



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY

Tuesday

20210309

Cases rise, GMCH-32

Cases rise, GMCH-32 halts walk-in OPD registrations (The Tribune: 20210309)

<https://www.tribuneindia.com/news/coronavirus/cases-rise-gmch-32-halts-walk-in-opd-registrations-222116>

Teleconsultation to be given | Patients to be seen physically, if needed

Three weeks after the outpatient departments (OPDs) at the Government Medical College and Hospital (GMCH), Sector 32, reopened, these have been shut again in view of the rising Covid-19 cases in the city.

Yesterday, the UT had recorded as many as 122 cases, the highest in the past three months. The number of cases has seen an upward trend since mid-February. In view of this, an emergency meeting of the authorities was held at the GMCH today.

An official spokesperson said to tackle the situation of the rapid increase in the infection incidence, the Director-Principal, Dr Jasbinder Kaur, along with the department heads, decided to suspend the walk-in OPDs and provide only teleconsultation.

“It has been unanimously decided to stop the offline registration of the OPD patients. Patients will be consulted only through telemedicine and eSanjeevani platforms. They will be seen physically, if required,” Anil Moudgil, an official spokesperson, said.

Another major hospital in the city, the PGI, has not resumed walk-in OPDs since these were shut in March last year when the first case of the infection was reported.

However, OPDs at Government Multi-Specialty Hospital (GMSH), Sector 16, will continue to function. “A decision to stop or continue OPDs will be taken tomorrow. So, the OPDs will continue to function normally tomorrow,” the GMSH authorities said.

At 0.34 per cent, Chandigarh has the third-highest growth rate in the country preceded by Maharashtra (0.41 per cent) and Punjab (0.45 per cent). The positivity rate in the city has also increased to 4 per cent (February 27 to March 6) from 1.2 per cent (February 6 to 13).

Week ending	Cases	Tests	Positivity rate
March 6	519	12,140	4%
February 27	322	11,037	2.9%
February 20	177	9,235	1.9%
February 13	160	12,766	1.2%

Tobacco

COVID-19 lockdown linked to uptick in tobacco use: Study (The Tribune: 20210309)

<https://www.tribuneindia.com/news/coronavirus/covid-19-lockdown-linked-to-uptick-in-tobacco-use-study-221530>

The study highlighted the ways that public health interventions and policies can better support quit attempts and harm reduction, both during the COVID-19 pandemic and beyond

A new study has found that pandemic-related anxiety, boredom, and irregular routines were cited as major drivers of increased nicotine and tobacco use during the initial COVID-19 lockdown.

The findings of the study were published in the International Journal of Drug Policy. The research was led by Columbia University's Mailman School of Public Health.

The study highlighted the ways that public health interventions and policies can better support quit attempts and harm reduction, both during the COVID-19 pandemic and beyond.

Between April-May 2020, the researchers conducted telephone interviews with adults across the United States who use cigarettes and/or electronic nicotine delivery systems (ENDS), such as e-cigarettes.

Participants in the study were recruited using an advertisement campaign on Facebook and Instagram. During this window, nearly 90 per cent of the US population experienced some form of state lockdown, with 40 states ordering non-essential businesses to close and 32 states enacting mandatory stay-at-home orders.

At the time of their interviews, all participants were voluntarily isolating at home unless required to leave the house. Nearly all participants reported increased stress related to COVID-19 — namely, fears about the virus, job uncertainty, and the psychological effects of isolation — and described this as the primary driver of increased nicotine and tobacco use.

Decreased use, while less common, was prevalent among “social” tobacco users, who cited fewer interpersonal interactions during the lockdown and a fear of sharing products.

At the community level, retail access impacted cigarette and ENDS use differently. While cigarettes were universally accessible in essential businesses, such as convenience stores and gas stations, access to preferred ENDS products was more limited, since “vape shops” and other specialty ENDS retailers were typically deemed non-essential and required to close or limit hours.

This drove some ENDS users to order their products online, which often resulted in long wait times due to shipping delays, or product backorder as a result of high demand. As a result, some dual users of cigarettes and ENDS increased their use of readily-available cigarettes.

“Pandemic response policies that intentionally or inadvertently restrict access to lower-risk products — through availability, supply chains, or even postal service slowdowns — while leaving more harmful products widely accessible may have unintended consequences that should be considered during policy development,” said Daniel Giovenco, PhD, assistant professor of sociomedical sciences at Columbia Mailman School, and the study’s lead author.

Given that tobacco-use behaviours are expected to increase among some individuals during this sustained period of uneasiness, Giovenco and colleagues proposed several key policy recommendations — expansion of cessation resources and services, including their adaptation for remote delivery; establishment and enforcement of smoke-free home rules to protect household members; and enabling equivalent access to lower risk products, such as ENDS and nicotine replacement therapy, to facilitate harm reduction among those who cannot or do not want to quit using nicotine at this time.

“While quantitative, survey-based studies provide valuable insight into changes in tobacco use during lockdown periods, existing research has drawn mixed conclusions. Our approach was the first to qualitatively capture the complex drivers and mechanisms that may help explain varied behavioural shifts,” noted Giovenco.

Giovenco concluded: “COVID-19 mitigation strategies to curb transmission will likely continue for the foreseeable future, with many permanently altering elements of the workplace, education, and consumer behaviours. Our findings can help tailor intervention and policy work to address multi-level determinants of tobacco use in the COVID era and the years ahead.”
ANI

WHO

World no closer to Covid origin explanation: Expert (The Tribune: 20210309)

<https://www.tribuneindia.com/news/coronavirus/world-no-closer-to-covid-origin-explanation-expert-221367>

World no closer to Covid origin explanation: Expert

Despite a high-profile visit to China by a team of international experts in January, the world is no closer to knowing the Covid origin, according to one of the authors of an open letter calling for a new investigation into the pandemic.

“At this point, we are no further advanced than we were a year ago,” said Nikolai Petrovsky, an expert in vaccines at Flinders University in Adelaide, Australia, and one of 26 global experts who signed the open letter, published on Thursday.

TRACKING VIRUS

NATIONS	DEATHS
 US	5,33,725
 BRAZIL	2,61,188
 MEXICO	1,88,866
 UK	1,24,025
 ITALY	99,271

WORLDOMETER
TILL MARCH 5, 11 PM



Pregnancy (The Asian Age: 20210309)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15455004>

DEPRIVED | GENDER

Legal limits on economic opportunities persist

Women still fired for pregnancy in 28 nations

KATHLEEN HAYS &
MICHAEL HEATH
MARCH 8

There are still almost 30 countries where women can be fired from their jobs simply for getting pregnant. World Bank chief economist Carmen Reinhart said in a discussion on how the pandemic is making it even harder for women to escape poverty.

Speaking in a television conversation with Ceyla Pazarbasioglu, director of strategy and policy at the International Monetary

Fund, Reinhart said the economic fallout from Covid-19 had been "very regressive," hitting the most vulnerable hardest, included women and girls.

"We are seeing big setbacks on schooling, girls are taken out that will not return," said Reinhart, speaking on International Women's Day. She cited a report late last year that found extreme poverty was expected to rise for the first time in more than two decades with a disproportionately high share of women among the new poor.



Carmen Reinhart

The pandemic has contributed to an increase in violence against women and is reinforcing gender inequality in many countries, with women on average having roughly three-quarters of the legal rights of men, according

to the World Bank.

While laws have improved in some countries, women in many nations still face legal limits on economic opportunities, including restrictions on travel without a male guardian, the lender said.

Pazarbasioglu of the IMF said it's very important to have "a women's lens in policies."

"That's what we are pushing in our surveillance, in our lending, in our analytical work and in our capacity development," she said.

— Bloomberg

Poor of high medical expenses (The Hindu: 20210309)

<https://www.thehindu.com/sci-tech/health/>

Janaushadhi scheme relieved the poor of high medical expenses: PM Modi

He inaugurated the 7500th Janaushadhi Kendra at NEIGRIHMS, Shillong, through videoconference as part of his address on 'Janaushadhi Diwas' celebrations.

Urging people to buy affordable medicines from Janaushadhi Kendras, Prime Minister Narendra Modi on Sunday inaugurated the 7500th Janaushadhi Kendra at NEIGRIHMS, Shillong, through videoconference as part of his address on 'Janaushadhi Diwas' celebrations.

COVID-19

How schools are taking steps to keep COVID-19 at bay as they get ready to welcome students (The Hindu: 20210309)

<https://www.thehindu.com/life-and-style/fitness/how-schools-are-taking-steps-to-keep-covid-19-at-bay-as-they-get-ready-to-welcome-students/article33730594.ece>

Social distancing in place at Good Shepherd International School in Ooty | Photo Credit: Special Arrangement

Beyond social distancing norms on the playground and sanitising stations in every classroom, schools are turning to tech, science, and Nature to keep COVID-19 at bay

A touchless temperature check for every student passing through the gate, a safety precaution protocol to include personal hygiene, a face recognition terminal that raises an alarm when someone's mask falls. Schools across the country are slowly opening up for kids and teens to come back after 10 months, to a space where frequent contact used to be the norm. Today, the jostling of children in corridors may not be possible, but staff members are looking forward to the noise and the social setting a school is meant to be. "It's heart warming to have the children back in campus," says Rahat Rashed, vice principal of Meridian School in Hyderabad. She admits there are going to be structural changes though. Here's what to expect when you enter a school today.

Classroom connect

The SOPs issued by the Education Ministry stipulate a physical distancing of at least six feet, disinfecting campuses at regular intervals, and frequent hand washing with soap.

"Extraordinary times call for extraordinary measures," says Jacob Thomas, president of Good Shepherd International School in Ooty. The campus has been split into safe zone and restricted zone. "We adopted a conservative approach. Students undergo a mandatory 14-day quarantine after which they are tested for the virus before attending classes. To adapt to the challenges, a COVID Task Force was in place as early as last October. We started with educating ourselves, right from support staff and admin staff on preventive measures, sanitation, and social distancing. We held virtual sessions with parents to clear their doubts about sending their children back to school." The campus also has a dedicated quarantine facility in case if any student or staff member needs to be quarantined and monitored.

At Rajagiri Public School in Ernakulam, a few extra classrooms with sensor platforms and wifi are used, for classes in small groups. "We have taken help of tech, especially gadgets for sanitation," says Fr Verghese Kachappilly, principal.

To diminish anxieties around the virus, schools are going the extra mile to ensure safety. "We ensure that students using school transport are spaced as recommended and that when students are in class they are seated with the recommended distance between desks," says Richard Hillebrand, director of academics and principal of Trivandrum International School. Like many

other institutions, Meridian School has restructured the timetable from nursery to class XII to ensure staggered timings for children.

“The learning environments in the school are filled with colourful, pictorial depictions and slogans that sensitise students on hygiene and cleanliness practices such as washing hands frequently and safer social distancing measures with relevant identification markings,” says Manimekalai Mohan, founder & managing trustee, SSVM Institutions in Coimbatore.

Lawrence School in Lovedale, Ooty that functions out of a sprawling 750-acre green campus, has turned towards the ‘bio-bubble’ concept. “We have eight bio-bubbles of class X students where they stay isolated to minimise the risk of COVID-19 infection. At laboratory and canteen, we have a shift system to avoid crowding,” says K Prabhakar, principal.

Student initiatives

Students of Shiv Nadar School in Delhi have developed SAFE, a self-sanitising bench with UV sterilising light that can reduce the risk of transmitting infections like viral conjunctivitis, influenza and hepatitis A, besides COVID-19. The bench comes with ultrasonic sensors that automatically switch on once the user gets off, sanitising the bench through the UV light.

Students of The Western Ghats International School are making a video titled Thank You Corona which they will upload on YouTube shortly. Says Sashi Kumar, chairman of the school, “The pandemic helped us learn values including empathy and dignity of labour. This is an initiative to orient students towards honouring doctors, nurses, and sanitation workers who emerged as the heroes of the pandemic.

“It is indeed a mammoth task to reopen schools after a gap of 10 months,” says Shefalee Gupta, principal of Tagore International School in Delhi. “Staggered entry and exit, social distancing in the classrooms with limited furniture, sanitising stations in the corridors are in place. Washrooms have been upgraded to sensor-based taps and soap dispensers. All classrooms have smart boards. Internet connectivity has been enhanced for a glitch free experience for the students as well as the teachers.”

Playground playout

While team sports like basketball and hockey have been put on hold, the spotlight has turned towards games like archery, skating, billiards and rifle shooting. “As students had cut down on physical activities during lockdown, we want them to engage in such individual sporting activities,” adds Sashi Kumar, chairman of The Western Ghats International School in Ettimadai, near Coimbatore. At Rajagiri School, turf football and cricket are encouraged with safety protocols, while Lawrence School has shifted to online yoga for students.

Sadly, there will be no clinking of lunch boxes or sharing food during lunch hour. “Students spend four to five hours at the campus and no eating is allowed on the campus,” adds Rashed.

At Tagore International School, the outdoor space has been used for entry and exit while the medical room and the isolation ward are equipped with the necessary requirements like oxygen cylinders, oximeters etc to handle any emergency.

One with Nature

“We have added indoor plants to classrooms, especially the ones that purify oxygen in the air and other medicinal plants to ensure that students breathe in pollution-free air,” says Samraj.

Students at Good Shepherd in Ooty learn in tune with Nature. “We used digital resources to the maximum. Students of class IX to XII have laptops now and the Internet access points across the campus enables them to attend classes outdoors, amidst greenery,” says Thomas.

Hillebrand adds, “We are fortunate that the design and situation of the school allows for the breeze to ventilate classrooms. Students, of course, wear masks and are reminded about the importance of social distancing at all times. Parent help is very important and comes mainly in making sure students are ready for school — they have their masks, they only attend if completely well.”

At SSVM Institutions, a new school calendar has been planned where the events with large gatherings of students/parents are strictly avoided. “We are making celebrations virtual and resorting to webinars.”

Mental health matters

Schools have realised that the lockdown and time away from each other has taken a toll on mental health. Fr Verghese says he is at the gate every morning to greet his students. “We counsel students to understand their mental stature, and to build confidence.”

At Tagore School, they have a counsellor to look into the mental and emotional well being of the students.

Some have gone a step ahead, acknowledging the link between physical and psychological well being. Says Rashed, “We turned sports day into a wellness and activity challenge where we encouraged children to make and share short videos of their exercise regimen. We play motivational videos and hold sessions with psychologists and counsellors to help children cope.”

Vitamin D

How to make sure you are getting enough Vitamin D during the lockdown (The Hindu: 20210309)

<https://www.thehindu.com/life-and-style/fitness/how-to-get-enough-vitamin-d-during-the-coronavirus-lockdown-in-india/article31317980.ece>

A woman sits at her balcony for sunlight exposure | Photo Credit: Getty Images/ iStock Photo

Experts offer tips on how to maintain your intake of this vital prohormone, while staying at home

A long-prevalent health issue — that's come into sharp focus during our long days indoors given the Coronavirus lockdown — is deficiency of vitamin D. It feels as though we are not getting our daily dose of this integral fat-soluble prohormone (it gets converted into a hormone in the body). And we could very well be right, unfortunately.

Researchers in a 2018 study 'Vitamin D deficiency in India' by P Aparna et al published in the Journal of Family Medicine and Primary Care sum up the role of vitamin D well: "[The vitamin] is needed for the maintenance of normal blood levels of calcium and phosphate that are required for normal mineralisation of bone, muscle contraction, nerve conduction, and general cellular function in all cells of the body." The researchers describe its scarcity as "a silent epidemic" and "the most under-diagnosed and under-treated nutritional deficiency in the world."

Dr Sushila Kataria, Senior Director of Internal Medicine at Medanta The Medicity, Gurugram

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Dr Sushila Kataria, Senior Director of Internal Medicine at Medanta The Medicity, Gurugram, agrees that vitamin D deficiency has been a long-prevalent issue in India anyway, and that we should be vigilant about these levels throughout the year, lockdown or not. Dr Kataria explains that in certain amounts of UV light, cholesterol in the blood gets converted into vitamin D, adding, "It acts like a hormone, helping in calcium homeostasis and, in turn, bone and muscle strength, as well as optimising the nervous system." There are two sub-sects of vitamin D: D2 (found in plants) and D3 (found in fatty animal sources). But Dr Kataria says that it is difficult to find abundant sources of both in India, hence the need for fortified foods.

Meet the mark

Mumbai-based Tanvi Dalal, founder of WellNest Nutrition, recommends her clients to take multivitamin supplements, adding, "Many people, without testing their levels, assume they are eating a lot of vitamin D-rich foods, such as one piece of salmon for dinner or a whole bowl of cereal which is fortified with vitamin D. These portions are not enough; matching up to 800 IU is very tough. A can of tuna can claim to have 500 IU, but you will not eat the whole can, only two tablespoons most likely. For people up to 70 years of age, between 600 to 800 IU of vitamin D is required, and the multivitamin covers this exactly, without going over or under."

Healthy foods containing vitamin D

Healthy foods containing vitamin D | Photo Credit: Getty Images / iStock

Tanvi says it's best to spend between 30 minutes and an hour on the balcony or terrace, between 11 am and 2 pm, when the sun is at its nexus. The big key here is to not wear any SPF. Sunscreen-lovers may balk at such a suggestion, but Tanvi affirms that SPF will filter out your sunlight exposure and stop vitamin D production. If you are prone to sunburn, opt for shorter bursts through this period.

Tanvi Dalal, M.S., of Mumbai-based WellNest Nutrition

Tanvi Dalal, M.S., of Mumbai-based WellNest Nutrition

At-risk groups — children younger than five years old, those who are pregnant or breastfeeding, people with dark skin, those who are obese, and those over 65 years — definitely need the supplements. “But everyone needs vitamin D, not just at-risk groups,” says Tanvi. During the time of lockdown, pharmacies across the country have, in fact, upped their stock on vitamin D supplements, so Tanvi advises speaking to your doctor or nutritionist before finding the best one for you and your family.

Dr Kataria adds that there are vitamin D intramuscular cholecalciferol injections which have doses upwards of 3,00,000 IU, which can sustain the body for three to four months, but it is not wise to go to a clinic to take these right now, unless your doctor recommends it. She suggests we keep these in mind once the lockdown lifts.

Dietary must-haves

Cod liver oil, and fish such as sardines, trout, hilsa, salmon, sword fish, mackerel, and tuna, are good sources of vitamin D. Egg yolk (both chicken and quail are good too).

Mushrooms are the only known plant food that naturally has the vitamin. Leaving them out in the sun for about 15 to 30 minutes increases levels.

India's food industry vouches for foods with fortification: all grades of milk and milk products (such as curd and yoghurt), as well as widely-consumed food items such as atta and rice flour.

Fit, inside-out

As the lockdown continues, our home workouts become something of a must-do. Tanvi talks of the link between vitamin D deficiency and exercise, explaining, “Your ability to exercise reduces significantly because it is also needed for calcium absorption for the muscles.” If you're fatigued quickly and can't understand why, speak to your doctor — you may be D deficient.

Lockdown blues are also on the prowl and vitamin D deficiency is linked to declining mental health, so it does not hurt to cover your bases, as your mental health is already vulnerable in these difficult times.

Dr Kataria says, “Both vitamin D and B12 deficiencies are related to depression and anxiety, especially at this time. Medically, before prescribing an anti-anxiety tablet, your doctor may check these levels, and prescribe a supplement along with psychotherapy.”

However once again, because we cannot go to a lab for a test or have a lab technician come home, a supplement may be the way to go. That and a good diet, exercise, and sunshine. Cut out smoking and reduce drinking, because these have a significant bearing on vitamin D metabolism.

Chromosome testing

Why doctors recommend chromosome testing to identify rare chromosomal abnormalities (The Indian Express: 20210309)

<https://indianexpress.com/article/lifestyle/health/pregnancy-loss-chromosome-testing-chromosomal-abnormalities-7202330/>

Women should get embryos screened after consulting the doctor if all other causes of pregnancy loss have been ruled out, said Dr Karishma Dafle, Nova IVF Fertility, Pune

chromosome, chromosomal testing, pregnancy loss, indianexpress.com, indianexpress, embryos, indianexpress, If there is an extra or missing chromosome, it is termed as a numerical abnormality. (Source: Pixabay)

Chromosomal abnormalities are often responsible for infertilities, abortions, and babies born with mild to severe birth defects. Dr Vaasavi Narayanan, head of Cytogenetics department, Apollo Diagnostics, Pune mentioned “there are many rare chromosomal abnormalities in cases referred for infertility or from the pediatrics departments”. Therefore, it is important to have chromosome testing done.

“Down syndrome is commonly diagnosed in the clinic in newborns and confirmed by chromosome testing. In addition, there may be rare numerically abnormal variants like the presence of an XXY syndrome along with trisomy 21, which if evaluated properly, can help in appropriate management of these Down’s children. Another such rare finding is the presence of an extra Y chromosome, giving rise to 47, XYY or Jacob syndrome in a male. This abnormality is reported in 1 in 1,000 male births, and we have seen one case in past four years,” she mentioned.

What are chromosomal abnormalities?

Normally, a fertilised egg should lead to the formation of a foetus with 46 chromosomes that includes two sex chromosomes – XX for female and XY for a male. However, if there is an extra or missing chromosome, it is termed as a numerical abnormality. Apart from this, the chromosome number may remain the same but there may be structural rearrangements in chromosomes leading to loss or gain of segments – both these situations may lead to pregnancy loss or birth of a child with a defect.

genetically modified embryo, genetically modified embryo in US, first genetically modified embryo, science and technology, science news, Here's why chromosome testing is essential. (Source: Getty Images/Thinkstock)

Cytogenetic diagnostic tests can screen for and also give the chances for pregnancy loss or the possibility of an abnormal baby in prospective parents. Some of these tests are invasive for definitive prenatal diagnosis (in high-risk individuals) and give the parents the option to decide about continuing the pregnancy or prepare them for a child that may require additional medical attention at birth", adds Dr Narayanan.

There are other rare structural chromosomal abnormalities like the presence of a ring chromosome. This happens when there is breakage of the end segments of a chromosome and subsequent rejoining of the sticky ends.

"Ring chromosome 12 is a rare finding and shows a highly variable phenotype, depending on the extent of chromosomal material lost or duplicated during the formation of the abnormal ring structure. These individuals may present with symptoms such as growth retardation, intellectual disability, skeletal defects, and even infertility. In some cases of a ring with negligible loss of chromosomal material, the person barely shows any problems other than infertility. In these cases, a chance of successful pregnancy is better with IVF. Patients presenting with infertilities and multiple abortions should be evaluated for cytogenetic studies to rule out chromosomal causes," she mentioned.

How does chromosomal abnormalities hamper a child's growth?

Individuals may have learning disabilities, presenting with dyslexia, gain abnormal height which may be obvious by the time they are 6-7 years of age. With respect to rare anomalies related to the Y chromosome, there may be fertility issues in individuals showing chromosome Y inversion, also reported in less than 1 in 1000 male births. Such cases could further be evaluated for Y microdeletion studies before referring for IVF, added Dr Narayanan.

ALSO READ |World IVF Day 2020: Covid-19 compromised IVF access to 90 per cent couples, say experts

So, how does chromosomal testing of embryos help?

Dr Karishma Dafle, Nova IVF Fertility, Pune explained how chromosomal testing of embryos helps in the detection of abnormalities in patients with recurrent pregnancy loss. "Women should get embryos screened after consulting the doctor if all other causes of pregnancy loss have been ruled out. Pre-Implantation Genetic Testing for Monogenic disorders (PGT-M) is a genetic test of embryos that can be accompanied by an IVF cycle to detect single gene defects and reduce the risk of passing on a specific genetic condition which runs in the family to have a successful pregnancy outcome. PGT-A (Pre-implantation genetic testing for Aneuploidy)

refers to testing embryos to look for extra or missing chromosomes so that normal embryo can be selected and transferred to give successful pregnancy. It is carried out on cells that are removed from one's embryos and the best and unaffected embryos are transferred in mothers womb for preventing genetic diseases".

Vaccine (Hindustan: 20210309)

https://epaper.livehindustan.com/imageview_687886_85692554_4_1_09-03-2021_2_i_1_sf.html

सरकार मुफ्त कोरोना टीके का वादा निभाए : कांग्रेस

नई दिल्ली | प्रमुख संवाददाता

मांग

दिल्ली कांग्रेस ने राज्य सरकार से बजट में मुफ्त वैक्सीन का वादा निभाने की मांग की है। पार्टी नेता आदर्श शास्त्री ने सोमवार को प्रदेश कार्यालय में आयोजित पत्रकार वार्ता में बजट के लिए सरकार को पांच सुझाव भी दिए।

आदर्श शास्त्री ने कहा कि दिल्ली के लोग कोरोना के चलते पहले से ही तमाम आर्थिक परेशानी झेल रहे हैं। सरकार को बजट में सभी निजी और सरकारी अस्पतालों में कोरोना वैक्सीन मुफ्त उपलब्ध कराने की घोषणा करनी

- महंगाई कम करने को पेट्रोलियम पदार्थों की कीमत घटाने की मांग
- बेरोजगारी भत्ता और कर्मचारियों को महंगाई भत्ता देने की मांग

चाहिए, जिसका वादा किया गया था। बढ़ती महंगाई पर लगाम लगाने के लिए पेट्रोलियम पदार्थों की कीमतों में कमी लाने, बेरोजगारों के लिए बेरोजगारी भत्ता और कर्मचारियों के लिए महंगाई भत्ता, 11 लाख राशन कार्ड आवेदनों को पूरा करने की मांग की।

Health Care Services (Hindustan: 20210309)

https://epaper.livehindustan.com/imageview_687886_85713826_4_1_09-03-2021_2_i_1_sf.html

इलाज के लिए उपलब्ध बिस्तारों की संख्या घटी

नई दिल्ली | वरिष्ठ संवाददाता

आर्थिक सर्वेक्षण के मुताबिक राजधानी में मरीजों के इलाज के लिए उपलब्ध कुल बेड की संख्या में कमी आई है। 2019-20 में राजधानी के अस्पतालों, स्वास्थ्य केंद्रों में कुल बेड की संख्या 54321 रह गई है, जबकि इससे पिछले साल राजधानी में कुल 57,709 बेड उपलब्ध थे।

सर्वेक्षण की रिपोर्ट के मुताबिक दिल्ली में 2019-2020 में प्रति एक हजार लोगों पर बेड की संख्या में भी कमी आयी है। ताजा रिपोर्ट के मुताबिक प्रति एक हजार लोगों पर 2.74 बेड रह गए हैं जबकि इससे पहले प्रति एक हजार लोगों 2.96 बेड उपलब्ध थे।

दिल्ली के 47 फीसदी बेड निजी अस्पतालों में

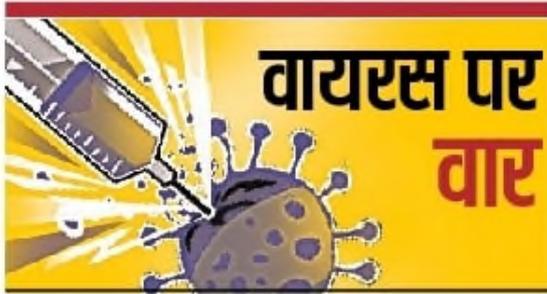
दिल्ली में उपलब्ध 54321 बेड में से 25892 बेड निजी अस्पतालों, नर्सिंग होम में उपलब्ध हैं। यह आंकड़ा कुल बेड का 47 फीसदी के करीब है। दिल्ली सरकार के 40 अस्पतालों में कुल 12464, 51 निगम अस्पतालों में 3485 बेड भारत सरकार के 19 अस्पतालों में 9264 बेड उपलब्ध हैं।

साल 2012-13 के बाद यह दूसरा मौका है जब राजधानी में प्रति एक हजार लोगों पर बेड की संख्या में कमी आई है। इससे पहले साल 2018-19 में भी प्रति व्यक्ति बेड कम हो गए हैं।

Vaccination (Hindustan: 20210309)

https://epaper.livehindustan.com/imageview/687891_85576244_4_1_09-03-2021_5_i_1_sf.html

राजधानी में 35 हजार से अधिक को लगी वैक्सीन



नई दिल्ली | वरिष्ठ संवाददाता

टीकाकरण अभियान के अंतर्गत दिल्ली में सोमवार को एक बार फिर रिकॉर्ड तोड़ टीकाकरण हुआ। सोमवार को 35,738 लोगों ने टीका लगवाया। इससे पहले शनिवार को 33 हजार लोगों ने टीका लगवाया था।

इनमें से 15485 लोगों यानी 68 फीसदी लोगों ने निजी अस्पतालों में और 7348 (32 फीसदी) लोगों ने सरकारी अस्पतालों में टीका लगवाया। कुल 28422 लोगों ने पहली डोज ली और 7316 लोगों ने दूसरी डोज ली।

20 हजार से अधिक बुजुर्गों का वैक्सीनेशन: टीका लगवाने वाले लोगों

28 हजार से अधिक लोगों ने सोमवार को वैक्सीन की पहली डोज ली

20 हजार से अधिक बुजुर्गों को टीका लगा, 7316 स्वास्थ्य कर्मचारियों को दूसरी डोज

केवल एक में दुष्प्रभाव दिखा

सोमवार को टीका लगवाने वाले लोगों में से मात्र एक में हल्का दुष्प्रभाव दिखा। उसे अस्पताल में भर्ती करने की जरूरत नहीं पड़ी।

में बुजुर्गों की संख्या सर्वाधिक रही। सोमवार को 20,123 बुजुर्गों ने टीका लगवाया है। वहीं, 45-59 साल के बीमारियों से पीड़ित 2710 लोगों ने टीका लगवाया। साथ ही 3252 अग्रिम पंक्ति के कर्मचारियों और 2337 स्वास्थ्यकर्मियों ने भी टीका लगवाया।

Coronainfection ((Hindustan: 20210309))

https://epaper.livehindustan.com/imageview_687891_85571236_4_1_09-03-2021_5_i_1_sf.html

23 फरवरी को मर्ती मरीजों की संख्या 405 थी जो अब बढ़कर 574 हो गई, 40 फीसदी संक्रमित आईसीयू या वेंटिलेटर पर हैं

अस्पताल में मर्ती कोरोना संक्रमित 41 फीसदी बढ़े

चिताजनक

नई दिल्ली | वरिष्ठ सवादादाता

राजधानी में कोरोना संक्रमण के मामले बढ़ने पर अस्पतालों में मर्ती मरीजों की संख्या भी तेजी से बढ़ने लगी है। पिछले 15 दिनों में अस्पतालों में मर्ती कोरोना मरीजों की संख्या लगभग 41 फीसदी बढ़ गई है।

23 फरवरी को दिल्ली के अस्पतालों में 405 कोरोना पीड़ित मरीज मर्ती थे। अब इनकी संख्या 169 बढ़कर 574 हो गई है। इस हिसाब से 15 दिनों में ही अस्पतालों में मर्ती कोरोना के मरीज 41 फीसदी तक बढ़ गए हैं।

98 मरीज वेंटिलेटर पर मर्ती हैं : राजधानी में कोरोना पीड़ित मरीज बढ़ने के साथ ही आईसीयू और वेंटिलेटर वाले



ऐसे बढ़ती गई संख्या

दिन	मर्ती कोरोना मरीज
23 फरवरी	405
28 फरवरी	446
3 मार्च	513
4 मार्च	565
6 मार्च	573
7 मार्च	578

राजधानी में कोरोना का शाफ फिर से बढ़ रहा है। लोगों से अपील है कि एहतियात बरतें और कोरोना गाइडलाइन का पालन करें ताकि फिर से स्थिति काबू में आ सके। - डॉ. नीरज निरचल, एसोसिएट प्रोफेसर, मेडिसिन विभाग, एम्स

गंभीर मरीजों की संख्या भी फिर से बढ़ने लगी है।

दिल्ली के अस्पतालों में मर्ती कुल कोरोना पीड़ित 578 मरीजों में से लगभग 40 फीसदी ऐसे हैं जो आईसीयू या वेंटिलेटर पर इलाज कर रहे हैं। ऐसे कुल

234 गंभीर मरीज हैं। इनमें से 98 मरीज वेंटिलेटर पर मर्ती हैं और 136 मरीज आईसीयू में हैं।

गंभीर मरीज 23% बढ़े : दिल्ली में पिछले 15 दिनों में आईसीयू और वेंटिलेटर पर मौजूद कोरोना पीड़ित मरीजों की संख्या 23 फीसदी तक बढ़ी है।

15 दिन पहले 23 फरवरी तक दिल्ली में कुल 190 मरीज ही आईसीयू या वेंटिलेटर पर इलाज कर रहे थे। आठ मार्च तक इनकी संख्या में 44 का

इजाफा हुआ है और अब 234 मरीज गंभीर श्रेणी में हैं।

इस हिसाब से 15 दिनों में 23 फीसदी गंभीर मरीज बढ़े हैं। डॉक्टरों का कहना है कि राजधानी में कोरोना का खतरा फिर से बढ़ रहा है। लोगों को सख्तों के साथ सामाजिक दूरी के नियमों का पालन करना चाहिए और मास्क लगाना चाहिए।

महामारी के 239 रेलवे अस्पताल में नए मरीज मिले टीकाकरण शुरू

नई दिल्ली (व.सं.)। राजधानी में कोरोना के मामलों में तेजी के साथ संक्रमण दर में भी उछाल आया है। दिल्ली में रविवार को 47689 टेस्ट हुए जिसमें 0.50 फीसदी मरीज संक्रमित पाए गए। इसमें आरटीपीसीआर से 35968 और रैपिड एंटीजन से 11721 टेस्ट हुए।

दिल्ली के स्वास्थ्य विभाग के अनुसार सोमवार को कोरोना के 239 नए मामले सामने आए। वहीं 309 मरीजों को छुट्टी दी गई, जबकि तीन मरीजों ने कोरोना के कारण दम तोड़ दिया। दिल्ली में कोरोना के कुल मामले बढ़कर 641340 हो गए। इनमें से 628686 को छुट्टी दी जा चुकी है।

नई दिल्ली (व.सं.)। पुरानी दिल्ली रेलवे स्टेशन के पास स्थित रेलवे अस्पताल में सोमवार को कोरोना टीकाकरण शुरू किया गया। उत्तर रेलवे महाप्रबंधक आशुतोष मंगल ने बताया कि कोरोना के खिलाफ छेड़ें गई जंग को जीतने के मद्देनजर टीकाकरण कार्यक्रम को शुरुआत की गई है।

उन्होंने कहा कि कोरोना महामारी के दौरान मास्क पहनने और सामाजिक दूरी रखने से वायरस के प्रभाव में आने और इसके संक्रमण के खतरे को कम किया जा सकता है। लेकिन, टीका हमारी प्रतिरोधक क्षमता के साथ कार्य करता है। यह हमें दूसरे रोगाणुओं से भी सुरक्षा प्रदान करता है।