



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Thursday 20210909

## Vax drive resumes

### Vax drive resumes, Amritsar district administration receives 80K doses (The Tribune: 20210909)

<https://www.tribuneindia.com/news/coronavirus/vax-drive-resumes-amritsar-district-administration-receives-80k-doses-308776>

Vax drive resumes, Amritsar district administration receives 80K doses

The administration received 80,000 doses of the Covid-19 vaccine on Tuesday evening. Officials of the Health Department said the district received 1.40 lakh doses in the last one week.

A total of 10,706 residents were inoculated on Wednesday in comparison to 2,380 on Tuesday.

The department deliberately kept the drive slow today as it was a weekly immunisation of children at the government hospitals.

In the next two days, the Health Department has planned to conduct mega-vaccination drives to inoculate maximum residents. Earlier, the department had set a sort of record by vaccinating 57,800 beneficiaries.

Civil Surgeon Dr Charanjit Singh said, “We are getting maximum number of doses in the state. The quota is allocated as per usage, so we try to inoculate maximum number of people.” He said they would again be getting their quota in next two days.

The Civil Surgeon said there’s no need for residents to feel anxious. He said, “A total of 2.61 lakh residents in the district have been completely vaccinated while more than 6 lakh beneficiaries have received their first dose.”

Meanwhile, the health authorities reported two positive cases today, with which the total number of cases increased to 47,257. The Health Department reported recovery of six patients. With this, the recovery count reached 45,658. The district has a total of 10 active cases.

No case, death in Tarn Taran

The district authorities reported no positive case and Covid-19 related death in Tarn Taran on Wednesday. The toll stands at 378 to date.

Civil Surgeon Dr Rohit Mehta said 18,466 persons were vaccinated at 94 camps today. The Health Department said the district administration received 30,000 doses today. Earlier, the district was facing severe shortage of vaccine.

COVID UPDATE		HELPLINE FOR PATIENTS	
NEW CASES	21	■ Control Room: <b>0183-2500398, 0183-2500498, 0183-2500598, 0183-2500698, 0183-2500798</b> (Open 24*7)	
TOTAL CASES	47,257	■ Health Dept helpline: <b>0183-2535322, 0183-2535323</b>	
NEW DEATHS	0	■ Medical helpline: <b>104</b>	
TOTAL DEATHS	1,589	■ Contact a doc: <b>1800 180 4104</b>	
NEW RECOVERY	6	■ Bed availability and status: Punjab Covid App (updated daily at 5 pm)	
TOTAL RECOVERY	45,658		
<b>ACTIVE</b>	<b>↓ 10</b>		

## **World Health Organisation**

### **Halt booster shots for rest of year: World Health Organisation (The Tribune: 20210909)**

<https://www.tribuneindia.com/news/coronavirus/halt-booster-shots-for-rest-of-year-world-health-organisation-308697>

Halt booster shots for rest of year: World Health Organisation

The head of the World Health Organisation (WHO) is calling on rich countries with large supplies of Covid vaccines to refrain from offering booster shots through the end of the year, expanding a call that has largely fallen on deaf ears. - File photo

The head of the World Health Organisation (WHO) is calling on rich countries with large supplies of Covid vaccines to refrain from offering booster shots through the end of the year, expanding a call that has largely fallen on deaf ears.

WHO Director General Tedros Adhanom Ghebreyesus also said on Wednesday he was “appalled” at comments by a leading association of pharmaceutical manufacturers who said vaccine supplies are high enough to allow for both booster shots and vaccinations in countries in dire need of jabs, but facing shortages.

“I will not stay silent when companies and countries that control the global supply of vaccines think the world's poor should be satisfied with leftovers,” he told the media. — AP

# TRACKING VIRUS

NATIONS	DEATHS
 US	6,69,133
 BRAZIL	5,84,208
 INDIA	4,41,411
 MEXICO	2,64,541
 UK	1,33,674

WORLDOMETER  
TILL SEPTEMBER 8, 11 PM



**Vaccine**

**70 crore Covid vaccine doses given, last 10 crore in mere 13 days (The Tribune: 20210909)**

<https://www.tribuneindia.com/news/coronavirus/70-crore-covid-vaccine-doses-given-last-10-crore-in-mere-13-days-308001>

70 crore Covid vaccine doses given, last 10 crore in mere 13 days

Beneficiaries line up for Covid-19 vaccine in Mumbai on Tuesday. PTI

India on Tuesday crossed the milestone of administering over 70 crore Covid vaccine doses, riding on the gains made by eased supplies.

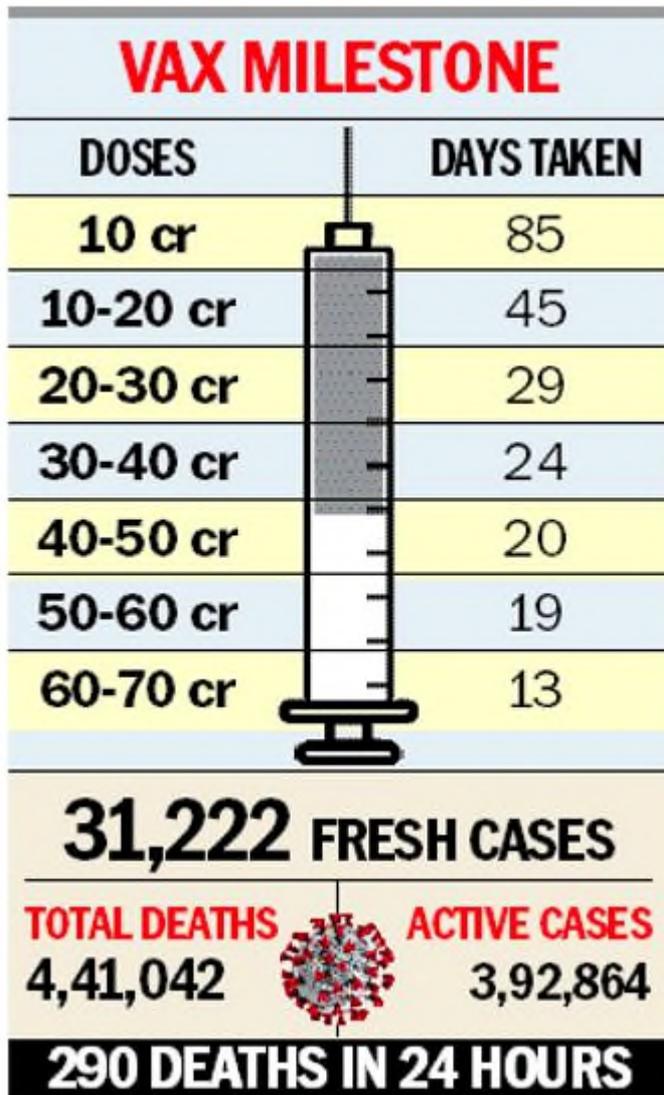
The landmark came a day after India delivered a record over 1 crore doses (1,02,17,844) for the third time in August. India had administered 1,25,77,983 doses on August 31 and a little over 1 crore on August 27. The previous highest daily dose administration record had been 88 lakh on August 17. On Tuesday, Health Minister Mansukh Mandaviya hailed the 70-crore plus Covid dose delivery mark as a “major milestone” in India’s journey towards inoculating all 94 crore adults by December 31. “Congratulations to all,” the Minister said on a day health ministers of 11 WHO South-East Asia Region member nations adopted a ‘Ministerial Declaration’ resolving to strengthen health system resilience to ensure health security and achieve universal health coverage and sustainable development goals for health. “Resilient health systems are the bedrock of emergency preparedness and response and ensure that when acute events occur, essential health services can be maintained,” said Poonam Khetrpal Singh, Regional Director, WHO South-East Asia, at a ministerial roundtable during the ongoing Seventy-Fourth Regional Committee meeting. — TNS

‘Delta spread driven by immune escape’

New Delhi: The Delta variant of Covid has most likely spread through its ability to evade neutralising antibodies and its increased infectivity, say an international team of researchers in science journal ‘Nature’. TNS

Largest free vax drive in India: Birla

New Delhi: Lok Sabha Speaker Om Birla on Tuesday said India had embarked on the world’s largest free Covid vaccination drive and had unveiled economic packages after reopening the country. TNS



### Covid outbreak

**13k excess deaths in Bhopal since Covid outbreak (Hindustan Times 20210909)**

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

There were 13,122 excess deaths registered by the municipal corporation in Bhopal since the start of the Covid-19 outbreak (from March 2020 to July 2021), which is 13 times the official number of confirmed coronavirus deaths (995) in the city in the same time period, data accessed through an RTI application by HT shows.

This means there were 12,127 deaths that may have possibly been caused by Covid-19 or other causes.

In 2021 alone, there were 10,298 excess deaths in the city – a testament to the brutal toll of the second wave. Of these, 6,652 excess deaths were just in two months – May and June, a time when the city’s hospitals were overflowing with patients.

In total numbers, in just the first seven months of 2021, the city saw 16,318 deaths registered – more than the city did in any calendar year since 2015. In fact, deaths in 2021 till July are already 53% more than the city’s pre-pandemic yearly average of 10,633 deaths.

“Excess death” or mortality is a generalised term that refers to the total number of deaths occurring due to all causes during a crisis that is above and beyond what would have been expected under regular conditions. To be sure, not all such excess deaths may be due to Covid-19, but during a pandemic such major deviations in fatalities are likely to be either directly or indirectly caused by the outbreak and the stress it had caused on a region’s health care system. Internationally and domestically, such data has provided vital information on the true toll of the pandemic on human life.

For the analysis here, municipal death registration data from the pre-pandemic period (January 2015 to February 2020) has been averaged to establish an all-cause mortality baseline, which has then been compared to the deaths registered from March 2020 onwards, to come up with the number of “excess deaths”.

In the pandemic period, there were 13,122 such “excess deaths” in Bhopal, despite 1,129 fewer deaths (compared to the 2015-2019 average) in April and May 2020 – a factor that can be explained by the hard nationwide lockdown.

Till July 31, Bhopal had seen 995 deaths due to Covid-19, according to government data, which also accounts for backlog deaths added to the tally. Thus, the city saw 12,127 deaths over and above the fatalities confirmed to be caused by Covid-19. When seen together with the Covid-19 toll, it means that the city had a fatality undercount factor of 13.2 times.

Harshit Tiwari, deputy commissioner of the Bhopal Municipal Corporation said that the registration of deaths in the city did not mean that the person was a resident of Bhopal. “If someone dies in Bhopal, the registration will be done by BMC. So, a possibility exists that these include deaths of those from outside the city.”

The state Public Health and Family Welfare minister Prabhuram Chaudhary said that while the situation was under control in 2020 when the Prime Minister announced a complete lockdown, in 2021, the second wave couldn’t be contained with people caught “off guard”. He added that he was not “aware” of these numbers. “Bhopal and Indore were places where the highest number of people reached for Covid treatment. They died while undergoing treatment, and family members cremated and buried them here in Bhopal. But the deaths were in hundreds

not in thousands. I will check the reason behind the high registration of deaths in Bhopal,” he said.

Raising questions on the high registration of deaths in April and May, health activists said that these statistics exposed government claims, with the numbers for Bhopal, outstripping the number of deaths that they had admitted in the entire state. “If we see the government data of total Covid-19 deaths in May and April in MP, it can’t justify the massive registration of deaths in Bhopal. In April, the government claimed 1,630 deaths and 2,451 in May from the entire state,” said Amulya Nidhi, convener of the Jan Swasthya Abhiyan.

The Congress attacked the Shivraj Singh Chouhan government, saying that these numbers were evidence of the mismanagement of the second wave. MPCC president and former CM Kamal Nath said, “We have been saying from the first day that thousands of people died due to mismanagement during the second wave. When I revealed the data of crematoriums and burial grounds, some BJP leaders filed an FIR against me. Now, if the death registration of Bhopal is so high, we can imagine what has happened in the other 51 districts of MP. The state government should clarify why so many people died in these two months and if the cause of death is not Covid-19, what explains these high numbers.”

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## **Covid be cured with aspirin**

### **Fact check: Can Covid be cured with aspirin?( The (Indian Express:20210909)**

<https://indianexpress.com/article/lifestyle/health/fact-check-can-covid-be-cured-with-aspirin-7496830/>

A WhatsApp message that has been doing the rounds lately claims that Covid can be cured with aspirin

covidOne should not pay attention to myths and false claims about Covid, a doctor says. (Express photo by Amit Mehra)

Ever since the Covid outbreak, there have been a lot of myths related to the infection, from preventive hacks to cure, leaving people confused. A similar myth has been doing the rounds yet again, and as expected, has caught people's attention.

A new WhatsApp message has now been claiming Covid-19 to be a bacteria and not a virus. It also says that the infection can be cured with anticoagulants like aspirin.

This, however, is untrue

Busting the myth, Dr Arunesh Kumar, HOD, pulmonology, Paras Hospitals, Gurgaon, tells indianexpress.com, "Every day there are numerous misleading information shared on WhatsApp related to coronavirus. One such false claim that is widely being circulated is that Sars-Cov-2 is a bacteria and it can be treated with aspirin. The viral message also claims that a study has been conducted on the aspirin's role in curing coronavirus disease. This is totally fake as Sars-Cov-2 is a viral infection and no such medicinal cures are available yet."

He added, "It is important for the public to not pay any attention to such myths or false claims."

Also Read |Fact check: Cow dung can't cure Covid-19, may cause black fungal infection

PIB also shared a screenshot of the message and tweeted, "A forwarded #WhatsApp message claims that #COVID19 is not a virus but a bacteria and it can be cured with anticoagulants like aspirin...This claim is #FAKE!"

## **Meditation**

### **‘Meditation demands great discipline’: Jiddu Krishnamurti (The Indian Express: 20210909)**

<https://indianexpress.com/article/lifestyle/life-positive/meditation-discipline-jiddu-krishnamurti-positivity-motivation-good-morning-7496672/>

According to the late philosopher Jiddu Krishnamurti, meditation is not the "discipline of suppression or conformity", but it is the discipline that comes where there is an observation of thought

krishnamurtiKrishnamurti on meditation and the mind. (Source: Krishnamurti/Facebook)

There are various interpretations of meditation and meditative learning. One such interesting aspect was proposed by philosopher Jiddu Krishnamurti in an interview with former BBC religious affairs interviewer Oliver Hunkin.

“Meditation is emptying the whole mind of everything known, otherwise, you cannot know the unknown,” he said in the video posted by Krishnamurti Foundation Trust.

According to the late philosopher, meditation is not the “discipline of suppression or conformity”, but it is the discipline that comes where there is an observation of thought.

“That observation brings about its own extraordinary, subtle discipline. That is absolutely necessary,” he mentioned.

So, when is a good time to meditate? “You can do it any time. When sitting in a bus, watch, observe, be attentive what is happening around you, what is happening in yourself, aware of the whole movement. A meditative mind is a silent mind. The silence is not the product of suppression of noise, it is not the opposite of noise. But it comes when the mind has completely understood itself,” he mentioned

## **Parkinson 's disease**

### **What is Deep Brain Stimulation? Doctor explains the 'fully-awake' surgical method for Parkinson 's disease(The Indian Express:20210909)**

<https://indianexpress.com/article/lifestyle/health/what-is-deep-brain-stimulation-doctor-explains-the-fully-awake-surgical-method-for-parkinsons-disease-7497015/>

It is important to understand the disease, but more important to translate this understanding to better therapy, which may not cure/stop the progression, but give better quality living

Deep Brain Stimulation, what is Deep Brain Stimulation, Deep Brain Stimulation surgery, Deep Brain Stimulation for Parkinson's Disease, Parkinson's Disease treatment, Parkinson's Disease, what is Parkinson's Disease, what causes Parkinson's Disease, surgery for Parkinson's Disease, indian express newsThe incidence of PD is rising across India like other parts of world with increasing life expectancy, which has nearly doubled from the beginning to the end of last century. (Photo: Getty/Thinkstock)

What Adolf Hitler, Mao Zeadong, George HW Bush Senior, Vladimir Putin, Pope John Paul II, Muhammed Ali, Rev. Jesse Jackson, Davis Phinney and Michael J Fox have in common — just like more than 10 million people in the world — is Parkinson's disease (PD). The incidence of PD is also rising across India like other parts of world with increasing life expectancy, which has nearly doubled from the beginning to the end of last century. The prevalence of PD is 8 per cent of the global burden, making it the second most common ageing-related disorder (after Alzheimer's). Every year, globally, more than 50,000 people are told they have Parkinson's Disease.

It is important to understand the disease, but more important to translate this understanding to better therapy, which may not cure/stop the progression, but give better quality living. That is deep brain stimulation (DBS) — a surgical therapy used for the treatment of PD. The time to consider DBS is when the quality of life is no longer acceptable on optimal medical therapy as administered by a movement disorder specialist.

DBS surgery implants a device that sends electrical signals to brain areas resulting in blockage of some of the messages that cause the movement symptoms, improving communication between brain cells to reduce symptoms of PD. Electrodes are placed deep in the brain and are connected to a stimulator device. Similar to a pacemaker, a neurostimulator uses electric pulses to regulate brain activity.

#### History of DBS

Modern DBS was developed in France in 1991 by professor of neurosurgery Dr Alim-Louis Benabid. With advances in technology and surgical practices, the therapy has continued to improve and DBS is now a standardised procedure in more than 1,200 hospitals around the world in 70+ countries. It was first approved by FDA in the USA in 2003 only for advanced

cases of PD initially, and later in 2011, for all cases including dystonia, essential tremors, epilepsy and OCD, and is now considered a quite a safe and effective treatment for selected patients with PD by a multidisciplinary team.

More than 1,75,000 people have had DBS therapy in the last 19 years in the world, with a success rate of over 97 per cent. In India, about 500 DBS surgeries occur annually. So far, this facility is available only in metros like Mumbai, Delhi-NCR, Bengaluru, Hyderabad, Chennai and Kolkata.

Three types of DBS systems are currently available. Each system has its own advantage. The electrical stimulation is adjustable and can be easily changed. All three companies claim the DBS system is also MRI compatible, and it works 24 hours a day.

Deep Brain Stimulation, what is Deep Brain Stimulation, Deep Brain Stimulation surgery, Deep Brain Stimulation for Parkinson's Disease, Parkinson's Disease treatment, Parkinson's Disease, what is Parkinson's Disease, what causes Parkinson's Disease, surgery for Parkinson's Disease, indian express news DBS surgery implants a device that sends electrical signals to brain areas resulting in blockage of some of the messages that cause the movement symptoms. (Photo: Getty/Thinkstock)

### My own experience of undergoing DBS surgery

On the day of surgery — June 16, 2021 — at Gurugram Artemis Hospital, after a nice hot water bath using the germicidal solution, I was wheeled into the CT room early in the morning and within a few minutes, a team of surgeons checked the size of the skull cage. Dr Aditya Gupta, the chief of neurosurgery, started numbing my skull by administering local anaesthetic using thin needles. After the cage was firmly screwed and secured into my skull, I was put on a CT scan machine. Dr Gupta explained it was done to help surgeons know where exactly to place the electrodes in my brain.

Then I was wheeled into the OT. In the pre-op room, I was explained by a team of anaesthesiologists why, during the procedure, I had to be 100 per cent alert and awake — I had to cooperate and bear some discomfort and pain. If you are sedated, it could change the firing patterns of the cells in your brain and make the brain mapping more difficult.

Soon, I found myself in the main OT. Different teams worked on different projects. Anaesthetic team starting arterial line, putting Foley's catheter, relieving some of my pain with IV injections, paracetamol and injecting pre-operative antibiotics. Surgical side positioned and fixed the head so that surgeons could comfortably operate, along with the proper preparation of operative site (removal of hair) and cleaning of the skin with different antiseptic lotions; sterile towels and sheets to cover the exposed area to minimise the possible risk of infection.

I could see a ray of light, a hope to improve the quality of my life. To not be dependent on another.

Now, since the brain does not have any pain receptors, local anaesthetics are given over the scalp, where the skin is cut and holes are drilled into the skull. I soon realised, after the bone

chip was removed, that they had started cutting my dura (the outermost, toughest and most fibrous layer of meninges surrounding the brain and spinal cord) to expose my brain, so electrodes can be inserted into the target area: subthalamic nucleus (STN).

I looked at the wall clock — which I thought was not moving — and realised it was one of those days when every minute would feel like an hour.

Deep Brain Stimulation, what is Deep Brain Stimulation, Deep Brain Stimulation surgery, Deep Brain Stimulation for Parkinson's Disease, Parkinson's Disease treatment, Parkinson's Disease, what is Parkinson's Disease, what causes Parkinson's Disease, surgery for Parkinson's Disease, indian express news "My tremors, stiffness are non-existent, and routine daily activities are easier, like bathing, getting ready, drinking and writing." (Photo: Getty/Thinkstock)

Finally, Dr Aditya Gupta asked the technical staff about the exact positioning of the electrodes as per their calculations, after fusion of images and after inserting them and re-checking. After this, everybody waited for the neurologist to arrive and clinically correlate and finalise the correct electrode to be capped. Soon, Dr Sumit Singh, head of the neurological team arrived and began to check the movements of my right hand and foot, asking me to repeat reverse-counting; after he was satisfied, he finalised the electrodes on the left side and said, "Yes, we are good to go to the other side", referring to my brain. The same things were repeated on another side including the wait for a neurologist.

Then, there was another CT scan on the OT table to recheck the positioning of the electrodes, and to rule out any possible intracranial haemorrhage. The rest of the surgery was a mystery (creating a subcutaneous tunnel and placing the device under the left collar bone). I was luckily under general anaesthesia, for approximately 30-40 minutes. When I reopened my eyes, I found myself in neuro-ICU with my dear wife and son standing next to me.

It was an amazing experience. Not only was I able to hear everything in the OT, but the feeling of pain and the sensation of the skull being opened and electrodes inserted was quite a unique experience.

I am glad to return to my favourite activities and experience the joy of doing the simplest things in life once again: playing golf and driving. The biggest thing for me is having my smile back. I am taking almost 1/10th of the medicines I was previously taking. My tremors, stiffness are non-existent, and routine daily activities are easier, like bathing, getting ready, drinking and writing. I feel better emotionally, with less physical discomfort and less embarrassment in public.

Over 60 per cent people ignore early signs of poor nerve health: Survey

Results revealed limited knowledge about nerve health. While people had experienced symptoms related to nerve damage only 50 per cent related it to nerve health

## **Nerve health, nerve health survey**

**Nerve health, nerve health survey, vitamin B12 deficiency india, what to know about vitamin deficiencies, indianexpress.com, indianexpress, nerve health damage, Many people continue to ignore symptoms of nerve health. (Source: Getty Images/Thinkstock) (The Indian Express:20210909)**

<https://indianexpress.com/article/lifestyle/health/early-signs-poor-nerve-health-survey-7487371/>

Diet and nutrition play a huge role in maintaining one's health and wellbeing. Which is why experts always stress on the need to eat right and clean. Also, it must be noted that nutritional deficiencies can lead to various ailments, including nerve damage which can be a result of deficiency of B vitamins. And a recent survey now reveals that people continue to ignore early signs of 'poor nerve health'.

The survey conducted among 1800 respondents across 12 cities, showed that over 60 per cent of the respondents ignored early signs of poor nerve health.

“Besides other factors, people with vitamin-B deficiencies have a higher probability for nerve impairments. Special nutritional habits or malnutrition can lead to deficiencies in certain essential vitamins, like the neurotropic-B vitamins, which play a very important role in keeping your nerves healthy and protected. However, like most vitamins, B12 can't be made by the body. Therein lies the problem as while some people don't consume enough vitamin B12 to meet their needs, others can't absorb enough from foods, no matter how much they consume. As a result, vitamin B12 deficiency is found to be relatively common, especially among older people,” shared Dr Satish Khadilkar, dean and HOD neurology, Bombay Hospital Institute of Medical Sciences.

As per the survey conducted by Heal Health and Hansa Research, and supported by Procter & Gamble Health Limited, while over 90 per cent of the respondents believe that healthy nerves are important, only 38 per cent know that nerves are different from blood vessels.

“A large population of the country today suffers from vitamin B deficiencies without knowing the causes and the risks associated with this condition, including nerve damage. The survey is an effort to increase awareness about nerve health, empower people to recognise the early symptoms and how it can be managed with a balanced diet and supplementation,” said Milind Thatte, MD – Procter & Gamble Health Limited.

The survey also revealed “limited knowledge” amongst the masses about nerve health. While people had experienced symptoms related to nerve damage only 50 per cent related it to nerve health. The survey results also revealed that 73 per cent of respondents relied upon vegetables and 69 per cent of respondents relied upon fruits for vitamin B12, which are not a source.

diet Include B12 vitamin boosting foods in your diet. (Source:Pixabay)

Notably, B12 deficiency is extremely common in India – amongst other deficiencies – owing to malnutrition being extremely common. The reasons for these are many and largely related to diet and lifestyle.

“Vitamin B12 deficiency may be one of the main reasons leading to nerve problems. Good nutrition is often the first line of defense to avoid many diseases, including nerve health. The food you eat can improve your nervous system’s functioning. Knowing which nutrients nourish your nervous system can help you lead a healthier life and reduce your chances of nerve-related problems. Due to lack of awareness, people usually don’t select the right kind of diet. Nerve damage caused by lack of vitamin B12 may become permanently debilitating,” added Dr Mangesh Tiwaskar, honorary general secretary, Association of Physicians of India (API).

## **Vaccinated population**

### **Only 0.3 per cent of fully vaccinated population got infected with Covid-19: BMC data (The Indian Express:20210909)**

<https://indianexpress.com/article/cities/mumbai/only-0-3-per-cent-of-fully-vaccinated-population-got-infected-with-covid-19-bmc-data-7497402/>

This means that only 0.3 per cent of the vaccinated population got a breakthrough infection, the civic body added. Breakthrough infection is referred to the phenomenon of the virus “breaking through a protective barrier provided by the vaccine.”

A medic inoculates beneficiary with a dose of Covid-19 vaccine at a vaccination centre. (PTI)

Out of 28.88 lakh fully vaccinated citizens in the city, only 9,018 got infected with Covid-19, according to data released by the Brihanmumbai Municipal Corporation’s (BMC) health department.

This means that only 0.3 per cent of the vaccinated population got a breakthrough infection, the civic body added. Breakthrough infection is referred to the phenomenon of the virus “breaking through a protective barrier provided by the vaccine.”

Of these breakthrough cases, 6,016 had completed 15 days after the second dose, while the rest 2,912 citizens caught the infection before the lapse of the two-week period.

Civic officials said that no vaccine provides 100 per cent protection but the data clearly shows vaccine protects the majority of the population. Officials said the infection rate was even lower among people who are following Covid-appropriate behaviour like wearing masks and avoiding crowds. BMC said there was no information available on the number of fatalities among the fully vaccinated lot.

An article by the Centre of Disease Control and Prevention titled “Possibility of Covid-19 illness after vaccination” highlights that in the case of Covid-19, the vaccine’s main goal is to reduce the impact of the infection and prevent it from causing a serious illness, making the impact less life-threatening. “Even when fully vaccinated people develop symptoms, they tend to be less severe than that among unvaccinated people. This means they are much less likely to be hospitalised or die than people who are not vaccinated,” the article dated August 23 stated.

Meanwhile, 530 cases of Covid-19 infections were detected in the city in the last 24 hours. With 48,521 tests conducted in a 24-hour-period, the daily positivity rate was 1.09 per cent. Since September 1, the city has been recording more than 400 cases daily, with the positivity rate hovering over 1 per cent.

Eleven faculty suspended, students rusticated, battlelines drawn on Visva-Bharati campus

BJP to roll out 3-week Birthday PM booster shot for party and govt

Javed Akhtar defamation case: HC dismisses Kangana Ranaut's plea

Since August 25, the number of new daily Covid positive cases in Mumbai has consistently been crossing the 300-mark, breaching 400 on September 1 when the city reported 416 new cases, according to data from the civic body.

With the rise in the cases, the number of sealed buildings in the city has also increased. From 22 buildings on August 22, there are as many as 50 buildings that are sealed by the BMC as of now.

The number of active cases increased from 2,834 on August 15 to 3,895 on September 8. The rise in cases is worrying as it comes close on the heels of the 10-day Ganpati festival, which starts on Friday.

## **Covishield gap**

### **The lag between jabs: On Covishield gap (The Hindu: The Indian Express: 20210909)**

<https://www.thehindu.com/opinion/editorial/the-lag-between-jabs-the-hindu-editorial-on-the-gap-between-two-covishield-doses/article36369618.ece>

Kerala HC order on allowing earlier second dose flags need to review 84-day gap

The Kerala High Court's intervention regarding the time lag between the

## **Wellness retreat**

### **Socials for the soul: a peek into a new-age wellness retreat (The Hindu: 20210909)**

<https://www.thehindu.com/life-and-style/kochi-wellness-retreat-aurah-socials-health-fitness-2021/article36335733.ece>

Four friends in Kochi are encouraging locals to replace that Sunday boozy brunch with an outdoor workout at Aurah Social

We've seen 'socially distanced' running and cycling groups, and had our fill of Instagram live sessions and Clubhouse rooms on lockdown fitness and home workout guides. With restrictions now easing, a group in Kochi is now blending

## **Mental health care**

### **Tribute | 'Keshav Desiraju placed focus on mental health care as basic right for all' (The Hindu: 20210909)**

<https://www.thehindu.com/news/national/tribute-keshav-desiraju-placed-focus-on-mental-health-care-as-basic-right-for-all/article36368617.ece>

'He called for convergence between health and social sectors in developing robust responses'

Even as growing evidence emerged on the links between physical and mental health and social disadvantage, Keshav Desiraju recognised poverty, deprivation

### **Nipha Fight (The Asian Age: 20210909)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15823472>

Pandemic

## Persist in Nipah fight

**T**he test reports of 46 of the 61 people who were in close contact with the 12-year-old boy who on Sunday succumbed to Nipah in Kozhikode in Kerala are available now, and they all have tested negative, bringing big relief not only to the people in Kerala but for all across the country. The Nipah infection, unlike Covid-19, has a high case fatality rate, ranging from 60 to 90 per cent, and poses a greater threat to human life. That the virus does not transmit as easily as SARS-CoV-2 and that only those who have been in close contact with the patient at the time of a high level of infection would contract it helped stop the spread. The threat has not completely vanished and the state government has said the people in quarantine will remain so for 42 days, double the incubation period for the virus.

There are many other factors that are essential parts of Kerala's healthcare system that helped contain the spread. The state had reported Nipah virus infections first in 2018 and then in the succeeding year. The healthcare system in the state has by now created its own line of defence, so it took only hours for it to work out and implement an action plan, trace the contacts and put all of them in quarantine. The local self-government machinery has been an active participant in the fight against both Nipah and Covid-19.

The state, however, needs to address certain issues the recurring infection throws. There has not been a confirmation of the source of the 2018 and 2019 infections except through various unsubstantiated theories. This is unacceptable and the government must find an answer to it. It must also speed up the process of making the Institute of Advance Virology in Thiruvananthapuram, launched in 2019, fully functional so that it can depend on expertise back home in the fight against microorganisms.

### **Pandemic (The Asian Age: 20210909)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15823469>

# Loneliness is the hidden pandemic in Covid times



Patralekha  
Chatterjee

Dev 360

**B**ritain has a minister for loneliness. So does Japan. But loneliness is not just a First World problem. Nor confined to the elderly. It is now a stark reality even in a country like India with a predominantly young population. The Covid-19 pandemic has just made things worse.

What Covid-19 did was to freeze our lives. A year and a half later, it is becoming glaringly obvious that the gradual reopening of society and the economy is not going to make things easier automatically. Enforced social isolation has aggravated the problem of loneliness, across all age groups. What is truly worrying is that despite the high decibel talk about mental health, loneliness, per se, and its impact on health and well-being, still don't get much public or policy attention.

Loneliness was on the rise even before the pandemic. Social isolation and loneliness are widespread, with some countries reporting that up to one in three older people feel lonely, the World Health Organisation says. There is a lot of research showing the serious impact of social isolation and loneliness on older people's physical and mental health, quality of life as well as longevity.

"While most studies reporting the burden of loneliness were conducted in industrialised nations where aging and many socioeconomic stressors are affecting social networks, similar problems are emerging in low- and middle-income countries (LMICs) like India," notes a 2020 study titled "Prevalence and correlates of loneliness in India: A systematic review" by Mahbub

that despite a high burden of loneliness across the nation, there is a lack of empirical evidence on the prevalence or other quantitative measures of the severity of loneliness in India. They stress that it's critical to understand how different sociodemographic factors, socio-cultural norms and co-morbidities are associated with loneliness to inform further research and interventions to address the same.

Why is loneliness not on the policy table in India?

One key reason is that loneliness is a subjective experience. This makes it hard to identify.

"Loneliness is a state of the mind. It can exist even if one lives in crowded spaces. It is a marker of a lack of social connect. Even before the onset of the pandemic, many elderly people in the country experienced loneliness. What is new is that more young people have experienced it, because of the restrictions on mobility..." says Dr Soumitra Pathare, director of the Centre for Mental Health Law & Policy in Pune.

The other reason is stigma.

Sonali Vaid, a Harvard-educated public health expert, says many young people are reluctant to admit to loneliness. "They would much rather say they are bored." Many also don't wish to acknowledge that virtual social networks don't necessarily make for emotional connections.

Many elderly people have withdrawn into a bubble after long stretches of complete social isolation, says Ms Vaid. Some have lost their appetites; others find it difficult to communicate, she points out.

Because loneliness is not a disease, it is not a priority for the policy

there was a sharp spike in infections and deaths in many parts of India, Ms Vaid notes. "If you are closing parks, where will ordinary elderly people go for a walk?"

What happened as a result in many instances was counterproductive. Younger people climbed gates and hit playgrounds and parks. The elderly met in drawing rooms, and the infection spread.

Even now, hardly anyone talks about the importance of ventilation, of being outdoors, says Ms Vaid.

Vicky, a South Delhi hairdresser and an anguished parent, constantly worries about his moody and often listless four-year-old. The child has not been to any preschool or had play time with other children. He stays indoors the entire day "Once, a cousin dropped in, with his child. My son was thrilled. All through last year and till recently, he did not go to a park. Nowadays, I take him for a walk in the neighbourhood park, before leaving for work. He enjoys it, but most of his time is spent with adults."

Vicky did not think his son was enjoying online classes. "He probably feels lonely. He stands in the balcony looking longingly at puppies down below."

Who are the worst-hit by the loneliness crisis?

"What is worrying," says Dr Pathare, is that in a country like ours which suffers from an acute shortage of mental health professionals, "those who are more vocal about their needs get attended". In the process, the real needy get pushed to the back of the queue, because the number of people who need counselling or mental healthcare have risen sharply.

**A medical doctor working in a government hospital in Bengal's North 24 Parganas district flags the**

"This is what I would call diversion of resources from those in real need to those who are less needy in a scarcity situation."

A medical doctor working in a government hospital in West Bengal's North 24 Parganas district flags the severity of the social isolation and loneliness crisis for those living in abject poverty. Most elderly people who are coming to the hospital are in a serious condition because of the extreme delay in accessing treatment. This happened, he says, because their primary caregivers died of Covid-19. There was simply no one to bring them to the hospital. Many who visit government hospitals are also unable to articulate their feelings of extreme social isolation, loneliness and the sense of being abandoned.

How does one battle the hidden pandemic of loneliness?

Clearly, the starting point is to talk about it. Only then can it get on to the policy table. Loneliness can't be cured by medicines. Neither can there be top-down solutions. What will go a long way are social interventions. Dr Pathare talks about one community-led intervention his organisation is involved in. "We are training young people — college students to become peer counsellors, support other young people by active listening, behavioural action, etc. This is mental health first aid. In Gujarat, we are training community volunteers in 500 villages as part of a programme called 'atmiyata'. This is about teaching how to practice empathy. It involves four to five sessions."

India still largely depends on the family to take care of its elderly and its young. But there are new realities in the pandemic-battered world. What is needed is social care. And it has to be low-intensity, low-cost, scalable and sustainable, as Dr Pathare puts it.

The writer focuses on

## 2nd Wave (Hindustan: 20210909)

[https://epaper.livehindustan.com/imageview\\_1035816\\_55398290\\_4\\_1\\_09-09-2021\\_0\\_i\\_1\\_sf.html](https://epaper.livehindustan.com/imageview_1035816_55398290_4_1_09-09-2021_0_i_1_sf.html)

# फैसला: सुप्रीम कोर्ट ने हर मृतक के परिजन को मुआवजे की मांग खारिज की दूसरी लहर में सभी मौतें लापरवाही से नहीं: कोर्ट

नई दिल्ली | विशेष संवाददाता

सुप्रीम कोर्ट ने बुधवार को कहा कि अदालतें यह मानकर नहीं चल सकतीं कि वैश्विक महामारी की दूसरी लहर के दौरान कोविड-19 से हुई सभी मौतें लापरवाही के कारण हुईं। अदालत ने मृतकों के परिजन को चिकित्सकीय लापरवाही मानकर मुआवजे का आग्रह करने वाली याचिका पर विचार करने से इनकार करते हुए यह टिप्पणी की।

**केंद्र ने कर दिया था मुआवजा देने से मना :** अदालत में एक अर्जी दायर कर मांग की गई थी कि कोरोना से हुई सभी मौतों में परिजनों को चार लाख रुपये का मुआवजा दिया जाना चाहिए। तब केंद्र सरकार ने मना कर दिया था कि कोविड से मरे हर व्यक्ति को चार लाख रुपये मुआवजा नहीं दिया जा सकता। अगर ऐसा किया गया तो यह देश की अर्थव्यवस्था पर एक बड़ा बोझ होगा।

**फैसले का हवाला:** जस्टिस डीवाई चंद्रचूड़ की पीठ ने याचिकाकर्ता से कहा कि वह अपने सुझावों के साथ सक्षम प्राधिकारियों के पास जाएं। यह



4,41,411 लोग कोरोना की वजह से जान गंवा चुके हैं देश में

“दूसरी लहर का पूरे देश में इतना प्रभाव पड़ा कि यह नहीं माना जा सकता कि सभी मौतें लापरवाही के कारण हुई हैं। अदालतें ऐसी पहले से धारणा नहीं बना सकतीं कि सभी कोविड संबंधित मौतें चिकित्सा लापरवाही के कारण हुई हैं।”

—सुप्रीम कोर्ट

**तैयारियां हमने खुद परखी थीं**

याचिकाकर्ता की ओर से पेश अधिवक्ता श्रीराम पराकट ने कहा कि उनकी याचिका अलग है क्योंकि इसमें लापरवाही और चिकित्सकीय लापरवाही के कारण हुई मौतों के लिए मुआवजे के एक तत्व को ध्यान में रखा गया है। पीठ ने कहा, हमने कोविड की तैयारियों पर स्वतः संज्ञान लिया है और एक राष्ट्रीय कार्यबल का गठन किया है जो कई पहलुओं पर गौर कर रहा है।

मानना कि कोविड-19 से हर मौत लापरवाही के कारण हुई, बहुत ज्यादा है। अदालतें यह मानकर नहीं चल सकतीं कि कोविड से हुई सभी मौतें चिकित्सकीय लापरवाही के कारण हुईं। शीर्ष अदालत ने 30 जून के हाल ही के एक फैसले का हवाला दिया, जिसमें

उसने राष्ट्रीय आपदा प्रबंधन प्राधिकरण को कोरोना से मरने वाले लोगों के परिवार के सदस्यों को अनुग्रह सहायता राशि के लिए छह सप्ताह में उचित दिशा-निर्देशों देने का निर्देश दिया था।

**मानवता के कारण दिया था तब फैसला:** पीठ ने कहा कि उस फैसले में

**घर-घर जाकर कोरोना का टीका लगाना संभव नहीं**

सुप्रीम कोर्ट ने विकलांगों और समाज के कमजोर तबके के लिए घर-घर जाकर कोरोना का टीका लगाने की मांग बुधवार को खारिज कर दी। अदालत ने कहा कि देश की विविध स्थितियों को देखते हुए, घर-घर जाकर कोविड-19 रोधी टीके लगाना संभव नहीं है। हम मौजूदा नीति खत्म करने का आदेश पारित नहीं कर सकते। > **ब्योरा** पंज 10

अदालत ने मानवता के संबंध में अपना दृष्टिकोण रखा था न कि लापरवाही के कारण। सरकार को अब भी इस संबंध में एक नीति लानी है। यदि आपके पास उस नीति के कार्यान्वयन के संबंध में कोई सुझाव है, तो आप सक्षम प्राधिकारी से संपर्क कर सकते हैं।

## Super Antibody (Hindustan: 20210909)

[https://epaper.livehindustan.com/imageview\\_1035816\\_55402654\\_4\\_1\\_09-09-2021\\_0\\_i\\_1\\_sf.html](https://epaper.livehindustan.com/imageview_1035816_55402654_4_1_09-09-2021_0_i_1_sf.html)

दावा: ऐसे लोगों में वायरस के खिलाफ काफी मजबूत प्रतिरक्षा बनी जो 'बुलेटप्रूफ' जैसे बचा रही

# कोरोना के बाद टीका बना रहा सुपर एंटीबॉडी

नई दिल्ली | एजेसियां

कोरोना के बाद टीका लगवाने वाले लोगों में सुपर एंटीबॉडी बन रही है। एक रिसर्च में पता चला है कि ऐसे लोगों में हाइब्रिड इम्यूनोटी विकसित हो रही है जो 'बुलेटप्रूफ' की तरह संक्रमण से रक्षा करती है।

रॉकफेलर विश्वविद्यालय के शोधकर्ताओं ने कहा कि संक्रमण होने के बाद फाइजर या मॉडर्ना के टीके लेने पर एंटीबॉडी व टी-सेल्स की प्रतिक्रिया तेजी से बढ़ जाती है। और अविश्वसनीय तरीके से काफी मजबूत प्रतिरक्षा प्रणाली विकसित हो रही है। यह काफी शक्तिशाली है

## 100 गुना अधिक प्रतिरक्षा

शोध दल में शामिल वायरोलॉजिस्ट थियोडोरा ने कहा, कोविड से उबरने के बाद जिन लोगों ने टीकाकरण कराया, उनकी प्रतिरक्षा प्रणाली अविश्वसनीय है। वे वायरस से लड़ने में सबसे अच्छी स्थिति में हैं। ऐसे लोगों में टीका नहीं लगवाने वालों की अपेक्षा 100 गुना अधिक एंटीबॉडी मिली।

और वायरस के हमले पर तुरंत सक्रिय होकर जवाब देती है।

इम्यूनोलॉजिस्ट शेन क्रॉट्टी ने बताया कि यह दुनिया में फैल रहे हर तरह के कोरोना वायरस से लड़ने में सक्षम नजर आ रही है। इतना ही

## 17

करोड़ लोगों को देश में अब तक लगी दूसरी खुराक।



## 54

करोड़ लोगों को देश में पहली खुराक मिली।

## दिल्ली में व्हाट्सएप पर पाएं टीके-ऑक्सीजन की सूचना

दिल्ली सरकार लोगों को अब कोविड संबंधित जानकारी व्हाट्सएप पर भी उपलब्ध कराएगी। जरूरतमंद लोग व्हाट्सएप नंबर 011-22307145 पर अंग्रेजी में हाय (hi) लिखकर जानकारी ले सकते हैं।

➤ ब्योरा पेज 05

नहीं, यह इन रोगियों की प्रतिरक्षा प्रणाली विभिन्न प्रकार के एंटीबॉडी का उत्पादन कर रही है जो जोखिम को काफी हद तक कम कर देती है। वैज्ञानिक इन लोगों का अध्ययन कर रहे हैं ताकि वे वायरस के प्रति

प्रतिरोधक क्षमता समझ सकें। यह भी पता चला है कि जो संक्रमण से ठीक हो जाते हैं, उन्हें फिर संक्रमण होने की संभावना कम है क्योंकि उनकी प्रतिरक्षा प्रणाली को पता रहता है कि इस वायरस से कैसे निपटना है।