



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 202101201

Omicron

7-day institutional quarantine must for travellers to Maharashtra from omicron 'at-risk' countries (The Tribune: 202101201)

<https://www.tribuneindia.com/news/nation/7-day-institutional-quarantine-must-for-travellers-to-maharashtra-from-at-risk-countries-in-view-of-omicron-scare-345063>

The State Disaster Management Authority has issued the guidelines

7-day institutional quarantine must for travellers to Maharashtra from omicron 'at-risk' countries

Amid concerns over the Omicron variant of coronavirus, Maharashtra has mandated seven-day institutional quarantine for travellers arriving in the state from 'at-risk' countries.

The State Disaster Management Authority on Tuesday night issued the guidelines, an official said.

The list of 'at-risk' countries is announced by the Union government.

According to an updated list, the countries designated as 'at-risk' are the European countries, the UK, South Africa, Brazil, Botswana, China, Mauritius, New Zealand, Zimbabwe, Singapore, Hong Kong and Israel.

Such passengers will also undergo RT-PCR test on second, fourth and seventh day of the arrival, the authority said in its latest guidelines.

If a passenger is found to be positive, he or she will be shifted to a hospital.

In case the test is negative, the passenger will still have to undergo seven-day home quarantine.

Passengers from other than 'at-risk' countries will have to undergo compulsory RT-PCR test at the airport. Even if found negative, they will have to undergo 14-day home quarantine.

If found positive, the patient would be shifted to a hospital, the guidelines added.

While no cases of Omicron have been reported so far in India, Union Health Secretary Rajesh Bhushan on Tuesday advised states not to let their guard down and keep a strict vigil on the international passengers coming to the country through various airports, ports and land border crossings. PTI

Active Covid cases

Active Covid cases in country below one lakh after a year and a half (The Tribune: 202101201)

<https://www.tribuneindia.com/news/nation/active-covid-cases-in-country-below-one-lakh-after-a-year-and-a-half-345069>

The daily rise in new coronavirus infections has been below 20,000 for 54 straight days

Active Covid cases in country below one lakh after a year and a half

Photo for representation purposes. Tribune

India added 8,954 new coronavirus infections taking the total tally of Covid cases to 3,45,96,776, while the active cases were recorded at less than a lakh after 547 days, according to the Union Health Ministry data updated on Wednesday.

The death toll climbed to 4,69,247 with 267 fresh fatalities, according to the data updated at 8 am.

The daily rise in new coronavirus infections has been below 20,000 for 54 straight days and less than 50,000 daily new cases have been reported for 156 consecutive days now.

The active cases declined to 99,023 comprising 0.29 per cent of the total infections, the lowest since March 2020, while the national Covid recovery rate has improved to 98.36 per cent, the highest since March 2020, the ministry said.

A decrease of 1,520 cases has been recorded in the active Covid caseload in a span of 24 hours.

New Covid-19 variant Omicron

Top UK scientist says new Covid-19 variant Omicron not a disaster, vaccination likely to protect (The Tribune: 202101201)

<https://www.tribuneindia.com/news/health/top-uk-scientist-says-new-covid-19-variant-omicron-not-a-disaster-vaccination-likely-to-protect-343469>

‘New variant may end up causing no more than runny noses and headaches in those who have been vaccinated’

Top UK scientist says new Covid-19 variant Omicron not a disaster, vaccination likely to protect

The new potentially highly-transmissible variant of Covid-19, named Omicron by the WHO, is not a disaster as vaccines are still likely to protect against the serious disease from it, a UK scientist, who advises the government, said on Saturday.

Professor Calum Semple, a microbiologist from the UK government’s Scientific Advisory Group for Emergencies (SAGE), struck a note of caution on the worldwide headlines around the new B.1.1.529 variant detected in South Africa.

The UK imposed travel restrictions on six southern African countries – South Africa, Botswana, Lesotho, Eswatini, Zimbabwe and Namibia – as health authorities said that they are investigating the “most significant variant” which could be potentially more infectious and vaccine-resistant.

“This is not a disaster, and the headlines from some of my colleagues saying ‘this is horrendous’ I think are hugely overstating the situation,” Professor Semple told the BBC.

“Immunity from vaccination is still likely to protect you from severe disease. You might get a snuffle or a headache or a filthy cold but your chance of coming into hospital, or intensive care or sadly dying are greatly diminished by the vaccine and still will be going into the future,” he said.

The new Omicron variant was first reported to the World Health Organisation (WHO) from South Africa on Wednesday and has also been identified in Botswana, Belgium, Hong Kong and Israel.

Countries around the world are currently racing to introduce travel bans and restrictions on southern African countries in an effort to contain Omicron’s spread.

Semple said that while it may not be possible to stop the variant coming to the UK, it is still important to delay its arrival.

“If you can slow the virus coming into your country, it gives you more time for your booster campaign to get ahead of it. It also gives the scientists longer to understand more about the virus in case there is anything we really should be worrying about,” he said.

Meanwhile, a vaccine expert believes it is “extremely unlikely” that the new Omicron variant will trigger a major new wave of the Covid-19 pandemic in the UK.

Professor Andrew Pollard, the director of the Oxford Vaccine Group, said it is “too early” to be certain whether the new variant will be able to evade current vaccinations, something unlikely to be known for up to three weeks.

But he said that most of the mutations in Omicron are in the same parts of the spike protein as those in the other variants that have emerged.

“At least from a speculative point of view, we have some optimism that the vaccine should still work against a new variant for serious disease, but really we need to wait several weeks to have that confirmed. It’s extremely unlikely that a reboot of a pandemic in a vaccinated population like we saw last year is going to happen,” said Professor Pollard.

England’s Chief Medical Officer, Professor Chris Whitty, told a local government panel that he remained more concerned about the risks posed by existing variants, describing the Delta epidemic as “undoubtedly the principal thing we need to concern ourselves with between now and Christmas”.

“We’ve always known that new variants would crop up from time to time... but there’s an awful lot we don’t know and I think it’s probably not terribly helpful to speculate,” he said.

Sir John Bell, one of the government’s most senior advisers on vaccines, said that the new variant may end up causing no more than “runny noses and headaches” in those who have been vaccinated.

Sir John, the Regius Professor of Medicine at the University of Oxford, said while the new variant might evade antibodies, it would be less likely to escape T-cells and other parts of the immune system that provide broader protection.

“You could still have a highly infectious virus that scoots around and causes lots of trouble, but causes lots of, you know, runny noses and headaches but doesn’t put people into hospital. Honestly, you could live with that, I think,” he said.

Meanwhile, pharmaceutical majors behind some of the key COVID-19 vaccines have expressed confidence that they will be able to rapidly adapt their jabs if the Omicron variant spreads.

Pfizer and BioNTech said they expect “to be able to develop and produce a tailor-made vaccine against that variant in approximately 100 days, subject to regulatory approval”.

Moderna said it has advanced a “comprehensive strategy to anticipate new variants of concern” since early 2021 – including three levels of response if the immunity offered by its jabs wanes.

Meanwhile, Novavax added it has already started creating a COVID-19 vaccine based on the known genetic sequence of B.1.1.529 “and will have it ready to begin testing and manufacturing within the next few weeks”

It comes as the UK’s official figures revealed another day of high daily coronavirus cases, with 50,091 COVID infections and 160 deaths recorded on Friday. PTI

Pollution

No action on pollution

Meetings, directions have led to no improvement (The Tribune: 202101201)

<https://www.tribuneindia.com/news/editorials/no-action-on-pollution-344877>

No action on pollution

Picture for representational purpose only.

The Supreme Court, hearing a petition concerning the alarming level of air pollution in Delhi, has come to the conclusion that the efforts of various governments and government agencies in curbing pollution have amounted to nothing. A Supreme Court Bench on Monday noted that the Central government had ‘good’ intentions in issuing directions to Delhi, Punjab, Haryana and Uttar Pradesh to reduce air pollution, but ‘the implementation is zero’. This opinion would be shared by the residents of Delhi and National Capital Region, who have been gasping for breath even as the Air Quality Index (AQI) reading has been regularly exceeding 350 and touching 400, denoting very poor to severe conditions—particularly dangerous for residents who are ill or old.

Two weeks ago, the apex court had directed the Commission for Air Quality Management (CAQM) to hold an urgent meeting with the governments of Delhi, Uttar Pradesh, Haryana and Punjab to discuss the terrible air quality in the Capital. The meeting was held, ideas were exchanged, directions issued to the governments and departments concerned — and, as the court observed, nothing seems to have been done on the ground. Indeed, the Solicitor General admitted that ‘we have asked them (governments) to comply since several months’. This suggests that the governments and agencies are not really giving due importance to the life-threatening levels of air pollution in Delhi, and that even the directions of the court are being ignored or not followed completely.

The Supreme Court has directed the region’s governments to file reports on steps taken by them to comply with the directions of CAQM, and also warned that in case of non-compliance, the court could appoint an independent task-force on the issue. From the observations by the highest court, it would appear that all the meetings held over the last few weeks and the directions by various governments are part of a seasonal charade, during which they wait for

the stubble-burning to stop, winds to pick up and the winter to pass and AQI readings to improve on their own. The official flurry merely raises an illusion of activity, achieving practically zero, as the court noted.

Omicron shadow

Omicron shadow on travel (The Tribune: 202101201)

<https://www.tribuneindia.com/news/editorials/omicron-shadow-on-travel-343987>

Govt to review decision on resuming international flights

THE Centre has decided to review its move to end the 20-month ban on scheduled international flights — imposed with the first lockdown in March 2020 — as alarm bells are ringing across the world over Omicron, a new variant of the coronavirus. Omicron, first detected in South Africa, has caused several nations to impose restrictions on flights from that country and its neighbours, and the World Health Organisation has labelled it a ‘variant of concern’. PM Narendra Modi had on Saturday directed officials to review plans to ease international travel restrictions. The decision to end the ban on international flights had come the week India posted the smallest rise in cases in 18 months, which was attributed to widespread vaccination and the presence of antibodies in a large section of the population.

The PM rightly emphasised the need to be vigilant and proactive, and India must be rigorous in monitoring inbound and outbound travellers. Until now, under the air bubble arrangements, India has been allowing a limited number of flights with around 30 countries. The government had initially decided to allow full-capacity flights from mid-December onwards to and from countries deemed not at risk from the coronavirus infection, while some restrictions were to be placed on flights with nations in the ‘at risk’ category.

One key learning from our coronavirus experience is that life just cannot be brought to a standstill — doing this, we’ve seen, causes economic downturn, job losses, reverse migration of workforce and a sharp rise in poverty. The cruellest part is that despite the lockdowns and restrictions, the insidious virus still managed to infect tens of millions of people, causing a health crisis. The pandemic has endangered lives and livelihoods — we need to strike a balance between health security and financial security. On their part, the citizens must adhere strictly to the Covid-19 protocols and shed vaccination hesitancy — that would be the responsible thing to do.

New Covid variant

Safeguards needed to check fresh outbreak (The Tribune: 202101201)

<https://www.tribuneindia.com/news/editorials/new-covid-variant-343204>

DAYS after senior medical officers of the country like the AIIMS Director and the ICMR chief were quoted as saying that a third wave of Covid-19 comparable to the magnitude of the first and second waves was unlikely in the country and that no booster dose of the vaccine was required as of now, reports of a new strain of the coronavirus being detected in some African countries has triggered a fresh alarm, with the Union Health Ministry asking the states to screen and test travellers coming from the countries in which the presence of the variant had been confirmed. The report also came on a day when the Delhi High Court asked the government to clear its stand on booster doses and also referred to the conflicting debate on inoculating children.

Countries in Europe, like Germany, Austria, the Netherlands and Russia, have already reported a fresh outbreak of Covid-19 because of factors like waning immunity and vaccine hesitancy, even as India has sought to resolve the row over the international acceptability of its vaccines and validity of vaccination proof while stepping up the inoculation drive. But with a substantial number yet to be covered fully, the possibility of a resurgence remains. With fully vaccinated cases also contracting the new strain, the importance of testing and tracking, along with precautionary measures, cannot be underestimated.

The apprehension also arises at a time when the country has decided to normalise international travel by mid-December. The European Union and Britain have announced curbs on air travel to countries reporting a large number of cases, prompting early and pre-emptive action. Further disruption is bound to have an adverse effect on economic activities. What the emergence of the new variant confirms is also what the country's medical experts had pointed out, that Covid, like swine flu (H1N1), would become endemic and cyclically affect the vulnerable population. Avoid letting down the guard to keep the disease at bay.

'Full, booster doses

'Full, booster doses key as new variants emerge' (Hindustan Times: 202101201)



Top

Increasing immunity to Sars-CoV-2 is now crucial, and countries must focus on full doses and boosters as soon as possible, one of the world's top immunologists said, calling for more vigilance as concern grows over the Omicron variant and the threat it could pose.

The insight was shared by professor Akiko Iwasaki, professor of immunobiology at Yale University's Howard Hughes Medical Institute, during a session on Covid-19 at the Hindustan Times Leadership Summit, which opened for a five-day hybrid conclave on Tuesday.

"Most crucial is to elevate the immune responses from current vaccines. Getting full doses and boosters will be very important. Even if that is inadequate, it will still protect us from Omicron," Iwasaki said, while adding that there may be a case to look at giving people booster doses sooner than current timelines.

The discovery of the Omicron variant by scientists in South Africa has renewed concerns of a resurgence in Covid-19 across the world as initial signs showed the virus to have become significantly more transmissible and potentially more resistant.

Iwasaki, who was in conversation with health communications specialist Sanchita Sharma, said studies are yet to determine the nature of the threat the new variant of concern (VOC) poses. "We don't know many things with this variant yet. How much more transmissible is it? How virulent it is? Or how well vaccines will protect against it?"

"But what we do know is it has a lot of mutations. Therefore any pre-existing immunity from vaccines or a past infection may be less effective in preventing and disease," she added.

Iwasaki suggested that there may be a case to reconsider the gap between vaccinations and boosters. "In the US, the current recommendation for [when to take] boosters is six months [after second dose]. But we know immunity is waning and there are these new variants out there, and it makes me wonder if boosters should be implemented sooner?"

The professor supported mixing of vaccines, saying this could help create a sort of hybrid immunity and allow countries to use doses that are available.

A little under 48% of India's adult population has received two full doses of a Covid-19 vaccine.

Iwasaki and her team of immunologists at Yale have published over 20 studies since the start of the pandemic, offering key clues into early mysteries surrounding Sars-CoV-2.

The professor supported the idea of mandatory vaccinations that several countries have adopted. “Mandatory vaccinations are very important to contain the virus, especially in places where infection is really spreading, and especially in professions with high public contact such as health care providers. I support such mandates, which make sense to me as an immunologist,” she said.

Is the worst over?

If the global population is not vaccinated soon enough, worse variants can arise, she said. “I don’t have a crystal ball but I am hoping the worst is behind us – the worst can be behind us if we vaccinate enough people. And the worst may yet to come if we don’t vaccinate the world if a more transmissible or a virulent variant emerges,” she said.

The next wave of infections, she added, will depend on how people behave during the winter, when indoor, large gathering in spaces that are not well-ventilated could lead to new infections. “I am not sure this is the time to relax measures to contain the virus.”

Iwasaki, who is widely regarded as one of the most authoritative voices on Covid-19 science on social media, also spoke about how the pandemic intensified her science communication work.

“I think my role has shifted quite a bit in trying to dispel misinformation because it becomes quite toxic and drives hesitancy. It’s very important not just for scientists but also women of colour to speak on these issues,” she said.

Iwasaki, who has advocated for women in science, said “there is still implicit bias against women and women of colour”, which was exacerbated during the pandemic. “But I hope that changes after the pandemic.”

Will the work look different a year from now? “A new normal is achievable sooner if we vaccinate the world, and keep wearing masks and learn to live with this virus with humility because we don’t know when variants will emerge,” she said. “I hope a year from now, the world will be a different place,” she said.

World AIDS Day 2021:

World AIDS Day 2021: From transmission to prevention, all you need to know (The Indian Express: 202101201)

<https://indianexpress.com/article/lifestyle/health/world-aids-day-2021-theme-significance-symptoms-transmission-prevention-hiv-7648632/>

Acquired immunodeficiency syndrome (AIDS) is a chronic, potentially life-threatening health condition caused by the human immunodeficiency virus (HIV) that interferes with the body's ability to fight infections

An apparently healthy-looking person can also be HIV infected. (File Photo)

Every year, December 1 is observed as World AIDS Day across the globe to spread awareness about the disease and remember all those who lost their lives to it. It was first observed in 1988.

The theme of World AIDS Day 2021 is: 'End inequalities. End AIDS'. "With a special focus on reaching people left behind, WHO and its partners are highlighting the growing inequalities in access to essential HIV services," World Health Organisation (WHO) said.

Acquired immunodeficiency syndrome (AIDS) is a chronic, potentially life-threatening health condition caused by the human immunodeficiency virus (HIV) that interferes with the body's ability to fight infections. "Apart from the disease itself, the lack of awareness and social taboos associated with HIV and AIDS are also worsening the condition. All we have to do is to understand the basics about HIV and ensure our protection and get rid of these social taboos," said Dr Gaurav Jain, consultant, internal medicine, Dharamshila Narayana Superspeciality Hospital.

[Simple tips to combat post-Covid weakness and fatigue

Transmission

"AIDS can spread through multiple sources", said Dr Aditya S Chowti, senior consultant, internal medicine, Fortis Hospital, Bangalore. Further, he listed the various transmission channels. viral load. It can be blood, semen, rectal fluid, vaginal fluid or breast milk.

*You can also contract HIV by having unprotected sexual intercourse with an infected person, sharing drug equipment like needles.

*It can be transmitt

*By receiving blood transfusion or organ tissue transplants that are contaminated with HIV.

Symptoms

An apparently healthy-looking person can also be HIV infected, Dr Jain highlighted.

"Once HIV converts into AIDS then it may present in initial symptoms like unexplained fatigue, fever, sores around genitals or neck, pneumonia etc," he added.

Explaining the symptoms, Dr Chowti said, "During stage 1, within 2-3 weeks of getting infected, about two-thirds of the people will have a flu-like illness. You can have fever, chills, rashes, night sweats, muscle aches, mouth ulcers, sore throat, fatigue and lymph nodes." These symptoms can last for a few days to a few weeks.

"Stage two, also known as clinical latency, might not show any particular symptoms. This stage is also called chronic HIV infection. It can be a long one and may go on for 10 years as well."

"Stage three is AIDS which results in the weakening of the body's immune system. Symptoms can be rapid weight loss, recurring fever, night sweats, extreme unexplained tiredness, swollen lymph nodes, chronic diarrhoea, sores in the mouth and genitals, pneumonia, neurological

disorders, depression, memory loss and it can also manifest on the skin in the form of rashes,” he added.

ALSO READ |Are non-smokers also at risk for lung cancer? A pulmonologist elucidates

Preventio

It is very crucial to prevent this deadly instead of looking for a cure, Dr Chowti said.

*Make sure you are using protective techniques.

*Make sure you are not using contaminated needles.

*Prevent mother to child transmission.

*If someone is aware of the infection in their body, make sure they are on the right treatment path.

“Apart from being aware of fresh or sterilised needles at hospitals, be aware of fresh needles at piercing and tattoos shop as well. Ask your tattoo artist to use fresh needles, Dr Jain suggested.

He added, “Opt for the set of pre-marital tests before marriage which includes an HIV test and helps to ensure safety from other STDs as well.”

1Common entrance test for admissions to central universities from 2022-23 academic session

2Delhi: Demolition deadline over, Supertech towers still stand

3Man stabbed over ticket for Salman film



Nutritionist on why you must not cut out fat from your daily diet

Nutritionist on why you must not cut out fat from your daily diet (The Indian Express: 202101201)

<https://indianexpress.com/article/lifestyle/health/skipping-fats-diet-weight-loss-7639320/>

"Everyone is different, but getting around 25-30 per cent of your calories from fats is a good place for most people. Fats should be eaten with every meal." said nutritionist Lovneet Batra

nutritious food for children, healthy eating for kids, ghee, benefits of ghee, healthy food, parenting, indian express, indian express news

Here's what you need to know about consuming fats. (Source: Getty Images/Thinkstock)

Fearing weight gain, many people tend to completely skip fats from their daily diet. However, is it a wise move? Nutritionist Lovneet Batra busted the myth and said that fats are "required for the body to function at an optimum level".

ALSO READ | Nutritionist shares effective tips to overcome a weight loss plateau

"Fats are one of the three macronutrients required for the body to function at an optimum level. Everyone is different, but getting around 25-30 per cent of your calories from fats is a good place for most people. Fats should be eaten with every meal. A nutritious eating plan doesn't mean cutting out all fat, just focusing on healthier varieties. Understanding the important role fats play in daily food intake can help highlight why it should not be removed from our diet," she mentioned in an Instagram post.

How does fat help?

As per Batra,

*It's a major fuel source for your body (provides a lot of calories) and also the main way you store energy.

*You need fat to help you absorb certain nutrients, such as fat-soluble vitamins (vitamins A, D, E and K) and antioxidants (like lycopene and beta-carotene).

*Fat is important in giving your cells their structure.

ALSO READ | Nutritionist suggests three smart ways to lose weight without crash-dieting

*Omega-3 fats, a type of unsaturated fat, are important for optimum nerve, brain and heart function. One type of fat you don't need? Trans fats, an artificial kind of fat found in partially hydrogenated oils.

*Fats are an important source of energy during workouts. Fats also contain active molecules that influence how muscles respond to insulin and control response to inflammation.

“Go ahead and add a handful of nuts, a dash of olive oil, or a couple of slices of coconut to your meal today, as the importance of healthy fats in your daily meal plan can't be denied,” she remarked.

Are you having good fats in your daily meals?

📣 For more lifestyle news, follow us on Instagram | Twitter | Facebook and don't miss out on the latest updates!

📣 The above article is for information purposes only and is not intended to be a substitute for professional medical advice. Always seek the guidance of your doctor or other qualified health professional for any questions you may have regarding your health or a medical condition.

Stiffness

Watch: Three simple stretches to tackle stiffness in the neck, shoulder and back (The Indian Express: 202101201

<https://indianexpress.com/article/lifestyle/fitness/three-stretches-stiffness-neck-shoulder-back-rujuta-diwekar-7571702/>

Two of these stretches can be done while you are sitting on a chair

Rujuta Diwekar recommended simple stretches for neck and back., (Representational: pixabay)

After several months of work from home, many of us may be suffering from lower back issues or stiffness in the neck and shoulder. The best way to cure this is by doing some stretches from time to time.

Celebrity nutritionist Rujuta Diwekar, who also keeps sharing various easy exercises to keep the body fit, listed three simple stretches that you can do in the middle of your work, two of which can be done while you are sitting on the chair.

Stretch 1

Lift both your arms in front of you so that they are parallel to the ground. At the same time, push your shoulders down and stretch your shoulder blades backwards.

Now, lift both the arms above your head while keeping them straight. Squeeze your shoulder blades and work at straightening out your elbow. Hold this for about 5-10 counts.

Also Read |Three tests you can do at home to measure fitness level

Stretch 2

While sitting on a chair, come a little to the front and move your upper body, from your lower back, to the right. Squeeze your shoulder blades and stay for five counts. Repeat on the other side. Make sure you do not move your knees.

Stretch 3

Stand with your weight equally distributed on both legs. Squeeze your hips and shoulder blades together. Now shift your weight to one leg and lift the other leg so that the thigh is parallel to the ground. Hold for five counts. Repeat on the other side.

Shifting your weight alternately will work at improving your lower body strength and ensure there is no massive deterioration in the bone mineral density.

Diwekar also said the one should try to cut down on sitting as far as possible.

How about trying these simple stretches?

Food and Nutrition

Nutritionist on why you must not cut out fat from your daily diet (The Indian Express: 202101201

<https://indianexpress.com/article/lifestyle/health/skipping-fats-diet-weight-loss-7639320/>

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nutritious food for children, healthy eating for kids, ghee, benefits of ghee, healthy food, parenting, indian express, indian express newsHere's what you need to know about consuming fats. (Source: Getty Images/Thinkstock)

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ALSO READ |Nutritionist shares effective tips to overcome a weight loss plateau

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Health Care (The Asian Age: 202101201)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=16003021>

Kejri holds meet to review Omicron preparedness

Jai Prakash Narayan Hospital in Delhi designated as facility to treat patients infected with new coronavirus variant

AGE CORRESPONDENT
NEW DELHI, NOV. 30

Dedicated in keeping the threat of new Covid-19 variant 'Omicron' in Delhi at bay, chief minister Arvind Kejriwal held a crucial meeting with high-ranking officials on Tuesday to review the state's preparedness.

Addressing the media, Kejriwal said that he has been personally monitoring Covid situation, ensuring that Delhi is well-equipped for any incoming threat of the Omicron variant.

Kejriwal said: "The Omicron variant of coronavirus has increased people's anxieties all over the world. We hope and pray that it doesn't enter or spread in India. But in case of the probable threat, it is our duty as a responsible government, to arrange all required preparations beforehand in order to tackle the virus. Today, I held a meeting with all concerned departments to discuss and assess the preparations, and took note of the status of facilities available. The discussion covered the number of beds available, the number of beds needed additionally, testing rates and requirements, oxygen requirement, vaccination status, ICU requirement, manpower and the like."

After chairing a high-level meeting with all concerned authorities to review the state's pre-

COMBAT READY FOR NEW COVID STRAIN

● 30,000 Covid beds are ready in hospitals. Medicine stocks are currently being added, and home isolation arrangements are being strengthened.

● Oxygen supply and storage is being bolstered. Around 6,000 oxygen cylinders have been imported and 15 oxygen tankers bought to prevent oxygen shortage. Hospitals in Delhi have a combined oxygen capacity of 750 MT.

● The government has trained a total of 15,370 healthcare workers which includes 4,673 doctors, 1,707 medical students, 6,265 nurses and 2,726 paramedics. They have been given training in oxygen therapy, Covid management, paediatric ward covid management.

● The Delhi government has issued a Covid helpline number 1031.



It is our duty as a responsible government to arrange all required preparations beforehand in order to tackle the virus

— Arvind Kejriwal, Delhi CM

Delhi records 34 Covid-19 cases, no death

AGE CORRESPONDENT
NEW DELHI, NOV. 30

The national capital registered 34 coronavirus cases and zero related death in a day, while the positivity rate stood at 0.07 per cent, according to the data shared by the health department here on Tuesday. The city for the last three days had been registering one fatality, each. The national capital has recorded seven deaths due to the infection in November.

ent at the review meeting.

Kejriwal further said:

"Oxygen supply and shortage was a major crisis during the second wave. It is estimated that all the hospitals in Delhi have a combined oxygen capacity of 750 MT. The biggest obstacle last time was regarding the distribution of oxygen. To deal with storage and distribution problem of oxygen we have constructed extra storage facilities of 442 MT. Delhi has also constructed PSA plants to produce oxygen within the state and not rely on supply from outside. 121 MT oxygen has begun to be produced within Delhi. This way we will avoid the oxygen crisis which we

faced last time, and ensure that hospitals do not run out of oxygen supply in any circumstance."

According to Kejriwal, the government is in a war footing position and have ensured that telemetry equipment is installed in each small or large oxygen storage facility. With the installation of such devices, data will be shared in real time on the dashboard in the war rooms.

The Delhi government is also focusing on increasing manpower for Covid management, so that if the rate of infection picks up, there is no shortage of doctors, nurses and paramedic staff. For this, the Delhi government has given special training in Covid management to medical students, nurses and paramedical staff along with specialist doctors.

The government has trained a total of 15,370 healthcare workers which includes 4,673 doctors, 1,707 medical students, 6,265 nurses and 2,726 paramedics. They have been given training in oxygen therapy, Covid management, paediatric ward covid management.

The Delhi government has also roped in five thousand health assistants. Health assistants have been given basic training in nursing, paramedics, home care, blood pressure measurement, vaccination etc. Health assistants will work as assistants to doc-

tors and nurses and will not be able to take decisions on their own. With their help, doctors will be able to work more efficiently and patients will also be taken care of very well.

The Delhi government has issued a Covid helpline number—1031, to help Covid patients during any problem. This helpline number works 24x7. It employs employees in three shifts, who can attend 600 to 700 calls. If there is an increase in the call number, the number of employees will be increased. By calling the helpline number, one can get oxygen cylinders, teleconsultation, pulse oximeters, medicine kits, vaccination information and information on availability of hospital beds, home isolation, ambulance services and tests.

The Delhi Disaster Management Authority (DDMA) has decided to conduct RT-PCR testing on all people arriving from 'high-risk' countries, genome sequencing of the positive cases and mandatorily isolating the passengers according to the Centre's guidelines.

The Delhi health department has designated Lok Nayak Jai Prakash Narayan Hospital as the dedicated facility to treat patients infected with the Omicron variant of the coronavirus. The hospital has been asked to earmark wards for isolating and treating such patients.

Corvid Effect (The Asian Age: 202101201)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=16002040>

Covid effect: Changes in schooling of rural India



Rukmini Banerji and
Wilima Wadhwa

India has had among the longest school closures in the world. There was no doubt the Covid-19 pandemic was going to impact learning adversely — children's learning levels suffer even after regular, scheduled summer vacations. There was an additional fear that with family budgets getting squeezed, it would also lead to an increase in dropouts, especially among older children and girls.

ASER 2020 was conducted in September 2020, six months into the pandemic. ASER 2021 was done a year later in September-October 2021 when schools were starting to reopen. According to ASER 2020, the proportion of children in the 6-14 age group not currently enrolled in school went up from 2.5 per cent to 4.6 per cent between 2018 and 2020. A year later, the out of school numbers seem to have stabilized, staying the same at 4.6 per cent. However, we may continue to see churn in enrolment numbers for a few years to come.

On the other hand, we see a secular decline in the proportion of children not currently enrolled in the 15-16 age group — which is considered most at risk for dropping out. In 2010, the proportion of 15-16-year-olds who were out of school was 16.1 per cent. Driven by the government's push to universalise secondary education, this number has been steadily falling, from 12.1 per cent in 2018 to 9.9 per cent in 2020 and to 6.6 per cent in 2021.

The major change in enrolment that is evident in ASER 2021 is a big jump in government school enrolment accompanied by a fall in private school enrolment. The increase in government school enrolment is across the board — all age-groups, grades and for both boys

and girls. The proportion of boys enrolled in government schools has also increased from 63 per cent in 2018 to 72 per cent in 2021, narrowing the gender gap.

A decline in private school enrolment was first seen in 2020, when it dropped to 28.8 per cent from 32.5 per cent in 2018 for 6-14-year-olds. But government school enrolment remained steady at about 65 per cent. The drop in private school enrolment was accompanied by more children not being in school rather than a shift to government schools. Between 2020 and 2021, in contrast, out of school numbers have held steady, and private school enrolment has dropped, bringing it back to down the 2010 level of about 25 per cent accompanied by an increase in government school enrolment.

There is a third piece to the enrolment picture: paid "tuition" classes. The ASER survey routinely collects data on tuition, and the trends over time show distinct patterns across India. The incidence of tuition has increased across almost all states — perhaps a natural response to prolonged school closures. It is curious that while economic disruptions may have moved children out of private schools (in many cases the pandemic destroyed the economy of low-cost private schools), parents were still able to access tuition classes where they had to pay fees. This may be because tuition classes are a local phenomenon where fees may adjust flexibly and quickly based on demand and supply negotiated between the tutor and the family.

This increased demand for public education in rural India, whether it is transitional or more long term, does throw up several important questions. First, we know that

Even before the pandemic struck, we had wide variations in daily attendance across states. In states like Uttar Pradesh and Bihar, on an average day, children's attendance was only 60 per cent or sometimes even below. Now in reopened schools, staggered attendance patterns are being planned. This fluid situation is going to make it difficult to track attendance closely even after schools have reopened. Without regular attendance, effective instruction is difficult. School entitlements like mid-day meals, uniforms and scholarships may have greater value in times of economic hardship and disruption. It is possible that while enrolment of older children, especially girls, has not dipped significantly, their daily attendance may be affected.

Second, are government schools and teachers equipped to deal with this influx of students, especially after a period of prolonged school closures with children coming back to school with large learning deficits? School teachers in reopened schools surveyed in ASER 2021 were asked about the activities they were doing in their classrooms and the challenges they faced in their teaching. Close to 75 per cent said they were following the curriculum of the current class, though 50 per cent also said they were revising material from last year's curriculum. A child who was in Class 1 in March

While economic disruptions may have moved kids out of private schools (with the economy of many low-cost private schools hit hard), parents were still

2020 would be in Class 3 when schools reopened in 2021. During this period when schools were closed, they had limited access to learning materials other than textbooks — only about 27.9 per cent children in government schools' Classes 1-2 in 2020 said they had got any additional learning material from their schools and in 2021 this figure was slightly higher at 31.5 per cent. Can we expect such children to suddenly cope with the Class 3 curriculum when they come back to school? Not surprisingly, a majority of teachers facing challenges in teaching said that children were unable to catch up with the curriculum (65.4 per cent).

There's the question of resourcing. Take the case of UP, for example, where the rise in government school enrolment was the largest at 13.2 percentage points. According to ASER 2018, in over 60 per cent Uttar Pradesh government primary school children were sitting in multi-grade classrooms. In addition, only 12 per cent children in Class 3 could read at Class 2 levels and 11 per cent could do a simple Class 3 level subtraction problem. When children come back to school after 18 months of no formal instruction, learning deficits are going to be much deeper and teachers will be dealing with more children than before. The usual brief of "follow the curriculum" will only exacerbate the problem and even more children will fall behind.

Whether at a micro level, school by school or at a macro level, state by state, for the remainder of the school year, it will be critical to track enrolment, attendance and support learning at the right level. The fluidity of the current situation will make this task very challenging. But it will only be by closely watching the situation day by day, with eyes close to the ground, that effective forward planning for the next school year can be done.

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CEO of Pratham
Education Foundation
and Wilima Wadhwa is*

AIDS timeline

AIDS timeline: Four decades but still no silver bullet (The Hindu: 202101201)

<https://www.thehindu.com/sci-tech/health/aids-timeline-four-decades-but-still-no-silver-bullet/article37769255.ece>

We look at the fight against the deadly condition since its emergence 40 years ago, as the planet marks World AIDS Day on Wednesday

With hopes of eradicating AIDS badly hit by the coronavirus pandemic, we look at the fight against the deadly condition since its emergence 40 years ago, as the planet marks World AIDS Day on Wednesday.

Health Ministry - Omicron variant

Omicron variant doesn't escape RTPCR, RAT, says Health Ministry (The Hindu: 202101201)

<https://www.thehindu.com/news/national/omicron-variant-doesnt-escape-rtpcr-rat-says-health-ministry/article37765451.ece>

States asked to ramp up testing, ensure vaccine coverage

COVID-19 variant Omicron doesn't escape RTPCR (reverse transcription–polymerase chain reaction) test and Rapid Antigen Test (RAT), the Union Health Ministry said on Tuesday. It instructed the States to ramp up testing for prompt and early identification of any cases.

“States are advised for target/prioritized testing of passengers from the not “at-risk” countries also as part of the ramped up testing by the states,” says a

Omicron emergence

COVID-19 pandemic not over, says expert, on Omicron emergence (The Hindu: 202101201)

<https://www.thehindu.com/sci-tech/health/covid-19-pandemic-not-over-says-expert-on-omicron-emergence/article37748080.ece>

Virus can keep acquiring mutations that may be more or less detrimental, says G. Padmanaban of BIRAC

In the wake of the emergence of new coronavirus variant Omicron, persons with co-morbidities and the older age group need to be monitored and, in general, the vaccination of children is the next agenda and India should plan for a booster vaccine dose in the second half of 2022, although two-dose vaccination of the target population is still the priority, said Professor G. Padmanaban (IISc, Bengaluru), senior science innovation adviser, Biotechnology Industry Research Assistance Council (BIRAC), Department of Biotechnology, in an interview.

Health Care Services (Hindustan: 202101201)

कोरोना से जंग:राज्यों को जांच तेज करने को कहा, राजधानी में बेड बढ़ाए गएओमीक्रोन से निपटने को केंद्र सख्त, दिल्ली सतर्क



राज्यों को नया परामर्श

- राज्य बचाव के उपाय कम न करें। विदेशी यात्रियों पर कड़ी निगरानी रखें, पॉजिटिव नमूने जांच को भेजें

- जोखिम वाले देशों से आने वाले विदेशी यात्रियों के नमूने की पहले और आठवें दिन जांच जरूर करें

10

63

- 6800 आईसीयू बेड जल्द ही तैयार किए जाएंगे

- केजरीवाल ने कहा, सप्ताह के नोटिस पर हर वार्ड में 100-100 बेड तैयार हो सकेंगे

हजार आईसीयू बेड दिल्ली सरकार ने तैयार किए अभी

हजार ऑक्सीजन बेड तैयार किए जाएंगे राजधानी में

कोरोना का नया वायरस दुनिया के 14 देशों में पाया गया है पर भारत में इसका कोई मामला नहीं है। अगर कोई संदिग्ध मामला मिलता है तो उसकी जांच की जा रही है और जीनोम सीक्वेंसिंग हो रही।

-मनसुख मंडाविया, स्वास्थ्य मंत्री

Pollution (Hindustan: 202101201)

बुधवार और गुरुवार को हवा शांत पड़ने की संभावना ● प्रदूषक कणों का बिखराव बेहद धीमा रहने से प्रदूषण का स्तर बढ़ेगाराहत के बाद फिर जहरीली हो सकती है हवा



राजधानी में मंगलवार सुबह हल्के कोहरे से दृश्यता बाधित रही। विजय चौक पर कुछ ऐसा नजारा रहा। • संजीव वर्मा

मौसम

328 के अंक पर रहा
मंगलवार को औसत
वायु गुणवत्ता सूचकांक

मांग

389 अंक पर रहा था सोमवार
को दिल्ली का औसत
वायु गुणवत्ता सूचकांक

61 अंकों का सुधार हुआ
एक्यूआई में 24 घंटों के
भीतर राजधानी दिल्ली के

मदद

दो दिन दिख सकते हैं हल्के बादल

नई दिल्ली (प्र.सं.)। दिल्ली में अगले दो दिनों के बीच दिन के समय हल्के बादल देखने को मिल सकते हैं। जबकि, शाम के समय गरज-चमक हो सकती है। हालांकि, मौसम की इन गतिविधियों का तापमान पर खास असर पड़ने की संभावना नहीं है।

दिल्ली के ज्यादातर हिस्सों में मंगलवार सुबह हल्का कोहरा रहा। दिन चढ़ने के साथ धूप निकल आई। हवा की गति 12 किलोमीटर प्रति घंटे तक होने के चलते वातावरण में छाई धुंध और प्रदूषण भी कुछ हद तक साफ हुआ। सफदरजंग मौसम केंद्र में अधिकतम तापमान 25.6 डिग्री सेल्सियस रिकॉर्ड किया गया।

समस्या उठाएं सांसद : कांग्रेस

नई दिल्ली (प्र.सं.)। दिल्ली कांग्रेस के अध्यक्ष चौ. अनिल कुमार ने कहा है कि दिल्ली का प्रतिनिधित्व करने वाली आप और भाजपा के सांसदों को संसद के शीतकालीन सत्र में प्रदूषण की समस्या को उठाना चाहिए। ताकि, प्रदूषण की रोकथाम को लेकर समुचित कदम उठाए जा सकें।

उन्होंने, मंगलवार को जारी बयान में कहा कि दिल्ली में वायु प्रदूषण का स्तर लगातार ही खतरनाक स्थिति में बना हुआ है। दिल्ली सरकार द्वारा प्रदूषण की रोकथाम के लिए बड़े-बड़े दावे किए गए। लेकिन, अभी तक इसमें सफलता नहीं मिली है।

भाजपा सांसदों ने मास्क बांटे

नई दिल्ली (व.सं.)। उत्तर पूर्वी दिल्ली से भाजपा सांसद मनोज तिवारी ने सांसद रमेश बिधूड़ी और एनडीएमसी के उपाध्यक्ष सतीश उपाध्याय के साथ मंगलवार को पालिका बाजार मेट्रो स्टेशन के बाहर मास्क वितरित किए।

पूर्व भाजपा प्रदेश अध्यक्ष मनोज तिवारी ने कहा कि वर्ष 2016 से हर वर्ष हम लोग मास्क वितरण करते हैं जो समस्या का स्थायी समाधान नहीं है। प्रदूषण की समस्या का संपूर्ण निदान करने की जिम्मेदारी दिल्ली सरकार की है। रमेश बिधूड़ी और एनडीएमसी के उपाध्यक्ष सतीश उपाध्याय ने भी दिल्ली सरकार पर निशाना साधा।

यहां हाल सबसे खराब

स्थान एक्यूआई

आनंद विहार 364

जहांगीरपुरी 356

द्वारका-8 350

विवेक विहार 347

रोहिणी 344

हवा की गति चार किमी प्रतिघंटे रहेगी

मौसम विभाग का अनुमान है कि बुधवार और गुरुवार के दिन राजधानी दिल्ली में हवा शांत पड़ने की संभावना है। हवा जब चलेगी भी तब उसकी रफ्तार चार किलोमीटर प्रति घंटे से कम ही रहेगी। इसके

चलते प्रदूषक कणों का बिखराव बेहद धीमा रहेगा और वे ज्यादा देर तक वातावरण में बने रहेंगे। इसी के चलते बुधवार और गुरुवार को प्रदूषण के स्तर में बढ़ोतरी का अंदेशा है।

पराली का धुआं सिर्फ एक फीसदी

सफर के मुताबिक मंगलवार के दिन दिल्ली के प्रदूषण में पराली की हिस्सेदारी सिर्फ एक फीसदी रही। इस दौरान पराली जलाने की 186 घटनाएं दर्ज की गई हैं।

नई दिल्ली | प्रमुख संवाददाता

राजधानी दिल्ली में तेज हवा के चलते मंगलवार को प्रदूषण से थोड़ी राहत रही। दिल्ली का वायु गुणवत्ता सूचकांक बेहद खराब श्रेणी के निचले स्तर पर रहा। लेकिन, हवा शांत पड़ने से अगले दो दिनों के बीच हवा में प्रदूषण का स्तर और भी ज्यादा बढ़ने का अंदेशा जाहिर किया गया है।

दिल्ली के लोगों को प्रदूषण से भरी जहरीली हवा से अभी राहत मिलती नहीं दिख रही है। हालांकि, हवा की गति थोड़ा तेज होने के चलते मंगलवार को प्रदूषण के स्तर में गिरावट आई। केन्द्रीय प्रदूषण नियंत्रण बोर्ड के मुताबिक मंगलवार को दिल्ली का औसत वायु गुणवत्ता सूचकांक 328 के अंक पर रहा। इस स्तर की हवा को बेहद खराब श्रेणी में रखा जाता है। इससे पहले सोमवार के दिन सूचकांक 389 के अंक पर रहा था। यानी चौबीस घंटों के भीतर ही इसमें 61 अंकों का सुधार हुआ है। कई दिनों बाद ऐसा हुआ है कि दिल्ली का कोई भी इलाका ऐसा नहीं है जहां का वायु गुणवत्ता सूचकांक 400 के अंक से ऊपर यानी गंभीर श्रेणी में हो। हालांकि, सीपीसीबी के मुताबिक दिल्ली की हवा में अभी भी ढाई गुने से ज्यादा प्रदूषण मौजूद है।

मंगलवार की शाम को चार बजे हवा में प्रदूषक कण पीएम 10 का स्तर 272 माइक्रोग्राम प्रति घन मीटर रहा। जबकि, पीएम 2.5 का स्तर 142 माइक्रोग्राम प्रति घन मीटर पर रहा। मानकों के मुताबिक हवा में पीएम 10 की मात्रा 100 और पीएम 2.5 की मात्रा 60 माइक्रोग्राम प्रति घन मीटर से नीचे होनी चाहिए। तभी उसे स्वास्थ्यकारी माना जाता है।

Health Care Services (Hindustan: 202101201)

दिल्ली सरकार के स्वास्थ्य विभाग ने आदेश जारी किया, जरूरत के अनुसार वार्ड बनाए जाएंगे एलएनजेपी में होगा ओमिक्रोन से संक्रमित मरीजों का इलाज ऑक्सिजन की खपत पर रहेगी नजर : सीएम



6000 ऑक्सीजन सिलेंडर चीन से मंगाए गए

750 मीट्रिक टन ऑक्सीजन उत्पादन व भंडारण की क्षमता अस्पतालों में



अरविंद केजरीवाल • मुख्यमंत्री

दिल्ली हवाईअड्डे पर 1500 यात्री ठहर सकेंगे

नई दिल्ली (एजेंसी)। कोरोना वायरस के नए स्वरूप ओमीक्रोन के कारण होने वाले संक्रमण को लेकर बढ़ती चिंताओं के बीच अंतरराष्ट्रीय हवाई अड्डों ने यात्रियों के लिए मध्यरात्रि से कठोर दिशानिर्देशों को लागू करने की तैयारी की है। इसी के चलते दिल्ली अंतरराष्ट्रीय हवाई अड्डे पर एक समय में 1500 अंतरराष्ट्रीय यात्रियों के लिए रुकने की व्यवस्था की गई है। इनमें जोखिम वाले देशों से आने वाले लोग भी शामिल हैं।

अधिकारियों ने मंगलवार को इस बारे में बताया कि ये सभी यात्री आगमन के बाद तब तक यहां रुकेंगे, जब तक उनकी आरटी-पीसीआर जांच की रिपोर्ट नहीं आ जाती। जांच कराने वाले प्रत्येक यात्री से लगभग 1,700 रुपये शुल्क लिया जाएगा। इस राशि में आरटीपीसीआर जांच शुल्क और जांच परिणाम आने तक हवाई अड्डे पर उनके ठहरने के दौरान भोजन और पानी का शुल्क शामिल है। जारी किए गए दिशानिर्देशों के अनुसार जोखिम वाले देशों से आने वाले सभी यात्रियों को अनिवार्य रूप से आरटीपीसीआर जांच करानी होगी, वहीं दूसरे देशों से आने वाले पांच प्रतिशत यात्रियों को जांच से गुजरना होगा।

नई दिल्ली | वरिष्ठ संवाददाता

मुख्यमंत्री अरविंद केजरीवाल ने कहा कि हम सभी निजी और सरकारी अस्पतालों के ऑक्सीजन टैंक में टेलीमैट्री यंत्र लगा रहे हैं। इससे अस्पताल के पास कितना ऑक्सीजन बचा है, उसका वास्तविक समय में डाटा नियंत्रण कक्ष को मिलता रहेगा।

इसके अलावा ऑक्सीजन की खपत का औसत क्या है, उससे हम पूर्वानुमान लगा सकेंगे कि अस्पताल में अगले कुछ दिनों में कितने ऑक्सीजन की खपत हो सकती है।

अस्पतालों में लगाए ऑक्सीजन संयंत्र: मुख्यमंत्री अरविंद केजरीवाल ने कहा कि आज दिल्ली के अस्पतालों में उत्पादन और भंडारण की बात करें तो कुल क्षमता 750 मीट्रिक टन की है। सभी अस्पतालों में ऑक्सीजन उत्पादन संयंत्र लगाए गए हैं, उससे 121 मीट्रिक टन ऑक्सीजन का उत्पादन होता है। इसके अलावा अगर केंद्र सरकार ऑक्सीजन देती है तो उसे रखने के लिए 442 मीट्रिक टन के स्टोरेज टैंक बनाए गए हैं। इसके अलावा आपात स्थिति में सिलेंडर के तीन रिफिलिंग प्लांट हैं, जिससे रोज 1500 ऑक्सीजन सिलेंडर भरे जा सकते हैं। हमने 6000 ऑक्सीजन सिलेंडर चीन से मंगाकर सिलेंडर बैंक तैयार किया है। सरकार 15 ऑक्सीजन टैंकर भी खरीद रही है।

Blood Group A and B (Hindustan: 202101201)

ए, बी रक्त समूह वाले कोरोना से अधिक सतर्क रहें

अध्ययन

स्थिति

- ओ और एबी रक्त समूह वाले संक्रमण से कम प्रभावित हुए
- सर गंगाराम अस्पताल में कोरोना मरीजों पर किया गया अध्ययन

2586 कोरोना संक्रमितों के आंकड़ों पर शोध

अस्पताल के डिपार्टमेंट ऑफ रिसर्च की कंसल्टेंट डॉक्टर रश्मि राणा ने बताया कि रक्त समूह और कोरोना वायरस के बीच संबंध पता लगाने के लिए यह अध्ययन किया गया। इसमें रक्त समूह के साथ कोविड-19 की संवेदनशीलता, बीमारी का इलाज, स्वस्थ होने में लगने वाला समय और मृत्यु दर की जांच की गई है। इस अध्ययन में 2586 कोरोना पीड़ितों को शामिल किया गया। इन्हें 8 अप्रैल 2020 से 4 अक्टूबर 2020 के बीच गंगाराम में भर्ती कराया गया था।

नई दिल्ली | वरिष्ठ संवाददाता

कोरोना वायरस पर हुए एक अध्ययन में नई जानकारी सामने आई है। एक हालिया रिसर्च में पता चला है कि व्यक्ति के रक्त समूह के हिसाब से शरीर पर कोरोना वायरस का असर होता है। कुछ रक्त समूह वाले लोगों के संक्रमित होने का खतरा ज्यादा रहता है। साथ ही इस हिसाब से मरीज जल्दी या देर से स्वस्थ होता है। खासकर, ए और बी रक्त समूह वालों को अधिक सतर्क रहने की जरूरत है।

यह अध्ययन सर गंगाराम अस्पताल के डिपार्टमेंट ऑफ ब्लड ट्रांसफ्यूजन मेडिसिन ने किया है। यह अध्ययन फ्रंटियर्स इन सेल्युलर एंड इंफेक्शन माइक्रोबायोलॉजी में प्रकाशित हुई है। इसमें बताया गया है कि रक्त समूह ए और बी वाले लोगों में कोरोना से संक्रमित होने की आशंका ज्यादा रहती है। इन रक्त समूह के लोग कोविड के प्रति अति संवेदनशील होते हैं, जबकि ओ और एबी रक्त समूह वाले लोग संक्रमण से कम प्रभावित हुए हैं। रिसर्च में यह भी बताया गया है कि रक्त समूह का रोग की गंभीरता और मृत्यु दर से कोई संबंध नहीं है।

पुरुषों को अधिक खतरा : ब्लड ट्रांसफ्यूजन मेडिसिन विभाग के डॉक्टर विवेक रंजन ने बताया कि इस अध्ययन के माध्यम से यह भी पता चला है कि बी+ रक्त समूह के पुरुष रोगियों में महिलाओं की तुलना में कोविड-19 का खतरा अधिक है। वहीं 60 साल के जिन लोगों का रक्त समूह बी और एबी है, उनमें संक्रमण का खतरा ज्यादा होता है। रक्त समूह ए और आरएच+ के मरीजों को कोरोना से स्वस्थ होने में अधिक समय लगा, जबकि रक्त समूह (ओ) वाले लोग जल्दी स्वस्थ हो गए थे। इन लोगों में संक्रमण के लक्षण ज्यादा दिनों तक नहीं दिखाई दिए थे।