



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20210720

Daily Covid tally

Daily Covid tally in India lowest in 125 days (The Tribune: 20210720)

<https://www.tribuneindia.com/news/coronavirus/daily-covid-tally-in-india-lowest-in-125-days-285806>

The death toll climbed to 4,14,482 with 374 daily fatalities, the lowest in 111 days, while the active cases have declined to 4,06,130, the lowest in 117 days

India recorded 30,093 new coronavirus infections, the lowest in 125 days, taking the total tally of Covid cases to 3,11,74,322, according to the Union Health Ministry data updated on Tuesday.

The death toll climbed to 4,14,482 with 374 daily fatalities, the lowest in 111 days, while the active cases have declined to 4,06,130, the lowest in 117 days.

The active caseload comprises 1.3 per cent of the total infections and the national Covid recovery rate stands at 97.37 per cent, the data updated at 8 am showed.

A decrease of 15,535 cases has been recorded in the active Covid caseload in a span of 24 hours.

As many as 17,92,336 tests were conducted on Monday taking the total cumulative tests conducted so far for detection of Covid in the country to 44,73,41,133.

The daily positivity rate was recorded at 1.68 per cent. It has been less than three per cent for 29 consecutive days, the ministry said, adding that the weekly positivity rate has declined to 2.06 per cent.

The number of people who have recuperated from the disease surged to 3,03,53,710, while the case fatality rate stands at 1.33 per cent, the data stated.

Cumulative vaccine doses administered so far have reached 41.18 crore under the nationwide vaccination drive. PTI

Infection

Covid-19: 3 infected, no death in Jalandhar (The Tribune: 20210720)

<https://www.tribuneindia.com/news/coronavirus/covid-19-3-infected-no-death-in-jalandhar-285541>

Covid-19: 3 infected, no death in Jalandhar

As many as three persons were reported Covid positive today in the district, taking the total district tally to 63,005 cases. Of these cases, two are from other districts. - File photo

As many as three persons were reported Covid positive today in the district, taking the total district tally to 63,005 cases. Of these cases, two are from other districts. No Covid death was reported today in the district. As many as 61, 409 people have recovered from Covid in the district while the number of active cases in Jalandhar is 108.

3 cases in Kapurthaa

Three person were reported positive in Kapurthala today, taking total number of positive cases to 17,716.

No case in Nawanshahr

A day after two deaths were reported from Nawanshahr district, no case and no death was recorded on Monday. At present, there are eight active cases, out of which five are under home isolation. The tally of positive cases stands at 11,424 (4.30 percent). A total of 369 persons have succumbed to the virus in the district so far.

Eight +ve in Hoshiarpur

As many as eight new Covid cases were reported from the district today, taking the tally of cases to 30,601. No Covid death was reported in the district today keeping the toll at 974. As many as 29,583 persons have recovered from Covid in the district while the number of active cases in Hoshiarpur is 44. — TNS/OC

3rd Covid wave likely in August: ICMR scientist

3rd Covid wave likely in August: ICMR scientist (The Tribune: 20210720)

<https://www.tribuneindia.com/news/coronavirus/3rd-covid-wave-likely-in-august-icmr-scientist-285194>

Top Indian Council of Medical Research scientist Samiran Panda on Sunday said the third Covid wave could hit the country in August but its scale would depend on the quality of Covid appropriate behaviour shown by the people and the social and public health measures adopted by state governments.

Panda, who heads ICMR's epidemiology and infectious diseases unit, said the council's modelling studies on the issue conducted in collaboration with Imperial College, London, had shown that a third wave could hit India anywhere between August to October. The expert said the peak of the third wave could stretch into 2022 and though it might not be as severe as the second wave, the ferocity would depend on multiple factors, including loss of immunity the population acquired so far due to natural infection or vaccination and presence of mutants and their ability to escape vaccine among other factors. — TNS

Covid (The Asian Age: 20210720)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15720379>

Covid: India adds 38,164 new cases, 499 fresh fatalities

BHASKAR HARI SHARMA
NEW DELHI, JULY 19

India saw a single day rise of 38,164 new coronavirus infections while the death toll climbed to 4,14,108 with 499 fresh fatalities, the lowest in over three months, according to the Union health ministry data updated on Monday.

The Covid-19 case tally has climbed to 3,11,44,229.

Further the nation has so far administered 41,13,55,665 Covid-19 vaccine doses, out of which 47,77,697 jabs were given till 7.00 pm on Monday.

As many as 22,38,900 vaccine doses were administered as the first dose and 1,48,075 vaccine doses were given as the second dose in the age group of 18-44 on Monday. The active cases have declined to 4,21,665 and comprise 1.35 per cent of the total infections,



Students wait outside an examination hall before appearing for the SSLC exam during Covid-induced lockdown in Bengaluru on Monday.

— PTI

while the national Covid-19 recovery rate stands at 97.32 per cent, the data updated at 8.00 am showed.

A decrease of 995 cases has been recorded in the active Covid-19 caseload in a span of 24 hours.

Also, 14,63,563 tests were conducted on Sunday taking the total cumulative tests conducted so far for detection of Covid-19 in the country to 44,54,22,256 while the daily positivity rate was recorded at 2.61 per cent. It has been less than three per cent for 28 consecutive days, the ministry said, adding that the weekly positivity rate has declined to 2.08 per cent.

5 jawans test positive, spark panic in C'garh BSF camp

RABINDRA NATH
CHOUDHURY
RAIPUR, JULY 19

Five Border Security Force (BSF) jawans, deployed in anti-Naxal operations in Chhattisgarh's north Bastar district of Kanker, have tested positive for coronavirus, causing panic in their camp.

The five jawans, who tested positive for the virus, belong to 157th bat-

alion of BSF and were deployed in the BSF camp at Pakhanjore in Kanker district, police said.

"Five BSF jawans posted in Pakhanjore have tested positive for Covid-19. We have begun the process to identify their sources of infections, besides tracing out their contacts", Bastar range inspector general of police Sunderraj P told this newspaper on Monday.

Black fungus

Covid 19: Patients diagnosed with black fungus opt for leech therapy; all you need to know (The Indian Express: 20210720)

<https://indianexpress.com/article/lifestyle/health/black-fungus-covid-patients-leech-therapy-ayurveda-7412161/>

Is leech therapy a cure for black fungus? Here's what experts say

leech therapy, ayurveda, black fungusA black fungus patient getting treated using leech therapy at a government Ayurvedic hospital in Asarwa, Ahmedabad. (Express photo by Nirmal Harindran)

The number of black fungus or mucormycosis cases in both active and recovered Covid patients has been alarming. In fact, in May this year, the centre asked states to notify black fungus as an epidemic.

Meanwhile, some recovered patients diagnosed with black fungus have opted for leech therapy, an Ayurvedic treatment, after trying conventional methods for cure.

An Ayurvedic practice, leech therapy is a blood purification process that is helpful in letting toxic blood out of the body. Medicinal leeches suck impure blood and release enzymes supportive in increasing immunity.

Dr Aswathy Pathiyath, Ayurveda consultant, Fazlani Natures Nest, tells indianexpress.com, “Mucormycosis or black fungus is mainly affecting coronavirus patients with comorbid conditions like diabetes. It is classified into five types depending on the part affected. Among them, Disseminated Mucormycosis in the later phase and Cutaneous mucormycosis can be correlated to Dustavrana (non-healing ulcer) and Kusta (skin disease), Visarpa (erysipelas) respectively.”

“In this, leech therapy is one among the best methods of treatment. This again depends on the ‘prakruthi’ of the person and the extent of the symptoms,” the expert adds.

Also Read |Mucormycosis and diabetes: All you need to know about precautions and treatment

He further says, “Along with other Ayurveda treatment principles of mucormycosis, depending upon the area affected, leech therapy may be administered. However, the main line of treatment will be Kledohara chikista and Premehahara (treatment of diabetes and diabetic wounds and skin issues), Agnivardhaka (modalities to improve metabolism and digestion), Krimihara, Ojovardhaka (treatment of infections) and Rasayana chikitsa (rejuvenation and immunoboosting therapies).”

Dr Yash Javeri, critical care, Anesthesia and Emergency Medicine, Regency Superspecialty Hospital, Lucknow, however, says, “Though the therapy might be useful for few medical conditions, there is no medical literature or evidence to support the use of leech therapy in mucormycosis. We need to select therapies very carefully.”

Dr Amitabh Malik, ENT surgeon, Paras Healthcare, agrees that Ayurveda treatment for mucormycosis lacks scientific proof. “There is only one therapy that has been proven worldwide which is working on such patients is to surgically remove all the disease tissue and then give them amphotericin B liposomal and other anti-fungal drugs. People can have faith in anything but so far there has been no scientific evidence for this leech therapy,” he says.

Yoga and Physical Fitness

How to avoid injuries while practising yoga at home(The Indian Express:20210720)

<https://indianexpress.com/article/lifestyle/fitness/yoga-practice-avoid-injuries-home-warmup-7406687/>

Focus on the body, go slow, and be attentive towards yourself. By simply being mindful you would know whether you're on the right track or not

GettyImages-yoga-for-posture_1200The flexibility and the ability to perform certain asanas explicitly is a result of consistent practice. (Representational image/Getty)

Many yoga practitioners sustain injuries during their practice at some point in their lives. Therefore, while approaching this ancient practice, we must underpin ourselves with a sense of calm and serenity and keep in mind a few important concepts, said Jenny Parmar, yoga, meditation and breathwork teacher.

One has to be really prudent while adapting to the practice of yoga asanas.

“Before starting, one must always warm up. It heats your cold, stiff muscles, maximising blood flow throughout the body, preparing the joints for movement, and thereby reducing chances of injury and enhancing the aftereffect of your practice,” she said.

ALSO READ: |Simple yoga asanas and lifestyle practices to relieve stress and anxiety

Musculoskeletal alignment is another noteworthy aspect before you perform any asana.

The practice may involve complex body movements that may cause injury if done inappropriately. Therefore, seeking professional advice or learning about your routine beforehand through the right source can prove to be immensely beneficial, said Parmar.

During yoga practices, your breath serves as your best friend.

Science has proven that there are immense neurological connections between the mind and the breathing pattern of an individual. While performing asanas, keep a close watch on your breath. “Even a slight alteration in your breath rate is indicative of the fact that your body may have become tense, the pose needs to be released and you need to relax instead of forcing yourself further. By attending to the breath you not only tend to prevent forthcoming injuries but also gain a deeper experience of the practice cumulatively,” she expressed.

ALSO READ |Healthy lifestyle: Five yoga asanas that can help diabetes patients

Although the body is greatly involved in the yoga asanas, we must not ignore the mind.

Throughout the process, you ought to be mindful of every movement of your body. A rhythm must exist between the mind and the body resulting in an alignment with the universe altogether. Focus on the body, go slow, and be attentive towards yourself. By simply being mindful you would know whether you're on the right track or not. Also, keep in mind that yoga is a spiritual experience, she mentioned.

Therefore proceed with ease. It's okay if you go wrong; being judgmental or critical about yourself or getting offended about not being able to perform an asana merely taps you into a negative frame of mind, detouring you from the actual practice itself.

ALSO READ |21 ways yoga is beneficial for you

It is also essential to realise that flexibility and the ability to perform certain asanas explicitly is a result of consistent practice.

Understand that we must not get involved in competition and force ourselves into any posture. Instead, we must bear a serenity in our approach towards every asana and move from easy postures to the advanced ones progressively and with ease and awareness intact.

Make use of your resources!

It's absolutely fine to use supports like a pillow or a chair. After all, every asana needs to be performed comfortably. However, you must not get habituated to these helping hands and become independent over time. On the same lines, a calm surrounding promotes better performance in your practice.

“Before dissolving, my personal tip to you would be to perform every asana with deliberate slowness. Also, incorporate momentary breaks after performing every asana. This helps your body to relax, regain its equilibrium, and enables the body to rejuvenate, thereby preparing it for the next asana,” she said.

Health above faith

Health above faith: On cancellation of Kanwar Yatra (The Hindu: 20210720)

<https://www.thehindu.com/opinion/editorial/health-above-faith-on-cancellation-of-kanwar-yatra/article35414889.ece>

SC lays down salutary principle that right to life must override religious sentiments

It does not require any higher wisdom to know that there is considera

COVID-19 vaccination

COVID-19 vaccination safe for pregnant women(The Hindu: 20210720)

<https://www.thehindu.com/sci-tech/health/covid-19-vaccination-safe-for-pregnant-women/article35383716.ece>

In India, based on all that we know, all vaccines currently available are safe and should be used in pregnant women

During pregnancy, the body undergoes many changes, particularly, those driven by hormonal levels and in immune system function that are intended to stop