



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 20210819

Covid crisis in North-East

Health minister Mansukh Mandaviya reviews Covid crisis in North-East (The Tribune: 20210819)

<https://www.tribuneindia.com/news/coronavirus/health-minister-mansukh-mandaviya-reviews-covid-crisis-in-north-east-298597>

Health minister Mansukh Mandaviya reviews Covid crisis in North-East

Union Health Minister Mansukh Mandaviya on Tuesday visited Assam to review the Covid-19 surge in the northeastern states, which are contributing a significant portion of the new infections after Kerala, which is contributing half the load.

Union Health Minister Mansukh Mandaviya on Tuesday visited Assam to review the Covid-19 surge in the northeastern states, which are contributing a significant portion of the new infections after Kerala, which is contributing half the load.

“Reviewed the pandemic situation, vaccination and implementation of the emergency Covid response package II in the North-Eastern states, along with Health Ministers of North-Eastern states. The government has announced the emergency package to support the states in fighting Covid and eight states of the North-Eastern region have been sanctioned Rs 1,352.92 crore,” Mandaviya said.

He assured the states that the Central Government would continue to give all possible help and urged them to expedite the implementation of the ECRP-II package.

“This package will help to create the necessary infrastructure for Covid testing, medicine storage, beds, paediatric units, ventilators and oxygen storage, among other medical facilities,” he added.

SII acquires 50% stake in vial-making firm

The Serum Institute of India on Monday announced acquisition of 50% stake in SCHOTT Kaisha, the largest vial makers, with a view to expand its capacities to meet Covid-19 vaccine production targets by securing pharma packaging supply.

Vaccination

Man gets ‘vaccinated’ through a window as queue waits outside building; video goes viral (The Tribune: 20210819)

<https://www.tribuneindia.com/news/coronavirus/man-gets-vaccinated-through-a-window-as-queue-waits-outside-building-video-goes-viral-298919>

While it is not clear where the video was shot, the clip has gone viral on social media

Man gets ‘vaccinated’ through a window as queue waits outside building; video goes viral

A screen grab from video.

As the Covid-19 vaccination drive continues across the country, a video of a man getting the jab from a window amid a long queue has gone viral on social media.

In a 15-second clip being widely shared on social media, a man can be seen standing precariously on the edges of the wall as a person wearing rubber gloves administers the vaccine dose through the window while there is a large queue of people waiting.

While it is not clear where the video was shot, the clip has gone viral on social media and triggered several reactions among netizens. While some found the incident amusing, others wrote that getting vaccinated via such means was unsafe.

India records 25,166 new Covid cases,

India records 25,166 new Covid cases, 437 deaths (The Tribune: 20210819)

<https://www.tribuneindia.com/news/coronavirus/india-records-25-166-new-covid-cases-437-deaths-298468>

India saw a single-day rise of 25,166 new Covid cases, the lowest in 154 days, taking the tally to 3,22,50,679, while the national recovery rate was recorded at 97.51 per cent, the highest since March 2020, according to the Union health ministry data updated on Tuesday.

The death toll has climbed to 4,32,079 with 437 daily fatalities, according to the data updated at 8 am.

The active cases have declined to 3,69,846, the lowest in 146 days. It comprises 1.15 per cent of the total infections, the lowest since March 2020, the health ministry said.

A reduction of 12,101 cases has been recorded in the total number of active Covid cases in a span of 24 hours.

Also, 15,63,985 tests were conducted on Monday, taking the cumulative tests conducted so far for detection of Covid in the country to 49,66,29,524. The daily positivity rate was recorded at 1.61 per cent. It has been less than three per cent for the last 22 days.

Weekly positivity rate was recorded at 1.98 per cent. It has been below three per cent for the last 53 days, according to the health ministry.

The number of people who have recuperated from the disease surged to 3,14,48,754, while the case fatality rate stands at 1.34 per cent, the data stated.

Cumulatively, 55.47 crore Covid vaccine doses have been administered under the nationwide vaccination drive so far with more than 88.13 lakh doses being administered in the last 24 hours, which is the highest ever vaccination achieved in a single day, the ministry said. PTI

6.7% Covid fatality rate

6.7% Covid fatality rate in Punjab at all-time high (The Tribune: 20210819)

<https://www.tribuneindia.com/news/coronavirus/6-7-covid-fatality-rate-in-punjab-at-all-time-high-299149>

National avg 1.6%; cases in state lowest since outbreak last yr

6.7% Covid fatality rate in Punjab at all-time high

Even as the number of daily Covid cases as well as active cases has come down significantly in Punjab, the case fatality rate has remained at all-time high over the past one month.

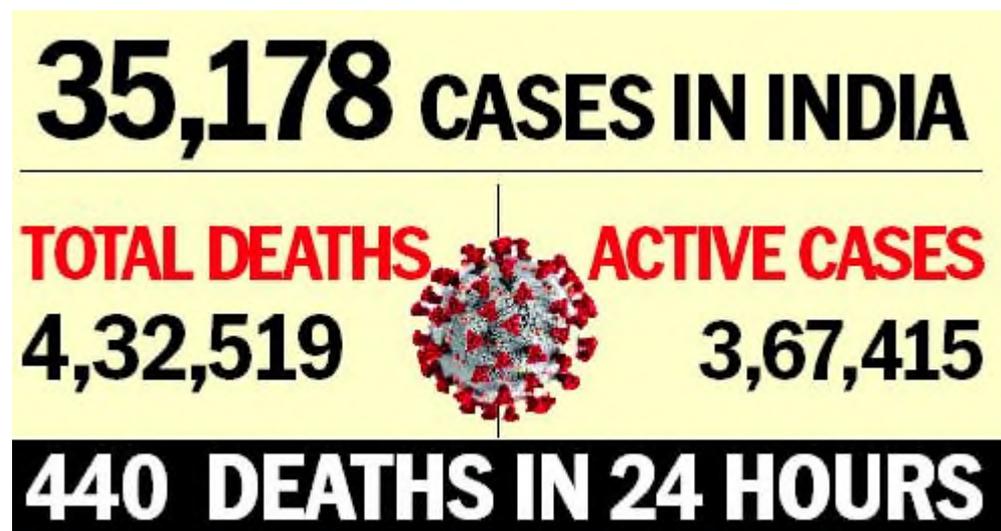
Even as the number of daily Covid cases as well as active cases has come down significantly in Punjab, the case fatality rate has remained at all-time high over the past one month.

Fake Covishield in India, Uganda: WHO

The world body has asked drug regulators of the two nations to notify fake batches

As per the state Health Department, in the past one month (July 18 onwards), 1,674 new cases were reported, lowest in the span of 30 days since the virus outbreak in March last year. But the number of deaths did not decline in the same proportion. In the same period, the state reported 112 Covid deaths, registering the case fatality rate of 6.69 per cent against 1.6 per cent nationally. This has led to a slight increase in the overall case fatality rate of the state, which is now 2.7%. The same had come down to 2.4% in April. The state's fatality rate has remained above 6% since mid June.

Health officials say there is nothing to worry as the number of cases is at the lowest level. "The number of cases and deaths is low. Some of the deaths reported in the past 30 days were from the second wave," said Dr Rajesh Bhaskar, state's nodal officer.



Ayurvedic habits

Expert shares Ayurvedic habits for a healthier life (The Indian Express: 20210819)

<https://indianexpress.com/article/lifestyle/health/adopt-these-ayurvedic-habits-to-lead-a-healthier-life-7435872/>

Dr Nitika Kohli shared some important Ayurvedic habits one can adopt for a healthier life

Ayurveda, Healthy habits Exercising early in the morning can help remove stagnation in the body and can help recharge and rejuvenate. (Source: Pixabay)

Leading a fit and healthy lifestyle is not just about bringing drastic changes in your life and adopting new habits, it is also about paying attention to your daily, everyday routine. As per Ayurveda, one can lead a healthier life by following certain daily habits.

Ayurvedic expert Dr Nitika Kohli said, “It (Ayurveda) is a way of life, a daily effort in our habits. With the guidance of this ancient wisdom, we can make choices in our diet and lifestyle that will lead to health, longevity—and reaching our fullest potential in life!”

“Ayurveda encourages finding the balance between your body, mind, and spirit because all three of these spheres are connected,” she added.

She took to Instagram to share few important Ayurvedic habits that one can adopt for a healthier life. Take a look.

Meditation

Four ways in which you can create your own meditation corner at home (The Indian Express: 20210819)

<https://indianexpress.com/article/lifestyle/life-style/four-ways-in-which-you-can-create-your-own-meditation-corner-at-home-7460148/>

Begin with picking an area in your house which is away from ambient noise or disturbances

meditation, meditation at home, how to meditate at home, steps to meditate at home, meditation for beginners, making a meditation corner at home, home decor, home decor for meditation, indian express news Add comfortable cushions and rugs for you to sit or lie down when practising breathing exercises. (Photo: Getty/Thinkstock)

The pandemic has riddled people with anxiety and stress. It has also opened up a conversation around mental health.

People, today, want to lead a more meaningful life, and practising mindfulness and meditation is a step in that direction.

According to Keyur Zaveri, the senior director of design at Furlenco, it is essential to set up the perfect corner for meditation in your house, especially since stepping out is not really the safe thing to do yet.

He shares with indianexpress.com some ways to help you create your own peaceful meditation area at home, where you can set aside some time for yourself every day. Read on.

1. Choose your spot

Pick an area in your house which is away from ambient noise or disturbances from other appliances, such as your TV or workstation. You can dedicate a whole room to this, or select a cosy corner where you can sit or lie down with ease.

2. Create a vibe

Get rid of any mess that's currently in your spot. Creating a personal vibe for your meditation spot helps you distinguish this area as yours and yours alone. Once you start practising this, it becomes easier for you to maintain the sanctity of the space.

A sleek diwan, with ample in-built storage and a display unit that you can adorn with plants, books, and other decor elements, is one such piece of furniture ideal for this setup. Get it on rent and this experience of setting up the space becomes even more stress-free. All you have to do is pick the ideal product, pay a nominal rent, and use it for as long as you want.

Diabetes and Covid 19: Self-care tips

Diabetes and Covid 19: Self-care tips to manage the condition amid pandemic (The Indian Express: 20210819)

<https://indianexpress.com/article/lifestyle/health/diabetes-covid-19-self-care-tips-second-wave-blood-sugar-pandemic-7302673/>

"Various studies have also confirmed that patients can get diabetes after getting infected with Covid-19 and even after they recover," said Dr Kapil Agarwal

diabetes, pandemicHere's what to do to take care of diabetes amid second wave of pandemic. (Source: Getty Images/Thinkstock)

When you get diabetes, not only does your body's blood sugar levels get affected but the insulin production level also gets compromised. People with high or unmanaged blood sugar levels have less than normal blood flow and the body has to work harder in order to harness nutrients and heal. Owing to a weakened immune system, people with diabetes are prone to catch infections and may get sick because of Covid-19, and take a longer time to recover, say experts.

“Reportedly, preliminary data from China has revealed that those with diabetes and other pre-existing conditions like heart problems may encounter fatal health complications or even loss of life if they get infected with Covid-19. Various studies have also confirmed that patients can get diabetes after getting infected with Covid-19 and even after they recover,” said Dr Kapil Agarwal (general surgeon) Apollo Spectra Delhi, Nehru Enclave.

A study published in the European Journal Of Clinical Nutrition suggested that diabetics who get COVID-19 are at risk of a severe disease course and mortality. Several factors like impaired immune response, heightened inflammatory response and even hypercoagulable state are responsible for increased disease severity. Not only this, pre-existing comorbidities tied to diabetes such as hypertension, coronary artery disease, and chronic kidney disease further worsen the prognosis. Even hypoglycaemia may occur during the treatment of diabetes and negatively impact the clinical outcomes.

stress, anxiety, diabetes, suhar levels, blod sugar rise lockdown, beato analysis, indianexpress, indianexpress.com Keep a check on your blood sugar levels. (Source: Getty Images/Thinkstock)

Those with diabetes must follow these essential tips during the pandemic to stay fit, mentioned Dr Agarwal.

Stick to a well-balanced diet

Try to eat mindfully and ensure that you include protein, good fats, and vitamins in the diet. If you have diabetes, then stay away from food that is high in carbohydrates, calories, and sugar. This means you have eat fresh fruits, vegetables, pulses and legumes. Say no to junk, spicy, oily, processed, and foods with additives.

Exercise on a daily basis

It is the need of the hour to stay safe at home and exercise. Opt for walking, aerobics, yoga, planks, push-ups, and pull-ups. Speak to your doctor about the exercises that you can do at home. Do not forget to stretch throughout the day. If you are working from home then work out while sitting at your desk.

Proper meal planning and timing

You can plan your meals with the help of a dietician. Make a list of food items that you have to eat and delete from your diet. You must buy food or snacks only after reading the nutrition label. Avoid foods that are high in salt and calories. Include a bowl of salad or soup to help you deal with insulin resistance.

Do not skip your medication

If you have pre-existing diabetes or insulin resistance, then be regular with your medication. Do not self-medicate. Avoid being around sick people and strictly follow Covid protocol. Make sure you wear a mask, maintain social distance and sanitise your hands from time to time. You

will have to monitor your diabetes and stay in touch with your doctor if you notice any fluctuations in the blood sugar levels or changes in the body.

Follow a proper sleep routine

Covid vaccine for kids likely by Sept (Hindustan Times: 20210819)

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

A coronavirus inoculation for children is likely to be approved by September, according to two officials involved in the development of the vaccines, including Bharat Biotech's managing director Krishna Ella, who said the trial phase of the clinical studies in volunteers in the 2-18 age group has been completed.

There are two vaccine candidates that have been tested among children in India: Bharat Biotech's Covaxin and Zydus Cadila's ZyCov-D. The Covaxin trial includes 525 volunteers while ZyCov-D's trials – as part of the phase II/III clinical studies – includes 1,000 volunteers in the 12-18 age group.

“Our clinical trial final phase is over. We are hoping that by either by month end or by next month we should get the license for vaccine in children. This is the only vaccine in the world that can be given to children between 2 and 18 years,” Ella said in an interview to DD News on Wednesday.

A senior official from Indian Council of Medical Research's National Institute of Virology (NIV) in Pune, which collaborated with Bharat Biotech for Covaxin, said she expected the results from the studies to be out soon and an approval to follow shortly after.

“Hopefully, the results (of the trials) are going to be available very soon. These will be presented to the regulators. So, by September or just after it, we may have Covid-19 vaccines for children,” said Priya Abraham, director of NIV, Pune, in an interview to India Science, a web channel of the government's Department of Science and Technology.

“...Zydus Cadila's vaccine trial is also going on. This can also be applied for children and will be made available,” added Abraham.

Experts at India's drug regulator are assessing ZyCov-D's data for approval. The company has said its assessment of the clinical trials showed an efficacy rate of 66.6%.

An expert aware of the process said early data has shown some promise. “There are a few promising data sets that the experts are examining that includes the vaccine candidate of Zydus Cadila, which has been tried in around 1,000 children. Then there is data from Bharat Biotech's Covaxin trial in children that people are anticipating,” this person said, asking not to be named.

The expert, who works with the central government, indicated the assessment of Covaxin may be easier since it is already in use and has established efficacy rates. “There are high hopes because Covaxin has already received the necessary approval for adults, so it will be examined for safety and immunogenicity in children.”

Ella and Abraham also spoke on booster doses, which they both said will eventually become necessary.

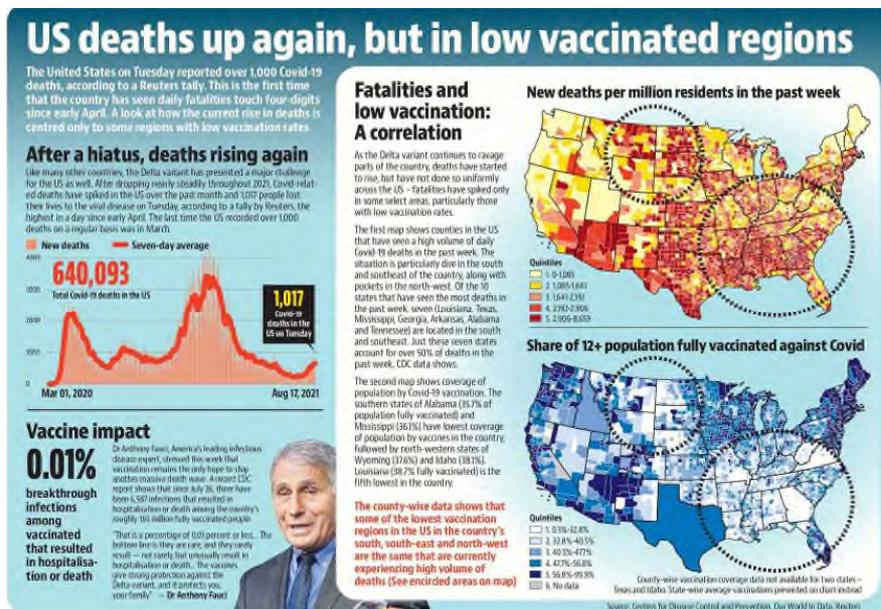
According to Abraham, studies on booster doses have been going on overseas and at least seven vaccines have been tried for it. “Now, WHO (World Health Organization) has put a stop to it till more countries catch up with vaccination. This is because there is an alarming vaccine [supply] gap between high-income and low-income countries. But, in future, recommendations for boosters will definitely come,” she said.

Ella took a similar position. “It is a fact; I can’t lie about it that booster dose will be required. However, our priority will be to vaccinate all adults first. We are also doing trials for our nasal vaccine candidate against Covid-19, and instead of a booster dose of Covaxin we may even have the option of taking one dose of Covaxin and second dose of the nasal vaccine. It is too early to say anything conclusively at the moment; research is on,” he said.

The NIV Pune director said there were no safety concerns in mixing different Covid-19 vaccines and

COVID-19 } DELTA WAVE SPREADS IN AMERICA

COVID-19 } DELTA WAVE SPREADS IN AMERICA(Hindustan Times: 20210819)



13,451 healthcare workers used NIMHANS helpline during pandemic

13,451 healthcare workers used NIMHANS helpline during pandemic: Health Ministry (The Hindu:20210819)

<https://www.thehindu.com/news/national/13451-healthcare-workers-used-nimhans-helpline-during-pandemic-health-ministry/article35875662.ece>

Facility was set up anticipating the impact of COVID-19 on mental health

In over a year after it was established, the Health Ministry's COVID-19 mental health helpline number, set up through the National Institute of Mental Health

Myopia among children Ophthalmologists (The Hindu: 20210819)

Myopia among children Ophthalmologists flag sharp rise in myopia among children

<https://www.thehindu.com/news/cities/chennai/ophthalmologists-flag-sharp-rise-in-myopia-among-children/article35867517.ece>

They advise limiting the use of gadgets, prescribe more playtime in the sun

Ophthalmologists have reported a sharp rise in myopia in children in the past year. Some doctors report as much as 25% rise in onset and 100% progression

WHO decision on Covaxin

WHO decision on Covaxin EUA in September (The Hindu: 20210819)

<https://www.thehindu.com/sci-tech/health/who-decision-on-covaxin-eua-in-september/article35865147.ece>

A top vaccines official at the World Health Organization says the agency expects to make a decision in September on an emergency use authorisation for the

Corona patient (Hindustan: 20210819)

https://epaper.livehindustan.com/imageview_994326_85738148_4_1_19-08-2021_2_i_1_sf.html

देश में कोरोना मरीजों के ठीक होने की दर मार्च के बाद सबसे अधिक



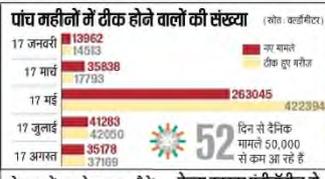
कोरोना से जंग
नई दिल्ली | एजेन्सी
कोविड-19 संक्रमण के मोर्चे पर अच्छी खबर सामने आई है। राष्ट्रीय स्तर पर कोविड-19 मरीजों के ठीक होने की दर 97.52 प्रतिशत दर्ज की गई है, जो मार्च 2020 के बाद सबसे अधिक है। वहीं, देश में पिछले 24 घंटे में कोविड-19 के 35,178 नए मामले सामने आए हैं। इसी के साथ कुल संक्रमितों की संख्या बढ़कर 3,22,85,857 हो गई।
केंद्रीय स्वास्थ्य मंत्रालय के बुधवार सुबह जारी ताजा आंकड़ों के अनुसार, संक्रमण से 440 मरीजों की मौत के बाद मृतकों की संख्या बढ़कर



मुंबई के दादर रेलवे स्टेशन पर बुधवार को बाहर से आने वाले यात्रियों की जांच करता स्वास्थ्यकर्मी। • एए
4,32,519 हो गई। उमनागरीन की संख्या घटकर 3,67,415 रह गई है, जो 148 दिनों में सबसे कम है। यह संक्रमण के कुल मामलों का 1.14 प्रतिशत है, जो मार्च 2020 के बाद सबसे कम है। लगातार 52 दिन से देश में कोविड-19 के दैनिक मामले 50,000 से कम आ रहे हैं। पिछले

97.52
प्रतिशत दर्ज की गई है राष्ट्रीय स्तर पर मरीजों के ठीक होने की दर
148
दिनों में सबसे कम है उमनागरीन मरीज
35,178
नए मामले सामने आए हैं देश में एक दिन में

24 घंटे की अवधि में इलाज करा रहे मरीजों की कुल संख्या में 2,431 की कमी आई। मंगलवार को कोविड-19 के लिए 17,97,559 नमूनों की जांच की गई, जिसके बाद जांच की संख्या बढ़कर 49,84,27,083 हो गई। दैनिक संक्रमण दर 1.96 प्रतिशत दर्ज की गई।



केरल में सबसे ज्यादा मौतें
देशभर में हुई 440 मौतों में से 127 केरल में और 116 महाराष्ट्र में हुई हैं। देश में अब तक कुल 4,32,519 मरीजों की मौत हुई है, जिनमें महाराष्ट्र में 1,35,255, कर्नाटक में 37,039, तमिलनाडु में 34,579 दिल्ली में 25,073, उत्तर प्रदेश में 22,786, केरल में 18,870 और छत्तीसगढ़ में 18,318 मौतें हुई हैं।

डेल्टा स्वल्प एंटीबॉडीज से बच निकलने में सक्षम नहीं
वाशिंगटन | डेल्टा स्वल्प कोविड रोधी टीकाकरण से उत्पन्न एंटीबॉडीज से बच निकलने में सक्षम नहीं है। इसका दावा इम्यूनिटी परीक्षण में प्रकटित एक अध्ययन में किया गया है। इससे यह कि टीकाकरण करा चुके अधिकतर लोग धातक डेल्टा स्वल्प के संक्रमण से बच निकलने में सक्षम रहें।

दुनिया में संक्रमण के केस बढ़कर 20.95 करोड़ हुए



दुनिया का हाल
वाशिंगटन | एजेन्सी
दुनिया में कोरोना संक्रमण के मामले बढ़कर 20,95,97,878 हो गए हैं। जबकि इससे जान गंवामे वालों का आंकड़ा 43,98,585 पहुंच गया है। विश्व में 18.78 करोड़ से अधिक लोग महामारी को मात दे चुके हैं। अमेरिका में संक्रमण में फिर तेजी आई है। विश्व में महाराज्य माने जाने वाले अमेरिका में पिछले 24 घंटे में 1,000 लोगों की मौत हो गई

है। ने आंकड़े मंगलवार को जारी किए गए। वहीं, देश में कुल संक्रमण के मामले 3,79,02,709 हो गए हैं। संयुक्त राज्य अमेरिका में कोरोना से संबंधित मौतें पिछले एक महीने में बढ़ी हैं और प्रति दिन औसतन 769 हैं, जो अप्रैल के मध्य से सबसे अधिक है। गण्डवित जो वाइडेन के प्रशासन ने मंगलवार शाम को वृष्टि की जहान, ट्रेनों और बसों और हवाई अड्डों और स्टेशनों पर जनवरी के मध्य तक मार्क पहनने की जरूरतों को बढ़ाने की योजना बनाई है।

Ayushman Bharat (Hindustan: 20210819)

https://epaper.livehindustan.com/imageview_994326_85740342_4_1_19-08-2021_2_i_1_sf.html

‘आयुष्मान भारत’ से सभी को समान इलाज: मंडाविया

योजना

नई दिल्ली | एजेन्सी

केंद्रीय स्वास्थ्य मंत्री मनसुख मंडाविया ने बुधवार को कहा कि आयुष्मान भारत योजना के तहत गरीब लोगों को भी अमीरों की तरह समान अस्पतालों में इलाज कराने का मौका मिला है।

मंडाविया ने आयुष्मान भारत प्रधानमंत्री जन आरोग्य योजना (पीएम-जेएवाई) के तहत दो करोड़ इलाज पूरा होने पर आरोग्य धारा-2.0 कार्यक्रम की अध्यक्षता करते हुए अधिकार पत्र, अभिनंदन पत्र और आयुष्मान मित्र जैसी प्रमुख पहलों की भी शुरुआत की। स्वास्थ्य मंत्रालय ने एक बयान में कहा, 23 सितंबर 2018 को योजना के आरंभ होने के बाद से मंगलवार को दो करोड़ से अधिक मरीजों का अस्पतालों में इलाज हो चुका है। साथ ही देश के 33 राज्यों व केंद्रशासित प्रदेशों में पैनल में शामिल 23,000 सार्वजनिक और निजी अस्पतालों के नेटवर्क के जरिये अब तक करीब 25,000 करोड़ रुपये का इलाज मुहैया कराया गया है।

सुविधा

- 2 करोड़ से अधिक मरीजों का इलाज अब तक हो चुका है
- जागरूकता कार्यक्रम आरोग्य धारा 2.0 का डिजिटल शुभारंभ किया

बयान में मंडाविया के हवाले से कहा गया है कि आयुष्मान भारत एक महत्वाकांक्षी योजना है जो गरीबों और वंचित लोगों को गुणवत्तापूर्ण और सस्ती स्वास्थ्य सेवा सुनिश्चित करती है। इस योजना के तहत सभी पात्र लाभार्थियों को प्रति परिवार प्रति वर्ष पांच लाख रुपये तक कैशलेस और पेपरलेस स्वास्थ्य सेवा का लाभ मिला है।

उन्होंने कहा कि इसके तहत कई वंचित वर्ग साहूकारों से ऋण लिए बिना इलाज का खर्च उठा सकते हैं। उन्होंने देश के निर्धनतम गरीब तक इस कार्यक्रम की पहुंच बढ़ाने व लाभार्थियों को योजना के बारे में जागरूक करने के लिए आरोग्य धारा 2.0 का डिजिटल शुभारंभ किया। इस मौके पर अधिकार पत्र, अभिनंदन पत्र और आयुष्मान मित्र जैसी पहलें भी शुरू की गईं।