



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DA

Wednesday

20210224

Negative Covid test result

People coming to Delhi from Punjab, 4 other states will have to show negative Covid test result (The Tribune: 20210224)

<https://www.tribuneindia.com/news/delhi/people-coming-to-delhi-from-punjab-4-other-states-will-have-to-show-negative-covid-test-result-216876>

Official order will be issued later in the day and it will be effective till March 15

People coming to Delhi from Punjab, 4 other states will have to show negative Covid test result

The requirement of the negative COVID-19 test report is likely to be implemented from Friday night.

Travellers from five states, including Maharashtra, Kerala and Punjab, will have to show negative COVID-19 test report before entering the national capital, officials said on Wednesday amid a spike in coronavirus infections in some states.

They said an official order will be issued later in the day and it will be effective till March 15.

The issue had also been discussed in a meeting of the Delhi Disaster Management Authority (DDMA) on Monday.

The requirement of the negative COVID-19 test report is likely to be implemented from Friday night, officials said.

Maharashtra is showing a daily surge in COVID-19 cases, according to an official of the Union Health Ministry. Kerala is showing an incremental decline, but the daily cases in absolute numbers is still high over there. Punjab, with its daily increase in cases, is also a cause of worry.

Chhattisgarh and Madhya Pradesh are also showing an increase in daily cases, the central official had said on Tuesday. PTI

Nation sees 10,584 new CoviDs cases

Nation sees 10,584 new CoviDs cases, 78 more deaths (The Tribune: 20210224)

<https://www.tribuneindia.com/news/coronavirus/nation-sees-10-584-new-covids-cases-78-more-deaths-216460>

Recovery rate reaches 97.24 per cent; fatality rate stands at 1.42 per cent

India's total tally of Covid cases surged to 1,10,16,434 with 10,584 new infections being reported in a day, while the recoveries have crossed 1.07 crore, according to the Union Health Ministry data updated on Tuesday.

The death toll increased to 1,56,463 with 78 new fatalities, the data updated at 8 am showed.

The number of people who have recuperated from the disease surged to 1,07,12,665 which translates to a national Covid recovery rate of 97.24 per cent and the case fatality rate stands at 1.42 per cent.

The active coronavirus infections in the country have reduced to 1,47,306 which comprises 1.34 per cent of the total caseload, the data stated.

According to the ICMR, 21,22,30,431 samples have been tested up to February 22 with 6,78,685 samples being tested on Monday.

The 78 new fatalities include 18 from Maharashtra, 16 from Kerala and 15 from Punjab.

A total of 1,56,463 deaths have been reported so far in the country, including 51,806 from Maharashtra, followed by 12,466 from Tamil Nadu, 12,299 from Karnataka, 10,901 from Delhi, 10,251 from West Bengal, 8,716 from Uttar Pradesh and 7,167 from Andhra Pradesh.

Covid cases

Fresh surge in Covid cases; highest in 2 months (The Tribune: 20210224)

<https://www.tribuneindia.com/news/coronavirus/fresh-surge-in-covid-cases-highest-in-2-months-216360>

After a gap of around two months, a big surge of 54 was seen in the number of fresh Covid cases in the district on Monday. This may be the highest single-day count reported in the district in the last two months.

It was on May 1 last year that the district crossed 100 cases. In the past nine months, the district tally has crossed 21,000 cases. With the fresh cases, it stands at 21,286 today. However, with a fresh surge in the number of Covid cases in the past week, concerns regarding the new strain of Covid reaching Punjab haunt health authorities.

The surge is dramatic compared to the much in control Covid scenario in January. On certain days in January mere five to 10 cases were reported in Jalandhar. For example, on January 26, only five cases were reported in the district, on January 27, as many as 26 cases were reported and on January 29, 19 cases were reported. With per day averages dipping down to five to 10, in February the per day cases maintained an overall average of 20 to 30 cases per day. However, for the past one week, 40 to 45 (and on one occasion even 45 cases per day) were reported.

However, the most bothersome part is that as per insiders the Health Department is not even tracking the NRIs returning home.

While in the months of March and April last year (in the beginning of the Covid surge), ASHA workers and paramedical staff were deputed to track the returnees from abroad. However, at present no such tracking is taking place.

Speaking to The Tribune, an ASHA worker said, “At present, we are not tracking NRI returnees. We had been deputed for verification regarding Ayushman cards for which we have been collecting information from door to door. A meeting with the Civil Surgeon has been fixed for tomorrow but so far we have not been given any instructions to track Covid among returnees from abroad or other states.”

Meanwhile, most people of the district move without putting a mask in public places. Even many people at crowded places can be seen without any mask.

Jalandhar Civil Surgeon Dr Balwant Singh said, “Though sampling in Jalandhar is very intensive, Covid cases are being reported. But we have not come across any case of NRI who returned from abroad and tested positive for Covid. As far as tracking is concerned, it is done at airports. So far, we do not believe the surge in Jalandhar is connected to the new strain.”

The Civil Surgeon confirmed that a meeting with ASHA workers was due on Tuesday in which they would be asked to increase sampling and tracking of Covid patients.

Vaccination

Vaccination of 50-plus people from March, Centre writes to states (The Tribune: 20210224)

<https://www.tribuneindia.com/news/coronavirus/vaccination-of-50-plus-people-from-march-centre-writes-to-states-216041>

'Gear all govt facilities to offer COVID vaccines from March 1'

Vaccination of 50-plus people from March, Centre writes to states

A medic administers second dose of Covishield vaccine during a COVID-19 inoculation drive, in Prayagraj. PTI photo.

Union health Secretary Rajesh Bhushan on Sunday wrote to all states asking them to significantly enhance the pace of COVID-19 vaccinations as several health and frontline workers were yet to be covered.

“The pace of vaccination needs to be accelerated exponentially to cover all identified beneficiaries in a minimum possible time,” he said.

Surge in Covid cases: New strains, vax hesitancy, precaution fatigue add to challenge

The secretary also said that the operational strategy for initiating the vaccination of the next priority group--the elderly population and people with comorbidities--to be taken up in March is being finalised.

The group consists of people above the age 50 with a sub-categorisation of people above the age of 60.

COVID-19 continues to haunt Patiala govt schools; 8 more teachers test positive

16 SBI staff members test +ve in Patiala

The centre, in the letter to states, said all public health facilities from government district hospitals down to community and sub-centres should be prepared to offer COVID vaccines from March 1.

The number of days for vaccinations must also be increased to a minimum of four days at the earliest to speed up the process of vaccination and prepare the system to inoculate elders, Bhushan told states.

The Centre also said the pricing of the vaccines for the next target group was being worked out and much of the issue of pricing would depend on the ability of states to absorb costs.

Opinion: Despite dip in Covid death rate, no room for laxity

The vaccines may be on charge for the 50 plus group even if nominally priced.

The PM had earlier said the Centre would bear the cost of jabs for the first three crore priority groups — one crore health workers and two crore frontline workers.

The 50-plus people consist of 27 crore individuals. The Centre has told states that the Co-WIN application has been updated to enable self-registration by the elderly and the process would commence soon.

Meanwhile, India has covered only around 60 per cent of the eligible health and frontline workers in the COVID inoculation drive with the centre repeatedly nudging states to buck up.

Punjab, Chandigarh and Ladakh are among the states with less than 40 per cent coverage of the three crore priority group.

Covid Strain (The Asiann Age: 20210224)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15428182>

New Covid strains not behind surge in Maha, Kerala: Govt

Meeting at PMO takes stock of situation

AGE CORRESPONDENT
NEW DELHI, FEB. 23

Union health ministry officials have said that two mutated variant of SARS-CoV-2 — N440K and E484Q — have been detected in Maharashtra and Kerala but there is no direct relation between the recent surge in Covid-19 cases in these states and some others with the mutant virus strains. Maharashtra and Kerala account for 75 per cent of total active Covid-19 cases in the country. Tamil Nadu, Chhattisgarh, Karnataka and Gujarat are some other states that are also witnessing a surge in coronavirus cases. Besides, people have also been detected with the South African and Brazilian strains of SARS-CoV-2 in India apart from the mutated UK variant.

Dr Balram Bhargava, director general of ICMR,

said that these two virus strains — N440K and E484Q — have been detected in other countries too and are not specific to India. They were found earlier in some states in India.

The E484Q strain was detected in four sequences in Maharashtra as early as March and July 2020. The N440K mutation has been reported on 13 different occasions, between May and September 2020, in Telangana, Andhra Pradesh and Assam. "The current upsurge in Maharashtra cannot be attributed to the currently discussed point mutations," Dr Bhargava said.

The spike in coronavirus numbers in some states comes as 240 new strains of the virus have emerged across the country. Health ministry sources said that between 800 and 900 samples — from Maharashtra and

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Positivity Rate (The Asian Age: 20210224)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15428248>

Covid-19 in Delhi: 145 new cases; positivity rate 0.25%

New Delhi, Feb. 23: Delhi recorded 145 fresh Covid cases and two new fatalities on Tuesday, while the positivity rate stood at 0.25 per cent, authorities said.

With this, the toll from the coronavirus infection has grown to 10,903.

On Monday, 128 cases and one death were registered.

No death due to Covid was recorded in Delhi on February 17, the third time single-day fatality count stood nil in this month.

● **NO DEATH** due to Covid was recorded in Delhi on February 17, the third time single-day fatality count stood nil in this month.

On February 9 too, no fatality due to Covid was registered in the national capital, first time this month, and after a gap of nearly nine months.

No death from Covid was recorded on February 13 as well, the second time in February when the single-day fatality count was nil.

On Tuesday, Delhi recorded 145 fresh COVID-19 cases, while the positivity rate stood at 0.25 per cent, authorities said, adding the infection tally in the city rose to 6,38,173 according to the latest health bulletin issued by the city government.

These new cases came out of the 58,327 tests conducted the previous day, according to the health bulletin.

Two fatalities were registered on Tuesday, taking the death toll in the city to 10,903, it said. — PTI

Coronavirus cases

A new peak: On spike in coronavirus cases (The Hindu: 20210224)

<https://www.thehindu.com/opinion/editorial/a-new-peak-on-spike-in-coronavirus-cases/article33917072.ece>

With a spike in cases after months of decline, India must speed up vaccination coverage

After a peak of nearly 98,000 fresh daily COVID-19 cases on September 16, 2020, the number of new cases reported per day in India has seen a slow but steady decline to reach below 12,000 in mid-February. But the trajectory of the curve began to reverse in the past week following a spike in cases in a few States — Maharashtra, Punjab, Chhattisgarh and Madhya Pradesh. In Kerala, the daily fresh cases have in fact been slowly declining for over a week. The recent case decline in the State stands out against the trend since early January 2021. Kerala was contributing between 45% and 50% of India's total daily cases for many weeks. But despite

the drop to about 33% in the past week, there has been an increase in the daily fresh cases nationally — from a seven-day average of 11,100 cases in the second week of February to 12,900 cases in the last week. In the last three weeks, from less than 3,000 daily cases, the numbers in Maharashtra have been increasing, particularly so in the past week to touch nearly 7,000 on February 21. As in the beginning of the pandemic, since mid-February, Maharashtra is once again contributing the most daily cases nationally. While the absolute increase in cases in Punjab, Madhya Pradesh and Chhattisgarh might not be high, in percentage terms, the increase is significant and clearly marks a spike.

The steady drop in cases has been recorded since mid-September last year despite the much-feared festival season, winter, large gatherings, almost absent restrictions in the free movement of people across States and national borders, and not-so-good adherence to mask wearing. Though the third countrywide sero survey conducted by the ICMR between December 17, 2020 and January 8, 2021 found that only 21.5% (around 225 million people) of India have been exposed to the virus — and hence, a large population is still vulnerable to infection — no spike was seen till a few days ago. No scientific explanation has been found to demystify this phenomenon; lack of targeted testing and/or integrity in reporting could be the only plausible reasons. But the recent spike, either due to the infection of people who are virus-naive, or reinfection, raises the possibility of the spread of any of the three variants first found in other countries or the emergence of a new variant here in India. This highlights the importance of undertaking large-scale sequencing of the SARS-CoV-2 genome from infected people to trace and track the emergence and spread of any variants. While a few institutions in India have been sequencing the genome, the scale is nowhere near what is required. It is also time to speed up vaccination coverage to protect a large population of vulnerable people and increase mask wearing. There is no room for complacency.

Vaccines

Sanofi to produce 12 million vaccines for rival company (The Hindu: 20210224)

<https://www.thehindu.com/news/international/sanofi-to-produce-12-million-vaccines-for-rival-company/article33910586.ece>

Sanofi is going to produce as many as 12 million coronavirus vaccine doses per month for rival Johnson & Johnson, the second time the French drug maker is turning over production facilities to speed up supplies of a rival company's vaccine, while its own candidate faces delays.

Sanofi's announcement on Monday was quickly trumpeted by French President Emmanuel Macron, who relayed the development on his Twitter account. "We must together accelerate the production of vaccines with industrial partnerships," Mr. Macron tweeted.

Sanofi said its vaccine manufacturing plant in Marcy l'Etoile, France, will formulate and fill vials of Johnson & Johnson's vaccine candidate, developed by its Janssen companies. Sanofi said its French plant is expected to produce about 12 million doses per month of the single-dose vaccine.

Sanofi's CEO, Paul Hudson, said the company remains committed to its own two COVID-19 vaccine programs but is also "stepping forward to show solidarity."

Sanofi has already previously announced that it will help bottle and package 125 million vaccine doses for the rival partnership of Pfizer-BioNTech.

Laughter yoga

Laughter yoga: What is it and how does it work? (The Indian Express: 20210224)

<https://indianexpress.com/article/lifestyle/health/laughter-yoga-what-is-it-and-how-does-it-work-7199544/>

While this form of yoga was originally practised only in the Himalayas, it has now become common everywhere

laughter yoga, what is laughter yoga, what is laughing yoga, laughter yoga health benefits, yoga for health, indian express news People can be seen in parks and in public spaces performing laughing yoga. (Representational image/Pixabay)

Yoga is an important tool that many people use to stay healthy, both physically and mentally. And while there are many forms and types of asanas, a particular branch of yoga is laughter or laughing yoga — which you may have seen people practise in parks, in groups. Grand Master Akshar, a philanthropist, spiritual master, lifestyle coach, yoga-preneur, and author explains what this form of yoga is all about, and how it can benefit you.

"Laughing yoga is an ancient practice, originally started by the Nath tradition and is the Nath lineage. It takes its roots from the yogic philosophy of 'Hasiba Kheliba Dariba Dhyana'. The literal translation of this philosophy in yoga is 'laughing being playful and the knack of meditation'," he shares with indianexpress.com.

The yoga is believed to have been initiated by Guru Gorakhnath. "He started this tradition in order to teach his disciples the light-hearted nature of yoga practice. He wanted his students and disciples to realise that yoga is not all serious business and can be learnt in a joyful manner.

With this practice, he introduced the habit of meditation through an element of fun, laughter and playfulness.”

While this form of yoga was originally practised only in the Himalayas, it has now become common everywhere. “People can be seen in parks and in public spaces performing laughing yoga. This is a community practice which can instantly lift one’s mood,” says the Himalayan Siddha, adding that laughter yoga benefits people “by bringing about easy-going nature and a light-hearted attitude towards life”. “It helps us gain clarity and confidence to face life’s challenges and setbacks with ease.”

Fitness

Process of fitness teaches you the process of entrepreneurship’ (The Indian Express: 20210224)

<https://indianexpress.com/article/lifestyle/life-positive/fitness-life-staying-fit-life-positive-motivational-7199387/>

When life creates setbacks, you are required to push against the odds

Ranvver Allahbadia, life positive, Indian Express life positive, how to succeed in life, success in life, entrepreneurial skills, fitness Stay fit. Stay positive. (Photo: Pixabay)

Social media entrepreneur, YouTuber and motivational speaker Ranveer Allahbadia — known as BeerBiceps in the digital world — talks about this one golden rule which will change your whole year.

“You strongly need to get into some form of fitness, any form, which can even be playing cricket twice a week,” the 25-year-old says. After his engineering degree, he entered the social media space as a fitness coach and has one of the most-watched Indian YouTube channels today.

Delhi: Damaged nine years ago, Sher Shah Gate set to be restored this year

Delhi: Construction workers queue up with forms, questions at registration drive

New protocol to test international passengers at Delhi airport, some chaos during initial flights

“Your education starts with training your own body, because the process of fitness teaches you the process of entrepreneurship. Anyone can follow fitness for 6 months, but to follow it for 9 months or two years, what you need to do is, you need to be able to push yourself on days where you don’t feel like pushing yourself.”

The Mumbai-born entrepreneur is known in the social space for his determination, entrepreneurial and leadership skills. He is a strong believer of growing and learning while helping the online content consumers by adding value to their lives through his content.

“I genuinely believe we’ve executed a lot in the last four years because I was trained in fitness since the age of 19. Even on the days I was tired, I was like, ‘It’s okay, I’ll do a small muscle but I will go to the gym’. The process of constantly fighting your own brain, your own insights it trains you for life.”

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Coronavirus Test (Hindustan: 20210224)

https://epaper.livehindustan.com/imageview_658624_107195414_4_1_24-02-2021_0_i_1_sf.html

कोरोना से जंग : दिल्ली सरकार ने कहा-आरटीपीसीआर रिपोर्ट जरूरी महाराष्ट्र-पंजाब से आने वालों की जांच अनिवार्य

नई दिल्ली | वरिष्ठ संवाददाता

महाराष्ट्र-केरल में कोरोना का नया रूप मिलने के बाद राज्य सरकारें सतर्क हो गई हैं। दिल्ली सरकार ने केरल, महाराष्ट्र और पंजाब से आने वाले सभी यात्रियों के लिए आरटीपीसीआर जांच अनिवार्य कर दी है। उत्तराखंड, कर्नाटक समेत कई राज्यों ने पाबंदियां बढ़ा दी हैं तो केंद्र ने टीकाकरण तेज करने के लिए कहा है। दिल्ली स्वास्थ्य विभाग के अफसरों ने बताया कि अगर किसी यात्री के पास दो दिन पुरानी आरटीपीसीआर जांच रिपोर्ट होगी तो उसे भी माना जाएगा। रेलवे स्टेशन, एयरपोर्ट पर रैंडम जांच भी की जाएगी, ताकि नए रूप के दिल्ली पहुंचने का खतरा न हो। एयरपोर्ट और रेलवे स्टेशनों के नजदीक क्वारंटाइन सेंटर तैयार कर लिए गए हैं। इन तीन राज्यों से दिल्ली आने वाले यात्री अगर

1.5

लाख से नीचे पहुंचे सक्रिय मामले देशभर में, 75% केरल और महाराष्ट्र में

21

सूबों में मंगलवार को एक भी मौत नहीं हुई, मरीजों की संख्या में भी कमी आई



दिल्ली में होने वाली जांच में संक्रमित पाए जाते हैं तो उन्हें 14 दिन के लिए क्वारंटाइन रहना होगा। यात्री अपनी मर्जी

राज्य कमर कस रहे |

दिल्ली

- सरकारी अस्पतालों में कोरोना बेड और आईसीयू बेड की पूरी व्यवस्था फिर दुरुस्त की गई है
- डॉक्टरों को वायरस के नए रूप, उसके लक्षण और बचाव के बारे में प्रशिक्षित किया गया

यूपी: नोएडा में कोरोना प्रभावित राज्यों से आने वाले लोग 14 दिन क्वारंटाइन होंगे, सभी डीएम जिलाधिकारी रोज समीक्षा करेंगे, जांच बढ़ेगा
उत्तराखंड: महाराष्ट्र-केरल से आने वालों की राज्य की सीमाओं पर एंटीजन जांच शुरू
पंजाब: आयोजन में लोगों की संख्या घटी
महाराष्ट्र: किसी भी तरह के जमावड़े पर रोक



संकट

वायरस के दो नए रूप मिले

सरकार के वरिष्ठ वैज्ञानिक डॉ. वीके पॉल ने बताया कि महाराष्ट्र और केरल में वायरस को दो नए रूप सामने आए हैं पर अभी यह नहीं पता कि संक्रमण इनकी वजह से तेजी से फैल रहा है।

से निजी क्वारंटाइन केंद्र भी चुन सकते हैं, जहां रहने का खर्चा उन्हें खुद उठाना होगा। अफसरों ने बताया कि बैठक में



सतर्कता

टीकाकरण बढ़ाने के निर्देश

स्वास्थ्य मंत्रालय ने पांच राज्यों महाराष्ट्र, मप्र, छत्तीसगढ़, पंजाब व जम्मू कश्मीर को पत्र लिखकर को प्रभावित जिलों में स्वास्थ्यकर्मियों, अग्रिम मोर्चे पर तैनात लोगों का टीकाकरण तेज करने को कहा।

छत्तीसगढ़ और मध्य प्रदेश समेत कई राज्यों पर चर्चा की गई क्योंकि वहां भी संक्रमण बढ़ रहा है।

Coronavirus Patient ((Hindustan: 20210224)

https://epaper.livehindustan.com/imageview_658626_107193572_4_1_24-02-2021_3_i_1_sf.html

कोरोना के 1054 सक्रिय मरीज

नई दिल्ली | वरिष्ठ संवाददाता

दिल्ली में मंगलवार को कोरोना के 145 नए संक्रमितों की पुष्टि हुई है, दो मरीजों ने कोरोना के कारण दम तोड़ दिया। दिल्ली स्वास्थ्य विभाग के अनुसार, वहीं दिल्ली में कोरोना के सक्रिय मरीजों की संख्या घटकर 1054 हो गई है।

सोमवार को हुए 58,327 सैंपल की जांच में 0.25 फीसदी मरीज संक्रमित पाए गए। दिल्ली में अब तक

कोरोना के कुल संक्रमितों का आंकड़ा 638173 हो गया है। इनमें से 626216 मरीज ठीक हो चुके हैं। इनमें से 10903 ने कोरोना के कारण दम तोड़ दिया। दिल्ली में कोरोना से मृत्युदर 1.71 फीसदी है।

चार कंटेमेंट जोन बढ़े : दिल्ली में कोरोना के 1054 सक्रिय मरीज में से दिल्ली के विभिन्न अस्पतालों में 405 मरीज भर्ती हैं। मंगलवार को चार नए कंटेमेंट जोन बढ़ गए हैं।