



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20210726

India reports 39,361 new Covid cases

India reports 39,361 new Covid cases, 416 more deaths (The Tribune: 20210726)

<https://www.tribuneindia.com/news/nation/india-reports-39-361-new-covid-cases-416-more-deaths-288475>

The active cases have increased to 4,11,189 and comprise 1.31 per cent of the total infections and the national Covid recovery rate was recorded at 97.35 per cent

India reports 39,361 new Covid cases, 416 more deaths

Photo for representation only. Tribune file

India saw a single-day rise of 39,361 coronavirus infections taking the total tally of Covid cases to 3,14,11,262, while the daily positivity rate was recorded above 3 per cent after 35 days, according to the Union health ministry data updated on Monday.

The Covid death toll rose to 4,20,967 with 416 more fatalities, the ministry said.

The active cases have increased to 4,11,189 and comprise 1.31 per cent of the total infections and the national Covid recovery rate was recorded at 97.35 per cent, the data updated at 8 am showed.

An increase of 2,977 cases has been recorded in the active Covid caseload in a span of 24 hours.

Also, 11,54,444 tests were conducted on Sunday taking the total cumulative tests conducted so far for detection of Covid in the country to 45,74,44,011, while the daily positivity rate has increased to 3.41 per cent.

The weekly positivity rate was recorded at 2.31 per cent, according to the health ministry.

The number of people who have recuperated from the disease has surged to 3,05,79,106 while the case fatality rate stands at 1.34 per cent, according to the data.

The cumulative vaccine doses administered so far have reached 43.51 crore under the nationwide vaccination drive. PTI

Antibodies

63% have antibodies against Covid in Punjab (The Tribune: 20210726)

Conducted by ICMR in 4 dists last month

The fact came to the fore in the fourth sero survey conducted by the Indian Council of Medical Research (ICMR).

In Punjab, as many as 63.4 per cent people have developed antibodies against Covid-19 after two waves swept the state.

The fact came to the fore in the fourth sero survey conducted by the Indian Council of Medical Research (ICMR).

During the survey, antibody test (anti SI-RBD antibodies) was carried out on 1,585 persons in four districts — Gurdaspur, Ludhiana, Patiala and Jalandhar — last month.

Ludhiana tops the chart as 71 per cent people were found positive for antibody test. It was followed by Jalandhar with 65.6 per cent and Gurdaspur 63.4 per cent. Patiala was at the bottom with just 52.6 per cent people having antibodies.

The survey also corroborates with the ground situation as Ludhiana contributes the highest cases and deaths to the state's total cases. In the district, 87,262 cases and 2,093 deaths have been reported. The first case of Covid in the state was reported in March last year. Since then, the state has reported 5.98 lakh cases and over 16,000 deaths.

A similar survey was carried out on 400 healthcare workers in the same districts. As far as the healthcare workers are concerned, Gurdaspur had the highest antibodies with 87 per cent. It was followed by Ludhiana with 85 per cent and Patiala 82 per cent. Among healthcare workers of Jalandhar, it was found that 79 per cent of them had developed antibodies against Covid-19.

HERD IMMUNITY

Districts	People with antibodies
Ludhiana	71%
Jalandhar	65.6%
Gurdaspur	63.4%
Patiala	52.6%

1,585 PERSONS IN SAMPLE

Covid vaccine drive

No timeline for completion of Covid vaccine drive: Govt (The Tribune: 20210726)

<https://www.tribuneindia.com/news/coronavirus/no-timeline-for-completion-of-covid-vaccine-drive-govt-287258>

No timeline for completion of Covid vaccine drive: Govt

A health worker administers vaccine in Delhi. Photo: Mukesh Aggarwal

The government on Friday informed Parliament that no fixed timeline could be indicated at present for the completion of the Covid vaccination drive, but the expectation was to cover the adult population of 90 crore by December this year.

Responding to a questions by Congress MP Rahul Gandhi, who asked whether the government proposed to complete the exercise of full vaccination of all adults by 2021 end, Minister of State for Health Bharati Panwar said, “The Covid-19 vaccination is an ongoing and dynamic process, which is being guided by National Expert Group on Vaccine Administration for Covid-19 on the basis of concurrent scientific evidence. In view of the dynamic and evolving nature of the pandemic, no fixed timeline at present can be indicated for the completion of the vaccination drive, however, it is expected that beneficiaries aged 18 years and above will be vaccinated by December 2021.”

The government said between August 2021 to December 2021, a total of 135 crore doses of Covid-19 vaccine were expected to be available.

Asked if there was delay in reaching agreements with domestic vaccine makers, the health ministry said no.

Health Minister Mansukh Mandaviya said the government was in talks with Pfizer for import of the vaccine and added that Covid inoculation was not a matter of politics.

Delta variant

Incredible efficiency': Delta variant driving 83 per cent of US cases (The Tribune: 20210726)

<https://www.tribuneindia.com/news/coronavirus/incredible-efficiency-delta-variant-driving-83-per-cent-of-us-cases-287616>

Covid-19 has killed more than 6,10,000 people in US since the beginning of pandemic in 2020

'Incredible efficiency': Delta variant driving 83 per cent of US cases

Photo for representational purpose only. iStock

America's Covid-19 curve is creeping up in the wrong direction, again. The "incredible efficiency" of the Delta variant is being blamed for Covid-19 cases roaring back in more than 90 per cent of US jurisdictions with severe outbreaks in parts of the country with low vaccination coverage.

Unvaccinated people account for virtually all -- 97 per cent -- of Covid hospitalisations and deaths in the US, according to latest White House data. Three states -- Florida, Texas, and Missouri -- account for 40 per cent of all cases nationwide.

The Delta variant is spreading with "incredible efficiency" and now accounts for more than 83 per cent of the virus circulating in the United States, Rochelle Walensky, director of the Centers for Disease Control and Prevention (CDC), told reporters at a White House briefing.

"If you are not vaccinated, please take the Delta variant seriously. This virus has no incentive to let up, and it remains in search of the next vulnerable person to infect," Walensky warned. She called the Delta variant "one of the most infectious respiratory viruses" she has seen in her 20-year career.

All of the CDC data are currently pointing north. The current seven-day moving average of daily new cases (40,246) is up nearly 47 per cent compared with the previous seven-day moving average. Hospitalisations continue to tick upwards and have been steadily increasing for the last one month.

Of the four "variants of concern" in the US, the Delta variant is predicted to increase to the high 80 per cent level while all the other three - Alpha, Gamma and Beta are predicted to stay below the 9 per cent mark of total cases.

A poll by a leading media outlet found that among unvaccinated people in the US, 45 per cent simply don't want to get vaccinated. The same poll showed that 64 per cent of unvaccinated Americans have little to no confidence the shots are effective against variants.

As of July 22, 89 per cent of people ages 65 or older have received at least one dose of vaccine and 80 per cent are fully vaccinated. Nearly 69 per cent of people ages 18 or older have received at least one dose of vaccine and 60 per cent are fully vaccinated. For people ages 12 or older, 57 per cent are fully vaccinated. Shots for children under 12 years old are in the clinical trials stage and emergency use clearance is expected by Fall.

"I didn't get the shots because I'm not sure what it'll do to me," said Natalie Petersen, in between bouts of coughing at a CVS waiting room in Union, New Jersey. "But now, I think I'll just get it done." The Covid-19 outbreak has killed more than 6,10,000 people in the US -- the country with the world's highest toll since the beginning of the pandemic in 2020. — IANS

Covid

Count the grief caused by Covid, stop bickering over numbers (The Indian Express: 20210726)

<https://indianexpress.com/article/opinion/columns/count-the-grief-caused-by-covid-stop-bickering-over-numbers-7422048/>

Manoj Kumar Jha writes: The suffering caused by the pandemic was a collective failure. We must acknowledge it

A relative of a Covid victim breaks down outside a mortuary in New Delhi. (Express Photo: Tashi Tobgyal)

First of all, an apology to all those whose death we are not even acknowledging. This apology is not just mine. In the month of May, I wrote six articles. Parliament was not functioning, so where would we have taken our complaints, who could we tell? Friends from the BJP and other colleagues called me, congratulated me. I acknowledge them and say it is the responsibility of the House to apologise to all those whose bodies were floating in the Ganga.

Never in Parliament's history, between two sessions, we have had to read obituaries of 50 people. Was it Rajeev Satav's time to leave this world? Raghunath Mohapatra? Whenever he used to meet, he would hug and say, "Jai Jagannath". Suddenly they are not there. This pain is personal, I don't want to talk about numbers. My number, your number. Look for numbers in your grief.

There is not one person in this country, in this House, outside this House, in that House (Lok Sabha) who can say that they have not lost someone known to them. I can tell you about pain. People would call for oxygen. We could not arrange it. People think he is an MP, he will arrange oxygen. Out of a hundred phone calls, we succeeded twice or thrice. Who will tell us about numbers? We don't want to talk about any numbers. We have to see that those who have gone have left behind a living document of our failure.

This is a collective failure of all governments from 1947 to now. What have we done? I did not know the relationship between oxygen and hospitals. I am saying this honestly. I don't come from a medical background. I would hear people say oxygen, oxygen, remdesivir. I used to check the pronunciation of the medicines initially so that I would be able to say them aloud. This is the condition. And then we are talking about numbers?

Outside, there is a huge advertisement saying "Free vaccines, Free Ration, Free Treatment". I am not saying this as a representative of a party. I am speaking on behalf of lakhs of people who want to be heard here. This is a welfare state, right? If a poor person buys a bar of soap in a village, then he is as much a taxpayer as Adani and Ambani. You are telling him free vaccine? Free ration? Free treatment? Nothing is free. He has a stake. This welfare state has a

commitment. Don't denigrate that, don't demonise him, don't make him small. This is my request to you.

As the previous speakers were saying, the coronavirus is a challenge for us. There is much big talk about new laws. Why don't we talk about the right to health? No ifs, buts and maybes. A straightforward right to health that is constitutionally guaranteed. Link it to the right to life. No hospital will have the gumption to play around with the right to life. We don't want to do it. The right to work. Work on that. A lot of things are being said about the population. Leave demography to the demographers. But this we can do, in this House and that House. Bring legislation on the right to life, and the right to work. People in the hospitality sector got turned out of their jobs during the pandemic. I raised their voice constantly. Nobody is listening. If you are not listening to a parliamentarian, then those small contractual workers who got turned away, who will listen to them?

Another extraordinary thing happened during this period, when there was pandemonium over hospitals, ICU beds, medicines. Many things happened, of which I will mention one important thing. In that chaos, governments, and I am not talking of the Centre alone, many state governments also, went missing. How this country has lived through that one and a half months, including some from our House, who managed to survive... it seems like a nightmare. I had a 37-year-old student. By the time I arranged for a hospital bed, he had left this world. I am saying this again and again because I want you to search for personal grief. Only then will we be able to find solutions.

I was not able to do anything. In my helplessness, I wrote a letter to those who have left this world. In that I had given some advice to the government. At the time, it was being said that governments didn't fail, the system failed. Sir, who is this system? Since our childhoods we have heard that behind a system is a person, there is an imagination behind a system. If the system has failed, whether in Delhi or in the lanes of a village, then the governments of that place have failed. Don't call it a system. It is they who make the system.

Today, even saying "Jai Hind" doesn't bring the same joy it did in normal days. I did not complain once. Not to anyone. Who could I complain to? I am pained. I want to wake myself and you up. The floating bodies in the Ganga... If there's a need for dignity in life, there's an even greater need for dignity in death. We have witnessed undignified deaths. And if we don't address this, our future generations will not forgive us. You publish large advertisements, fill four pages of a newspaper to say thank you this, thank you that. We should get the chance to say thank you to history. If anyone is pained by my words, I ask for your forgiveness on behalf of those lakhs of people who have died.

Post-Covid diet

Post-Covid diet for people with chronic conditions: What foods to eat and when (The Indian Express: 20210726)

<https://indianexpress.com/article/lifestyle/health/post-covid-diet-people-chronic-conditions-meal-time-7414843/>

"A balanced diet can help them heal quickly and stay protected from other infections," said nutritionist Sujata Sharma

COVID-19, HealthPost COVID-19 recovery of the patient. (source:Pixabay)

Recovery from COVID-19 can be a long process and an uphill task for many. Managing the body's immunity levels post-Covid through a nutritionist-recommended diet is necessary to keep other health complications away. This is especially important with the expectation of the third wave hitting us soon. Further, the use of steroids to recover from Covid can cause spikes in blood sugar levels for a few months and this needs to be managed with a diet and expert medical advice.

"The recovery rate of Sars-Cov 2 patients has increased significantly. The data shared by the Ministry of Health and Family Welfare indicates that more than 95 per cent of COVID-19 patients are recovering from the ailment. However, they are not free from the threat of other life-threatening diseases. While there is no substitute for medicines, managing diabetes is possible with diet regulation. It is important for people with diabetes to realign their diet plan after recovering from COVID-19. A balanced diet can help them heal quickly and stay protected from other infections," said Sujata Sharma, nutritionist & diabetes educator, BeatO.

Also Read |Suffering from post-Covid sleeplessness, insomnia? Here's what to know

Breakfast

Breakfast is an essential part of our diet, which should be taken within two hours of waking up, between 8:00-9:00 am. It reinvigorates our body with a fresh stream of energy by restoring glucose levels and reducing stress; hence, we must choose the components meticulously. A diabetes patient recovering from COVID-19 should choose from the following breakfast options: one bowl of oats with skimmed milk (adding berries and nuts is optional) or vegetable besan cheela or vegetable moong dal cheela or two pieces of multigrain dosa and one bowl of

quinowa or boiled chana and moong chaat with vegetables or two egg white omelettes. Pairing any of these with buttermilk can complete the breakfast.

Mid-morning snack

The gap between breakfast and lunch must be covered with some nutritious snack (11:30 am). About 100 gm fruits (apple/ guava/ pear/ strawberries/ berries/ papaya/ watermelon) or nuts and seeds are most suitable for a mid-morning snack.

Lunch

As the day progresses, the body needs the energy to continue its functioning. A wholesome lunch fulfils these requirements while providing a break (between 1:30-2:30 pm). An ideal lunch should consist of one plate of salad, one bowl of green vegetable/dal or homemade chicken, low-fat curd or cucumber raita and multigrain chapatti (1-2) or one bowl of brown rice.

Evening snacks

As the day progresses towards dusk (4:30-5:30 pm), it is necessary to restore energy levels. This light snack can consist of tea without sugar/buttermilk or a handful of roasted makhana or chana or roasted/grilled/toasted paneer cubes or fruits 100 gm or chicken soup or multigrain biscuit or yoghurt with berries.

Dinner

Dinner is an important meal, one of the last food items that an individual eats. Ideally, dinner should be consumed between 7:30 to 8:30 pm and should consist of a plate of salad plus one bowl of green vegetable/paneer gravy/homemade chicken/fish gravy plus 50-100 gm of curd plus one bowl of moong dal khichdi/ vegetable oats khichdi or one to two slices of multigrain chapatti/jowar chapatti/bajra chapatti.

Post-dinner snack

The ideal post-dinner snack is a glass of skimmed/toned milk that can be taken if the individual feels hungry.

Following this diet plan, along with medication and physical exercises, can minimise the various health risks for diabetes patients recovering from COVID-19

Healthy lifestyle

Five ways protein intake and healthy lifestyle can impact quality of life(The Indian Express: 20210726)

<https://indianexpress.com/article/lifestyle/health/protein-week-food-source-healthy-lifestyle-quality-of-life-7421230/>

Quality of Life (QoL) can hardly be measured by a diagnostic test, like a blood test or a CT Scan. Although precise in their assessment of physical health, these tests do not provide a complete picture of our well-being

protein intake, healthy lifestyle Ensure that all your meals have a source of good quality protein in reasonable quantities and combinations. (Source: pixabay)

Protein Week 2021: Have you often wondered what factors impact our quality of life? The WHO (World Health Organization) definition of QoL encompasses four important and interconnected domains of health—physical, psychological, environmental and social. It is fascinating to experience how the company of a loved one or a scenic location with clean air can uplift the mood and enhance well-being.

Quality of Life (QoL) can hardly be measured by a diagnostic test, like a blood test or a CT Scan. Although precise in their assessment of physical health, these tests do not provide a complete picture of our well-being.

Before the onset of the pandemic, health concerns like those of anxiety and depression were largely neglected. Since Covid, these issues have been seen in large segments of the population, therefore compelling our attention towards more than just the physical aspect of health. A person with a healthy BMI who is plagued with loneliness and low self-esteem is not a healthy person.

Increased physical activity has been indicated as one of the ways to enhance QoL. Physical activity brings about changes in neurotransmitters in the brain that are associated with depression, anxiety and sleep disturbances, lowering the incidence of these concerns.

Staying physically active is something that most of us struggle with. However, it is important to remember that as long as we make a good start, the rigour and routine of physical activity is self-regenerative. Building strong skeletal muscle tissue contributes to physical strength and

performance. A prerequisite for increased muscle tissue is to get an adequate supply of high-quality protein. A 2017 Indian survey found that nine out of 10 Indians consume a diet deficient in protein. It is not a surprising revelation given the fact that we are an established carb-loving country, with rice, roti and paratha dominating our plates and palates.

Protein plays several important roles to improve our QoL.

Boosts immunity: The amino acids in proteins are responsible for the body's defense systems, antibodies, enzymes and hormones. The essential amino acids that play a key role in immunity are arginine, glutamine and branched chain amino acids (BCAA). Immune cells that are supported by protein include leucocytes, cytokines and phagocytes, all of which keep the body disease-free.

Preserves & builds muscle mass: Building muscle mass is a process that begins early in life. In adulthood, adequate and good quality protein intake maintains the muscle mass that we gradually begin to lose with age. Proteins preserve muscle mass during rest and increase muscle mass when we exercise.

Improves mood: Physical exercise is perhaps the most potent and underutilised antidepressant that is also free of cost. To exercise regularly, an adequate intake of protein to build and preserve muscle mass is a must.

Fights weakness and fatigue: Low protein diets are often the cause of easy fatigability and weak muscles leading to aches and pains, and slow recovery from injury.

Helps manage weight: Adequate protein intake gives you a sense of satiety, which prevents overeating and thus the risk of obesity. Excess weight is an impediment to exercise, and in order to lose weight, one must exercise. Moreover, coronavirus is particularly harsh to those carrying excess weight, especially in the younger age group, increasing the risk of developing complications and disability.

Eating adequate protein is a must on many counts. But, how much protein is enough for an adult?

Measure your weight in kgs and multiply by 0.8, if you are moderately active. For example, if you weigh 60 kgs, you need 60×0.8 g (48g) of protein in a day. The requirement of protein changes with illness, during recovery from disease, intense workouts, pregnancy and breastfeeding.

Sources of protein

How does one get adequate proteins in the diet? Simply ensure that all your meals have a source of good quality protein in reasonable quantities and combinations.

Dairy and its products, soy, egg, chicken, fish, all dals, legumes, nuts and seeds are the dietary sources of protein. While you don't have to give up eating your favourite carbs, there is certainly a need to alter the portions and proportions that you may be used to. Instead of eating

a big portion of rice with a small portion of dal, reverse the ratio by eating more dal and less rice.

Snacks also need our attention. It has been reported that there has been a 66% increase in snacking, with midnight snacking becoming more common with a higher consumption of processed, unhealthy foods. Boredom and stress have led to an increase in 'emotional eating', especially that of 'comfort foods' that are rich in sugar and fat.

Protein-rich foods, such as sprouted legume chaat, chana cutlets, soy kabab, tofu or cottage cheese tikka, smoothies with nuts and seeds, and egg preparations, can also make for excellent snack options.

(The author is a nutritionist and wellness consultant, the author of Our Kid

Course of COVID-19

Course of COVID-19 can be determined by early antiviral response in nose Cambridge, (New Kerala: 20210726)

July 25: A new study has found that cells sampled at the time of diagnosis from patients who later developed severe COVID-19 show a muted antiviral response. The -> View it--> <https://www.newkerala.com/news/2021/104901.htm>

Novel therapy

Novel therapy might be effective in many cancers (New Kerala: 20210726)

New York, July 25: A team of researchers has developed a novel therapy that could be effective for different types of cancers. The study, published in the journal Cancer Discovery, indicates that t-> View it--> <https://www.newkerala.com/news/2021/104810.htm>

Breast cancer

Risk of breast cancer increases by chemicals found in consumer products(New Kerala: 20210726)

Common chemicals including ingredients in consumer products, pesticides, food additives, and drinking water contaminants cause cells in breast tissue to pro-> View it--> <https://www.newkerala.com/news/2021/104780.htm>

Identical mutations

Researchers shed light on identical mutations that cause different types of cancer(New Kerala: 20210726)

Heidelberg, July 24: Cells originating from different organs are differentially susceptible to activating mutations in cancer drivers and the same mutation in precurs-> View it--> <https://www.newkerala.com/news/2021/104670.htm>

Active lifestyle

Study finds maintaining an active lifestyle can reduce obstructive sleep apnea risk (New Kerala: 20210726)

A new study found that maintaining an active lifestyle can reduce the risk of obstructive sleep apnea (OSA), encouraging physicians to recommend-> View it--> <https://www.newkerala.com/news/2021/104664.htm>

Strength training

New to strength training? Follow these guidelines (The Hindu:: 20210726)

<https://www.thehindu.com/life-and-style/fitness/new-to-strength-training-here-are-some-guidelines/article34769224.ece>

Tread cautiously if you are lifting weights or doing body weight exercises for the first time

It's been over a month since Tanya Goenka embarked on a fitness routine. "I had an active childhood — swimming, dancing, karate and Taekwondo," says the 18-

Health sharing feature

All you need to know about Apple's Health Sharing feature(The Hindu:: 20210726)

<https://www.thehindu.com/sci-tech/health/apple-yp-health-sumbul-desai-health-app-health-sharing-data-ios15/article34885362.ece>

Dr Sumbul Desai, Apple's Vice President of Health, dives into the Health Sharing feature that launches with iOS 15. It will let users privately share their data with a trusted partner or caregiver.

This year's Apple Worldwide Developer Conference brimmed with announcements for just the Health app alone. One of its new features is a new Sharing tab in the native Health app letting users privately share their data with

Coronavirus (Hindustan: 20210726)

https://epaper.livehindustan.com/imageview_943920_123243960_4_1_26-07-2021_3_i_1_sf.html

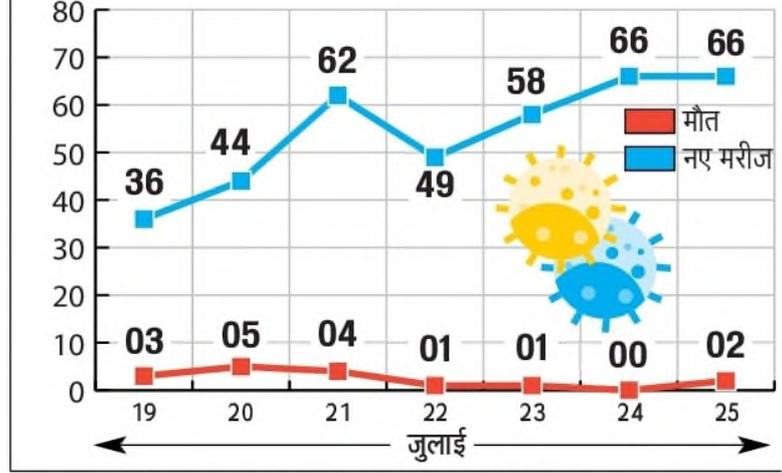
कोरोना के 66 नए केस, दो की मौत

नई दिल्ली | वरिष्ठ संवाददाता

दिल्ली में कोरोना संक्रमण दर लगातार 0.1 फीसदी से नीचे बनी हुई है। दिल्ली के स्वास्थ्य विभाग के अनुसार रविवार को दिल्ली में कोरोना संक्रमण के 66 नए मामले सामने आए। 72 संक्रमित मरीज स्वस्थ हो गए, जबकि दो मरीजों ने बीमारी के कारण दम तोड़ दिया।

दिल्ली में अभी तक 14,35,910 लोग कोरोना से संक्रमित हो चुके हैं, जिनमें से 14,10,288 मरीज स्वस्थ हो चुके हैं, जबकि 25,043 मरीजों ने कोरोना के कारण दम तोड़ दिया। दिल्ली में कोरोना से मृत्युदर 1.74 फीसदी है। सक्रिय मरीज घटकर 579 रह गए हैं।

दिल्ली में कोरोना संक्रमण की स्थिति



अस्पतालों में 337, कोविड केयर सेंटर में मरीजों की संख्या घटकर 167 रह में 9 मरीज भर्ती हैं। होम आइसोलेशन गई है।