



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 202104012

India records highest single-day rise so far with over 1.68 lakh new Covid cases

India records highest single-day rise so far with over 1.68 lakh new Covid cases (The Tribune: 202104012)

<https://www.tribuneindia.com/news/nation/india-records-highest-single-day-rise-so-far-with-over-1-68-lakh-new-covid-cases-238074>

The national recovery rate has fallen below 90 per cent

India records highest single-day rise so far with over 1.68 lakh new Covid cases

India hit a new coronavirus infection record with 1,68,912 new cases, the highest single-day rise so far, taking the total tally of cases to 1,35,27,717, according to the Union Health Ministry data updated on Sunday.

The national Covid recovery rate has fallen below 90 per cent.

The active cases have surpassed the 12-lakh mark, while the death toll increased to 1,70,179 with 904 new fatalities, the highest since October 18, the data updated at 8 am showed.

Registering a steady increase for the 33rd day in row, the active cases have increased to 12,01,009 comprising 8.88 per cent of the total infections, while the recovery rate has further dropped to 89.86 per cent.

The active caseload was at its lowest at 1,35,926 on February 12 and it was at its highest at 10,17,754 on September 18, 2020.

The number of people who have recuperated from the disease surged to 1,21,56,529, while the case fatality rate has further dropped to 1.26 per cent, the data stated.

According to the ICMR, 25,78,06,986 samples have been tested up to April 11 with 11,80,136 samples being tested on Sunday. PTI

Covid-19:

Covid-19: Six dead, 389 test positive in Ludhiana (The Tribune: 202104012) 9 health workers, undertrial, teacher among infected

<https://www.tribuneindia.com/news/coronavirus/covid-19-six-dead-389-test-positive-in-ludhiana-237478>

As many as 389 persons tested positive for Covid-19, while six lost their lives to the virus today. The total number of confirmed cases from the district has reached 38,441, while death toll 1,200. There are 3,298 active cases in the district.

Also read: Motivate people for vaccine: Health Department to faith leaders

Civil Surgeon

Disposable menus should be used and frequent sanitisation should be done. There should be proper disposal of masks, covers and gloves.

Those who tested positive today include nine healthcare workers, an undertrial and a teacher from GMS School, Chakli Manga.

Two men and four women, belonging to Govind Nagar, Haibowal Kalan, Khanna and Jamalpur, lost their lives to the virus today.

Today 344 persons were sent in home quarantine and till now 70,988 persons have been home quarantined.

A mass media team of the Civil Surgeon office, Ludhiana, went to various restaurants and hotels in order to make customers and staff aware of the Covid-19 guidelines.

Team members advised them to follow physical distancing, wear mask properly, wash hands frequently, not spit, install Cova app and encourage takeaways. The team told them to use disposable good-quality paper napkins, instead of cloth napkins. A copy of the SOPs issued by the Punjab Health Department was also provided to each restaurant and hotel.

Narinder Singh, manager of the Barbeque Nation, Ferozepur Road, said they would make sure that all the instructions given by the Health Department were followed strictly.

Dr Sukhjeevan Kakkar, Civil Surgeon, Ludhiana, said disposable menus should be used and frequent sanitisation should be done. There should be proper disposal of masks, covers and

gloves. Most importantly, tables should be sanitised each time the customers leaves. He added that the kitchen area must be sanitised at regular intervals. The hotels and restaurants should strictly follow the SOPs issued by government time to time.

Weblink where residents can check real time status of vacant and filled beds in all hospitals:

Fatality rate

At 9.33%, case fatality rate max in those aged over 70(The Tribune: 202104012)

UT victims had diabetes, hypertension as most common comorbidities

<https://www.tribuneindia.com/news/coronavirus/at-9-33-case-fatality-rate-max-in-those-aged-over-70-237497>

At 9.33%, case fatality rate max in those aged over 70

Youths not wearing their masks properly at the Chandigarh railway station on Saturday.
TRIBUNE PHOTO: NITIN MITTAL

Seventeen persons have already died due to Covid-19 in the city in just 10 days of this month. A majority of those who succumbed to the illness were aged above 70 years (six deaths) while five fell in the age group of 51 to 60 years.

At 9.33 per cent, the cases fatality rate is higher among patients aged above 70 in the city. In epidemiology, a case fatality rate is the proportion of deaths compared to the total number of people diagnosed with the disease.

As per the data presented by the UT Administration to a team of the Union Ministry of Health and Family Welfare, the age-wise case fatality rate of patients aged 41-50 years is 1.19 per cent, followed by 2.04 per cent (51-60 years), 3.14 per cent (61-70 years) and 9.33 percent (70 years and above).

Common comorbidities that aggravated the illness among patients were diabetes and hypertension. More than 47 per cent victims had diabetes and 49 per cent were already suffering from hypertension.

64% males among victims

It has been observed that the mortality rate is higher among males. Of the 377 deaths reported from the city till April 4, over 64 per cent were males.

J&J vaccine under EU review over blood clots

J&J vaccine under EU review over blood clots (The Tribune: 202104012)

<https://www.tribuneindia.com/news/coronavirus/jj-vaccine-under-eu-review-over-blood-clots-237096>

A man receives the AstraZeneca vaccine in Madrid, Spain. Reuters

Europe's drug regulator said it is reviewing reports of rare blood clots in four people who received Johnson & Johnson's Covid vaccine and has expanded its probe into AstraZeneca's shot to include reports of a bleeding condition.

Of the four serious cases of clotting and low platelets, three occurred in the US during the rollout of J&J's vaccine from its Janssen unit, the European Medicines Agency (EMA) said on Friday, adding that one person had died and that one case was reported in a clinical trial. It was the first news of EMA's probe of the J&J vaccine, while AstraZeneca's vaccine has been dogged for weeks over possible links to rare blood clots in the brain and abdomen, which the EMA has confirmed.

J&J said it was aware of the reports of blood clots possibly related to its vaccine and others, and is working with regulators to assess the data and provide relevant information. — Reuters

TRACKING VIRUS

NATIONS	DEATHS
 US	5,73,988
 BRAZIL	3,45,287
 MEXICO	2,06,146
 UK	1,27,040
 ITALY	1,13,579

WORLDOMETER
TILL APRIL 9, 11 PM



Covid surge

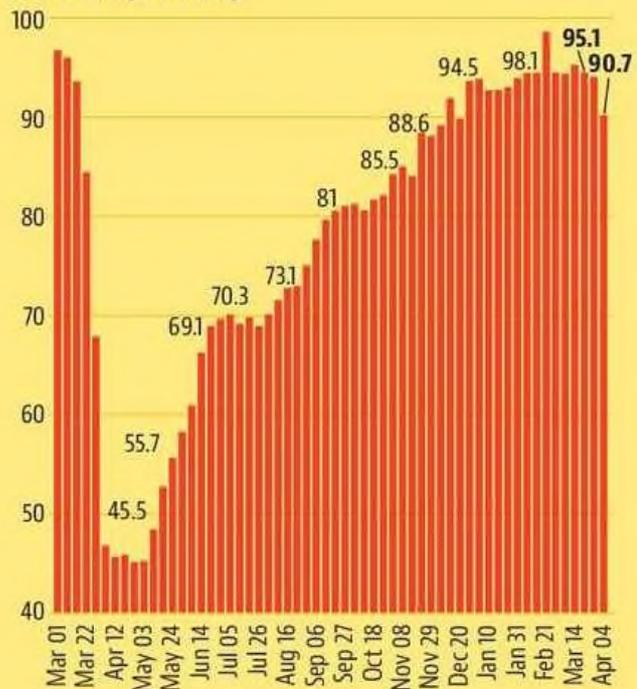
State of economy amid Covid surge (Hindustan Times: 202104012)

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

1 NIBRI suffered the sharpest fall in the first week of the new fiscal year

The Nomura India Business Resumption Index (NIBRI) suffered its sharpest week-on-week fall in the week ending April 4, dropping to 90.7 from last week's value of 94.6. NIBRI reaching 100 will entail a return to pre-pandemic economic activity levels. It had almost reached that value in February, when it touched 99.3 in the week ending February 21. "Since it bottomed last April, NIBRI has risen every month, on average, but it declined for the first time this March (-2.8pp) and has already declined by much more in the first week of April (-4.5pp)", a research note by Nomura economists Sonal Varma and Aurodeep Nandi said. "Given the continued rise in cases and the likelihood of more statewide restrictions, we expect softer sequential growth in Q1 FY22 but view the medium-term impact as limited," the note added. With new cases rising continuously across regions, NIBRI might continue its downward trend. To be sure, NIBRI values are almost twice compared to what they were at this time last year, given the complete lockdown that was in place back then.

Nomura India Business Resumption Index (NIBRI)



2 The second wave has come at a time when sequential recovery was losing momentum

Even without the second wave, India's post-pandemic economic revival trajectory created a division among economists. Most institutional and private forecasts have been doing an upward revision of India's 2021-22 growth projections. The IMF's latest World Economic Outlook report upgraded India's 2021-22 GDP growth forecast from 11.5% to 12.5%. However, most high-frequency indicators have been showing that the sequential economic recovery has been losing momentum. This was seen in a sharp contraction of 4.6% in the index of eight core sector industries in the month of February. This index comprises of around 40% of the Index of Industrial Production (IIP) basket. The March Purchasing Managers Index (PMI) numbers fell for both manufacturing and services. While both PMI manufacturing and services are still above the critical threshold of 50, it indicates expansion in economic activity compared to last month; PMI manufacturing suffered its second-biggest month-on-month fall in March since May 2020. What makes matters worse is the fact that PMI being an expansion zone has not helped employment levels. "As reports

PMI Manufacturing and Services



India is currently experiencing a severe second wave of Covid-19 infections. With many states/cities reimposing lockdowns or lockdown-like restrictions, economic activity is bound to suffer. That the second wave has almost coincided with the imposition of the first lockdown in terms of the time of the year implies that the economy's performance might not be very impressive despite a favourable base effect on account of lockdown restrictions last year. Here are three charts that highlight the economic challenges of India's second Covid-19 wave.

Vaccines as COVID-19 cases rise

Why are several States running low on vaccines as COVID-19 cases rise? (The Hindu: 202104012)

<https://www.thehindu.com/sci-tech/health/the-hindu-explains-why-are-several-states-running-low-on-vaccines-as-covid-19-cases-rise/article34292161.ece>

What is behind the alarming shortfall being faced by several States, and how long is it likely to last?

The story so far: Several States have been complaining of a shortage of COVID-19 vaccines. Their stocks, they say, would suffice for barely three to four days. On the other hand, the Centre admits that while supplies are limited, there is enough for everyone. However, it could not permit universal adult vaccination, said the government.

COVID-19 reinfection

Coronavirus | Protection against COVID-19 reinfection may last only for months (The Hindu: 202104012)

<https://www.thehindu.com/news/national/protection-against-covid-19-reinfection-may-last-only-for-months/article34291140.ece>

Study finds that 20-30% of those who had COVID-19 had poor neutralising activity against the virus after six months

A longitudinal cohort study in India has found that some people who had COVID-19 lacked meaningful immunity against the novel coronavirus to

Coronavirus | India's COVID-19 active cases

Coronavirus | India's COVID-19 active cases breach 11-lakh mark for first time(The Hindu: 202104012)

<https://www.thehindu.com/sci-tech/health/coronavirus-indias-covid-19-active-cases-breach-11-lakh-mark-for-first-time-record-daily-high-of-152879/article34294441.ece>

Death toll increased to 1,69,275 with 839 daily new fatalities, the highest since October 18, 2020, the Health Ministry data updated at 8 a.m. showed

Hitting another record daily high of 1,52,879 new coronavirus infections, India's COVID-19 tally of cases climbed to 1,33,58,805, while the active cases breached the 11-lakh mark for the first time since the outbreak of the pandemic, according to the Union Health Ministry data updated on April 11.

Myths and misconceptions (The Hindu: 202104012)

<https://www.thehindu.com/sci-tech/health/Myths-and-misconceptions/article16877037.ece>

Pregnancy is a time of joy and happiness. The couple should be able to look forward to the arrival of the baby, with anticipation and exhilaration. It is a

Pulse oximeters

What you need to know about pulse oximeters (The Hindu: 202104012)

<https://www.thehindu.com/sci-tech/health/what-is-it-pulse-oximeters-during-the-coronavirus-pandemic/article32128601.ece>

Pulse oximeters have been flying off the shelves during the COVID-19 pandemic. We decode how they work

Back when TikTok reigned strong in India, there were hundreds of videos of people showing that wearing a mask did not inhibit oxygen saturation. One

Remdesivir (The Asian Age: 20210412)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15523205>

■ Govt: Ban till Covid situation in country stabilises

Remdesivir drug export banned as cases increase

AGE CORRESPONDENT
NEW DELHI, APRIL 11

India has banned export of the anti-viral drug Remdesivir amid a surge in Covid-19 cases in the country. In an order, the government said it has banned export of Remdesivir injection and Remdesivir active pharmaceutical ingredients (API) till the pandemic situation in the country stabilises.

Remdesivir is considered a key anti-viral drug in the fight against Covid-19, especially in adult patients with severe complications. Seven Indian companies are producing Injection Remdesivir under voluntary licensing agreement with M/s. Gilead Sciences, USA. They have an installed capacity of about 38.80 lakh units per month.

In a statement, the Centre said, "Export of injection Remdesivir and Remdesivir Active Pharmaceutical Ingredients (API) prohibited till the Covid-19 situation in the country improves."

To ensure more people can get Remdesivir, the government said manufacturers of Remdesivir have been asked to show on their website the details of their stockists and distributors. Drugs inspectors and other officers have been asked to verify stocks, check any malpractice and stop hoarding and black marketing.

"The Department of Pharmaceuticals has been

Maha CM still undecided on lockdown, decision April 14

SONU SHRIVASTAVA
MUMBAI, APRIL 11

The MVA government is likely to impose a stricter lockdown from April 14 for two weeks as most of the members of the task force opined are in favour of it. However, Maharashtra chief minister Uddhav Thackeray is yet to take a final call.

The CM held a meeting with the task force and senior bureaucrats of the state administration on Sunday to seek their views on form of lockdown and took stock of the present Covid situation in district-wise.

According to a senior official, the meeting lasted for about two hours. Most of the task force members have suggested imposing stricter lockdown for two weeks. The details of the lockdown are expected to be finalised within next 24 hours.

An official statement issued by the chief minister office, the Maharashtra chief minister said that during the stricter curbs, they would establish an Oxygen generation plant, make arrangements of beds, other medical facilities and Remdesivir injection.

in contact with the domestic manufacturers to ramp up the production of Remdesivir," the government said. The National Clinical Management Protocol for Covid-19 lists Remdesivir as an investigational therapy, where informed and shared decision making is essential.

The states and UTs have been advised that these steps should again be communicated to all hospitals, both in public and private sector, and compliance monitored.

The decision comes days after several states reported shortage of the anti-viral drug or injection used to treat novel coron-

avirus cases. Several areas in a few states are witnessing people queuing up outside medical stores for the drug as the novel coronavirus cases in the country touch over daily highs for the past few days.

Maharashtra revenue minister Balasaheb Thorat had earlier said there is shortage of Remdesivir injections and the supply of vaccine doses was inadequate.

On Thursday, the state government capped the price of Remdesivir between ₹1,100 and ₹1,400 per vial and warned against its hoarding and black marketing.

Fear (The Asian Age: 20210412)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15522365>

EXPOSURE THERAPY

Walk through your fear

SWATI SHARMA

THE ASIAN AGE

✓ You badly want to visit a mall or a multiplex, socialise with a bunch of friends or go back to your work station and be in the company of your colleagues. And yet, there is that dread of contracting the virus, making you wonder how you'd re-enter public life. If the scenario compels you to simply 'avoid' the outdoors, you're not alone.

Lockdown, COVID fatigue from either contracting the disease or from listening to the innumerable stories of death and suffering from the virus, etc. have all taken a toll on all of us in some way or the other. For many, the dread has overtaken stress and anxiety to the point of no return.

Just when it seemed there's no way out of this matrix, experts have reason to believe otherwise. Exposure therapy, a concept fast catching up across the world during these COVID times, could be of some help. It is important to note, however, that while behavioural experts can guide you on how to go about this therapy, it is you and you alone who needs to get a hold on yourself and get rid of this menace that's affecting many in these turbulent times.

WHAT TO DO NOW?

Anisha Jain, a senior psychologist at Mindtemple, points out that humans often avoid people or situations they're afraid of. "While this is a natural response to protect themselves from the perceived threats, harms or dangers, exposure therapy is one of the effective behavioural treatments to overcome such fears, anxiety and escapist or avoidant tendencies," assures Anisha. "Exposure therapy can be conducted in a live situation, via imaginations or even in a virtual simulation setup. However, choosing the type of exposure and how

Unending COVID stories have replaced anxiety with dread and complete avoidance of the outside world. But experts say there's a way out of this

Just when it seemed there's no way out of this matrix, experts have reason to believe otherwise. Exposure therapy, a concept fast catching up across the world during these COVID times, could be of some help.

it is conducted depends upon the nature of the problem, its severity as well as the person's goals and strengths."

According to the psychologist, there are two types of exposure therapy:

- 1) **Flooding:** You are exposed to the dreadful event completely all at once till you feel calm in that situation. With time, you begin to relax after realising nothing bad has happened to you. The best way to do this in the COVID scenario is by going to crowded places.
- 2) **Grading:** You are steadily exposed to fearful events from low to severe intensity one

While this is a natural response to protect themselves from the perceived threats, harms or dangers, exposure therapy is one of the effective behavioural treatments to overcome such fears, anxiety and escapist or avoidant tendencies

— Anisha Jain, senior psychologist at Mindtemple

BENEFITS FROM EXPOSURE THERAPY

- A therapist may use different types of exposure therapy — one may create a real-life scenario for the person to go through or use talking therapy to encourage the person to imagine situations or recall traumatic events.
- People struggling with post-traumatic stress disorder and anxiety disorders can significantly benefit from exposure therapy.

at a time, until you can gain confidence with each exposure to be able to face the main dreadful event.

"For example, the first step would be to go down to a familiar building premise. The second step would be walking in the open neighbourhood and the third step would be entering a more confined area with people, like a shop

and so on," elaborates Anisha.

THERAPY, THERAPY ANYWHERE

Leading psychiatrist and psychotherapist Dr Anjali Chhabria has been treating people from all over the world by performing exposure therapy both online and offline.

"While on the one hand, parents are getting anxious about sending their children back to school, youngsters have been dreading venturing out on their own. However, both youngsters and parents have found exposure therapy helping them in resuming their normal activities," she says.

Exposure therapy requires that people note down all the situations that make them anxious and rate them according to the level of anxiety felt by them.

TURN TO PAGE 10



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— Dr Anjali Chhabria, psychiatrist and psychotherapist



Pandemic

Why the Indo-Pacific has assumed significance for Europe after the pandemic (The Indian Express: 20210412)

<https://indianexpress.com/article/opinion/columns/indo-pacific-region-covid-pandemic-global-economy-7269371/>

Germany and its European partners are set for a meaningful engagement with Asia. It's based on an understanding of the region's geopolitical and economic significance.

A door sign shows the batch of AstraZeneca vaccine currently used at a vaccination center in Bucharest, Romania (AP)

The pandemic has upended many certainties. But it has reinforced one major trend in global politics: The rise of Asia. While the global economy crashed in 2020, economies such as Vietnam and China grew. A number of Asia's open societies have shown us how to successfully contain the virus. And without the leading vaccine exporter, India, the world will not beat the pandemic.

As an exporting nation, Germany has long observed Asia's rise through the lens of economic opportunity. However, that falls short of the mark today. At the end of the day, the region's rise has created three Asias. There is the familiar Asia of business — open, dynamic, interconnected. However, there is also an Asia of geopolitics, with ever-starker nationalisms, territorial conflicts, arms races and Sino-American rivalry. Lastly, we have an Asia of global challenges, without which fair globalisation and getting on top of the pandemic or the climate crisis are impossible.

These three Asias are increasingly at loggerheads. Geopolitical rivalries threaten free trade. The fight against the pandemic is mutating into a systemic competition between democracy and authoritarianism. And frenzied economic growth is fuelling climate change. With these dynamics, the region between the African east coast and the US west coast, the Indo-Pacific, will have a decisive impact on the world's future.

For Germany, this means that we must invest more in this region — not only economically, but also politically. To this end, the German government has, for the first time, adopted guidelines for the Indo-Pacific, with which we seek cooperation with all countries of the region: For open economies and free trade; for the fight against pandemics and climate change; and for an inclusive, rules-based order.

In order to assert these interests, we need the clout of a united Europe. That is why we, together with France and the Netherlands, have commenced work on a European strategy for the Indo-

Pacific. The strategy is set to be in place by the end of the year, and the EU foreign ministers will begin consultations this month.

Such a European strategy for the Indo-Pacific must take all three Asias into account. The strategy takes its lead from the Asia of business — the EU and Germany are already well-positioned here. Europe is a key trading, technology and investment partner for many countries of the region. Germany alone now conducts one-fifth of its foreign trade with the countries of the Indo-Pacific, and millions of jobs depend on this.

That is why we need to be even more ambitious when it comes to trade. The EU recently concluded groundbreaking free trade agreements with Japan, Singapore and Vietnam that set environmental and social standards. At the same time, in late 2020, the countries of East and Southeast Asia created the world's largest free trade area, encompassing one-third of the global economy. To my mind, this shows that if we Europeans do not become more proactive, others will write the rulebook of the future. That is why it is time for the EU to swiftly conclude the ongoing negotiations on trade agreements with Australia and New Zealand – and to move forward with negotiations with Indonesia and India.

In so doing, we will also reduce dependencies, which we have experienced most painfully in the coronavirus crisis. Our principle here should be diversification. While it goes without saying that China remains a key economic partner for us, we must not neglect developed economies such as Japan and South Korea or the growth markets of South Asia. This also applies to Southeast Asia – Indonesia is this year's partner country at the Hannover Messe, Germany's largest industrial fair.

Together with its Indo-Pacific partners, Europe can set standards for new technologies, human-centred digitisation and sustainable connectivity. In this endeavour, Europe can draw on its innovative and economic strength as well as its regulatory power. At the EU-India Summit in May, we want to launch a connectivity partnership with India that will further connect India's and Europe's digital economies. Furthermore, we will hold close consultations with the new administration under US President Joe Biden with a view to ensuring fair market access and investment conditions. These steps strengthen an open and interconnected Asia as a motor of the global economy.

Meanwhile, tensions are rising in the Asia of geopolitics. New cold wars or even hot conflicts in the Indo-Pacific would be an economic and political nightmare. Europe must, therefore, take a firmer stand against polarisation and more strongly advocate an inclusive, rules-based Indo-Pacific.

The strategic partnership concluded between the EU and the Association of Southeast Asian Nations (ASEAN) last December connects us with like-minded middle powers. We are underscoring Germany's interest in cooperation, open shipping routes and respect for international law — the sanctions against North Korea are a case in point — by dispatching a German Navy vessel to the region and signing up to the agreement on combating piracy in

Asia. Tomorrow, Federal Defence Minister Annegret Kramp-Karrenbauer and I will, for the first time, hold discussions about challenges facing free trade and security in the region together with our Japanese counterparts.

Containing geopolitical rivalries in Asia is also a precondition for shaping the future with the Asia of global challenges. As the biggest emitters of CO₂, the US, China, India and the EU will only win the fight against climate change together. The Leaders Summit on Climate that will be hosted by the US next week sets the stage for cooperation. Germany and Europe will stand to benefit from this, as we have been investing in renewable energies, climate protection and biodiversity in the Indo-Pacific for many years.

Europe and the countries of the Indo-Pacific need each other also in the fight against the virus. We are committed to multilateral solutions. The EU is by far the biggest supporter of the international vaccine platform COVAX, and India as a leading producer of vaccines is the most important COVAX supplier. We will all benefit from this as, without the worldwide vaccination rollout, mutations will keep on setting us back in the fight against the pandemic.

Last but not least, Europe will continue to stand up for human rights and democracy in the Indo-Pacific. We demonstrated this recently with sanctions against those responsible for human rights violations in Xinjiang — and also against Myanmar's generals, who are taking their country to the brink of civil war. It is clear that all of this comes with a price tag. However, credibility and a commitment to principles remain important guideposts for us in global politics.

The future of Asia is determined by its people. Europe is ready for a new partnership — a partnership founded on seeking dialogue with the open Asia of business, taming geopolitical rivalry in Asia together and coming up with responses to the world of tomorrow with the Asia of global challenges. This must be the objective of European policy — for and with the Indo-Pacific.

Mutated virus far more infectious than original strain

Delhi: Mutated virus far more infectious than original strain, says AIIMS director Randeep (The Times of India: 20210412)

<https://timesofindia.indiatimes.com/city/delhi/mutated-virus-far-more-infectious-than-original-strain-says-guleria/articleshow/82021707.cms>

Multiple variants of SARS-CoV-2, the virus that causes Covid-19, are circulating globally. (Representative pho...Read More

The presence of a mutant variant of SARS-CoV-2, which is more infectious than the original strain, may have aided in the rapid spread of the disease in the capital, AIIMS director Dr Randeep Guleria told TOI on Sunday.

“We have observed that one primary patient (index case) is able to affect more people this time. During the earlier peak, one patient could spread the disease to 30-40% of his or her contacts. This time, it has been observed that 80-90% of people who come in contact with a patient turn positive,” said Guleria, adding that there were multiple instances where the whole family had tested positive for Covid-19.

Coronavirus live updates: Record rise in daily cases in India, active cases surpass 12-lakh mark

India reported a record 1,68,912 Covid-19 infections overnight, data from the health ministry showed today, overtaking Brazil to become the second-most affected country globally by the coronavirus. It is the highest single-day rise so far, taking the total tally of cases to 1,35,27,717. Stay here for all live updates

Coronavirus live updates

Coronavirus live updates: Record rise in daily cases in India, active cases surpass 12-lakh mark (The Times of India: 20210412)

<https://timesofindia.indiatimes.com/india/coronavirus-lockdown-in-india-covid-19-vaccine-cases-live-updates-12-april-2021/liveblog/82023278.cms>

High Court of Gujarat begins hearing on suo motu PIL on the Covid-19 situation in the state. Advocate General Kamal Trivedi says that it has become a fight between the people and Corona; he adds that he urges people to not rush for Remdisivir injection.

We added 5,000 more beds last week and will add more. At present, there are 5,525 beds in Delhi. 190 beds are occupied which amounts to 2%. We have also requested central govt to increase beds to their current tally of 190: Delhi health minister Satyendar Jain

11:15 (IST) Apr 12

Covid vaccine is need of country, everyone has right to safe life: Rahul Gandhi

Batting for coronavirus vaccine for all, Congress leader Rahul Gandhi on Monday said it is the need of the country as everyone has the right to a safe life. He said this as part of "SpeakUpForVaccinesForAll" campaign launched by the party on social media, demanding Covid-19 vaccine for all citizens to protect them from the virus.

One police officer from Mumbai's Vakola Police Station, aged 54, has died after testing positive for Covid-19. He was admitted at BKC jumbo Covid centre for treatment. 101 police personnel have died due to coronavirus so far: Mumbai Police

Cell disease

Adaptive cognitive training program may help children with sickle cell disease for attention, working memory difficulties (New Kerala: 20210412)

<https://www.newkerala.com/news/2021/50800.htm>

Washington, April 11: The findings of a recent study suggest that an adaptive cognitive training program could help treat attention and working memory difficulties in children with sickle cell disease (SCD).

The study was published in the Journal of Pediatric Psychology.

These neurocognitive difficulties have practical implications for the 100,000 individuals in the U.S. with SCD, as 20-40 per cent of youth with SCD repeat a grade in school and fewer than half of adults with SCD are employed.

Interventions to prevent and treat neurocognitive difficulties caused by SCD have the potential to significantly improve academic outcomes, vocational attainment, and quality of life.

The study, led by Steven Hardy, PhD, director of Psychology and Patient Care Services at the Center for Cancer and Blood Disorders at Children's National Hospital, examined a promising approach using an adaptive cognitive training program (known as Cogmed Working Memory Training) that patients complete at home on an iPad.

Using a randomized controlled trial design, children were asked to complete Cogmed training sessions 3 to 5 times per week for about 30 minutes at a time until they completed 25 sessions. The Cogmed program involves game-like working memory exercises that adapt to the user's performance, gradually becoming more challenging over time as performance improves.

The team found that patients with sickle cell disease (SCD) who completed the cognitive training intervention showed significant improvement in visual working memory compared to a waitlist group that used Cogmed after the waiting period. Treatment effects were especially notable for patients who completed a training "dose" of 10 sessions

"Patients who completed at least 10 cognitive training sessions showed improved visual working memory, verbal short-term memory and math fluency," Dr Hardy said.

SCD increases the risk for neurocognitive difficulties because of cerebrovascular complications (such as overt strokes and silent cerebral infarcts) and underlying disease characteristics (such as chronic anaemia). Neurocognitive effects of SCD most commonly involve problems with attention, working memory and other executive functions.

"This study demonstrates that digital working memory training is an effective approach to treating neurocognitive deficits in youth with sickle cell disease," Dr Hardy added.

"We also found that benefits of the training extend to tasks that involve short-term verbal memory and math performance when patients are able to stick with the program and complete at least 10 training sessions. These benefits could have a real impact on daily living, making it easier to remember and follow directions in school and at home, organize tasks or solve math problems that require remembering information for short periods of time."

To date, there have been few efforts to test interventions that address the neurocognitive issues experienced by many individuals with SCD. These findings show that abilities are modifiable and that a non-pharmacological treatment exists.

(ANI/8 hours ago) <https://www.newkerala.com/health-news.php>

Adaptive cognitive training program may help children with sickle cell disease for attention, working memory difficulties

Natural antioxidants

Can natural antioxidants help fight new GI symptoms in Covid patients? (New Kerala: 20210412)

<https://www.newkerala.com/news/2021/50753.htm>

As many Covid-19 patients in the country are experiencing gastrointestinal (GI)-related symptoms in the second wave, which is now more lethal, health experts on Sunday emphasised that consumption of natural antioxidants might help fight the new GI symptoms.

The experts say that natural antioxidant like gamma oryzanol, which is derived from rice bran, has multiple health and GI benefits.

According to Anil Arora, Chairman, Institute of Gastroenterology, Hepatology and Pancreatobiliary Sciences, Sir Ganga Ram Hospital, New Delhi, supplementing a nutritious diet with gamma oryzanol may improve gastritis symptoms.

"Doing modification in diet and taking natural antioxidants act as scavenging agents and control the cell damage can improve GI health and might help fight new GI-related Covid-19 symptoms," Arora told IANS.

The results of several clinical trials suggest that gamma oryzanol supplementation can help people manage and control many gastrointestinal complaints.

According to the experts, the outbreaks of viruses with widespread and mortality in the world population have motivated the research for new approaches.

While talking to IANS, Arora mentioned that even patients who are recovering from Covid-19 are experiencing massive gastrointestinal bleeding, which is due to clotting in the vessels that might lead to ulceration and necrosis and GI bleeding.

It is seen that Covid-19 patients in the second wave are experiencing new symptoms, such as joint pain, body ache, abdominal pain, vomiting, diarrhoea, ulceration in the stomach, etc, are among the new symptoms.

The health experts also found the absence of cough and fever and yet people being tested Covid positive.

They also warned that as many details about the SARS-CoV-2 virus are still not known, it is important to maintain a healthy diet by taking natural antioxidants to keep our other organs healthy such as the liver -- as it plays an important role in keeping us healthy.

"Gamma oryzanol improves liver functioning and remarkably exerts anti-oxidative, anti-inflammatory and anti-apoptotic roles in the liver as an important detoxifying organ," Namita Nadar, Head of Department, Department of Nutrition and Dietetics, Fortis Hospital Noida, told IANS.

"One of the most important benefits of gamma oryzanol is that it has a protective effect on the liver. It can be taken as a food supplement for taking care of your liver," Nadar added.

Covid-19 pandemic in India registered another alarming trajectory on Sunday with over 11.08 lakh active caseload reported in the last 24 hours--the highest ever in the last seven months.

Only seven days are short in completion of seven months from September 18 last year when the highest ever 10,17,754 active Covid-19 cases were registered in India. Now, the active caseload registered till 7 am on Sunday is 11,08,087.

India's total active caseload now comprises 8.29 per cent of the country's total positive cases - a net increase of 61,456 cases.

The five states of Maharashtra, Chhattisgarh, Karnataka, Uttar Pradesh and Kerala cumulatively account for 70.82 per cent of India's total active cases.

Coronary disease

Women at higher risk of coronary disease due to psychosocial stress(New Kerala: 20210412)

<https://www.newkerala.com/news/2021/50744.htm>

Washington, April 11: The findings of a new study suggest that psychosocial stress, typically resulting from difficulty coping with challenging environments, may work synergistically to put women at significantly higher risk of developing coronary heart disease.

The study led by researchers at Drexel University's Dornsife School of Public Health was recently published in the Journal of the American Heart Association.

The study specifically suggested that the effects of job strain and social strain -- the negative aspect of social relationships -- on women is a powerful one-two punch.

Together they are associated with a 21 per cent higher risk of developing coronary heart disease. Job strain occurs when a woman has inadequate power in the workplace to respond to the job's demands and expectations.

The study also found that high-stress life events, such as a spouse's death, divorce/separation or physical or verbal abuse, as well as social strain, were each independently linked with a 12 per cent and 9 per cent higher risk of coronary heart disease, respectively.

The Drexel study used data from a nationally representative sample of 80,825 postmenopausal women from the Women's Health Initiative Observational Study, which tracked participants from 1991 to 2015, to find better methods of preventing cancer, heart disease and osteoporosis in women.

In the current follow-up study, Drexel researchers evaluated the effect of psychosocial stress from job strain, stressful life events and social strain (through a survey), and associations among these forms of stress, on coronary heart disease.

Nearly 5 per cent of the women developed coronary heart disease during the 14-year, seven-month study. Adjusting for age, time at a job, and socioeconomic characteristics, high-stress life events were associated with a 12 per cent increased coronary heart disease risk, and the high social strain was associated with a 9 per cent increased risk of coronary heart disease. Work strain was not independently associated with coronary heart disease.

Coronary heart disease, the leading cause of death in the United States, occurs with the heart's arteries become narrow and cannot bring sufficient oxygenated blood to the heart. The latest work builds on earlier studies linking psychosocial stress to coronary heart disease by finding out how job strain and social strain work together to compound disease risk.

"The COVID-19 pandemic has highlighted ongoing stresses for women in balancing paid work and social stressors. We know from other studies that work strain may play a role in developing CHD, but now we can better pinpoint the combined impact of stress at work and at home on these poor health outcomes," said senior author Yvonne Michael, ScD, SM, an associate professor in the Dornsife School of Public Health.

Michael added, "My hope is that these findings are a call for better methods of monitoring stress in the workplace and remind us of the dual-burden working women face as a result of their unpaid work as caregivers at home."

The study's authors said that future studies should look at the effects of shift work on coronary heart disease and explore the effects of job demands according to gender.

"Our findings are a critical reminder to women, and those who care about them, that the threat of stress to human health should not go ignored," said lead author Conglong Wang, PhD, a recent Dornsife graduate who conducted the research while at Drexel.

"This is particularly pertinent during the stressors caused by a pandemic," Wang added.

Postpartum depression

Study finds increased risk of postpartum depression in women exposed to harmful chemicals in plastic (New Kerala: 20210412)

<https://www.newkerala.com/news/2021/50743.htm>

A novel study has found that there is a higher risk of experiencing postpartum depression by women who are exposed to endocrine-disrupting chemicals commonly found in plastics, during pregnancy.

The findings of the study were published in the Endocrine Society's Journal of Clinical Endocrinology and Metabolism.

The study also found that these harmful chemicals may influence hormonal shifts during pregnancy.

Postpartum depression is a serious and common psychiatric disorder that affects up to 1 in 5 childbearing women. The cause of postpartum depression is not well understood, but hormonal changes during pregnancy have been found to be an important factor.

Harmful chemicals such as bisphenols and phthalates that are found in plastics and personal care products are known to affect sex hormones.

"We found that phthalate exposure was associated with lower progesterone levels during pregnancy and a greater likelihood of developing postpartum depression," said study author Melanie Jacobson, Ph.D., M.P.H. of the NYU Langone Medical Center in New York, N.Y.

Jacobson added, "This research is important because phthalates are so prevalent in the environment that they are detectable in nearly all pregnant women in the United States. If these chemicals can affect prenatal hormone levels and subsequently postpartum depression, reducing exposure to these types of chemicals could be a plausible avenue for preventing postpartum depression."

The researchers measured the levels of bisphenols and phthalates in urine samples and sex hormones in blood samples from 139 pregnant women. They assessed these women at four months postpartum using the Edinburgh Postnatal Depression Scale (EPDS) and found women with higher levels of phthalates in their urine were more likely to develop postpartum depression.

The women also had lower levels of progesterone, a hormone that plays an important role in the menstrual cycle, in maintaining the early stages of pregnancy and in modulating mood.

"These results need to be interpreted with caution as this is the first study to examine these chemicals in relation to postpartum depression and our sample size was small," Jacobson concluded. (ANI/10 hours ago) <https://www.newkerala.com/health-news.php>

Herd Immunity (Hindustan: 20210412)

https://epaper.livehindustan.com/imageview_758449_57334122_4_1_12-04-2021_2_i_1_sf.html

ऐसे तो हर्ड इम्युनिटी हासिल करने में साढ़े चार साल लगेगे

चिंताजनक

खुशक रोजाना) को देखते हुए हर्ड इम्युनिटी हासिल करने में 4.6 साल लगने का अनुमान जताया गया है। विशेषज्ञों के मुताबिक कई शक्तिशाली देशों में टीके की आपूर्ति अभी शुरू ही नहीं हो सकी है। ऐसे में कम आय और संसाधनों वाले इन मुल्कों में इस साल 80 फीसदी आबादी को वैक्सीन की एक भी खुरक नहीं मसीब हो सकती। उन्होंने कहा कि टीके के विकास के लिए बड़े पैमाने पर निवेश किया जाना सहायनीय है, लेकिन दुनिया महाभारत से निजात पाने की दिशा में अब भी कानि पीछे है। वैश्विक आपूर्ति रणनीति का अभाव इसकी मुख्य वजह है।

67 लाख टीके औरलन विषय में रोजाना लग रहे मौजूदा समय में

टीकाकरण की धीमी रफ्तार

194 टीकाकरण शुरू कर चुके हैं, जबकि 26 मुल्कों में इसका आगमन नहीं

07 देशों को वैक्सीन की आपूर्ति की जा चुकी है तो पांच अन्य में अगले कुछ दिनों में पहुंच जाएंगे टीके

'कोवैक्स' को मदद की दरकार

64 अरब डॉलर (लगभग 450 अरब रुपये) रुपये की अधिक मदद जुटा चुका है कोवैक्स फिंताहाल

02 अरब डॉलर (करीब 150 अरब रुपये) और वहिष उसे 2021 में निर्धारित तथ्य की प्राप्ति के लिए

20% आबादी के (सुदूर देशों को) टीकाकरण का तथ्य तथ्य किछ है कोवैक्स ने इस वर्ष के लिए

अमीर देशों से मदद से फायदा

केरलीन हासिल करने को अमीर देशों में नवी होइ से वैश्विक समुदाय में रचना गया कि हर मुल्क अपनी आबादी के टीकाकरण के लिए खुद जिम्मेदार होगा। हालांकि, टीकों को लेकर ऐसा शक्यता अदृश्यता की देन है, जिसके बेहद घातक नतीजे सामने आ सकते हैं।

राष्ट्रीय सुरक्षा जितना अहम है यह मुद्य

मरीब मुल्कों की मदद से फायदा

फिंतेर में राह है कि वैश्विक टीकाकरण में सहयोग देने में अमीर देशों का भी हिंता छिपा हुआ है। दरअसल, सुनंद देशों में हर्ड इम्युनिटी पैदा होने और कई मुल्कों में महाभारत का प्रकोप जारी रहने से बाहरस को ज्यादा घातक रूप अडिग्यार करने का मौका मिलेगा।

फिंतेर में टीकाकरण के मुद्दे को राष्ट्रीय सुरक्षा जितना अहम बताया गया है। विशेषज्ञों के अनुसार वैक्सीन कितनी/आपूर्ति में मरीब देशों की मदद करना न सिर्फ अमीर मुल्कों की नैतिक जिम्मेदारी बनती है, बल्कि यह उन्हें सुरक्षा भी देगी।

दवाओं को लेकर सोच बदलनी होगी

विशेषज्ञों ने जीवनरक्षक दवाओं और टीकों को लेकर वैश्विक समुदाय की सोच में बदलाव लाने की सलाह दी है। उनकी मान्यता है कि जीवनरक्षक दवाओं और टीकों को बाजार को गति देने वाले उत्पादों के बजाय खर्चनीयक पस्तु के रूप में देखा जाना चाहिए।

महाभारती से निपटने के लिए वैश्विक प्रयासों की जरूरत है। हममें से कोई भी तब तक सुरक्षित नहीं होगा, जब तक सभी वायरस से खतरे से महफूज नहीं हो जाते। -उर्सला वॉन डेर, अरुध, यूरोपीय आयोग

वैक्सीन की पहुंच

● ऑस्ट्रेराली-पट्ट (जेनेका)	100
● एडजुवन्ट-वायोएन्टेक	77
● गैडरॉन	35
● साइनोफार्म	28
● खुलुनक थी	20
● साइनोवैक	17
● जानरान	02
● एपिटेक कोरोना	01
● कोवैसीन (भारत बायोटेक)	01

टीका कितने देशों में इस्तेमाल

(Hindustan: 20210412)

https://epaper.livehindustan.com/imageview_758449_57333168_4_1_12-04-2021_2_i_1_sf.html

संक्रमण 1.70 लाख की संख्या पर पहुंचकर घटेगा

आईआईटी का दावा

नई दिल्ली | विशेष संवाददाता

देश में कोरोना से दैनिक संक्रमण के मामले 1.52 लाख तक पहुंच चुके हैं। नए संक्रमण को लेकर लोगों में भय की स्थिति है। आईआईटी कानपुर ने संभावित संक्रमण को लेकर की गई मॉडलिंग में दावा किया है कि दूसरी लहर में दैनिक संक्रमण 1.70 लाख तक पहुंचकर घटने शुरू हो जाएंगे।

20 से 25 अप्रैल के बीच चरम पर होगा संक्रमण : आईआईआईटी कानपुर के प्रोफेसर मनिंदर अग्रवाल ने

रोकथाम के लिए लॉकडाउन एकमात्र विकल्प नहीं

नई दिल्ली। कोरोना की रोकथाम के लिए लॉकडाउन ही एकमात्र विकल्प नहीं है। कोविड प्रोटोकॉल के अनुरूप व्यवहार अपनाकर वायरस और उसके नए स्वरूप को फैलने से बहुत हद तक रोका जा सकता है। डब्ल्यूएचओ में दक्षिण-पूर्वी एशिया की क्षेत्रीय निदेशक डॉ. पुनम खेत्रपाल सिंह ने रविवार को दिए एक साक्षात्कार में यह बात कही। खेत्रपाल के मुताबिक कोरोना के कहर पर काबू पाने के लिए लॉकडाउन लगाना जरूरी नहीं है। कोविड उचित व्यवहार के अलावा जांच की गति बढ़ाना, संक्रमितों के संपर्क में आए लोगों की पहचान करना बेहद अहम है।

'हिन्दुस्तान' से कहा कि हमारे मॉडल बता रहे हैं कि 20-25 अप्रैल के बीच देश में कोरोना के मामले चरम पर पहुंचे जाएंगे।

रोजाना कोरोना के संक्रमण अधिकतम 1.70 लाख के करीब तक

पहुंचने का अनुमान है तथा इसके बाद गिरावट का दौर शुरू हो जाएगा। उन्होंने कहा कि इस बार कोरोना के संक्रमण की दर बेहद तेज है। इसकी वजह क्या है, यह तो चिकित्सा विशेषज्ञ बताएंगे। लेकिन पिछली बार संक्रमण

की तीव्रता 0.15 थी जो इस बार बढ़कर 0.4 हो गई है। तीव्रता दोगुना से भी ज्यादा तेज है।

एक संक्रमित एक दिन में 0.4 व्यक्तियों को संक्रमित कर रहा : प्रोफेसर मनिंदर अग्रवाल ने कहा कि इसे ऐसे समझ सकते हैं कि एक कोरोना से संक्रमित व्यक्ति अभी एक दिन में 0.4 व्यक्तियों को संक्रमित कर रहा है। या करीब ढाई दिन में एक व्यक्ति को संक्रमित कर रहा है।

जबकि पिछले साल एक कोरोना संक्रमित 0.15 व्यक्तियों को रोजाना संक्रमित कर रहा था। यानी एक संक्रमित सात दिन में एक व्यक्ति को संक्रमित कर रहा था।

https://epaper.livehindustan.com/imageview_758450_57308234_4_1_12-04-2021_3_i_1_sf.html

केंद्र ने रेमडेसिविर इंजेक्शन के निर्यात पर प्रतिबंध लगाया

सतर्कता

नई दिल्ली | विशेष संवाददाता

केंद्र ने कोरोना के उपचार में इस्तेमाल होने वाली दवा रेमडेसिविर के निर्यात पर रोक लगा दी है। स्वास्थ्य मंत्रालय ने कहा कि जब तक स्थिति में सुधार नहीं हो जाता है तब तक यह रोक रहेगी।

रेमडेसिविर इंजेक्शन के रूप में ली जाने वाली एंटी वायरल दवा है। रोक

इंजेक्शन के साथ-साथ इसके एपीआई पर भी लगाई गई है। एपीआई वह सामग्री है जिससे दवा तैयार की जाती है। देश के कई हिस्सों से रेमडेसिविर इंजेक्शन नहीं मिलने की सूचना आ रही है। इसे देखते हुए सरकार ने दवा निरीक्षकों से रेमडेसिविर के स्टॉक की जांच करने तथा कालाबाजारी रोकने का निर्देश दिया है। उत्पादन बढ़ाने को भी कहा है। लोगों को इसका अनावश्यक इस्तेमाल से बचने की सलाह दी गई है।

Vaccine (Hindustan: 20210412)

https://epaper.livehindustan.com/imageview_758451_57306540_4_1_12-04-2021_4_i_1_sf.html

वैक्सीन का राष्ट्रीयकरण किया जाए : राघव चड्ढा

नई दिल्ली | वरिष्ठ संवाददाता

आम आदमी पार्टी के विधायक राघव चड्ढा ने प्रधानमंत्री नरेंद्र मोदी को पत्र लिखा है। पत्र में राघव चड्ढा ने मांग की है कि कोरोना के टीके का राष्ट्रीयकरण किया जाए।

राघव ने कहा कि युवा भारत के प्रतिनिधि और राष्ट्रीय राजधानी क्षेत्र दिल्ली के निर्वाचित विधायक के नाते मैं, कोरोना वैक्सीन के गंभीर विषय पर आपको यह पत्र लिख रहा हूं। भारत सरकार वैक्सीन उपलब्ध कराने के मामले में अपने देश के नागरिकों को

प्राथमिकता देने की बजाय अंतर्राष्ट्रीय समुदाय को प्राथमिकता दे रही है। भारत सरकार 84 देशों को 64 मिलियन से अधिक कोरोना वैक्सीन निर्यात कर कूटनीतिक रिश्ते निभा रही है।

हमारा देश कोरोना वैक्सीन की भारी किल्लत का सामना कर रहा है। राघव ने कहा कि मैं भारत सरकार से अनुरोध करता हूं कि वैक्सीन का राष्ट्रीयकरण किया जाए और अंतर्राष्ट्रीय प्रसिद्ध प्राप्त करने से पहले, भारत में रहने वाले 135 करोड़ लोगों के टीकाकरण को प्राथमिकता दी जाए।

आमने-

Vaccination (Hindustan: 20210412)

https://epaper.livehindustan.com/imageview_758451_57307494_4_1_12-04-2021_4_i_1_sf.html

राजधानी में एक लाख से ज्यादा लोगों का टीकाकरण

नई दिल्ली | वरिष्ठ संवाददाता

राजधानी में कोरोना के मामलों के साथ टीकाकरण की गति भी तेज हो गई है। दिल्ली में शनिवार देर रात तक 24 घंटे में 1,04,862 लोगों को कोरोना की वैक्सीन लगाई गई। इनमें 91099 लोगों को कोरोना की पहली और 13763 लोगों को कोरोना की दूसरी डोज लगाई जा चुकी है।

दिल्ली में अभी तक 2070868 लोगों को कोरोना की वैक्सीन लगाई जा चुकी है। इनमें से 1712109 लोगों को कोरोना की पहली और 358759 लोगों

को कोरोना की दूसरी डोज लग चुकी है। स्वास्थ्य विभाग के अनुसार दिल्ली में 24 घंटे शुरू हुए वैक्सीनेशन के साथ टीकाकरण में तेजी आई है।

उत्तरी निगम ने एक लाख टीके लगाए : उत्तरी दिल्ली नगर निगम के महापौर जय प्रकाश ने कहा है कि निगम ने रविवार को अपने

वायरस

स्वास्थ्य संस्थानों में एक लाख टीका लगाने का लक्ष्य हासिल किया है। निगमायुक्त संजय गोयल ने बताया कि निगम के 51 टीका केंद्रों में दोपहर तक 101606 टीके लगाए जा चुके थे।