



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Tuesday 20210706

## New Cases

**India sees around 35,000 new Covid cases, lowest in 111 days 553 more deaths reported, lowest in 91 days(The Tribune: 20210706)**

<https://www.tribuneindia.com/news/nation/india-sees-around-35-000-new-covid-cases-lowest-in-111-days-279037>

India saw a single-day rise of 34,703 coronavirus infections, the lowest in 111 days, taking the total tally of Covid cases to 3,06,19,932, according to the Union Health Ministry data updated on Tuesday.

The death toll climbed to 4,03,281 with 553 more fatalities, the lowest in 91 days.

The active cases have declined to 4,64,357, the lowest in 101 days, and comprise 1.52 per cent of the total infections.

The national Covid recovery rate has improved to 97.17 per cent, the data updated at 8 am showed.

A net decline of 17,714 cases has been recorded in the active Covid caseload in a span of 24 hours.

Also, 16,47,424 tests were conducted on Monday taking the total cumulative tests conducted so far for detection of Covid in the country to 42,14,24,881, while the daily positivity rate was recorded at 2.11 per cent.

It has been less than three per cent for 15 consecutive days, the ministry said, adding that the weekly positivity rate has declined to 2.4 per cent, according to the ministry.

Recoveries continue to outnumber daily new cases for the 54th consecutive day.

The number of people who have recuperated from the disease surged to 2,97,52,294, while the case fatality rate stands at 1.32 per cent, the data stated. Cumulative vaccine doses administered so far have reached 35.75 crore under the Nationwide Vaccination Drive.

The 553 new fatalities include 106 from Maharashtra, 102 from Kerala and 67 from Karnataka.

A total of 4,03,281 deaths have been reported so far in the country, including 1,23,136 from Maharashtra, 35,434 from Karnataka, 33,059 from Tamil Nadu, 24,997 from Delhi, 22,646 from Uttar Pradesh, 17,817 from West Bengal and 16,122 from Punjab. PTI

## **2nd wave nearly controlled**

### **2nd wave nearly controlled, prepare for third, says Soni (The Tribune: 20210706)**

<https://www.tribuneindia.com/news/amritsar/2nd-wave-nearly-controlled-prepare-for-third-says-soni-278999>

After a meeting held to review the Covid-19 management programme, Medical Education and Research Minister Om Parkash Soni claimed that the second wave of the infections in the state has been controlled. To establish his point, he said at present only 64 patients are admitted to three government medical colleges across the state.

At the same time, Soni asked officials to gear up for the anticipated third wave of infections. “We had started preparations for the third wave long ago. We pray that the situation does not arise but in case it happens, we should be ready,” he said.

The minister said so far 79,28,426 persons have been tested in the state for Covid-19 of which 3,34,065 tested positive and 5,322 lost their lives due to the disease. Talking about the district, he said 6.02 lakh people have been vaccinated so far. “The days of initial hesitation are over and now residents are coming forward to get the injection. It is a good sign,” he said, adding that the state is still not getting sufficient number of vaccines from the Centre.

“The quota given to us every week is exhausted in four days only,” he said.

Soni said the upcoming cancer institute at GMC would be a boon for residents of Punjab and nearby states. “At present, they have to go to PGI. With an institute opening here shortly, people will be benefited,” he said, adding that the Rs120-crore project is near completion.

The meeting was also attended by Deputy Commissioner Gurpreet Singh Khaira, Commissioner of Police Sukhchain Singh Gill, Commissioner MC Malwinder Singh, Principal Government Medical College Dr Rajiv Devgan and Civil Surgeon Dr Charanjit Singh.

No death, nine test positive in Amritsar district

Amritsar: The district Health Department has reported nine positive cases in the last 24 hours, with which the total count has increased to 46,829. The district reported no death due to the virus on Monday. The new cases include five influenza-like illness cases and four contacts of positive patients. Meanwhile, with the recovery of 30 patients, the total recovery count has increased to 45,062. The district at present has a total of 197 active cases. TNS

Tarn Taran reports no death, 3 test +ve

The district reported no death due to Covid on Monday though three persons tested positive. The toll remains at 366 and there are 56 positive cases so far of which 29 have been isolated at their respective homes. The Health Department teams collected 967 samples to be tested for Covid infection from different places on Monday. Deputy Commissioner Kulwant Singh said 624 citizens were vaccinated against the pandemic on Monday with which total number of vaccinated persons has reached 2,16,816 so far. OC

## **Vaccine roadblock**

### **EU should not overlook approvals granted by WHO (The Tribune: 20210706)**

<https://www.tribuneindia.com/news/editorials/vaccine-roadblock-278809>

The EU's pick-and-choose approach will not only worsen vaccine inequity but also undermine the UN body's authority. Photo for representation only

The Covid-19 Vaccines Global Access (COVAX), an international initiative aimed at equitable access to vaccines, was launched in April 2020, a few months after the outbreak of the pandemic. Among its co-founders is the World Health Organisation (WHO), the UN agency responsible for public health across the globe. COVAX has been working with governments and manufacturers for the past over a year to ensure that the vaccines are available worldwide to rich as well as poor countries. However, the situation on the ground is far from encouraging. As per a UN report, there is a huge disparity between the vaccination rates of various countries, mainly due to supply gaps. Some nations have inoculated over 60 per cent of their population, while at the other extreme are those which have covered not even 1 per cent of their citizens.

Even as travel and trade restrictions are being eased or lifted in many parts of the world, the reluctance of several European Union (EU) nations to accept Covishield-vaccinated travellers for unrestricted movement across the region has struck a discordant note. This obstacle has prompted COVAX to urge all regional, national and local government authorities to recognise as fully vaccinated all people who have received Covid-19 vaccines that have been deemed safe and effective by the WHO and/or the 11 Stringent Regulatory Authorities (SRAs), 'when making decisions on who is able to travel or attend events'.

The WHO emergency use listing includes Covishield, the main vaccine used in India ever since the inoculation programme began in mid-January, but it is not among the vaccines authorised by EU. The decision of the WHO and the SRAs on vaccine approvals should have worldwide acceptance, overriding the preferences of individual nations/blocs. The EU's pick-and-choose approach will not only worsen vaccine inequity but also undermine the UN body's authority. Consequently, such a parochial attitude will hamper efforts to reboot the global economy. The WHO chief has rightly said that until we end the pandemic everywhere, we will not end it anywhere. The EU, which includes some of the world's most affluent nations, should do course correction in the best interests of humankind.

## **Poverty challenge**

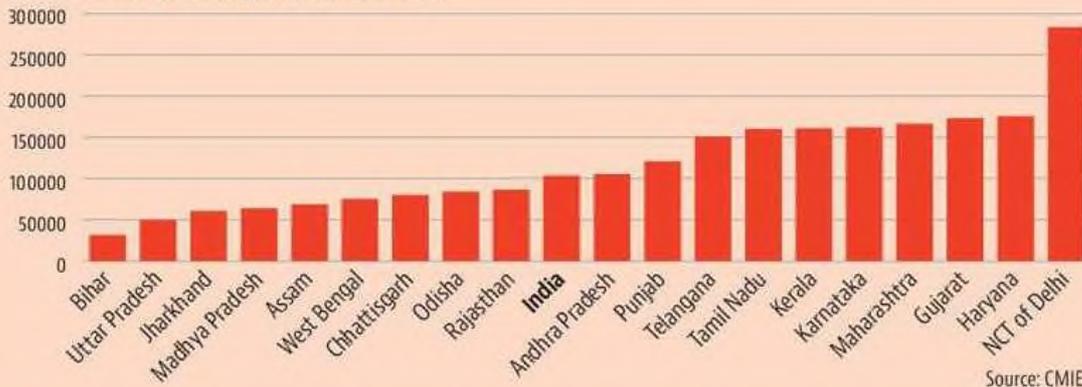
### **Return of India's poverty challenge (Hindustan Times: 20210706)**

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

# 1 Regional inequalities have worsened during the post-reform period

The Gross State Domestic Product (GSDP) of Bihar was almost the same as that of Gujarat in 1990-91. By 2018-19, the latest period for which we have Gujarat data, the state's GDP was two times the combined GSDP of Bihar and Jharkhand. This trend holds even when a larger comparison of India's southern and western states' GSDP is made with the traditional laggard states, often dubbed together as BIMARU (Bihar, Madhya Pradesh, Rajasthan and Uttar Pradesh). The increasing divergence in GSDP has translated itself into diverging living standards as well. Per capita GSDP estimates capture this inequality well. Per capita GSDP of industrialised states such as Gujarat or Tamil Nadu is three to five times more than that of laggards such as Uttar Pradesh and Bihar.

## GSDP per capita (2018-19)

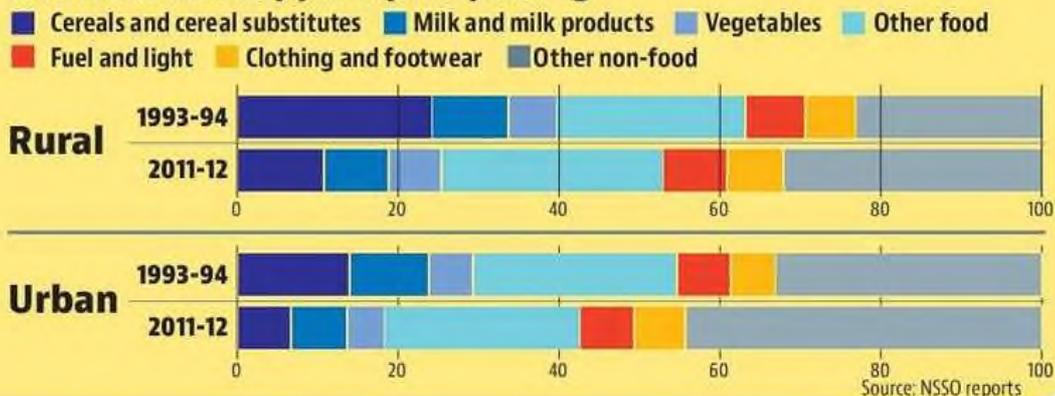


Source: CMIE

# 2 Growing demands on the budgets of the poor

What the per capita GSDP type numbers do not capture well is the aspiration-driven sense of deprivation in the economy today. Thanks to the removal of restrictions on private production and consumption in the post-reform period, there are no limits to private consumption today. This was not the case before 1991. For example, foreign exchange restrictions put a limit on the number of foreign holidays even a rich family could take. Similarly, there was only a limited pool to choose from when it came to buying vehicles. None of that holds today. The 'have-nots' increasingly aspire to consume like the 'haves', thanks to what is termed as demonstration effect by economists. To be sure, liberalisation also has ushered in some sort of equality. Only a handful of Indians had telephones at the beginning of the 1990s. Today, even smartphones are hardly a preserve of the rich. While the rich spend more on procuring better gadgets, there is no class divide in the quality of service being provided. This also means that the budgetary burden could be disproportionately higher on the poor at times. Extra consumption of mobile data for home-based learning (more so when there is more than one child) is a good example of this. Official statistics of household expenditure, which are now a decade old, might not capture these realities and their implications for the poor. While the basic challenge of food, shelter and clothing still remain important for a lot of Indians, the ability or the lack of it, to partake in what can be referred to as the "aspiration economy" is bound to be an important driver of both consumer and political psychology going forward.

## % share in monthly per capita spending



Source: NSSO reports

# 3 Has India seen retrogression on poverty front?

The first warning bell on this count came much before the Covid-19 pandemic. In November 2019, findings of the 2017-18 Consumption Expenditure Survey (CES), the first large sample round after 2011-12, were leaked in the media. Because official statistical agencies in India do not publish income data, CES is the basis of ascertaining poverty and inequality levels. The leaked findings suggested that average monthly per capita consumption expenditure (MPCE) levels had fallen between 2011-12 and 2017-18 in real terms, something which had never happened in four decades. The government scrapped the report citing data quality issues, also a first in the country's history. A reduction in MPCE levels entailed a rise in poverty levels. The subsequent slowdown in the economy — GDP growth went down from 8.3% in 2016-17 to 4% in 2019-20 — even before the pandemic hit is bound to have made matters worse. A report released by the Azim Premji University has



# 30 years of reforms

---

---

This is the second of a four-part data journalism series on three decades of economic reforms. The first part (scan the QR code) looked at growth performance in the reform period. The third part will look at the Indian economy's relationship with the world economy.

**By Roshan Kishore**

When Narendra Modi guided the Bharatiya Janata Party (BJP) to a parliamentary majority in 2014 – the first time a party received a majority in the Lok Sabha in 30 years – the word aspirations entered the political economy lexicon with a bang. The larger idea was simple. The first two decades of economic reforms delivered gains in terms of poverty reduction front. But the fruits of economic reforms had not been shared equally across class and region. The new regime believed that the time was ripe to improve living standards with a two pronged policy approach: higher growth and enhanced welfare enhancements. The idea could have worked had the first part of the plan not failed. A pre-Covid slowdown followed by the pandemic's economic shock is likely to have derailed even the gains on poverty front and triggered a sharp increase in inequality. Business as usual is not an option anymore. Here are four charts which explain this.

**Delta Variation (The Asian Age: 20210706)**

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15692230>

# Delta variant 8 times less sensitive to vaccine antibodies, says study

**New Delhi, July 5:** The Delta variant of coronavirus is eight times less sensitive to antibodies generated by vaccines as compared to the original strain that came from China's Wuhan, according to a new study.

The study, which was conducted on more than 100 healthcare workers (HCWs) at three centres in India, including Sir Ganga Ram Hospital (SGRH) here, found that the B.1.617.2 Delta variant not only dominated vaccine-breakthrough infections with higher respiratory viral loads compared to non-Delta infections (CT value of 16.5 versus 19), but also generated greater transmission among the fully vaccinated HCWs.

The collaborative study, "Sars-Cov-2 B.1.617.2 Delta Variant Emergence and Vaccine Breakthrough: Collaborative Study," from India with scientists from



People, flouting Covid-19 appropriate behaviour, visit a crowded Sarojini Market area in New Delhi on Monday during the ongoing coronavirus pandemic. — PTI

Cambridge Institute of Therapeutic Immunology and Infectious Disease is yet to be peer-reviewed.

It revealed that in vitro, the Delta variant is approximately eight-fold less sensitive to vaccine elicited antibodies compared to Wuhan-1.

"Across all scenarios

considered, our results suggest the Delta variant is both more transmissible and better able to evade prior immunity elicited by the previous infection compared to previously circulating lineages," the findings of the study read.

Dr Chand Wattal, the

chairperson of the Institute of Clinical Microbiology and Immunology at SGRH, said, "From this study, it appears that we have miles to go before we sleep in case of Covid-19 pandemics. These mutations are bound to happen if we lower our guard and allow ourselves to fall prey to this virus, giving it an opportunity to multiply."

"This is a straight eye-opener to the fully vaccinated people that you cannot lower your guard in the name of vaccination. The virus is on the prowl, still looking for its prey. This mutant has come back with enhanced spike proteins for attachment to the lung epithelial cells, which have provided it with a much higher capacity to infect many more people than the Wuhan strain," he said.

— PTI

**CoWin (The Asian Age: 20210706)**

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15692462>

# PM: India to make CoWIN available to all countries

*Less than 40K new cases of Covid were reported in last 24 hours*

VINEETA PANDEY  
NEW DELHI, JULY 5

Less than 40,000 daily new cases of Covid-19 were reported in the last 24 hours in India while the fatalities due to the virus came down to 723. This is the eighth consecutive day when less than 50,000 daily cases have been reported.

India's active caseload now constitutes 1.58 per cent of the total cases and daily positivity rate has come down to 2.61 per cent.

The Union health ministry said the country's Covid-19 vaccination coverage has exceeded 35.28 crore.

Meanwhile, on Monday, India offered its CoWin platform for online registration of vaccination and certification to the world "as a digital public good to combat Covid-19."

Addressing the CoWin Global Conclave, Prime Minister Narendra Modi said the CoWin platform is being made an open source and "will be available to any and all countries." He said with nearly 200 million users, the 'Aarogya Setu' app is a readily available package for the developers.

"There is no parallel to such a pandemic in a hun-



Police personnel detain a BJP activist during a protest over alleged fake vaccination in Kolkata on Monday.

— PritamBandyopadhyay

dred years. Experience shows that no nation, however powerful that nation is, can solve a challenge like this in isolation. We have to work together and move ahead together. Guided by the approach of 'One Earth, One Health,' humanity will certainly overcome this pandemic," the PM said.

He added that India adopted a completely digital approach while planning its vaccination strategy.

"Secure and trustworthy proof helps people to establish when, where, and by whom they have been vaccinated. Digital approach also helps in tracking the usage of vac-

cination and minimises the wastage," he said.

Sources said the CoWin Global Conclave was organised to share the success story of the CoWin digital platform, which forms the technological backbone of India's Covid-19 vaccination drive.

The ministry of external affairs (MEA) made arrangements for international participation at the conclave, in which over 140 countries participated. Close to 400 delegates from these countries, besides representatives from European Commission and UN offices in India, participated.

## Bihar govt eases curbs; colleges, gyms to reopen

Patna, July 5: The Nitish Kumar government in Bihar on Monday allowed reopening of colleges, universities and senior sections in schools, besides easing several other curbs that are in place as part of the Covid-induced lockdown clamped on the state two months ago.

The announcement to the effect was made by the chief minister on his Twitter handle

after he chaired a meeting of the high-powered crisis management group which reviewed the Covid situation in the state.

According to detailed guidelines issued by the home department later, the next phase of unlock will begin from Wednesday, July 7, and remain in force for a month. During the period, lessons will be imparted in schools for students of classes XI and XII with not more than 50 per cent attendance and the same will be applicable to colleges, universities and technical institutes.

— PTI

## **Coronavirus live updates**

### **Coronavirus live updates | After topping list of active cases for two months, Bengaluru Urban falls to second place (The Hindu: 20210706)**

<https://www.thehindu.com/news/national/coronavirus-live-july-6-2021-updates/article35161154.ece>

From June 21 to 30, 5.57 million daily doses were administered on average. However, to vaccinate all adults by December 31, 8.39 million doses need to be administered daily on average from now on.

After the introduction of the new COVID-19 vaccine policy, the inoculation rate has increased significantly in India. From June 21 to 30, 5.57 million doses were administered every day on average, the highest for any 10-day period since the vaccination drive started.

## **Vaccination**

### **Vaccination in 11 educational institutions in Mangaluru and Puttur(The Hindu: 20210706)**

<https://www.thehindu.com/news/national/karnataka/vaccination-in-11-educational-institutions-in-mangaluru-and-puttur/article35159913.ece>

On the eight day of the drive to vaccinate students and staff at educational institutions, vaccination will be held in 11 colleges in Mangaluru and Puttur

## **COVID-19 vaccination rate**

### **Data | COVID-19 vaccination rate hits record pace in last 10 days of June (The Hindu: 20210706)**

<https://www.thehindu.com/data/data-covid-19-vaccination-rate-hits-record-pace-in-last-10-days-of-june/article35156740.ece>

To vaccinate all adults by December 31, 8.39 million doses need to be administered daily on average

After the introduction of the new COVID-19 vaccine policy, the inoculation rate has increased significantly in India. From June 21 to 30, 5.57 million doses were

## **AstraZeneca doses sees highest antibody boost: Oxford study**

### **AstraZeneca doses sees highest antibody boost: Oxford study (The Hindu: 20210706)**

<https://www.thehindu.com/sci-tech/health/ten-month-gap-between-astrazeneca-doses-sees-highest-antibody-boost-oxford-study/article35019890.ece>

Ten month gap between AstraZeneca doses sees highest antibody boost: Oxford study

Study also reported reduced common adverse events after the second dose

Two doses of the AstraZeneca vaccine administered 44-45 weeks apart generated nearly four times the level of antibodies than when the doses were given 8-12 weeks apart, says a report by the Oxford Vaccine Group, the

## **Basic skincare guide for diabetics**

### **Basic skincare guide for diabetics (The Indian Express: 20210706)**

<https://indianexpress.com/article/lifestyle/life-style/basic-skincare-guide-for-diabetics-7059444/>

Over 75 per cent of people around the world suffer from type 2 diabetes-related skin problems. Diabetes can cause new skin problems and worsen the old ones, said Dr Rinky Kapoor, consultant dermatologist, The Esthetic Clinics

diabetes and skincare, indianexpressSkincare is essential when you have conditions like diabetes. (Source: Getty Images/Thinkstock)

Diabetes is no longer a disease of the select few, it has now become a mainstream lifestyle disease that has affected millions (men, women and children) around the world. The imbalanced sugar levels in the blood can adversely affect many organs of the body, including the skin. Most people with diabetes or pre-diabetic condition notice some recurring skin issues or have skin disorders at some point in their life. In some cases, the changes on the skin can be an indication of the onset of diabetes or if you already have diabetes, it means that your dosage needs to be adjusted, mentioned Dr Rinky Kapoor, consultant dermatologist, cosmetic dermatologist and dermato-surgeon, The Esthetic Clinics.

What causes skin problems in diabetics?

Over 75 per cent of people around the world suffer from type 2 diabetes-related skin problems. Diabetes can cause new skin problems and worsen old ones, said Dr Kapoor.

\*High blood glucose because of diabetes leads to poor blood circulation in the body, thus the blood vessels and nerves do not get enough blood and nutrients and as a result, the white blood cells lose their ability to fight infections.

\*Decreased blood circulation reduces the skin's ability to heal and damages skin collagen thus robbing skin of its ability to 'bounce' back.

\*Damaged skin cells lose the ability to function well and the skin experiences increased sensitivity to temperature and pressure.

Know the changes in your skin

The positive news is that with little awareness you can contain the skin issues in the early stages while also protecting your body from further damage because of the condition. Some common skin conditions in people with diabetes are:

Dry, irritated, red, and itchy skin

diabetes, skincare Skin issues in diabetes are quite common. Here's what you need to know. (Source: Getty Images/Thinkstock)

Increased blood sugar leads to the body draining fluid from skin cells in order to produce urine, which in turn makes the skin dry and cracked. Another reason for dry skin is diabetic neuropathy i.e. damage to the nerve endings, especially of legs and feet. Dry skin tends to become itchy and when we itch, it leads to cracks on the skin, providing an easy opening for infectious elements to enter the skin leading to inflammations, redness, and irritation on the skin.

Fungal infections

Fungal infections can happen to anybody but people with diabetes are more prone to it. Red, itchy rash accompanied with blisters and scales appears on the folds and warm areas of the body such as in between toes, in the fold of elbows or the armpits, corners of mouth etc. The common fungal infections in diabetic people are candida albicans, ringworm, athlete's foot, jock itch, and recurring vaginal yeast infection.

Bacterial infections

People with diabetes suffer from more bacterial infections than normal people. Boils, folliculitis, styes on eyelids, carbuncles, and infections around the nails are common in diabetic people.

Necrobiosis Lipoidica

Small solid bumps appear on the skin which look similar to pimples but if ignored, they turn into patches of swollen and hard skin with yellow or reddish brown colour. Other indications are shiny skin surrounding the bumps, painful itchy skin, and visible blood vessels.

### Acanthosis nigricans

This is actually a pre-diabetes condition in which the skin of armpits, groin, or neck turns very dark, thick, and velvety. This condition can also affect elbows, hands, and knees.

### Digital sclerosis

It has nothing to do with excessive use of digital devices but it can make it difficult for you to use them. Symptoms include tight waxy skin around on hands and stiff fingers. The hard thickening skin makes it difficult to move the fingers and the disease can spread to toes, upper arms, knees, ankles, and even elbows.

ALSO READ | [Tips for diabetes patients to manage their blood sugar](#)

### Diabetic blisters

Diabetic neuropathy causes sudden blisters to appear on the skin around the elbows, feet, or legs. They are not painful and heal on their own.

### Diabetic ulcers

High blood glucose levels causes damage to the nerves and make it harder for the body to recognise and heal wounds. Open sores and wounds especially those on feet take a long time to heal and often go unnoticed.

### Diabetic dermopathy or shin spots

Painless brown spots that look like sunspots appear near front of the legs. Some people also notice scales and depression in the skin. This condition happens because of changes in blood vessels.

Yellow patches around the eyelids

These are an indication of poorly managed diabetes. These patches often indicate high-fat levels in blood.

Atherosclerosis

This condition causes thickening of blood vessels leading to loss of hair, thinning, shiny skin, thickened and discoloured toenails, and slow healing of wounds.

People with history of diabetes in the family should also be on a look for symptoms of Vitiligo and Psoriasis.

Diabetes, genetic risk score Diabetes, Type 1 Diabetes, Diabetes research Here's how you can take care of your skin troubles when you have diabetes or at risk of it. (Source: Getty Images/Thinkstock)

Regular medication, exercise, and a controlled diet to keep diabetes under control can help control most skin problems. Proper skincare can help keep the problems at bay

\*Keep skin clean and dry especially in the problem areas such as underarms, under the breasts, between toes and around the groin area.

\*Check your body regularly for any problems

\*Avoid a lot of hot showers.

\*Moisturise twice a day

\*Use lip balm regularly

\*Treat wound immediately

\*Drink lots of water

\*Do not pop a blister or try to shave a skin tag

\*Wear an SPF 40 sunscreen every day

\*Treat the cuts and wounds immediately

\*Include foods such as cinnamon, jamun, aloe vera, berries, tomato and amla, curd, lemongrass etc. in your diet

### Home remedies

\*Use a skin pack made of mixing two tablespoons of honey with half teaspoon of turmeric. Apply on skin and let it sit for 15-20 minutes. Honey moisturises the skin and turmeric helps fight infections.

\*Apply ghee on the lips and areas around it to prevent the lips from chapping and corners becoming too dry.

\*Keep the skin moist by using oatmeal paste on the skin. Colloidal oatmeal also helps control itching on the skin.

\*Add a quarter cup of baking soda to a warm bath. This will help relieve some fungal infections.

\*Mix some tea tree oil with your regular moisturiser or add a few drops to virgin coconut oil. Tea tree oil helps contain itchy rashes.

Note: Consult your dermatologist to know more about correct skin management with diabetes. Do not ignore the skin condition for long such that it becomes difficult to treat.

### Delhi News

JNUSU petitions CJI on Stan Swamy's 'custodial death', demands judicial inquiry

Show-cause notice to SHO missing during Delhi Police Commissioner's surprise night patrol

In Palwal, oxygen production plant, increase in beds to tackle possible third Covid wave

[CLICK HERE FOR MORE](#)

For more lifestyle news, follow us: Twitter: [lifestyle\\_ie](#) | Facebook: IE Lifestyle | Instagram: [ie\\_lifestyle](#)

## Citrus fruits boost immunity

### Covid-19: How do citrus fruits boost immunity? (The Indian Express: 20210706)

<https://indianexpress.com/article/lifestyle/health/covid-19-how-do-citrus-fruits-boost-immunity-7389952/>

A dietician says it is advisable to consume at least 100 grams of citrus fruits daily, both during and post-Covid

citrus fruits, citrus fruits and health, citrus fruits during Covid pandemic, citrus fruits during Covid recovery, citrus fruits for health and immunity, indian express news Citrus fruits are strong immune boosters. (Photo: Pixabay)

In the pandemic, it has become very clear that when it comes to health, a nutritious diet and mindful eating, along with regular exercise, can help a person lead a good life. At this time, the focus has especially been more on fresh and seasonal fruits and vegetables.

Apeksha Ekbote, the chief dietician at NephroPlus, says citrus fruits are an excellent source of vitamin C, which is a powerful antioxidant, fighting free radicals in our blood, thereby reducing oxidative stress.

Amid the pandemic, how can they boost immunity?

According to Ekbote, vitamin C helps in increased production of white blood cells which help fight infections. “Citrus fruits such as oranges, pineapple, sweet lime, lemon, kiwi, guava are rich in vitamin C. Apart from these, the most neglected fruit — amla/Indian gooseberry — has the highest vitamin C content. Amla has 20 times more vitamin C than orange.”

ALSO READ | From treating cold to relieving constipation: The many benefits of immunity-boosting garlic milk

She says citrus fruits are strong immune boosters, as they “help remove the foreign body that attacks our human system in the form of bacteria, viruses etc.”

citrus fruits, citrus fruits and health, citrus fruits during Covid pandemic, citrus fruits during Covid recovery, citrus fruits for health and immunity, indian express news Amla/Indian gooseberry is believed to have the highest vitamin C content. (Photo: Pixabay)

“Vitamin C is essential for our body as it supports cellular functions of our innate and adaptive immune system. The Covid-19 virus is a foreign body which, when attacked, causes oxidative

stress, lowering a person's immunity. Vitamin C helps stimulate the formation of antibodies," she continues.

Ekbote also says that research shows that for severe infections — including sepsis, trauma and acute respiratory distress syndrome (ARDS) — high dose intravenous vitamin C treatment has been shown to significantly improve symptoms in patients.

"It is, therefore, advisable to consume at least 100 grams of citrus fruits daily, both during and post Covid, to get the required vitamin C and boost immunity," the dietician concludes.

## **Prenatal yoga**

### **Prenatal yoga: Geeta Basra does easy asanas to open up hips, strengthen core? (The Indian Express: 20210706)**

<https://indianexpress.com/article/lifestyle/fitness/prenatal-yoga-geeta-basra-easy-asanas-hips-strengthen-core-guidance-7375025/>

"Any form of exercise is only advised after you have been given permission from your gynecologist," said Geeta Basra

geeta basra, fitness news, geeta basra pregnancy, prenatal yoga poses, how to avoid digestive issues during pregnancy, constipation pregnancy, indianexpress.com, indianexpress, yoga poses to avoid constipation, geeta basra prenatal yoga, Geeta Basra shared some easy exercises to do during pregnancy. (Source: Geeta Basra/Instagram; designed by Nishant Jha)

Pregnancy is a blissful time for moms-to-be. But it also comes with its own set of challenges. However, gynaecologists are quick to point out that fitness coupled with a proper diet can help women to have a safe pregnancy and also recover quickly after delivery.

Yoga is known to be immensely helpful for holistic development, and especially the overall well-being of mothers-to-be when practiced under guidance and with permission from the treating gynaecologist.

Here's actor Geeta Basra showing us some suave prenatal moves as she prepares for the arrival of her second child.

She can be seen doing postures that strengthen the pelvic region, hips, and core, which are the emphasis areas during childbirth.

Here's what she said: "This final prenatal yoga video shows a few asanas to end our workout with to relax and cool down our body. Then, I will be showing you some safe pranayamas, which is not only extremely beneficial during pregnancy but also important."

Some of the asanas include Garland pose, Butterfly, and Camel Pose.

According to Basra, here are the benefits:

Malasana or Garland Pose

The squat pose will help to open up the hips and lengthen the muscles of the pelvic floor. Constipation is common in pregnancy and this pose can help aid in digestion. Don't hold a squat pose if your baby is breech and you are 34 weeks or more.

Ustrasana or Camel Pose

This modified pose is a lovely supported backward bend, great for opening up the shoulders, chest, and hips during your pregnant months.

It also brings a deep stretch to the quads, across the knees, and into the pelvis. "Having flexible legs will help to prevent strain or injuries when pushing your baby out," she mentioned.

ALSO READ |Prenatal yoga: Geeta Basra shows how to keep fit during pregnancy with these standing asanas

## Vaccination (Hindustan: 20210706)

[https://epaper.livehindustan.com/imageview\\_905435\\_110269622\\_4\\_1\\_06-07-2021\\_0\\_i\\_1\\_sf.html](https://epaper.livehindustan.com/imageview_905435_110269622_4_1_06-07-2021_0_i_1_sf.html)

# दिल्ली में टीके का टोटा, नोएडा में लगी कतारें

दिल्ली-एनसीआर में टीकों की कमी का असर फिर दिखने लगा है। राजधानी दिल्ली में सोमवार को 80 हजार लोगों ने टीका लगवाया। अधिकारियों के अनुसार, अब यहां केवल एक दिन का स्टॉक बचा है। वहीं, नोएडा और गाजियाबाद में भी टीकों की कमी के चलते बदइतजामी देखने को मिली। नोएडा में लोगों की लंबी-लंबी कतारें लगी रही वहीं, गाजियाबाद में वैक्सीन की होड़ में कई केंद्रों पर हंगामा हुआ।

**संकट**

**45**      **18**

लाख टीकों की रोजाना जरूरत पड़ेगी दिल्ली को

हजार के करीब लोगों को नोएडा में टीका लगा

➤ एक दिन का टीका पेज 02



नोएडा के जिला अस्पताल में सोमवार को टीकाकरण के लिए लंबी कतार लगी रही। सामाजिक दूरी का भी पालन नहीं दिखा। ● ईश्वर

## Coronavirus (Hindustan: 20210706)

[https://epaper.livehindustan.com/imageview\\_905435\\_110272770\\_4\\_1\\_06-07-2021\\_0\\_i\\_1\\_sf.html](https://epaper.livehindustan.com/imageview_905435_110272770_4_1_06-07-2021_0_i_1_sf.html)

एम्स ने भारत समेत 10 देशों के 22,996 बच्चों पर हुए 15 शोध का विश्लेषण किया, 42 फीसदी बच्चों को अवसाद ने घेरा

अलग

# अध्ययन : कोरोना के कारण तनाव में एक तिहाई बच्चे

नई दिल्ली | हेमंत राजौरा

कोरोना महामारी और पृथकवास के नियमों के वजह से बच्चों के मानसिक स्वास्थ्य पर बुरा प्रभाव पड़ रहा है। हाल यह है कि कोरोना महामारी की वजह से 41.7% बच्चे अवसाद का शिकार हुए हैं जबकि 34.5% बच्चों में तनाव के लक्षण देखे गए हैं। वहीं 79.4% बच्चों पर नकारात्मक प्रभाव पड़ा है।

एम्स के डॉक्टरों ने बच्चों पर हुए अलग-अलग 15 शोध के विश्लेषण के अध्ययन के बाद यह दावा किया है। इन शोध में भारत समेत 10 देशों के 22,996 बच्चों



को शामिल किया गया था। इस विश्लेषण वाले अध्ययन की सहलेखक और एम्स की बाल रोग विभाग की प्रोफेसर डॉक्टर शोफाली गुलाटी ने बताया कि बच्चों पर महामारी के बड़े मानसिक दुष्प्रभाव दिखाई दिए हैं। अध्ययन में शामिल

42.3% बच्चों में चिड़चिड़ापन और 30.8% बच्चों में ध्यान न लगाने की समस्या जैसे लक्षण भी देखे गए।

**22% बच्चों को कोरोना से भय लगा :** कोरोना महामारी में अपनों को खो देने का डर, परिवार की आर्थिक स्थिति, परिजनों की नौकरी जाने और

बीमार पड़ जाने का डर भी बच्चों में साफ देखा गया। अध्ययन में शामिल 79.4% बच्चों पर महामारी और पृथकवास का नकारात्मक प्रभाव पड़ा और 22.5% को कोरोना की वजह से काफी भय लगा। एम्स के मनोचिकित्सा विभाग के

कोरोना महामारी का बच्चों पर बुरा मानसिक असर देखा गया है। उनमें तनाव, अवसाद, चिड़चिड़ापन और अनिद्रा के लक्षण देखे गए हैं। स्वस्थ समितियों और अधिकारियों को बच्चों के बेहतर मानसिक स्वास्थ्य के लिए जरूरी कदम उठाने होंगे।  
- प्रोफेसर शोफाली गुलाटी, एम्स

डॉक्टर जसवंत जांगड़ा ने कहा कि अगर बच्चों में अकेले रहने, ज्यादा सोने या बिल्कुल न सोने, खाना कम या अधिक खाने, चिड़चिड़ेपन जैसे लक्षण दिखें तो उनकी काउंसिलिंग करें। लक्षण ज्यादा दिन तक रहते हैं तो मनोचिकित्सक की सलाह लें।

**Infection (Hindustan: 20210706)**

[https://epaper.livehindustan.com/imageview\\_905435\\_110272126\\_4\\_1\\_06-07-2021\\_0\\_i\\_1\\_sf.html](https://epaper.livehindustan.com/imageview_905435_110272126_4_1_06-07-2021_0_i_1_sf.html)

# संक्रमण की तीसरी लहर अगस्त में आने के आसार

नई दिल्ली | एजेसी

भारत में कोरोना की तीसरी लहर अगस्त में आ सकती है। सितंबर में इसके चरम पर होने का अनुमान है। एसबीआई की रिसर्च शाखा ने अपनी हालिया रिपोर्ट में यह आशंका जताई है।

‘कोविड-19 : द रेस टू फिनिशिंग लाइन’ में एसबीआई रिसर्च ने कहा है कि संक्रमण की मौजूदा स्थिति को देखते हुए लगता है कि भारत में जुलाई के दूसरे सप्ताह से रोजाना औसतन दस हजार नए मामले सामने आने लगेंगे। हालांकि, मध्य अगस्त से नए मरीजों की संख्या में दोबारा वृद्धि शुरू हो जाएगी।

रिपोर्ट में वैश्विक आंकड़ों के हवाले से बताया गया है कि कोरोना की तीसरी लहर दूसरी लहर से कहीं ज्यादा घातक

## बढ़ेंगे नए मामले

रिपोर्ट में कहा गया है कि अभी के डेटा के मुताबिक, जुलाई के दूसरे हफ्ते तक रोजाना नए मामलों की संख्या 10 हजार तक आ जाएगी। यह अगस्त के दूसरे पखवाड़े से फिर बढ़ना शुरू होगी। देश में सोमवार सुबह तक पिछले 24 घंटे में 39,796 मामले आए जबकि 723 मौतें हुईं। रविवार को 725 लोगों की संक्रमण से मौत हुई।

साबित हुई है। तीसरी लहर के चरम के दौरान ज्यादातर देशों में दूसरी लहर के चरम से 1.7 गुना अधिक मामले दर्ज किए गए हैं। रिपोर्ट में तीसरी लहर का कहर घटाने के लिए टीकाकरण को बेहद अहम करार दिया गया है। इसके अलावा कोविड-19 प्रोटोकॉल के सख्त पालन की भी हिदायत दी गई है।