



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Wednesday 20210707

## Delta variant

### **Delta variant is dangerous and is continuing to evolve and mutate: WHO chief (The Tribune: 20210707)**

<https://www.tribuneindia.com/news/coronavirus/delta-variant-is-dangerous-and-is-continuing-to-evolve-and-mutate-who-chief-277683>

Says in countries with low vaccination coverage, terrible scenes of hospitals overflowing are again becoming the norm

The world is in a very "dangerous period" of the Covid pandemic compounded by more transmissible variants like Delta, which is continuing to evolve and mutate, World Health Organisation Director-General Tedros Adhanom Ghebreyesus has warned.

He said in countries with low vaccination coverage, terrible scenes of hospitals overflowing are again becoming the norm.

“Compounded by more transmissible variants, like Delta, which is quickly becoming the dominant strain in many countries, we are in a very dangerous period of this pandemic,” Ghebreyesus said at a press briefing on Friday.

“But no country is out of the woods yet. The Delta variant is dangerous and is continuing to evolve and mutate, which requires constant evaluation and careful adjustment of the public health response,” he said.

Noting that the Delta variant has been detected in at least 98 countries and is spreading quickly in countries with low and high vaccination coverage, he said there are essentially two ways for countries to push back against new surges.

“Public health and social measures like strong surveillance, strategic testing, early case detection, isolation and clinical care remain critical,” he said, adding that masking, physical

distance, avoiding crowded places and keeping indoor areas well ventilated are the basis for the response.

Ghebreyesus underscored that the world must equitably share protective gear, oxygen, tests, treatments and vaccines and stressed that he has urged leaders across the world to work together to ensure that by this time next year, 70 per cent of all people in every country are vaccinated.

"This is the best way to slow the pandemic, save lives, drive a truly global economic recovery and along the way prevent further dangerous variants from getting the upper hand. By the end of this September, we're calling on leaders to vaccinate at least 10 per cent of people in all countries," he said.

As new manufacturing hubs – including for mRNA vaccines – are being developed, the WHO chief said this could be accelerated by companies openly sharing technology and know-how.

"In particular, I urge those companies – BioNTech, Pfizer and Moderna – to share their know-how so that we can speed up the development of new production. The sooner we start building more vaccine hubs and upping global vaccine capacity, the sooner we can diminish deadly surges," he said.

The Delta variant, first detected in India, is now being reported in nearly 100 countries, which is "likely an underestimate" and the highly transmissible strain is expected to rapidly outcompete other variants and become dominant globally over the coming months, WHO had said this week. PTI

## **Covid violations**

### **Govt warns against Covid violations by 'revenge travellers' (Hindustan Times: 20210707)**

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

A spurt in travel after lifting of Covid-19 restrictions — the government termed it "revenge travel" — has led to "frightening" scenes of overcrowding in hill stations that could lead to increased outbreaks of the infectious disease, the Union health ministry said on Tuesday.

At the ministry's briefing on the status of the Covid-19 situation, officials shared a series of images from tourists destinations and key cities to point out "gross violations" of Covid-appropriate behaviour, saying that this could potentially nullify the progress made so far.

“Covid-appropriate behaviour is absolutely essential; the pictures that we have seen today are frightening, and we have to be very careful, responsible and cautious,” said Dr Balram Bhargava, director general, Indian Council of Medical Research.

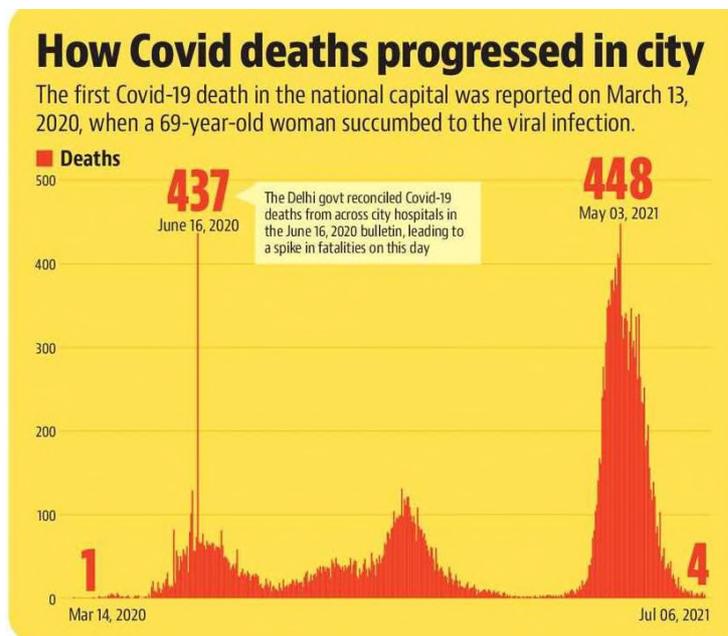
Some of the places that were highlighted in the briefing were Manali and Shimla in Himachal Pradesh; Laxmi Nagar and Sadar Bazar in Delhi; Dadar market in Mumbai (Maharashtra); and Mussoorie in Uttarakhand.

“What we are seeing is called revenge travel after travel-related restrictions were relaxed. You can spot tourists without wearing a mask, not following physical distancing, and all these leniencies will create an environment that will nullify all gains made so far in managing the disease,” said Lav Aggarwal, joint secretary, health ministry. P8

## Covid-19

**Grim milestone for Capital as Covid-19 toll crosses 25k mark Over 13k deaths were registered in April and May; positivity rate now lowest since the pandemic began (Hindustan Times: 20210707)**

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



Over 25,000 people in the Capital have died of Covid-19 since the outbreak of the infection in March last year, showed government records, after the state added four fatalities to the city’s toll on Tuesday.

The first Covid-19 death in Delhi was reported on March 13, 2020, when a 69-year-old woman succumbed to the viral infection.

Most of the 25,001 deaths in the city so far were recorded in just two months, between April and May, as a fourth wave of infections ravaged the city, and left health care infrastructure teetering on the brink of collapse.

At the height of the fourth wave, Delhi added an average of 25,294 cases a day in the seven days ending April 23. State government records show that 13,210 people died of Covid-19 in the city in April and May alone -- nearly 53% of Delhi's coronavirus disease deaths.

Delhi continued to add around 20,000 new cases each day till the first week of May, after which cases fell, on the back of a lockdown imposed in the Capital from April 19.

#### **FOURTH WAVE TOLL**

Deaths of the illness peaked between May 1 and 3, as Delhi recorded over 400 fatalities each day. In Delhi, on May 3 alone, 448 died of the illness. In comparison, 131 people died of Covid-19 at the height of the third wave of infections on November 18.

Delhi saw over 100 Covid-19 deaths on only 11 days before the fourth wave struck the city, but crossed the 100 deaths mark on 47 different days during the wave, showed government data.

Even as the fourth wave ebbed from the second week of May, Delhi continued to add an average of 101 Covid-19 deaths a day till the seven days ending June 2 owing to the two-week infections to deaths lag.

So far, 1.74% of those who contracted the infection in Delhi have died, slightly higher than the national average of 1.3%, according to government data.

#### **BOUNCING BACK**

The city, which has bounced back from the brutal fourth wave, added only 79 fresh infections on Tuesday, with just 0.11% of those sampled testing positive. Over the past week, Delhi has added an average of 85 new cases every day, and the positivity rate has been around the 0.1% mark - the lowest since the pandemic struck last year.

Experts said a fifth wave in Delhi was unlikely for "at least six months".

"Delta variant was so infectious that a high proportion of people in Delhi have been exposed, protecting them from infection for 6-10 months. We're also increasing vaccination; more people will get immunity," said Dr Puneet Mishra, professor of community medicine at AIIMS.

Dr Anurag Agarwal, director, Institute of Genomics and Integrative Biology, had previously said: "For a fifth wave of cases, we need a variant significantly different from the Delta variant, which will take time, or a significant drop in population-level immunity, which will also take time. There could be some ups and downs over the next few weeks but a fifth wave is unlikely for some time."

## **Vaccine**

### **Odisha fears vaccine stock-out for a week (The Hindu: 20210707)**

<https://www.thehindu.com/news/national/other-states/odisha-fears-vaccine-stock-out-for-a-week/article35169049.ece>

The Odisha government on Tuesday urged the Centre to make COVID-19 doses available immediately to the State as it would have no stock of vaccine left for a

## **Coronavirus live updates**

### **Coronavirus live updates | '80% new cases from 90 districts'(The Hindu: 20210707)**

<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

## **Mental health institutions**

### **Ensure patients in mental health institutions are tested, vaccinated: Supreme Court (The Hindu: 20210707)**

<https://www.thehindu.com/news/national/ensure-patients-in-mental-health-institutions-are-tested-vaccinated-supreme-court/article35181694.ece>

Bench objects to practice of Maharashtra to shift them to beggar homes

The Supreme Court on Tuesday asked the government to ensure that patients in mental health institutions are tested for COVID-19 and vaccinated.

## **Post-pandemic**

### **India will emerge stronger post-pandemic: Jaishankar(The Hindu: 20210707)**

<https://www.thehindu.com/news/national/india-will-emerge-stronger-post-pandemic-jaishankar/article35181607.ece>

External Affairs Minister defends farm laws, points to economic recovery

India will experience a fast economic recovery following the second wave of COVID-19 and emerge as a “friendlier business destination”, External Affairs Minister S. Jaishankar said on Tuesday.

### **Delhi govt. relief scheme for COVID victims’ kin launched**

### **Delhi govt. relief scheme for COVID victims’ kin launched (The Hindu: 20210707)**

Families can either register on portal or ‘empathetic’ Delhi govt. representative will visit their homes

<https://www.thehindu.com/news/cities/Delhi/delhi-govt-relief-scheme-for-covid-victims-kin-launched/article35180974.ece>

Chief Minister Arvind Kejriwal on Tuesday urged government officials appointed as surveyors to establish a relationship with families who had lost near and dear ones to COVID-19 in the process of providing financial relief to them.

## **Menstrual health**

### **Menstrual health is a matter of human rights (The Indian Express: 20210707)**

<https://indianexpress.com/article/opinion/menstrual-health-is-a-matter-of-human-rights-7391784/>

Community-based approach that sensitise both men and women is the need of the hour rather than strategies that focus exclusively on providing sanitary pads

Anahita Khanna Foundation distributed sanitary pads to underprivileged women on World Menstrual Hygiene Day. (Express Archive)

Written by Suryaprabha Sadasivan and Bhavya Sharma

One of the most glaring but under-prioritised gender-related issues is menstrual health, which unfortunately gets compartmentalised as a women's problem instead of getting noticed as a public health challenge and a barrier to nation-building. According to the National Family Health Survey (NFHS-4) 2015-16, India has over 355 million menstruating women. However, only 36 per cent of women were reported as using sanitary napkins, locally or commercially produced. The percentage of women using menstrual products did improve significantly across the country, especially in Daman and Diu and Dadra and Nagar Haveli, West Bengal and Bihar, as estimated in the first phase of the recently released NFHS-5. Despite this, menstrual health remains a low-priority issue in India marred with taboos, shame, misinformation, and poor access to sanitation facilities and menstrual products.

Societal restrictions during menstruation violate women's right to health, equality and privacy. Several anecdotes reveal that women and girls are kept in isolation, not allowed to enter religious places or kitchens, play outside or even go to schools during menstruation. A survey conducted under the Integrated Child Development Services (ICDS) scheme by the Ministry of Women and Child Development (MoWCD) in 2018-19 reported that more than one-fourth of total girls enrolled in class VI-VIII drop out of school as soon as they hit puberty. The experience of menstruation for young girls is even more difficult due to inconsistent access to education on menstrual health and puberty. They are dependent on their mothers, grandmothers or women teachers for information and support to access menstrual products — these often come laden with views based on societal constructs and belief systems.

Many employers see menstruating women as a problem as they associate periods with inefficiency in work and reduced participation in the workforce. There are anecdotal examples of corporate workplaces showing insensitivity towards menstruating women fearing loss of productivity.

In the last decade, several schemes, including the Menstrual Hygiene Scheme (2011) and the Rashtriya Kishor Swasthya Karyakram (in 2014), have been launched to promote menstrual

hygiene amongst adolescent girls in the age group of 10 to 19. Through the Suvidha initiative, the government distributed more than 5 crore brand sanitary pads at Re 1 from 6,000 Jan Aushadhi Kendras. Apart from central government schemes, state governments have also implemented programmes to distribute sanitary pads in schools in Rajasthan, Uttar Pradesh, Odisha, Maharashtra, Chhattisgarh, Andhra Pradesh, and Kerala. The Bihar government provides Rs 300 under the Kishori Swasthya Yojana to adolescent girls to buy sanitary pads. A major drawback in these programmes is that out-of-school girls remain left out of the system.

There is another question: How viable are programmes that focus solely on access to sanitary pads? Access to sanitary pads is, no doubt, important. But without committed efforts to educate both women and men on menstrual health management and its public health and socio-economic consequences, on ground transformation is likely to be low.

The need of the hour is to focus on a strategy that converges key departments in the government — health, education, women and child development and rural development among others — and improves accountability towards issues related to menstrual health management. The way forward lies in a community-based approach in which local influencers and decision-makers are sensitised to champion the issue and behavioural change campaigns targeted at both men and women are deployed to dispel myths and misconceptions. There is also a huge opportunity to create public-private collaborations to drive such campaigns and increase access to affordable menstrual hygiene products for rural and semi-urban regions. This could be done through the installation of sanitary pad vending machines at key public places, workplaces, schools, and colleges, as well as Anganwadi centres or childcare centres for rural areas.

## **Food and Nutrition**

### **Here's why you should start your day with a bowl of sprouts ( The Indian Express:20210707)**

"If you feel too bloated after eating sprouts, steam well and add boiled potato and ghee for better digestion," said nutritionist Lovneet Batra.

<https://indianexpress.com/article/lifestyle/health/weight-loss-mantra-sprouts-breakfast-protein-benefits-7391708/>

sprouts for weight loss, lovneet batra, sprouts benefits, protein breakfast options, indianexpress.com, why should we have protein, sprouts morning breakfast, Sprouts are perfect to get you started for the day. (Source: Getty Images/Thinkstock)

How you start your day and what you eat in the morning matters as it also impacts how you may feel throughout the day. Also, your fitness goals are incomplete if not accompanied by a proper diet.

So, to ensure you have the best start to your day and also meet your fitness goals, try having a high-protein breakfast, mentioned nutritionist Lovneet Batra.

“A high protein breakfast has been shown to benefit muscle health and support weight loss by increasing muscle mass, energy expenditure (calories burned), satiety hormones, glucose regulation and by decreasing the desire to snack at night,” she said.

But, why sprouts?

According to Batra, the sprouting process increases nutrient levels, making sprouts richer in protein, folate, magnesium, phosphorus, manganese, and vitamins C and K than un-sprouted plants.

She shared, “For the longest time, I didn’t like eating sprouts but then I found some interesting ways to add it to my meals, sprouts cheela or tikki; but now I simply love this super energising breakfast.”

Here’s why sprouts are a must-have

\*Consumption of sprouts ensures a better immune system. With high levels of vitamin C content, sprouts make for powerful stimulants for the white blood cells in the body which are responsible for fighting off diseases and infections, ultimately helping strengthen your immune system. The presence of vitamin A in abundance also helps build the immune system with all the antioxidants they offer.

\*It’s important to remember that what you put in your body is what your skin reflects. With sprouts, you’re eating healthy and putting in a lot of much-needed nutrients to make your skin glow.

\*Sprouts also help you digest your foods more easily. Sprouting appears to specifically increase the amount of insoluble fibre, a type of fibre that helps form stool and move it through the gut, reducing the likelihood of constipation. It’s best for the gut health as well, she advised.

“If you feel too bloated after eating sprouts, steam well and add boiled potato and ghee for better digestion,” said Batra.

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## **Brain cancer patients**

### **Structures discovered in brain cancer patients can help fight tumours Stockholm, (New Kerala:20210707)**

<https://www.newkerala.com/news/2021/94461.htm>

Researchers at Uppsala University in Sweden have discovered lymph node-like structures close to the tumour in brain cancer patients, where immune cells can be a-> View it--> <https://www.newkerala.com/news/2021/94461.htm>

## **Vitamin D**

### **Vitamin D shows promising results in COVID-19 treatment: PGI doctors (New Kerala: 20210707)**

<https://www.newkerala.com/news/2021/94435.htm>

Vitamin D, which is primarily related to bone and mineral metabolism, has shown promising results in COVID-19 treatment, said doctors of the PGI Hospital here -> View it--> <https://www.newkerala.com/news/2021/94435.htm>

## **Antibodies:**

### **Delta variant shows 8-fold reduced sensitivity to vaccine elicited antibodies: Study (New Kerala: 20210707)**

<https://www.newkerala.com/news/2021/94384.htm>

The Delta variant of Covid-19 virus shows eight-fold approximately reduced sensitivity to vaccine elicited antibodies compared to the Wuhan strai-> View it--> <https://www.newkerala.com/news/2021/94384.htm>

