held by manufacturers in India and China where the majority of producers are concentrated in just a few states and provinces, the study found. For more than half of the APIs, there are only a handful of manufacturers worldwide.

German Health Minister Jens Spahn said the pandemic had made "painfully" clear the risk of having a strong dependence on one region or country, citing shortages of medical protective masks.

He said Europe must first define which drug ingredients are system-relevant as well as which incentives would best help boost local production.

He hoped the European Commission would have proposals ready by November at the latest so decisions could be taken in the first half of 2021.

Dual sourcing

Europe holds 31 per cent of API certificates, down from 59 per cent in 2000 with producers mainly in Italy, Germany, Spain and France focussing on ingredients with low sales volumes that are complex to manufacture.

France has pledged 200 million euros (\$236 million) to bolster domestic production of medicines, while Austria is also investing funds in an antibiotics plant owned by Swiss drugmaker Novartis's Sandoz division in Tyrol.

## **COVID-19 vaccination**

### **Australia expects COVID-19 vaccination is still a year away**

**The Treasury and Health Departments developed economic modelling based on an assumption that a vaccine would be widely available in Australia toward the end of next year(The Tribune; 2020108)**

<https://www.tribuneindia.com/news/health/australia-expects-covid-19-vaccination-is-still-a-year-away-152298>

Australia expects COVID-19 vaccination is still a year away

Australia considered a rollout of a coronavirus vaccine no sooner than mid-2021 a best-case scenario

Australia considered a rollout of a coronavirus vaccine no sooner than mid-2021 a best-case scenario in its pandemic planning that would save the economy tens of billions of dollars, the treasurer said on Wednesday.

The Treasury and Health Departments developed economic modelling based on an assumption that a vaccine would be widely available in Australia toward the end of next year, Treasurer Josh Frydenberg said.

“These are very uncertain times and as a government, we have taken every step possible to give Australia the best possible chance of getting a vaccine,” Frydenberg told the National Press Club.

Treasury modelling doesn't contemplate a vaccine becoming available in Australia early next year. An early vaccine is regarded as one that is rolled out from July 1, providing certainty to households and businesses while promoting consumption and investment.

This so-called upside scenario also assumes that international students would return to Australian universities late next year due to the vaccine. Hundreds of thousands of students from overseas have made the Australian universities sector one of the nation's biggest earners of foreign currency.

The scenario would boost Australian economic activity by 34 billion Australian dollars (USD 24 billion) above the current forecast in the June quarter of 2022. Economic growth would be 1.5 percentage points higher in the 2021-22 fiscal year than the 4.75 per cent currently forecast.

Researchers are working on developing more than 170 potential COVID-19 vaccines. A June survey of 28 mostly U.S. and Canadian vaccinology experts published in the Journal of General Internal Medicine found most were pessimistic a vaccine would be available before mid-2021 but thought September or October was achievable.

Frydenberg on Tuesday announced a raft of pandemic measures that would create a record Australian dollars 214 billion (USD 153 billion) deficit in the current fiscal year. Based on the assumption that a vaccine will become available closer to the end of 2021 than July, annual deficits are forecast to shrink in the next fiscal year and beyond.

“We're all hopeful ... that we will find a vaccine, and we have made that assumption based on the end of next year, but obviously as there are developments in the health and the global community, we'll continue to update our position,” Frydenberg said on Wednesday.

“There is a great deal of uncertainty in this pandemic,” he added.

Australia has allowed for an earlier vaccine rollout with doses manufactured locally under deals struck with two pharmaceutical companies.

## **Transmit Covid-19 virus**

**Humans can transmit Covid-19 virus to wildlife: Study  
Though most people very rarely come into close contact with live wild animals, the transmission of SARS-CoV-2 from humans could readily occur during (field) activities. (The Tribune; 2020108)**

<https://www.tribuneindia.com/news/health/humans-can-transmit-covid-19-virus-to-wildlife-study-152295>

Humans can transmit Covid-19 virus to wildlife: Study

Though most people very rarely come into close contact with live wild animals, the transmission of SARS-CoV-2 from humans could readily occur during (field) activities.

In a major study, researchers have found that there's considerable risk that humans transmit SARS-CoV-2, the virus that causes Covid-19, to wildlife.

The study, published in the journal Mammal Review, noted that if SARS-CoV-2 were to infect and spread among wild mammals, it could potentially cause disease in some populations, in turn further endangering already threatened species.

"We really should avoid turning our pandemic into a multi-species problem," said study lead author Sophie Gryseels from the University of Antwerp in Belgium.

For the findings, the research team regularly searched the studies with different combinations of the keywords: SARS-CoV-2, infection experiment, animal model, mammal, susceptibility, ACE2, cell line, coronavirus, wildlife.

They particularly checked ProMED, a community-driven platform that scans infectious disease news and reports every instance of non-human animals naturally infected by SARS-CoV-2.

Though most people very rarely come into close contact with live wild animals, the transmission of SARS-CoV-2 from humans could readily occur during (field) activities.

Also, if SARS-CoV-2 could be sustainably transmitted among some mammalian populations or communities, this would create new animal reservoirs that could repeatedly source new outbreaks in humans and other animals.

The researchers urge people to take sanitary precautions when in direct or indirect contact with wild or feral mammal species to prevent human-to-wildlife SARS-CoV-2 transmission.

"It's difficult enough to control the SARS-CoV-2 in human populations--imagine what it will be like if it spreads among wild mammals," said study researcher KU Leuven from the University of Arizona in the US.

"They could also get sick and form a reservoir from which they can then again infect humans, but we can't ask animals to wear face masks and keep physical distance," Leuven noted.

## **Pandemic: Report**

### **Employees in India face increased burnout at work during pandemic: Report**

**India came out top with over 41 per cent of workers citing the lack of separation between work and personal life as negatively impacting their wellbeing. (The Tribune; 2020108)**

<https://www.tribuneindia.com/news/health/employees-in-india-face-increased-burnout-at-work-during-pandemic-report-152284>

Employees in India face increased burnout at work during pandemic: Report  
India came out top with over 41 per cent of workers citing the lack of separation between work and personal life as negatively impacting their wellbeing

Employees in India are facing increased burnout due to lack of separation between work and personal life as well as concerns of contracting COVID-19, a report said on Wednesday.

According to Microsoft's latest Work Trend Index, that surveyed over 6,000 information and first-line workers across eight countries globally, India had the second-highest percentage of workers facing increased burnout in Asia at 29 per cent.

Moreover, India came out top with over 41 per cent of workers citing the lack of separation between work and personal life as negatively impacting their wellbeing, resulting in increased stress levels, the report said.

"In the last six months, we have seen how COVID-19 has created an era of remote anywhere. It has led to the evolution of a new workplace – from a physical space to one residing in a virtual world," said Samik Roy, Country Head, Modern Work, Microsoft India.

Roy further noted that "as businesses adapt to a new way of working, it is important to examine the multifaceted impact that the new working conditions are having on employees. This is helping us provide relevant and timely solutions to all our customers and users".

The pandemic increased burnout at work, in some countries more than others. In India, 29 per cent of workers are experiencing increased burnout at work, owing to its increase in workday span by 1 hour. While workers in Germany saw very little change to workday span or feelings of burnout, the report said.

Data showed that, globally, even six months past the first work-from-home orders, people are in significantly more meetings, taking more ad hoc calls and managing more incoming chats than they did before the pandemic.

"As people adjusted to remote working, after-hours chats, or chats between 5 pm and midnight, have also increased," the report said.

Further, for remote workers in Asia, no commute is hurting and not helping productivity, the report said adding that for years, Microsoft's research group has been studying how commute has helped maintain work-life boundaries — and worker's productivity and wellbeing.

Microsoft said a series of updates have been launched within Microsoft Teams to support employee wellbeing. These include a virtual commute experience that helps users prepare for the day and mindfully disconnect in the evening.

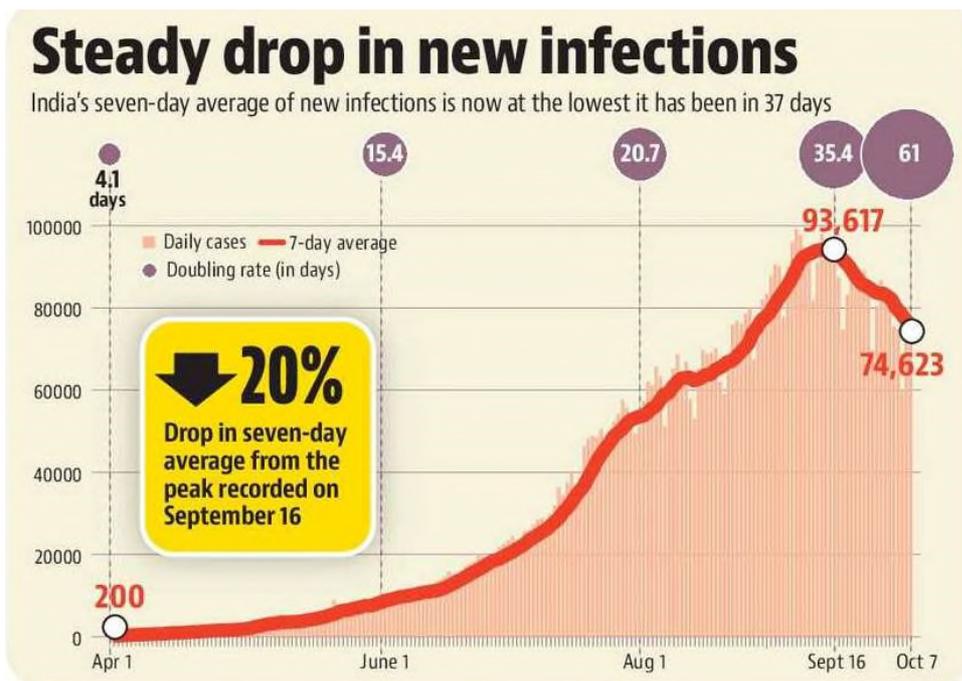
Microsoft has also partnered with Headspace to bring a curated set of mindfulness and meditation experiences into the Teams platform and launched new Teams experiences for first-line workers to support them with the tools they need to work more safely.

This Work Trend Index report looks at how the pandemic has impacted wellbeing at work globally.

It studied how productivity patterns in Microsoft Teams have shifted since early this year and surveyed over 6,000 information and first-line workers in eight countries including Australia, Brazil, Germany, Japan, India, Singapore, the UK, and the US. PTI

## India's first Covid-19 wave finally recedes (Hindustan Times: 2020108)

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



# Tracking the virus



The first wave of the coronavirus disease (Covid-19) appears to be receding for the first time across the country, with cases seeing a steady drop for three consecutive weeks now. Experts warn that with the festive season coming up, the curve may rise again if people let their guard down during the celebrations.

The seven-day average of daily cases in India touched 93,617 on September 16, the highest till date. In the three weeks since, this number (also referred to as the daily case trajectory) has dropped every single day and stands at 74,623 on Wednesday — down around 20% from the peak.

This has meant that India's doubling rate — the number of days it takes for the number of infections to double — has seen a drastic improvement in the past month. On Wednesday, it stood at 60 days, as against 32.6 days on September 7.

This drop is also mirrored in the death trajectory. The seven-day average of daily deaths in the country was at its highest on September 15, when it touched 1,169. This number has also dropped since then, and as on Wednesday, it stands at 977 — a decrease of 16% from the peak.

This is the first time a drop of this magnitude and consistency has been recorded in the Covid-19 case and death trajectories in India. Across the world, there have been fluctuations and waves in the case (and death) trajectories — the US, for instance, is on its third wave currently — but India's trajectory has been climbing till mid-September.

This reversal in trajectory has been led by the some of the states that have so far caused the national spike in cases — Maharashtra, Tamil Nadu, Andhra Pradesh and Delhi. Together, these four states have been responsible for 46% of all infections in the country.

In Maharashtra, India's worst-hit state, daily cases peaked on September 17, a day after the national peak. The trajectory in Delhi also peaked the same day. Cases in Tamil Nadu and Andhra Pradesh have been dropping since the start of September.

A handful of states, particularly Kerala and Karnataka, however, appear to be defying the larger trend and cases there remain currently at peak levels and appear to be rising .

“Even though cases are dropping, we are nowhere close to the end of the first wave. We are still reporting close to 75,000 cases a day. However, it is still a significant drop, especially if it is not artificially influenced by a change in testing strategy. But if our testing strategy is the same as it was, then this is a very good sign,” said Dr Shahid Jameel, virologist and director of Trivedi School of Biosciences at Ashoka University.

The threat of a festive resurgence, however, is very real, as India's own experience shows.

In Kerala, festivities for Onam (celebrated between August 22 and September 2) appear to have caused a spike in cases. While the trajectory in the state was largely in control through much

of the pandemic, it has seen a huge spike from the start of September — average daily cases have increased from around 2,000 in the start of the month to nearly 8,000 in the last week.

Union health secretary Rajesh Bhushan identified Onam as the key factor that caused the spike in the state. “The highest increase in active cases in the country has been seen in Kerala and the surge is possibly due to the Onam festivities,” he said.

Dr VK Paul, member of Niti Aayog, stressed last Tuesday that the coming festive season will be all about masks — “mask wali Chhath, mask wali Eid, mask wala Dussehra aur mask wali Diwali”. Dussehra will be celebrated on October 25, Eid Milad-un-Nabi on October 28-29, while Diwali will be on November 14 and Chhath on November 20.

“Community heads should ensure and appeal that festivals be celebrated with caution; not in large groups but smaller groups,” he said, at the government’s weekly Covid briefing.

“The next few weeks will be crucial because quite a few factors will be at play. With the festive season here, people need to develop a sense of individual responsibility when they visit temples, pandals or family gatherings. Wearing masks and social distancing become even more important now, and I hope people don’t forget this,” Dr Jameel said.

## **Covid-19: What you need to know today (Hindustan Times: 2020108)**

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

Emmanuelle Charpentier at the Max Planck Institute for Infection Biology and Jennifer Doudna at the University of California, Berkeley have won the chemistry Nobel for their discovery of CRISPR, which has been described as a sort of editing software that can be used on DNA (which is anyway information, making the software analogy particularly apt).

CRISPR is short for clustered regularly interspaced short palindromic repeats. Charpentier and Doudna — this is the first time any science Nobel has been given to two women — found that a CRISPR-associated protein 9 (which is why their discovery is often referred to as CRISPR-Cas9) found naturally in bacteria could be used to cut DNA; in the case of the bacteria they studied, Cas9 was actually being used to attack an invading virus.

Genome editing can prevent and treat many diseases — once we figure out how to use it safely in humans, and address the ethical concerns surrounding technologies such as CRISPR-Cas9. Last year, CRISPR moved out of the labs, and into human trials. There are now several clinical trials on for a variety of ailments, from melanoma to sickle cell disease. And along the way, researchers discovered that the CRISPR toolkit can be used as a diagnostic platform to detect pretty much anything — inexpensively and simply (the simplicity is purely from the perspective of the end user; the technology is very complex).

Earlier this year, scientists even found Cas13, which cuts RNA instead of DNA — a safer and more effective option in some cases. Indeed, a CRISPR technology that can be aimed at RNA could attack viruses in which the genetic material is RNA (this is true of most flu-causing viruses and also Sars-CoV2, which causes the coronavirus disease) — although, right now, this is in the realm of research.

I wrote about CRISPR in a December 2019 essay (scan QR code below) on how the decade between 2010 and 2019 saw significant developments that would help create “machines that can think”, facilitate “the colonisation of space” and extend human lifespans to 100 years, maybe more.

Still, while the potential of CRISPR in combating a virus (such as the one that causes the coronavirus disease) is clear, years of research, clinical trials, and regulatory debates, lie in between. But there is a closer connection between CRISPR and Covid-19, and it is an Indian one.

The link is Feluda, a quick and inexpensive test to diagnose Covid-19 that has been developed at Delhi’s Institute of Genomics and Integrative Biology, and named after a fictional detective created by Satyajit Ray (the detective’s real name is Prodosh Chandra Mitra but everyone calls him by his nickname, Feluda).

The paper-based test has been written about extensively — Hindustan Times first wrote about it in May — and it turns out that Feluda (as in the test) is also an acronym, for FnCas9 editor linked uniform detection assay. Debojyoti Chakraborty, one of the developers of Feluda (the other one is Soutik Maiti) described it best in a May interview with HT: “The CRISPR-based Feluda testing works by combining CRISPR biology and paper strip chemistry,” he explained. “The Cas9 protein, a component of the CRISPR system, is barcoded to interact specifically with CoV2 sequence in a patient’s genetic material. The complex of Cas9 with CoV2 is then applied to a paper strip, where, by using two lines (one control and other test), it is possible to determine if the original sample was infected with Covid-19.” This is pretty much like popular strip-pregnancy tests — and much like them, when the strip shows two lines it means a positive result.

It turns out that Feluda is as inexpensive and quick as a rapid antigen test, and as accurate as the expensive and time-consuming RT-PCR test.

Feluda, which will soon be launched in India by the Tata group, wouldn’t have been possible without CRISPR, which is why the chemistry Nobel announced on Wednesday is significant.

## **Pollution (The Asian Age: 2020108)**

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15151603>

# City air quality hits 'poor' category, may deteriorate further

AGE CORRESPONDENT  
NEW DELHI, OCT. 7

Delhi's air quality turned "poor" on Wednesday — the first time in over three months — and is likely to deteriorate further due to unfavourable meteorological conditions and a spike in farm fires, according to government agencies.

The city recorded a 24-hour average air quality index (AQI) of 215, which falls in the "poor" category. It was 178 on Tuesday.

An AQI between 0 and 50 is considered "good", 51 and 100 "satisfactory", 101 and 200 "moderate", 201 and 300 "poor", 301 and 400 "very poor", and 401 and 500 "severe".

This is the first time since June 29 — when the AQI was 230 — the air quality of the national capital has turned poor.

PM10 levels in Delhi-NCR stood at 234 microgram per cubic metre ( $\mu\text{g}/\text{m}^3$ ) at 6 pm, according to Central Pollution Control Board (CPCB) data. PM10 levels below  $100 \mu\text{g}/\text{m}^3$  are considered safe in India.

PM10 is a particulate matter with a diameter of 10 micrometres and is inhalable into the lungs. These particles include dust, pollen and mold spores.

The levels of PM2.5 — finer particles which can

THIS IS the first time since June 29 — when the AQI was 230 — the air quality of the national capital has turned poor. The Ministry of Earth Sciences' air quality monitor Safar said that PM2.5 is now becoming the lead pollutant instead of PM10 — a characteristic of winters

even enter the bloodstream — was  $93 \mu\text{g}/\text{m}^3$ . PM2.5 levels up to  $60 \mu\text{g}/\text{m}^3$  are considered safe.

The Ministry of Earth Sciences' air quality monitor, SAFAR, said, "PM2.5 is now becoming the lead pollutant instead of PM10 — a characteristic of winters."

Surface winds were calm on Tuesday night. Similar conditions are likely for another two days. The AQI is expected to deteriorate further over the next three days, Safar said. The cumulative fire count in Punjab, Haryana and the border regions was 336 on Tuesday.

"The boundary layer wind direction and speed are favourable for a slow transport (of pollutants) from external sources and local conditions are conducive for accumulation of pollutants in Delhi," Safar said.

## **Immunity boosters'**

### **Coronavirus | Unchecked, 'immunity boosters' can turn toxic (The Hindu: 2020108)**

<https://www.thehindu.com/sci-tech/health/coronavirus-immunity-boosters-can-turn-harmful/article32793667.ece>

Unchecked, repeated use of 'immunity boosting' home remedies, prompted by the COVID-19 scare, can turn dangerous. Here's a guide to deriving the most out of kitchen ingredients  
"Yesterday my patient on the operating table bled buckets. He wasn't on blood thinners — no explanations... After surgery, he told me he was taking a herbal concoction of ginger, garlic, turmeric and asafoetida thrice daily to prevent Covid." A consultant at Manipal Hospitals and an ophthalmic surgeon, Dr Raghuraj Hegde's viral tweet has started a conversation on natural 'immunity boosters'. So far considered harmless, their copious use, especially by those who have comorbidities, has actually turned dangerous.

## **Dengue, TB co-infection**

### **Dengue, TB co-infection likely along with Covid: AIIMS Director (New Kerala: 2020108)**

<https://www.newkerala.com/news/2020/177644.htm>

As the coronavirus pandemic moves into the tenth month, all need to be cognizant of the co-infection that can occur with Covid-19, AIIMS Director Dr Randeep Guleria said on Wednesday, as the apex institute witnessed dengue and tuberculosis infection in patients affected with coronavirus.

"Co-infection with Covid-19 is an important issue as we are now seeing patients with Covid-19 who have other infections. It becomes a bigger challenge as far managing Covid-19 and dengue is concerned," said Dr. Guleria, who is also the part of a core team monitoring the pandemic.

It is also difficult to distinguish symptoms of the two diseases due to overlapping initial clinical presentations and laboratory parameters, say experts.

According to Dr. Pawan Tiwari, Assistant Professor at AIIMS' Department of Pulmonary, Critical Care and Sleep Medicine, co-infection is an important concern, especially in severe Covid-19 cases.

He also cited preliminary data of AIIMS on co-infections in 4,200 patients, which showed that 32 patients were diagnosed during admission with extra-pulmonary or pulmonary tuberculosis, 35 had latent tuberculosis, 27 had HIV, 12 had hepatitis-B and 11 had dengue.

However, he clarified "There is no data on whether these infections are bystanders or increase the severity of Covid-19."

"Infection like dengue and influenza have seasonality and co-infection increasingly has been reported. Identifying and managing them is important. HIV, and hepatitis can also be looked for by the doctors," he added.

According to another recent study on 4,000 Covid-19 hospital patients, seven per cent had bacterial co-infection, 3 per cent had viral co-infection, and 4-5 per cent had fungal co-infection. Another study with 67 patients, showed 30 patients had co-infection.

This comes at a time when the capital is registering a spike in both dengue and Covid-19 cases as per Health Department data. The city reported 54 cases of dengue in the past week, taking the total tally for this season to 266, as per the vector-borne disease report issued by the municipal corporations.

## **Breast cancer'**

### **1 in 22 urban Indian women likely to develop breast cancer'(New Kerala: 2020108)**

<https://www.newkerala.com/news/2020/177511.htm>

Breast cancer is on the rise in India, with various health experts attributing it to lifestyle changes, changing reproductive preferences and hormonal imbalances in the body. As per an expert, one in 22 females in urban India is likely to develop the disease.

According to WHO, there are about 1.38 million new cases and 458,000 deaths from breast cancer each year. The Breast Cancer Awareness Month, marked in countries across the world every October, helps to increase attention and support for awareness, early detection and treatment as well as palliative care of this disease.

According to Dr (Col) R. Ranga Rao, Chairman of Paras Cancer Centre at Paras Hospital, Gurugram "Breast cancer is increasing by 10 per cent every year and the reason behind is changing reproductive preferences and hormonal imbalances in the body. So, late children, no children, few children and late marriages are the few causes of it."

"Apart from hormonal factors, lifestyle issues like overweight, excessive consumption of calories, low exercise, less consumption of fruits and vegetables and less breastfeeding. Moreover, in India, women have bigger breast lumps as compared to the western countries. In India, an early onset of breast cancer has been seen with an average age of 40-42 years."

Breast cancer is the most common cancer in Indian females, accounting for 14 per cent of all cancers. Currently, there is a lack of sufficient knowledge as to its causes, and therefore, early detection of the disease remains the cornerstone of breast cancer control.

"Unfortunately, most of the cancer registries in India are recording a 1-5 per cent annual percent increase. The incidence rises in early thirties and peaks at 50-65 years of age. Overall, 1 in 22 female is likely to develop breast cancer in Urban India," said Dr Deepak Jha, Clinical Lead Breast Surgery, Senior Consultant, Surgical Oncology at Artemis Hospital.

Jha also said that a lot of advancements have happened in treatment strategies of breast cancer, with surgery having decreased in extent leading to lesser mutilation with better cosmetic outcomes. Chemotherapy and targeted therapies have evolved for better patient tolerance.

"Hopefully with better awareness and timely treatment, we can prevent some of 87,000 lives lost every year due to breast cancer in our country."

Dr. Shuchin Bajaj, Founder and Director, Ujala Cygnus Group of Hospitals, said "Breast cancer is one of the largest killers of women on the planet. Many women suffer from breast cancer, but the problem is it's detected too late and that's the reason they couldn't get good quality treatment."

"Breast cancer, if detected on time, is 100 percent curable. Please motivate all women in your family to motivate doing self-breast examinations. It's a very simple thing to do and takes a few minutes. If you detect any lump in your breast you should immediately bring it to your doctor's attention," he added.

Dr. Kaushal Yadav, Surgical Oncologist at Columbia Asia Hospital, Palam Vihar in Gurugram, explained how breast self-examination (BSE) can be done to identify any sign of potential breast cancer.

"Stand in front of a mirror with hands on the hips. Check breasts for any skin changes, lumps, or changes in the black area around the nipples. Raise one arm and try to feel for lumps around breasts -- move from armpit area towards the breast until the gap on both sides. If there is a lump on the breast or in the armpit that is growing bigger and feels hard; visible skin changes over and near the lump; blood discharge from the nipple or the nipple seems pulled inwards, visit a doctor without delay," he advised.

Kamal Narayan, CEO of Integrated Health and Wellbeing (IHW) Council, said that the rapid and alarming rise of breast cancer in India needs urgent attention. While the treatment of breast cancer is covered under schemes such as Ayushman Bharat, awareness of the disease is important.

"More cases of breast cancer in India are detected at later stages, which makes encouraging women aged 35 and more undertake breast self-examination crucial to detect cases at a stage where treating them is easier. India should contemplate introducing an awareness drive for BSE by roping in community workers who can check for abnormalities in breast or breast cancer cases door-to-door, especially in rural areas where diagnostic services may be scant," he added.

## **Mental health**

### **9 in 10 Indian workers seek robots to support their mental health (New Kerala: 2020108)**

<https://www.newkerala.com/news/2020/177495.htm>

As Covid-19 takes its toll on the mental health of people globally, over 9 in 10 people in India think robots can support their overall well-being much better than humans, a new Oracle study said on Wednesday.

A whopping 91 per cent of Indian workforce surveyed said they would prefer to talk to a robot over their manager about stress and anxiety at work, according to the study by Oracle and Workplace Intelligence, an HR research and advisory firm.

The study of more than 1,000 employees, managers, HR leaders, and C-level executives across 11 countries found that the Covid-19 pandemic has increased workplace stress, anxiety, and burnout for people all around the world, and they prefer robots instead of other people to help.

Nearly 93 per cent people said their mental health issues at work negatively affect their home life while 95 per cent of those surveyed believed companies should be doing more to support the mental health of their workforce.

For the Indian workforce, 65 per cent feel that they are working more than 40 hours per month and 32 per cent feel the burnout from overwork.

"There is a lot that can be done to support the mental health of the global workforce and there are so many ways that technology like AI can help. But first, organizations need to add mental health to their agenda," said Emily He, senior vice president, Oracle Cloud HCM.

While 70 per cent of people globally have had more stress and anxiety at work this year than any other previous year, 84 per cent of Indian workforce felt more stress and anxiety.

This increased stress and anxiety has negatively impacted the mental health of 78 per cent of the global workforce, causing more stress (38 per cent), a lack of work-life balance (35 per cent), burnout (25 per cent), depression from no socialisation (25 per cent), and loneliness (14 per cent).

"The pandemic situation has witnessed HR dealing with a crisis which has no precedence to draw wisdom from. HR is coordinating communication, facilitating remote working, helping keep workers stay productive, and assisting with mental wellbeing needs," said Shaakun Khanna, head of HCM applications, Asia Pacific, Oracle.

The new pressures presented by the pandemic have been layered on top of everyday workplace stressors, including pressure on global workforce to meet performance standards (42 per cent), handling routine and tedious tasks (41 per cent) and juggling unmanageable workloads (41 per cent).

The most common repercussions globally were sleep deprivation (40 per cent), poor physical health (35 per cent), reduced happiness at home (33 per cent), suffering family relationships (30 per cent), and isolation from friends (28 per cent).

As boundaries have increasingly blurred between personal and professional worlds with people working remotely, 35 per cent of people are working 40+ more hours each month and 25 percent of people have been burned out from overwork.

"Despite perceived drawbacks of remote work, 62 percent of people globally find remote work more appealing now than they did before the pandemic, saying they now have more time to spend with family (51 per cent), sleep (31 per cent), and get work done (30 per cent)," the findings showed.

Nearly 76 per cent of people globally believe their company should be doing more to protect the mental health of their workforce, the report mentioned.

## Coronavirus (Hindustan: 2020108)

[https://epaper.livehindustan.com/imageview\\_363451\\_56693148\\_4\\_1\\_08-10-2020\\_3\\_i\\_1\\_sf.html](https://epaper.livehindustan.com/imageview_363451_56693148_4_1_08-10-2020_3_i_1_sf.html)

**ऑक्सफोर्ड यूनिवर्सिटी ने भी माना छोटे इलाकों पर ध्यान देने से रुकेगा संक्रमण, 310 शहरों पर किया गया था अध्ययन**

# कोरोना रोकने के लिए गंजाम और धारावी से सीखना होगा

नई दिल्ली | हिन्दुस्तान ब्यूरो

कोरोना संक्रमण रोकने के लिए छोटे छोटे इलाकों पर ध्यान देना होगा। ऑक्सफोर्ड यूनिवर्सिटी ने भी 310 शहरों पर अध्ययन के बाद यह बात मानी है। ओडिशा के गंजाम और महाराष्ट्र के धारावी से यह सीखा जा सकता है। जहां हजारों संक्रमित थे लेकिन आज 200 से भी कम मरीज हैं। विश्व स्वास्थ्य संगठन के बाद अब विश्व बैंक ने भी धारावी मॉडल की तारीफ की है।

**रिसर्च:** ऑक्सफोर्ड यूनिवर्सिटी और पूर्वोत्तर विश्वविद्यालय की टीम ने अध्ययन में पाया कि छोटे व घनी

**अध्ययन की खास बातें**

- घनी आबादी में थोड़े समय में ही उच्चतम स्तर पर पहुंच जाता है कोरोना का संक्रमण
- समुदायों के हिसाब से भी प्रसार, जहां समुदायों के बीच संपर्क ज्यादा वहां संक्रमण ज्यादा
- आर्थिक गतिविधियों वाले इलाके, शादी-बारात, सामूहिक आयोजन हॉटस्पॉट बने

आबादी वाले इलाकों में संक्रमण काफी तेजी से फैला। इतना ही नहीं, गांवों की तुलना में शहरों में ज्यादा लोगों के संक्रमित होने के पीछे वजह भी यही है। उनके मुताबिक, अगर छोटे पॉकेट में ही चिह्नित कर संक्रमण थाम लिया जाए तो महामारी को फैलने से रोका जा सकता है।

**बड़े शहरों में दिक्कत:** महामारी विशेषज्ञ डॉ. मॉरिज क्रैमर ने कहा, हमने देखा कि मैड्रिड व लंदन जैसे शहरों पर महामारी की मार ज्यादा क्यों पड़ी। क्योंकि ये सघन आबादी वाले इलाके थे जहां तुरंत ध्यान नहीं दिया गया। एक छोटे से कार्यक्रम से

**संक्रमण थामने के सबसे सफल मॉडल**

**गंजाम:** ओडिशा के गंजाम जिले में दो मई को पहला मामला मिला। अगस्त में मरीज मिलने की दर 59% तक पहुंच गई। इसके बाद उपाय किए तो अब 20420 मरीजों में 98% पूरी तरह ठीक हो चुके हैं। सिर्फ 188 मरीज बचे हैं।

**व्या किया**

- सरपंच को शक्तियां दीं, हर गांव में कोविड मैनेजमेंट कमेटी बनी। जिसने घर-घर जाकर छह बार स्क्रीनिंग की। एक हजार से ज्यादा स्वयंसेवक मनमानी करने वालों पर नजर रखते थे। पांच गांव पर एक एंबुलेंस रखी।

**धारावी:** दुनिया का सबसे बड़ी झुग्गी बस्ती। यहां 1 अप्रैल को पहला केस आया। उसके बाद तेजी से केस बढ़े। देखते ही देखते 3280 केस सामने आ गए। सतर्कता बरती तो 85% मरीज ठीक हुए। अभी यहां सिर्फ 192 संक्रमित हैं।

**व्या किया**

- डॉक्टरों की टीम घर-घर जाकर स्क्रीनिंग करने लगी, जिसे बुखार हुआ तुरंत अस्पताल के हवाले। दूसरी और छोटे-छोटे अस्पताल भी बनाए गए।

भी सैकड़ों लोग संक्रमित होते चले गए। उनके मुताबिक, हर शहर-हर घर के लिए कोई एक तरीका नहीं हो सकता लेकिन स्क्रीनिंग के उपाय हर जगह एक जैसे हो सकते हैं।