



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Monday 20210315

## India records 26,291 new COVID-19 cases

### India records 26,291 new COVID-19 cases, highest single-day rise in 85 days (The Tribune: 20210315)

<https://www.tribuneindia.com/news/nation/india-records-26-291-new-covid-19-cases-highest-single-day-rise-in-85-days-225500>

26,624 infections were recorded in a span of 24 hours on December 20

India records 26,291 new COVID-19 cases, highest single-day rise in 85 days

Commuters, not adhering to COVID-19 norms, wait at a bus stop during the ongoing coronavirus pandemic, in Patiala, March 13, 2021. PTI

India recorded 26,291 new COVID-19 cases on Monday, its highest single-day spike in 85 days, taking the country's infection tally to 1,13,85,339, according to Union health ministry data.

The death toll due to the disease increased to 1,58,725 with 118 more fatalities being recorded in a day, the data updated at 8 am showed.

Registering an upward trend for five days in a row, the total active caseload has gone up to 2,19,262 which is 1.93 per cent of the total infections in the country, while the recovery rate has dropped to 96.68 per cent, the data stated.

As many as 26,624 infections were recorded in a span of 24 hours on December 20.

The number of people who have recuperated from the disease surged to 1,10,07,352, while the case fatality rate stood at 1.39 per cent, according to the data.

India's COVID-19 tally had crossed the 20-lakh mark on August 7, 30 lakh on August 23, 40 lakh on September 5 and 50 lakh on September 16. It went past 60 lakh on September 28, 70 lakh on October 11, 80 lakh on October 29, 90 lakh on November 20 and surpassed the one-crore mark on December 19.

According to Indian Council of Medical Research, 22,74,07,413 samples have been tested for COVID-19 up to March 14, including 7,03,772 on Sunday. PTI

## **AstraZeneca - vaccine**

### **AstraZeneca finds no evidence of increased blood clot risk from vaccine(The Tribune: 20210315)**

<https://www.tribuneindia.com/news/world/astrazeneca-finds-no-evidence-of-increased-blood-clot-risk-from-vaccine-225489>

AstraZeneca's review covered more than 17 million people vaccinated in the United Kingdom and European Union

AstraZeneca finds no evidence of increased blood clot risk from vaccine

AstraZeneca's review covered more than 17 million people vaccinated in the United Kingdom and European Union. Reuters photo.

AstraZeneca Plc said on Sunday a review of safety data of people vaccinated with its COVID-19 vaccine has shown no evidence of an increased risk of blood clots.

AstraZeneca's review, which covered more than 17 million people vaccinated in the United Kingdom and European Union, comes after health authorities in some countries suspended the use of its vaccine over clotting issues.

"A careful review of all available safety data of more than 17 million people vaccinated in the European Union and the UK with COVID-19 Vaccine AstraZeneca has shown no evidence of an increased risk of pulmonary embolism, deep vein thrombosis or thrombocytopenia, in any defined age group, gender, batch or in any particular country," the company said.

Authorities in Ireland, Denmark, Norway, Iceland and the Netherlands have suspended the use of the vaccine over clotting issues, while Austria stopped using a batch of AstraZeneca shots last week while investigating a death from coagulation disorders.

"It is most regrettable that countries have stopped vaccination on such 'precautionary' grounds: it risks doing real harm to the goal of vaccinating enough people to slow the spread of the virus, and to end the pandemic," Peter English, a retired British government consultant in communicable disease control, told Reuters.

European Medicines Agency has said there is no indication that the events were caused by the vaccination, a view that was echoed by the World Health Organisation on Friday.

The drugmaker said, 15 events of deep vein thrombosis and 22 events of pulmonary embolism have been reported so far, which is similar across other licensed COVID-19 vaccines.

The company said additional testing has and is being conducted by the company and the European health authorities and none of the re-tests has shown cause for concern. The monthly safety report will be made public on the EMA website in the following week, AstraZeneca said.

The AstraZeneca vaccine, developed in collaboration with Oxford University, has been authorised for use in the European Union and many countries but not yet by U.S. regulators.

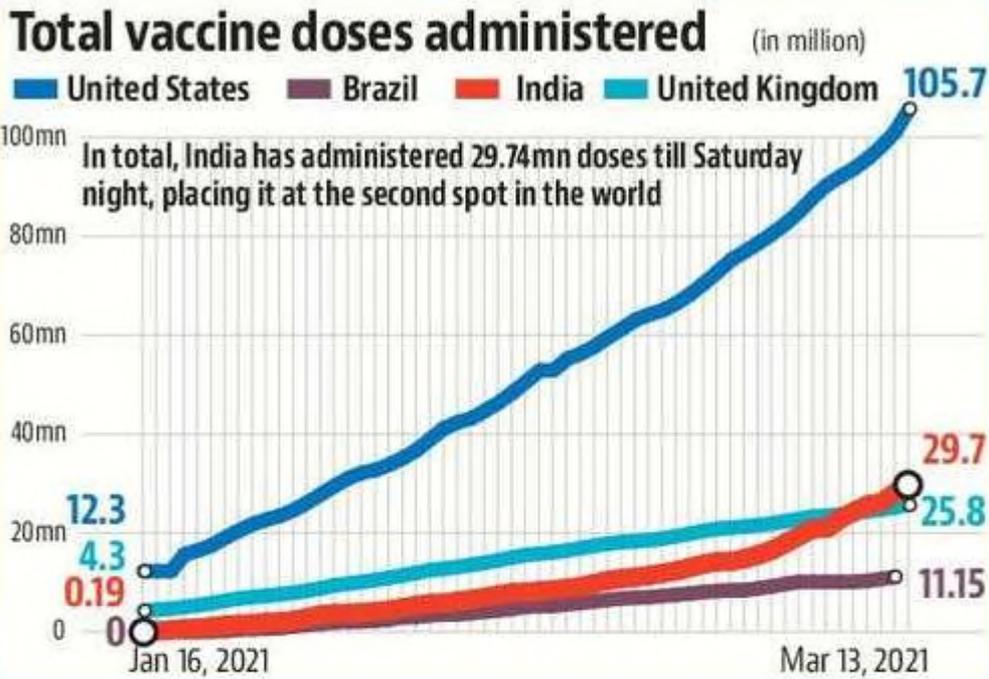
The company is preparing to file for U.S. emergency use authorisation and is expecting data from its U.S. Phase III trial to be available in the coming weeks.—Reuters

## **Vaccination**

**India's inoculation drive now second largest in world (Hindustan Times: 20210315)**

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

# Vaccinations pick up pace



**Jamie Mullick**

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New Delhi : With 1.26 million doses of vaccines administered on average every day in the last week, India's inoculation drive is now the world's second largest – both in terms of daily doses being administered as well as total jabs administered – and is now behind only the US, which is administering 2.5 million doses a day. These statistics highlight how India's inoculation drive has been picking up pace in the recent days.

The development, however, comes at a time when new infections have been rising for the past few weeks, with daily cases crossing the 26,000 mark on Sunday, the first time since December 19, or in 85 days, sparking fears of the start of a new wave of Covid-19 infections. India on Sunday reported 26,360 new Covid cases, taking the country's total cases to 11,385,170, according to HT's Covid-19 dashboard.

In total, India has administered 29.74 million doses, with 24.31 million people receiving at least one dose as of Saturday night, placing it at the second spot in the world, ahead of the UK, which has administered 25.87 million doses to 24.19 million people as of Saturday, according to data issued by the respective governments.

The US, which has administered 101.13 million doses as of Saturday, with 68.88 million people receiving at least one shot, however, is the runaway leader in the world in terms of vaccinations. Brazil is a distant fourth with 11.36 million doses administered till Saturday. India has administered more doses than all of South America (21.42 million doses), according to vaccination data compiled by website Our World in Data.

In the past week, 1,259,438 shots have been administered every day in India on average – also the second highest in the world. Much of this increase has come in the past few weeks — India's daily dose rate has tripled in the last 20 days (it was 415,332 shots a day for week ending February 22). It is only behind the US, which has administered 2,541,597 doses a day in the last seven days. On the distant third spot, the UK has been administering 349,372 shots a day last week. The vaccination process, however, needs to be scaled up in India quickly to break the transmission cycle, experts say. "Although it is heartening to see an increase in pace, it is sort of an underachievement to go at this rate as India has the capacity to cover 7 to 10 million per day," Dr Giridhara R Babu, head, epidemiology, Indian Institute of Public Health, told HT on Saturday.

To be sure, due to the opaque nature of China's data sharing on Covid-19 over the past year, numbers from Beijing have been excluded from global calculations, even though the country says it has administered 52.52 million doses as on February 28.

## **NEW WAVES INCOMING, INDIA AND ABROAD**

However, despite the rising vaccination, several nations including India are again trying to grapple with the start of a new wave of infections, which is threatening to thwart inoculation efforts.

Daily infections in India have been growing at an alarming rate again – from Wednesday (March 10) onwards, the country has set four consecutive records for the most single-day infections in 2021. The country has reported 21,168 new cases a day in the past week – the highest since December 27. While this is nowhere close to the peak the country has seen (over 96,000 average cases a day in mid-September), the worrying trend is that it is rising — the case rate dropped to 10,988 for the week ending February 11.

This trend isn't limited to India alone – six out of the 10 countries in the world with the most Covid-19 cases are currently seeing new waves. These are Brazil (the world's biggest hot spot with 71,419 new cases a day on average in the past week), France (23,273 new cases a day in the last week), Italy (22,160 new cases a day), Turkey (13,826), and Germany (9,675). The US, the world's worst-hit country so far, is currently seeing 55,356 new cases a day, but the trendline is currently declining, which many experts have said is the first glimpse of the country's immense vaccination drive paying dividends.

In Europe, many countries have either kicked off fresh lockdowns or are on the verge of it.

In Italy, locals on Monday rushed to parks, shopping centres and to get haircuts before a majority of the country goes into lockdown on Monday to try to curb a surge in cases. Italian PM Mario Draghi backed the lockdown because infections are at three-month highs and the country's vaccine programme has faced a spotty roll-out. Italy has suffered more than 100,000 deaths, the most in Europe after the UK.

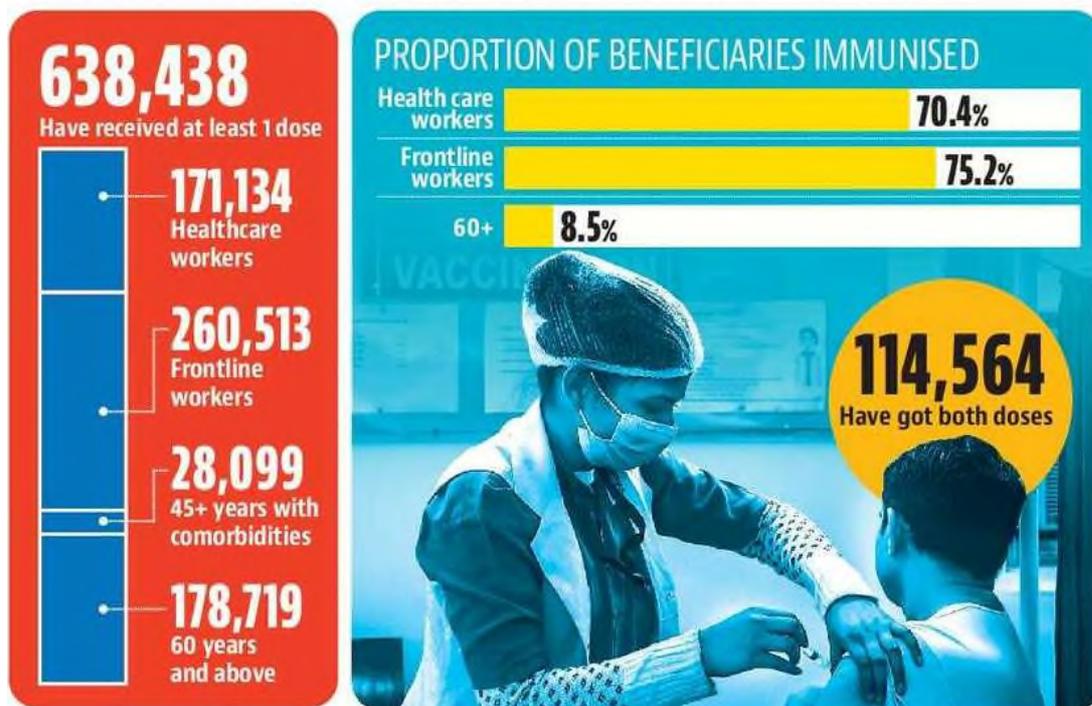
Officials in France said the Paris region may be headed toward a new lockdown as a third wave of infections has started to fill up ICUs and low vaccine supplies have dragged down inoculation efforts.

## Vaccination Drive

**Only around 3% in city have got at least 1 vaccine dose: Govt data (Hindustan Times: 20210315)**

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

# Delhi's vaccination drive so far



Just over 3% of Delhi's population has received at least a single dose of the coronavirus vaccine so far, government records show, with experts calling for the government to expedite the vaccination programme in the Capital amid a steady spike in the number of new Covid-19 cases.

As on Sunday evening, 638,438 people have received at least one shot of a Covid-19 vaccine in the city, marginally more than 3% of Delhi's nearly 20 million population.

Over 178,000 persons over the age of 60 have received at least one shot of the vaccine since the drive opened for them on March 1, state government data showed. This accounts for over 8.5% of the 2.1 million people in this category living in Delhi as per estimates based on electoral rolls.

Over 28,000 persons above the age of 45 with 20 specified co-morbidities have also received the shot so far in the city. With the Centre releasing the list of eligible illness — such as severe heart condition, cancers, and complicates diabetes and hypertension — soon before the drive opened up for this category, the city does not have estimates on the number of such persons living in Delhi.

Over 70% of registered health care and frontline workers, who started getting the shots in mid-January and February beginning respectively, have received at least one dose of the vaccine.

Additionally, 114,564 persons have receiving both doses of the vaccines, 28 days apart, thus completing their immunisation from the infection. Both vaccines approved for use in India — Covaxin and Covishield — need two doses given four to six weeks apart.

Nearly three crore vaccine doses have been administered across the country till Saturday evening, according to Union health ministry data, around 2.5% of the total population of the country.

“We are already conducting vaccinations six days a week. We have also fixed 50,000 vaccine slots per day, and the number will keep increasing,” said Delhi health minister Satyendar Jain. With the number of cases of the viral infections on the rise, district officials have been asked to focus on increasing the pace of immunisation along with contact tracing and testing.

“In addition to what we were doing in March and April last year — tracing contacts and testing people at risk of getting the infection — we have an effective vaccine this time around. We are focussing on encouraging more and more people to come and get immunised. We have been in touch with several resident welfare organisations (RWAs) in the city to increase awareness about the vaccines and the vaccination drive and motivate people to get the shot,” said one senior district official, on the condition of anonymity.

Another official said, “We are also using our network of ASHA and Anganwadi workers to find beneficiaries over the age of 60 or those with comorbidities and encourage them to go to their nearest vaccination centre. We have allowed walk-ins after 3pm to ensure that more people turn up, just like it happened initially with the drive for health care workers.” The official said the district officials were also helping in registering those who do not know how to register on CoWIN portal to increase the numbers.

On Sunday, Delhi recorded 407 cases of Covid-19, seeing over 400 cases for four days in a row. With just over 68,000 tests having been conducted, the positivity rate – proportion of samples that return positive among total tested – stood at 0.60% on Sunday.

The seven-day average positivity rate has increased to 0.55% from 0.42% last week.

This, experts say, is an indication of the increasing spread of the infection in the city.

“When there is a fire somewhere, should we throw all the water we have at it or distribute it equally. What are the vaccines for? The government should vaccinate everyone over the age of 18 in the six states that have started seeing an increase in the number of cases. All the vaccines from other states should be diverted; the others can wait for it,” said Dr T Jacob John, former head of the department of virology at Christian Medical College, Vellore.

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## COVID-19'

### Coronavirus | 'renal patients at high risk from COVID-19 (The Hindu: 20210315)

<https://www.thehindu.com/news/national/karnataka/coronavirus-renal-patients-at-high-risk-from-covid-19/article34056718.ece>

A rally was organised ahead of World Kidney Day from NU Hospitals in Bengaluru on Wednesday. special arrangement | Photo Credit: Special Arrangement

When a family of three from Bengaluru, including a 53-year-old renal transplant individual, contracted COVID-19 in August, the family only prayed that the disease should not create more complications in the kidney recipient.

While two members from the family developed classical COVID-19 symptoms, including high fever, cough, and loss of taste/smell, the person who had undergone the transplant had very mild symptoms. Doctors said this was because of his poor immune response due to immunosuppressants.

City-based nephrologists, who have noticed a high incidence of COVID-19 among people with kidney disease and other severe chronic medical conditions, said although persons with renal issues and those who have undergone transplant did not exhibit classical symptoms, they were at a higher risk of more severe illness.

To study this aspect, a group of doctors from Manipal Hospitals documented the impact of COVID-19 on patients with kidney disease, kidney recipients, and those on dialysis in a review article titled 'Coronavirus Disease 2019 and the Kidney'. The article, published in the Journal of Internal Medicine , an official publication of the Association of Physicians of India, Karnataka chapter, was compiled by Ravi Jangamani, Chakravarthy Thirumal, and Sankaran Sundar from the Department of Nephrology at Manipal Hospitals in Bengaluru.

“Besides our own findings, we have also put together global observations regarding the impact of the virus on the kidneys of patients,” Dr. Jangamani told The Hindu on Thursday. “Patients with chronic kidney diseases (CKD) and immune- mediated kidney diseases should be regarded as at risk to experience a more severe disease mediated kidney diseases should be regarded as at risk to experience a more severe disease of immunosu- ppression drugs,” he said.

Dr. Sundar, head of international transplant services at the hospital, said that 20% to 40% of critically ill COVID-19 patients who did not have any renal issues prior to the infection had developed acute kidney injury.

“Those predisposed with renal issues were the worst hit. As most did not exhibit fever or other classical symptoms, they did not seek timely medical advice and went for self-medication. This led to complications at a later stage and we have noticed high mortality in such patients,” he said.

Pointing out that the pandemic had hit those on dialysis the most, Dr. Sundar said, “Dialysis patients had a high exposure to the virus as they had no other go but to visit hospitals for the procedure.”

Dr. Jangamani said that over 20% of patients who sought dialysis at Manipal Hospitals were infected

Dialysis patients who were infected by the virus in the city had a tough time in the initial months of the pandemic as COVID-dedicated hospitals did not have dialysis facilities. However, things changed for the better after August when private hospitals set up dedicated COVID-19 wards.

To mark World Kidney Day, Manipal Hospitals provided free vaccination to everyone undergoing dialysis at all its centres.

## **Coronavirus**

### **Coronavirus | 60% of new COVID-19 cases in Maharashtra (The Hindu: 20210315)**

<https://www.thehindu.com/news/national/six-states-account-for-over-85-of-fresh-covid-19-cases-in-india-health-ministry/article34042940.ece>

126 deaths in the 24 hours ending 8 a.m. on March 11.

Maharashtra reported the highest daily new COVID cases at 13,659 (almost 60% of the daily new cases) with the country reporting 22,854 new cases in the last

**New Cases (The Asian Age: 20210315)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15467113>



People violate social distancing norms amid the coronavirus pandemic at crowded Sarojini Nagar market in New Delhi on Sunday.

— PTI

# Delhi records 407 Covid-19 cases, positivity rate 0.60%

**AGE CORRESPONDENT**  
NEW DELHI, MARCH 14

Delhi recorded 407 new Covid-19 cases on Sunday, crossing the 400-mark for the fourth consecutive day, while the positivity rate stood at 0.60 per cent, according to data shared by the health department.

The death toll climbed to 10,941 with two more fatalities, as per the latest bulletin issued by the Delhi health department.

The city had recorded 419 fresh Covid-19 cases on Saturday, while 431 cases were recorded on Friday, the highest single-day spike in over two months. The count on Thursday was 409.

Delhi had registered 370 new cases on Wednesday and 320 on Tuesday. The city had reported three Covid-19 deaths on Wednesday and four on Tuesday. A total of 585 cases were reported on January 1 and 424 on January 3. The daily count had dropped to 306 on January 11 and risen again to 386 on January 12, according to official

**HEALTH EXPERTS and doctors have attributed the 'sudden rise' of Covid-19 cases to people turning complacent, not following Covid-19 appropriate behaviour and 'assuming that all is well now'**

ed to come down in February. On February 26, the month's highest daily count of 256 new cases was recorded. The new coronavirus cases recorded on Sunday took the infection tally to 6,43,696, the bulletin said. The number of active cases in the city rose to 2,262 on Sunday from 2,207 on Saturday.

Health experts and doctors have attributed this "sudden rise" of Covid-19 cases to people turning complacent, not following Covid-19 appropriate behaviour and "assuming that all is well now".

Delhi health minister Satyendar Jain had on Friday said the figures of over 400 per day suddenly were "not alarming", and had asserted that the posi-

The total number of tests conducted on Saturday stood at 68,223, including 41,195 RT-PCR tests and 27,028 rapid antigen tests, the bulletin said. The number of people under home isolation on Sunday rose to 1,270 from 1,204 on Saturday, it said, adding that over 6.30 lakh people have recovered from the infection till date.

Noida recorded three new cases of Covid-19 on Sunday that pushed Gautam Buddha Nagar district's infection tally to 25,667, official data showed. The active cases in the district remained at 84, same as the previous day, according to the data released by the state's health department for a 24-hour period.

Another three patients got discharged during the period with the overall recoveries reaching 25,492, the fifth highest in the state, it showed.

Gautam Buddha Nagar has a death toll of 91 with a mortality rate of 0.35 per cent. The recovery rate of patients remained at 99.31

## Covid 19 (The Asian Age: 20210315)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15467113>

# India's biggest 1-day Covid...

■ Continued from Page 1  
cent of new instances of the disease reported in a day.

Maharashtra registered the highest daily new cases at 15,602, followed by Kerala with 2,035 and Punjab with 1,510 new cases. The situation in Maharashtra, which has consistently been reporting the highest number of cases in India in the past year, has been under scrutiny for some time, with several districts imposing partial lockdowns and night curfews.

Even Delhi's daily Covid-19 cases remained over 400 for the fourth day. With 407 fresh cases, the coronavirus cases' tally in the national capital reached

over 6.43 lakhs. Two new fatalities have mounted the death toll in the city to 10,941.

India last saw a single-day surge of 26,624 infections on December 20 last year. The count of daily fresh cases has been on a steady rise since the last week of February and has been touching record highs for the last three days. With the addition of the new cases, the cumulative caseload in India has reached 1,13,59,048.

The Covid-19 tally crossed the 2-lakh mark on Saturday after 53 days. The number was 2,02,022 on Saturday, 1,97,237 on Friday and 1,89,226 on Thursday.

India's Covid-19 tally crossed the 20-lakh mark

on August 7 last year; 30 lakhs on August 23, 40 lakhs on September 5 and 50 lakhs on September 16. It went past 60 lakhs on September 28, 70 lakhs on October 11, and crossed 80 lakhs on October 29, 90 lakhs on November 20 and crossed the one-crore mark on December 19.

Indian Council of Medical Research data shows a total of 22,67,03,641 samples were tested across the country. Of these, 8,64,368 samples were tested on Saturday.

India has so far vaccinated 2,97,38,409 people. The country on Saturday — the 56th day of the vaccination drive — recorded the highest number of vaccinations administered in a single day.

## Women (The Asian Age: 20210315)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15466656>

Kishwar  
Desai  
London Diary



## Women's Week: Meghan vs Kate, let-down nurses & Sarah Everard

**H**ell hath no fury than a woman scorned? Right or wrong? Those of us who had seen Meghan Markle blow into the UK, play the princess and then storm out may find it a little difficult to take everything on Oprah's show at face value. Luckily I can't be called a racist as I am probably as brown as her. My background in television also ensures that I automatically discount some of all "reality TV" especially if there is everyone acts just a little bit — because no one wants to come out looking like the bad guy or gal. I have seen it far too often — there are no no-takes in life, but plenty in television. No one "lies" but everyone has a version of what happened. And if you have an axe to grind — do the hatchet job before the opponent can step in.

**I**nternational Women's Day was on Monday last but the storms had already gathered. In sunny California, Oprah Winfrey interviewed Meghan Markle and Harry Sussex last Sunday night West Coast time on CBS. Even before the ITV showed it on

Monday, it was all over the newspapers and TV and has not gone off the air all week. That is real global TV clout. Eleven million people watched it in UK and apparently 70 million (roughly as many as UK population) worldwide.

Harry has not featured very much in the subsequent discussions. It is all about Meghan and Catherine, the Duchess of Cambridge with the Queen in the background. It would be an ideal E!ets Kapoor serial — multi-generational, multi-racial family with dogs and horses and palaces and international locations. May be Netflix will come back with *Crowe*: the American sequel.

**I**t was the apparent mention about the possible colour of the baby Meghan was carrying — which seemed to have shocked the TV audience; they should know that in India most people — without even knowing the meaning of racism — prays for a 'gora' child! But this one will run and run. When the wedding took place, everyone was impressed by the choir with Black British singers, the dignified presence of Meghan's mother and the Bishop from Chicago giving his

radical sermon. At the time the Palace bethed in praise about its modern attitude. But then as we know in Indian movies, it is after interval that the tragedy sets in.

**T**he tabloids are having a great time with the *Daily Mail* doing scores (literally) of items on Meghan every day. Piers Morgan ex *Tabloid* editor and TV pundit stalked off his "Good Morning Britain" show when his fellow presenters upbraided him for badmouthing Meghan. But then Meghan officially complained he had called her a liar. ITV shares fell that afternoon and Morgan went permanently next day. The Royal Family has launched a retaliatory barrage of talking up the Queen, their best weapon. There are reminiscences from round the Commonwealth as to how non-racist she is and what a sense of humour she has. All in a week's work.

**D**espite the success of reaching 24 million vaccinations, Boris Johnson seemed to lose the plot, again. The week after the Budget saw millions of pounds being given away to all and sundry, he announced unapolo-

getically that nurses on the NHS will only get one per cent increase in their pay. There was widespread consternation. These are the Carons warriors — who had been applauded every Thursday evening during the first lockdown by everyone including Boris and his fiancée Carrie Symonds and their dog. And now this.

In the meantime, there is news that Carrie has refurbished the living rooms in 10 Downing Street lavishly. But the British government is so mean that there is no budget for spending any money on interior decoration of the official residence; neither at Downing Street nor Chequers the weekend home of Prime Minister which is a private donation run on private charity money. Carrie seems to have raised the money from Conservative Party donors which has caused even more mockery than if she had won it in a lottery. The moral of the story is there are those who know how to get the money — and the others can wait.

**W**omen remained in the news, in tragic circumstances. Sarah Everard, a young woman grad-

uated from Durham University and working in a middle managerial position in London was walking across Clapham Common in South East London, not far from where we live, around 9 pm. She was returning to her home in Brighton on the other side of the Common. She never reached home and her mobile phone went silent. This was around ten days ago. On Friday the police confirmed abduction. Even worse news followed. Her body was found in the rural areas of Kent. Shockingly, the man responsible was a police officer in a senior responsible position.

On Thursday both Houses of Parliament had set aside all other business to celebrate International Women's Day. The murder dominated the discussion, including the radical suggestion that men should be banned from stepping out after 6 pm.

What do you think?

*Kishwar Desai is an award-winning author and playwright. Her latest book *The Longest Kiss: The Life And Times of Devika Rani* has just been published.*

## Coronavirus (Hindustan: 20210315)

[https://epaper.livehindustan.com/imageview\\_701343\\_124204732\\_4\\_1\\_15-03-2021\\_0\\_i\\_1\\_sf.html](https://epaper.livehindustan.com/imageview_701343_124204732_4_1_15-03-2021_0_i_1_sf.html)

प्रतिबंध घटने और लोगों की लापरवाही के कारण संक्रमण के नए मामलों में तेजी से हो रहा है इजाफा

# कोरोना की नई लहर का खतरा

नई दिल्ली | विशेष संवाददाता

देश में कोरोना के मामलों में तेजी से हो रही बढ़ोतरी के बीच चिकित्सा विशेषज्ञों का कहना है कि देश कोरोना की नई लहर का सामना कर रहा है। दिल्ली समेत कुछ राज्यों में भले दूसरी लहर खत्म हो गई हो पर कई राज्यों में कोविड की दूसरी लहर का खतरा मंडरा रहा है।

देश में करीब तीन माह बाद बीते चौबीस घंटों में सर्वाधिक 25,320 नए मामले आए हैं। विशेषज्ञों का कहना है कि हमें अतिरिक्त एहतियाती कदम उठाने की जरूरत है।

स्वास्थ्य मंत्रालय की रिपोर्ट के अनुसार पिछले 24 घंटे में जो नए मामले आए हैं, उनमें से करीब 77 फीसदी तीन राज्यों महाराष्ट्र, केरल और पंजाब से हैं। जबकि अन्य छह राज्यों में जहां कोरोना के मामले बढ़ रहे हैं उनमें कर्नाटक, गुजरात, तमिलनाडु, मध्य प्रदेश, दिल्ली और हरियाणा शामिल है। वर्धमान महावीर मेडिकल कॉलेज के कम्युनिटी मेडीसिन विभाग के निदेशक प्रोफेसर जुगल किशोर का मानना है कि ऐसे संकेत मिल रहे हैं कि देश में कोरोना की दूसरी लहर आरंभ हो चुकी है।

## विशेषज्ञों ने बताई वजह

### हर्ड इम्युनिटी खत्म

सितंबर में संक्रमण के पीक पर था। उसके बाद कई राज्यों में हर्ड इम्युनिटी पैदा हो गई थी। अब यह अब खत्म होने लगी तो केस बढ़ने लगे हैं।

-प्रो. जुगल किशोर, हेड, कम्युनिटी मेडीसिन वर्धमान महावीर मेडिकल कॉलेज

### सख्त कदम जरूरी

देश यूरोप की भांति कोरोना की दूसरी लहर का सामना कर रहा है। इसलिए अब केंद्र सरकार को सख्त कदम उठाने चाहिए।

-प्रोफेसर एमसी मिश्रा, पूर्व निदेशक, एम्स, दिल्ली।



### महाराष्ट्र की स्थिति गंभीर

- महाराष्ट्र में 88, पंजाब के 22 और केरल के 12 लोगों की मौत
- 73.4% ताजा मौतें इन तीनों राज्यों में, महाराष्ट्र में आधे से ज्यादा

**लापरवाही हुई :** एम्स के पूर्व निदेशक प्रोफेसर एमसी मिश्रा ने भी कहा कि दूसरी लहर पैदा की मुख्य वजह यह है कि जनवरी-फरवरी में नए संक्रमण न्यूनतम होने के कारण कोरोना संबंधी

प्रतिबंध करीब-करीब हटा दिए गए। इस बीच टीकाकरण शुरू होने से भी लोग लापरवाह हो गए। पर टीके से तब तक फायदा नहीं होगा जब तक यह 70-80 फीसदी आबादी को नहीं लगा दिया जाए।

## संकेत

आंकड़े भी कर रहे पुष्टि  
**18,371**

- नए केस दर्ज किए गए दस मार्च को खत्म सप्ताह में: इससे पहले 11 फरवरी को खत्म हुए सप्ताह में औसत नए संक्रमित 10988 ही थे
- 67 फीसदी नए केस का इजाफा एक महीने के भीतर हुआ

## सांख्यिकी

इस साल का नया रिकॉर्ड  
**25,320**

- नए केस मिले, 84 दिन में सर्वाधिक
- 44 दिनों बाद सबसे ज्यादा 166 मरीजों की मौत
- 96.82% से घटकर 96.75% हुई स्वस्थ होने की दर
- 93% सक्रिय केस 11 राज्यों में

### दिल्ली: लगातार चौथे दिन 400 से अधिक केस

- रविवार को संक्रमण के 407 नए केस मिले, दो मौतें भी हुईं
- शनिवार को 419, शुक्रवार को 431, गुरुवार को 409 केस थे

### दुनिया: 12 करोड़ संक्रमित

- 4.41 लाख नए मामले मिलने से आंकड़ा 12 करोड़ पार
- इस्क यूनिवर्सिटी ने स्नातक छात्रों को पुथकवास में भेजा

### छात्र-छात्राओं पर आफत

- सूरत में दो स्कूलों और एक कॉलेज में 20 छात्र संक्रमित
- तमिलनाडु के एक स्कूल में 56 छात्राएं संक्रमित मिलीं

**दूसरे राज्यों पर खतरा :** जिन राज्यों में कोरोना के मामले इस समय सर्वाधिक हैं, उनमें से ज्यादातर राज्य ऐसे हैं जो कोरोना की पहली या दूसरी लहर का सामना कर चुके हैं। अब तीसरी लहर

की ओर अग्रसर हैं। लेकिन इस समय देश में आवाजाही को लेकर प्रतिबंध नहीं हैं इसलिए ये मामले दूसरे राज्यों में भी बढ़ सकते हैं।

➤ नियम टूटे पृष्ठ 02

## Vaccination Regestation (Hindustan: 20210315)

[https://epaper.livehindustan.com/imageview\\_701343\\_124199414\\_4\\_1\\_15-03-2021\\_0\\_i\\_1\\_sf.html](https://epaper.livehindustan.com/imageview_701343_124199414_4_1_15-03-2021_0_i_1_sf.html)

# दिल्ली में टीके के लिए घर-घर पंजीकरण

नई दिल्ली | वरिष्ठ संवाददाता

दिल्ली में कोरोना टीकाकरण को बढ़ावा देने के लिए घर-घर जाकर लोगों का पंजीकरण किया जाएगा। इसके लिए दिल्ली सरकार द्वारा कई टीमों बनाई जा रही हैं।

राजधानी में कोरोना के मामले फिर तेजी से बढ़ रहे हैं। इसके बावजूद लोग टीकाकरण में दिलचस्पी नहीं दिखा रहे हैं। सरकार ने सभी जिलाधिकारियों को टीकाकरण बढ़ाने के निर्देश जारी किए हैं। दिल्ली के सभी 11 जिलों में सिविल डिफेंस कर्मियों और आंगनबाड़ी कर्मियों की टीमों तैयार की गई हैं। यह टीमों लोगों को टीकाकरण से जुड़े लाभ बताएंगी

## ढाई लाख को टीका

दिल्ली में 13 मार्च तक 2 लाख 73 हजार 13 लोगों ने कोरोना का टीका लगवाया है। दिल्ली की आबादी लगभग 2 करोड़ से अधिक है। ऐसे में टीका लगवाने वालों की संख्या बेहद कम है।

और टीकाकरण में लोगों की सहायता भी करेंगी। इन टीमों को वोटर लिस्ट के माध्यम से 60 वर्ष से ऊपर के लोगों का पता और फोन नंबर दिया जाएगा।

इन टीमों का प्रमुख काम टीकाकरण के लिए लोगों को प्रोत्साहित करना होगा। यह टीमों लोगों के घरों में पहुंचकर उनके फोन से उनका पंजीकरण कराकर नजदीकी टीकाकरण केंद्र की

जानकारी देंगी। इस दौरान टीकाकरण से जुड़ी सावधानियां और टीके पर फैली भ्रांतियों को भी दूर करने का काम किया जाएगा।

सरकार की योजना है कि नए लोगों की ऐसे लोगों से बात भी कराई जाएगी, जिन्होंने टीकाकरण करा लिया है। ताकि लोगों में कोई डर या शंका न रहे। इस दौरान कई कॉलोनियों के आरडब्ल्यू व बाजार संगठन के पदाधिकारियों से मिल टीकाकरण के प्रति जागरूकता अभियान भी चलाया जाएगा।

## COVID-19 vaccine

### Antibodies raised by COVID-19 vaccine less effective against some coronavirus variants: Study (The Times of India: 20210315)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/antibodies-raised-by-covid-19-vaccine-less-effective-against-some-coronavirus-variants-study/articleshow/81495073.cms>

Antibodies raised by COVID-19 vaccine less effective against some coronavirus variants: Study

According to a new study, antibodies induced by some COVID-19 vaccines are less effective at neutralising the new circulating variants of the novel coronavirus, such as the ones reported in the UK, Brazil and South Africa.

The study was published in the journal Cell and noted that the neutralising antibodies induced by the Pfizer and Moderna COVID 19 vaccines were less effective against the coronavirus variants first found in South Africa and Brazil.

As per the scientists, neutralising antibodies work by binding tightly to the virus and blocking it from entering the cells and thus preventing infection. That said, this binding only happens when the antibodies and viruses perfectly match, like a key in a lock.

If the shape of the virus changes when the antibody attaches to it, the antibody may no longer be able to recognise and neutralise the virus.

The scientists compared how well the antibodies worked against the original strain versus the new variants.

When the scientists tested the new strains against vaccine-induced neutralising antibodies, they found the three new strains first described in South Africa were 20-40 times more resistant to neutralisation.

The two strains first described in Brazil and Japan were five to seven times more resistant as compared to the original SARS-CoV-2 virus lineage from Wuhan, China.

"In particular we found that mutations in a specific part of the spike protein called the receptor-binding domain were more likely to help the virus resist the neutralizing antibodies," said one author of the study.

However, the ability of these variants to resist neutralising antibodies doesn't mean the vaccines won't be effective.

"The body has other methods of immune protection besides antibodies. Our findings don't necessarily mean that vaccines won't prevent COVID, only that the antibody portion of the immune response may have trouble recognizing some of these new variants," said the scientists.

To develop the next generation it's important to understand which mutations are more likely to allow the virus to evade vaccine-derived immunity.

The study can also help researchers develop more effective preventative methods, such as a broadly protective vaccine that works against a wide variety of variants, regardless of the number of mutations that develop.

## Yoga and Physical Fitness

Yoga asanas every busy woman must do daily

Women have a lot of pressure of maintaining a perfect balance between personal and professional life. Household chores, unending to-do list, taking care of the kids and elderly people, they can barely find time and energy for themselves after doing all these things. But

this multi-tasking is what makes it more important for every woman to engage in any physical activity and there can be nothing better than yoga.

02/10 Practice these asanas daily

Yoga not only stretches your muscles, relaxes your body, but can also calm your mind, which is necessary for every individual to enjoy a long and healthy life. Here we have listed yoga poses that every woman must do daily for a healthy and long life.

03/10 Chakravakasana or Cat-Cow Pose

Step 1: Get on your fours with your wrists underneath your shoulders and knees underneath your hips. Your toes should be tucked inside.

Step 2: Inhale and relax your belly so it moves towards the floor. Gently arch your back towards the floor, tilt your tailbone and look upward.

Step 3: Exhale and arch your spine towards the ceiling and tuck your chin into your chest. Repeat the same.

04/10 Adhomukh Svanasana or Downward Dog Pose

Step 1: Start with coming on all fours, so that your body makes a table-like structure. Your shoulders should be directly under your wrists and your hips over your knees.

Step 2: Inhale and gently lift your hips upwards and at the same time straighten your elbows and knees to make an inverted V-shape.

Step 3: Press your hand into the ground and straighten your neck. Your ears should touch your hands, fix your gaze to your navel and inhale.

Step 4: Pause for a few seconds, then bend your knees and return to the table position.

05/10 Ardha Uttansana or Half Standing Forward Bend

Step 1: Stand straight about 2 feet away from a wall. Your front should face the wall.

Step 2: Inhale and draw your tailbone towards your pubis, hinge your hips and place your palms on the wall in front of you.

Step 3: Make sure your hands are straight and keep your body relaxed. Hold this position for 30 to 60 seconds.

06/10 Parshva Uttansana or Intense Side Stretch Pose

Step 1: Stand straight about 2 feet away from a wall. Your front should face the wall.

Step 2: Inhale take your left feet to close the wall (your toes should touch the wall).

Step 3: Lean forward to rest your forehead on the wall. Stretch your hands overhead and place your palms on the wall.

Step 4: Make sure your hands are straight and keep your body relaxed. Hold this position for 30 to 60 seconds.

#### 07/10Ardh Katichakrasana or Half Waist Wheel Pose

Step 1: Stand straight on the ground with your feet close to each other.

Step 2: Inhale and take your right-hand overhead.

Step 3: Slowly bend to the left side from your waist. Bend as much as you can.

Step 4: Hold the pose for a few breaths then come to normal position and repeat the same with the other hand.

#### 08/10Parivratna Prasarita Padottansana or Revolved Wide Leg Forward Bend Pose

Step 1: Stand at the end of the mat with your feet together and hands by your side (Tadasana).

Step 2: Inhale and take your right foot a few steps backwards and turn your body to face the long edge of the mat.

Step 3: Stretch your hands out and bring them to your shoulder level, then take them back and clasp them together close to your hips.

Step 4: Inhale and lengthen your chest in a way that your torso is stretched. Exhale and bend forward as much as you can, while balancing your body weight.

Step 5: Bring the head towards the ground and push the buttocks towards the ceiling. You can put your hands on the floor for support. Hold this pose for a while.

#### 09/10 Setu Bandhasana or Bridge Pose

Step 1: Lie down on your back with your feet hip-width apart.

Step 2: Bend your knees and place your hands by your side.

Step 3: Inhale press your feet into the ground and gently lift your hips.

Step 4: Press your arms and shoulders on the ground, lengthen your tailbone and lift your chest. Hold this pose for a while.

Step 1: Kneel on the ground with your toes together and knees slightly apart from each other. Place both your hands on your thighs.

Step 2: Exhale and lower your torso forward. Your belly should be resting on your thighs and your head should touch the mat between your knees.

Step 3: Extend your hands in front of you to touch the mat.

Step 4: Pause, inhale and then come back to starting position.