



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Monday 2022131

## **Covid-19 cases in India : (Hindustan Times: 2022131)**

<https://www.hindustantimes.com/india-news/covid19-cases-in-india-dip-kerala-adds-374-backlog-deaths-101643599947622.html>

## **Covid-19 cases in India dip; Kerala adds 374 backlog deaths**

The higher number of deaths reported in the fresh 24 hours is due to Kerala adding 374 backlog deaths to Monday's count.



**A man gets a Covid-19 test in Delhi. (Representational image)**

India reported 2,09,918 new cases of the Coronavirus disease (Covid-19) and 959 related deaths in the past 24 hours, according to the Union health ministry data updated at 8am on Monday. This took the overall Covid-19 caseload of the country to 4,10,92,522 while the death toll climbed to 4,95,050.

The higher number of deaths reported in the fresh 24 hours is due to Kerala adding 374 backlog deaths to Monday's count.

The active caseload reached 18,31,268, while the daily positivity rate was registered at 15.77 per cent.

The daily Covid-19 cases across the country have been declining from the past few days in what can be seen as a sign of receding third wave of the pandemic, driven by coronavirus' Omicron variant.

Monday's daily Covid-19 tally saw a dip of 24,363 infections as compared to the spike of infections on Sunday when as many as 2,34,281 infections were reported.

According to the health ministry, 2,62,628 people recuperated from the viral disease in the last 24 hours, taking the total number of recoveries thus far to 3,89,76,122. The current recovery rate stood at 94.37 per cent.

Under the ongoing coronavirus vaccine drive across the country, as many as 166.03 crore vaccine doses have been administered so far, according to the government data.

India surpassed the one-crore mark in the number of cases on December 19, 2020, and two crore on May 4 and three crore on June 23 last year.

## **India fighting Covid-19: (Hindustan Times: 2022131)**

<https://www.hindustantimes.com/india-news/india-fighting-covid-19-third-wave-with-great-success-pm-101643569043878.html>

## **India fighting Covid-19 third wave with great success: PM**

The Prime Minister said that more than one crore children have sent him their ‘mann ki baat’ not just from across the country but also from abroad as a part of the ongoing Azadi ka Amrut Mahotsava celebration.



Narendra Modi (HT Photo)

**New Delhi:** India is fighting the pandemic’s third wave with “great success,” with around 4.5 crore children receiving their first dose of Covid-19 vaccine and one crore people being administered a third precautionary dose within a few weeks, Prime Minister Narendra Modi said in his monthly radio broadcast on Sunday.

“India is fighting with great success the new wave of corona. It is also a matter of pride that till now about four and a half crore children have been administered the (first) dose of corona vaccine,” the Prime Minister said. “This means that about 60% of youth in the age group of 15 to 18 years have got their vaccines within three to four weeks. This will not only protect our youth but will also help them to continue with their studies.”

“Another good thing is that within 20 days, one crore people have taken the precautionary dose as well. This trust of our countrymen on the indigenous vaccine is our great strength,” Modi said in the 85th episode of his Mann ki Baat programme.

The decline in the rate of increase in fresh Covid-19 cases is a “very positive sign,” he said. “People should be safe, the pace of economic activities of the country should be maintained — this is the wish of every countryman.”

The Prime Minister spoke about the death anniversary of Mahatma Gandhi observed on January 30, and said the day reminds everyone about the teachings of the Father of the Nation. He also referred to the installation of a digital statue of Netaji Subhash Chandra Bose at India Gate.

He also talked about the merging of the Amar Jawan Jyoti at India Gate and the flame at the nearby National War Memorial. “There were tears in the eyes of many countrymen and martyr families on this emotional occasion,” he said. Modi urged people to visit the memorial with their families whenever they get an opportunity.

Modi also talked about the “unsung heroes who have done extraordinary deeds in ordinary circumstances” who received the prestigious Padma awards this year. He asked countrymen to discuss the recipients of the Pradhan Mantri Rashtriya Baal Puraskar at their homes.

“These awards are given to the children who have rendered courageous and inspirational work at a young age. We all must highlight about these children in our homes. Our children will also get inspiration from this and the enthusiasm to bring glory to the country will be awakened in them,” he said.

The Prime Minister said that more than one crore children have sent him their ‘mann ki baat’ not just from across the country but also from abroad as a part of the ongoing Azadi ka Amrut Mahotsava celebration on the occasion of India’s 75th year of Independence.

While discussing a postcard from a girl named Navya from Uttar Pradesh, who had said she wants to see an India free of corruption by 2047, Modi said that corruption is like a “termite” that makes the country hollow.

“Why wait for 2047 to get rid of it? All of us countrymen, today’s youth have to do this work together, as soon as possible, and for this it is very important that we give priority to our duties. Where duty is felt, duty is paramount, corruption cannot even think of entering there,” the Prime Minister said.

Modi also discussed the role of leaders including Madan Mohan Malviya, Mahatma Gandhi, Sardar Patel and Rabindranath Tagore in the field of education.

Modi also mentioned the recently deceased tigress known as Collarwali, who died at the Pench Tiger Reserve in Madhya Pradesh earlier this month after birthing 29 cubs. He mentioned Virat, who made his 13th and final appearance at the Republic Day parade as the horse of the commandant of the elite President’s Bodyguard.

### **75% of all adults fully vaccinated: (Hindustan Times: 2022131)**

<https://www.hindustantimes.com/india-news/75-of-all-adults-fully-vaccinated-against-covid19-101643567783229.html>

### **75% of all adults fully vaccinated against Covid-19**

Of the country's total adult population of 939 million; as many as 707 million are fully vaccinated, as per data from the government’s Co-WIN portal.



75.29% of the country's total adult population have received two doses of a Covid-19 vaccine.

More than 75% of India’s adult population has been fully vaccinated against Covid-19, the Union health ministry said on Sunday, as the country continues to expand its immunisation coverage in the face of growing challenges posed by the pandemic the world over.

The significant feat in the country's grand immunisation effort, one of the world's largest, comes amid a resurgence of infections driven by the highly transmissible Omicron variant of Sars-Cov-2, with the country currently going through the third Covid wave. However, deaths in the third wave have remained mere fractions of the previous waves – a factor that experts credited, at least in part, to the success of the vaccination campaign.

Prime Minister Narendra Modi congratulated India's citizens for the "momentous feat", posting on Twitter: "75 per cent of all adults are fully vaccinated. Congratulations to our fellow citizens for this momentous feat. Proud of all those who are making our vaccination drive a success."

"Co-operation of all; efforts of all, with this mantra India has met with the target of vaccinating 75% of its adult population with both the vaccine doses. We are continuously getting stronger in our fight against Covid-19. We have to adhere to all rules and ensure that we take the vaccine as soon as possible," health minister Mansukh Mandaviya tweeted in Hindi on Sunday.

With the administration of around 2.8 million shots on Sunday, India's cumulative Covid-19 vaccination coverage has touched around 1.66 billion doses, as per data from the government's Co-WIN portal. These doses have been administered to 939 million people, of which around 894 are above the age of 18 years. In the latter part, 707 million people are fully vaccinated while another 187 million people have received only one shot of the vaccine. When seen against India's estimated population of 940 million adults, this translates to 95% of all adults in the country having received at least one dose of the vaccine (75.1% fully vaccinated, and 19.9% partially). Furthermore, 46 million adolescents between the age of 15 and 18 years – constituting around 62% of this population group – have received a single jab, while another 10 million shots have been administered as a third "precautionary dose" to those considered most vulnerable to the disease.

"It is a great achievement that the percentage of population that has already been vaccinated in the country is more than the population of several countries in the world. This has been managed within a year and that too powered by two made in India vaccines," said VK Paul, member (health), Niti Aayog.

Experts also laud India's efforts to ensure citizens are quickly vaccinated against the viral disease. "Yes, it is a great milestone indeed; and will help in the country's fight ahead against Covid," said Dr Anurag Agrawal, director, Centre for Scientific and Industrial Research-Institute of Genomics and Integrative Biology.

Dr Agarwal has also been emphasising on how Omicron variant of Sars-Cov-2 was not mild; although less severe than delta. "Omicron isn't intrinsically mild, although significantly less severe than Delta. This is true for many viral diseases that we consider mild e.g. measles, which when first introduced to Native Americans without immunity, by Europeans who had immunity, led to devastating outbreaks. It is the high immunity that is making things better this time," he added.

Dr Gagandeep Kang, senior vaccine expert and faculty, Christian Medical College, Vellore (Tamil Nadu), also said, "Widest possible protection comes from hybrid immunity which people get from a past infection plus vaccines. Therefore, a majority of country's population getting fully vaccinated is good news."

Former director of Centre for Disease Control, Atlanta, in the United States, Dr Tom Frieden, echoed the benefits of hybrid immunity. "Despite pandemic fatigue and rough weeks ahead

as Omicron crests, we're better defended against Covid than ever. Vaccines and prior infection steadily strengthened our immune defences. We now have a wall of immunity, though we have lost far, far too many people to get here," he tweeted.

However, despite the progress, one of the concerns flagged by experts through the year of vaccinations has been India's patchy pace of administration. At times (particularly through September and October last year), the country was administering an average that soared to more than 10 million doses a day, but at other times (through May last year), it would drop to around 2 million doses a day. In the past week, for instance, daily doses have remained at an average of around 5.5 million shots a day.

The government has stressed that its focus is remains two-fold: first, to look for those eligible beneficiaries who have not yet received even a single shot and administer that as soon as possible, and second, to identify those who are overdue their second dose.

Senior health ministry officials said that state governments have been asked to conduct special drives as part of the "har ghar dastak" campaign, especially among those who were appearing hesitant to get shots. "This has helped in reaching out to those who, for some reason, were not able to physically access the vaccination centre, such as specially abled, old and seriously ill persons. It also helped generate awareness among a section of vaccine hesitant population," an official, who did not wish to be identified, said.

Experts also say that all eligible people must take the third dose as it will provide additional protection.

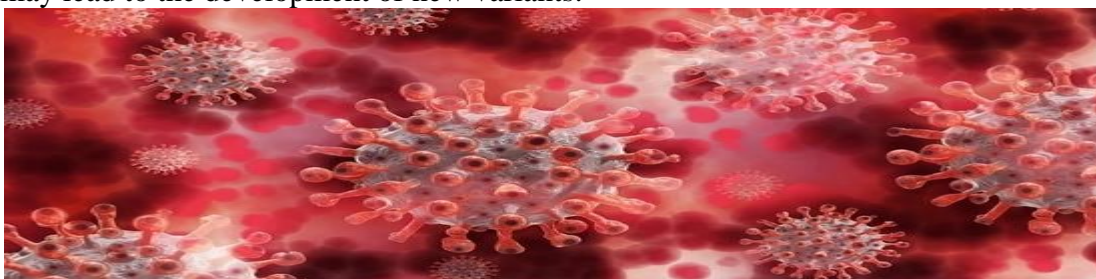
"Low incidence of severe disease with Omicron should not make us complacent for receiving third dose which gives us protection from infection and more so from severe disease. We all know that there is always a threat of new variants and it is expected that being fully vaccinated (with third dose) would protect us from them, too," said Dr GC Khilani, former head, pulmonary medicine department, New Delhi's All India Institute of Medical Sciences.

### **Covid-infected HIV patient : (Hindustan Times: 2022131)**

<https://www.hindustantimes.com/lifestyle/health/covidinfected-hiv-patient-developed-21-mutations-shows-new-study-101643603674295.html>

### **Covid-infected HIV patient developed 21 mutations, shows new study**

- The study adds to evidence that Covid-19 may mutate rapidly when harboured by immunosuppressed individuals, such as those not taking medication to treat HIV, and this may lead to the development of new variants.



Covid-infected HIV patient developed 21 mutations, shows new study(Pixabay)

A South African woman suffering from inadequately treated HIV, and who harboured Covid-19 for nine months saw the respiratory virus develop at least 21 mutations while in her body, according to a study.

Once the 22-year-old adhered to the anti-retroviral medication used to treat HIV and her immune system strengthened she was able overcome the Covid-19 infection within six to nine weeks, the study, led by scientists from Stellenbosch and the University the University of KwaZulu-Natal showed. The research has not been peer reviewed.

The study adds to evidence that Covid-19 may mutate rapidly when harboured by immunosuppressed individuals, such as those not taking medication to treat HIV, and this may lead to the development of new variants. The beta variant, which the patient in the study was infected with, was discovered in South Africa, as was omicron.

“This case, like others before, describes a potential pathway for the emergence of novel variants,” the scientists said, stressing that it was still a hypothesis. “Our experience reinforces previous reports that effective anti retroviral treatment is the key to controlling such events.”

South Africa has the world’s biggest HIV epidemic with 8.2 million of its 60 million people infected with the virus, which weakens the immune system.

The coronavirus harboured by the patient in the study developed at least 10 mutations on the spike protein, which allows it to bind with cells, and 11 other mutations, the scientists said. Some of the changes were common to those seen in the omicron and lambda variants while some were consistent with mutations that allow the virus to evade antibodies.

### **Moderate exercise twice a week : (Hindustan Times: 2022131)**

<https://www.hindustantimes.com/lifestyle/health/regular-1-2-hours-of-moderate-exercise-twice-a-week-slows-progression-of-parkinson-s-disease-finds-study-101643597890428.html>

### **Regular 1-2 hours of moderate exercise twice a week slows progression of Parkinson's disease, finds study**

- Researchers found that those who exercised regularly over five years did better on cognitive tests and had slower progression of the Parkinson's disease in several aspects.



Regular 1-2 hours of moderate exercise twice a week slows progression of Parkinson's disease, finds study(Shutterstock)

Researchers have discovered that people with early-stage Parkinson's disease, who regularly got one to two hours of moderate exercise twice a week, may have less trouble doing daily physical activities later. The study has been published in the 'Neurology Journal'.

Researchers found that those who exercised regularly over five years did better on cognitive tests and had slower progression of the disease in several aspects.

"Our results are exciting, because they suggest it may never be too late for someone with Parkinson's to start an exercise program to improve the course of their disease," said study

author Kazuto Tsukita, MD, of Kyoto University in Japan and a member of the American Academy of Neurology.

"That's because we found that to slow progression of the disease, it was more important for people with Parkinson's to maintain an exercise program than it was to be active at the beginning of the disease," Tsukita added.

The study looked at 237 people with early-stage Parkinson's. They had an average age of 63 and were followed by researchers for up to six years.

Participants' exercise levels at the start of the study were determined using a questionnaire that measures time and intensity during the previous week of leisure activity, like walking and biking; household activity, like gardening; and occupational activity, like taking care of others. Common cognitive tests were used to measure people's verbal and memory skills and how much time it took to complete mental tasks.

Researchers found that people's physical activity level at the start of the study was not associated with the progression of their Parkinson's later on. Instead, they found it was more important to maintain physical activity over time.

People who got at least at least four hours per week of moderate to vigorous exercise like walking or dancing had slower decline in balancing and walking five years later, compared to those who did not get that much exercise.

Researchers used a common test to rate each person's Parkinson's symptoms on a scale of zero to four, with higher scores indicating more severe impairment. People who got below average levels of moderate to vigorous exercise, or less than one to two hours, once or twice a week, increased from an average score of 1.4 to 3.7 over six years. That's compared to those who got above average levels of moderate to vigorous exercise, who on average increased from a score of 1.4 to 3.0 during that time.

One cognitive test researchers used was a common paper-and-pencil test used to measure mental processing speed. The test gave the participant 90 seconds to match numbers with geometric figures and had a maximum possible score of 110.

People who did less than 15.5 hours of work per week, on average, dropped from a 44 to a 40 on the test six years later. That's compared to an average drop from a score of 44 to 43 for those who did more than 15.5 hours of work over the same period.

"Although medications can provide people with Parkinson's some symptom relief, they haven't been shown to slow the progression of the disease," Tsukita said.

"We found that regular physical activity, including household tasks and moderate exercise, may actually improve the course of the disease over the long run. Best of all, exercise is low cost and has few side effects," Tsukita concluded.

The study does not prove that maintaining an exercise program will delay the effects of Parkinson's disease. It only shows an association.

A limitation of the study is that activity levels were self-reported and may not be accurate.

## 5 early signs of Lung cancer : (The Times of India: 2022131)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/5-early-signs-of-lung-cancer/photostory/89186035.cms>

### 5 early signs of Lung cancer

#### 1.1.1 Early symptoms of lung cancer



Cancer is of different types depending on the part of the body, the dangerous cancerous cells grow and multiply. Among all, lung cancer is the deadliest one and accounts for about 19 per cent of the total cancer-related deaths every year worldwide. The growth of cancerous cells in the lungs is fairly typical in those who smoke regularly or have a profession where they are exposed to harmful chemicals. In the early stage, it is typically hard to identify the signs of lung cancer as there are few nerve endings in the lungs which makes it easy for the cancer cells to grow without causing any discomfort to the individual. Sometimes they are not even identified till the condition reaches an advanced stage. However, there are a few early noticeable symptoms witnessed in rare cases. Knowing these symptoms is essential for those who are prone to the deadly disease and can help you get the correct treatment at the time.

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#### 1.1.2 02/6 Persistent cough



One may have a cough due to cold or flu. But in both conditions, the cough does not last for more than ten days. For those suffering from lung cancer, coughing is very regularly seen. They may cough persistently without any reason throughout the year. Though coughing is a



way to stop foreign particles from entering your airways and the lungs, chronic coughing is the foremost sign of lung cancer.

### 1.1.3 03/6Breathlessness



When the cancerous cells start multiplying at a rapid speed in the lungs, they block the airways or narrow them, thus reducing the flow of the air into the lungs. This makes it difficult for the person to breathe the required amount of air to transport to all the parts of the body, making the person feel winded or breathless. Even after walking up a flight of stairs, the person may have a hard time catching their breath.

### 1.1.4 04/6Hoarseness



Lung cancer can also change the voice of the person, making it sound raspy or hoarse. It can happen over time and if you witness any changes in your voice, it is better to consult the doctor at the earliest. However, lung cancer is not the only reason the sound of your voice changes. So, do not panic and get yourself diagnosed for confirmation.

### 1.1.5 05/6Body pain



Body pain is a general health issue, which we often ignore until it starts affecting our day to day activity. There are many reasons your body might hurt; it can also be after sitting for too long or after a session of heavy exercising. But these are rare cases and all the entire body might be in pain. But those suffering from lung cancer may particularly witness pain in the chest, shoulders, or back. It is a regular health issue for these individuals.

### 1.1.6 06/6Weight loss and fatigue



An unexplained weight loss of 4 kilos or more within a short period can be an indication of an underlying health condition, one of which can be lung cancer. The growth of the cancerous cells can lead to loss of appetite and a change in body weight. When suffering from any type of cancer, the energy produced by the food you eat is consumed by cancer cells, leading to fatigue and weight loss. Weight change is an important sign that should not be ignored.

### **Coronavirus: (The Times of India: 2022131)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/coronavirus-when-can-you-end-isolation-after-testing-covid-find-out-all-about-home-isolation-guidelines-in-india-and-abroad/photostory/89165086.cms>

**Coronavirus: When can you end isolation after testing COVID+? Find out all about home isolation guidelines in India and abroad**

### 1.1.7 01/7What you should know now?

Amid rising COVID-19 cases, taking preventive measures, following official guidelines and monitoring one's condition is of utmost importance. Furthermore, with a new variant, called the Omicron, running rampant in and around the world, we must work collectively towards curbing the spread. Besides taking precautions, we must also be mindful of our actions. Health officials continue to urge people with mild symptoms to not dismiss it as a regular cold, rather to take it seriously and isolate whenever necessary!

**Also read: Coronavirus norms: CDC cuts down isolation and quarantine times. Can India follow the same?**

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### 1.1.8 02/7Home isolation guidelines for COVID-19 patients in India

The Centre recently revised the guidelines pertaining to home isolation of mild and asymptomatic COVID-19 cases. In a statement, the health ministry said, "Over the past two years, it has been seen globally as well as in India that the majority of cases of COVID-19 are either asymptomatic or have very mild symptoms. Such cases usually recover with minimal interventions and accordingly may be managed at home under proper medical guidance and monitoring."

That said, the government has reduced the self-isolation period to 7 days from 10 days for patients who have mild symptoms or are asymptomatic, including those who have an oxygen saturation of more than 93% without breathing issues.

**Also read: Coronavirus: COVID-19 tests you can get; find out which one is the most accurate**

"Patients under home isolation will stand discharged and end isolation after at least seven days have passed from them testing positive and they have had no fever for three successive days. They shall continue wearing masks," the statement further read.

Additionally, the Indian Council of Medical Research (ICMR) Director-General Dr Balram Bhargava said that people should avoid taking a COVID test on the first day as the chances of getting a false negative is higher, irrespective of which test you take.

"It takes time for the virus to grow in your system and that is known as the latent period. From day three it will be detectable in the Lateral Flow Tests and up to day eight which is the infectious period," he explains. This is why the self-isolation and discharge policy have been revised, he explains further.

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### 1.1.9 03/7UK's self-isolation period cut to 5 days; how does it work?

In the United Kingdom the home isolation period is shorter than that in India. As per UK's new guidelines, the self-isolation period for anyone who develops symptoms or tests positive for COVID is 5 days. Day zero is considered to be the day when you either test positive or have symptoms for the first time. The next day is then counted as day 1 of self-isolation.

As per the revised policies, one can conduct home testing on day 5. Following two negative tests, one can discontinue isolating.

### 1.1.10 04/7What does the US CDC say?

The US Centers for Disease Control and Prevention (CDC) suggests isolating for at least 5 days from the date of a positive test. "If you do develop COVID-19 symptoms, isolate for at least 5 days from the date your symptoms began (the date the symptoms started is day," the health agency adds.

For those in the US, who are unable to get a COVID-19 test following a close contact with a confirmed coronavirus patient, they can leave their homes after day 5 if they have been without COVID-19 symptoms throughout the 5-day period.

The health body also recommends staying away from people who are immunocompromised or at high risk for severe disease, until after at least 10 days.

## READMORE

### 1.1.11 05/7Europe's stand on home-isolation

Amid rising COVID cases, many European countries, including France and Ireland, have implemented shorter isolation periods for vaccinated people. This pertains to fully vaccinated individuals who test positive, develop symptoms and/or come in contact with COVID patients. Some countries have even eased COVID restrictions, while also relaxing quarantine rules. As per reports, European governments are doing so due to the rising fears of a possible economic halt due to the Omicron variant.

In France, vaccinated individuals who test positive for the virus can now isolate for seven days, rather than 10, and can discontinue their isolation after five days if they test negative and have had no symptoms for 48 hours.

## READMORE

### 1.1.12 06/7China's zero COVID policy

According to reports and videos circulating on social media, it has come to everyone's knowledge that China has imposed several restrictions on its citizens under the "zero Covid" policy. It has come to light that people including adults, kids, pregnant women and older adults are being quarantined in cramped metal boxes, for as long as two weeks.

Reports suggest almost 20 million people are now quarantined in their homes in China and are restricted from leaving their homes even to buy food.

### 1.1.13 07/7How to self isolate properly?

Self-isolation means to stay home and isolated. It means to have no contact with the outside world or any person whatsoever. Due to the highly transmissible SARs-COV-2 virus, home-quarantine and isolation have become necessary ways to curb the spread of the disease.

Given that you develop COVID-19 symptoms or come in contact with a confirmed coronavirus patient, you must go into isolation immediately. The best way to confirm your condition is by getting yourself tested. Continue isolating until you get a negative test result.

### **Omicron symptoms: (The Times of India: 2022131)**

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/coronavirus-omicron-symptoms-the-sign-of-coronavirus-that-might-worsen-due-to-overexertion/photostory/89207021.cms>

### **Omicron symptoms: The sign of coronavirus that might worsen due to overexertion**

#### 1.1.14 01/5One symptoms of COVID that may get worse due to overexertion

We know well that COVID infection is not just limited to the respiratory system. It may lead to varied symptoms that may impact any part of your body. Some symptoms may resolve within 15 days, others may linger for longer. There is no method to predict who will experience long symptoms and what those would be. But some long symptoms of coronavirus infection may worsen due to overexertion.

#### 1.1.15 02/5The symptoms can get worse

Headaches, diarrhoea, breathlessness, are some of the common long symptoms of coronavirus, which are common and experienced by most people. Apart from these, some

other signs are not experienced by all or often go unnoticed. Dizziness is one of those signs that occur on rare occasions but can get worse due to overexertion.

#### 1.1.16 03/5 Dizziness caused due to overexertion

Dizziness is defined as a range of sensations, like the feeling of faint, woozy, weak or unsteady. It creates a false sense that everything around you is spinning or moving. One can feel dizzy due to many reasons sometimes due to weakness or dehydration. That is one of the reasons it is hard to differentiate after a coronavirus infection if the dizziness is caused due to COVID or some other reasons. If the episode of dizziness is frequent after the COVID then it can be a side-effect of the viral infection. As per the NHS, overexertion can make lightheadedness worse and may even interfere with your day to day activity.

#### 1.1.17 04/5 What may happen when you feel dizzy

Overexertion may make your episode of dizziness even worse. You may feel slightly off-balance, unable to walk or stand properly. In some cases, a person may even experience ringing in the ears, reduced hearing, eye strain and headaches. But the dizziness is not something you should be scared of unless it is acute. The feeling of dizziness comes and goes, only in rare cases, it may stay for a longer time. Only when you feel dizzy all the time and it starts affecting your day to the task, you should consult your doctor.

#### 1.1.18 05/5 How to take care of yourself after COVID

During COVID we all take care of ourselves for faster recovery, but the same should be done after the 15 days of infection time. The coronavirus is not easy on our bodies. It affects several organs and its effect can be witnessed long after the infection phase. So, for the proper recovery and stay in good health take things slowly. Eat healthy and nutritious food, exercise, sleep on time, do not take the stress and take ample amount of rest. Doing these things can improve your health and make you fitter.

### **Coronavirus live: (The Hindu: 2022131)**

<https://www.thehindu.com/news/national/coronavirus-live-updates-january-31-2022/article38352129.ece>

### **Coronavirus live | India records a sharp spike in COVID-19 fatalities**

**BENEFICIARIES IN THE AGE GROUP OF 15 TO 18 YEARS WILL START RECEIVING THEIR SECOND DOSE OF COVID-19 VACCINE FROM MONDAY, OFFICIALS SAID**

Of the three COVID-19 vaccines available to eligible Indian adult population [Dr. Reddy's Laboratories' COVID-19 vaccine Sputnik V](#) has managed to contribute only a minuscule percentage to India's on-going COVID vaccination programme as per data on government's CoWin platform.

You can track [coronavirus](#) cases, deaths and testing rates at the national and State levels [here](#). A list of [State Helpline numbers](#) is available as well.

Here are the updates:

National

## **INDIA REPORTS OVER 2.09 LAKH COVID CASES, 959 FATALITIES**

With 2,09,918 people testing positive for the coronavirus infection in a day, India's total tally of cases increased to over 4.13 crore, according to Union Health Ministry data updated on Monday.

The death toll has climbed to 4,95,050 with 959 fatalities reported in a span of 24 hours, the data updated at 8 am showed.

The active cases decreased by 53,669 to reach 18,31,268 and comprise 4.43% of the total infections, while the country's recovery rate stands at 94.37%, the ministry said.

The daily positivity rate was recorded at 15.77%, while the weekly positivity rate was 15.75%, it said.

The number of people who have recuperated from the disease increased to 3,89,76,122, while the case fatality rate was recorded at 1.20%, the ministry said. After the Sunday update, the total number of infections stands at 4,13,02,440, it said. Meanwhile, the cumulative number of anti-Covid vaccine doses administered in the country so far has crossed 166.03 crore. *-PTI*

Karnataka

## **COLD, COUGH AND FEVER? MANY SHUNNING COVID-19 TESTS**

An increasing number of people experiencing flu-like symptoms are isolating themselves at home, distorting the actual rate of infection.

This trend is distorting the actual rate of infection, say civic officials who are also grappling with unreported positives among those using self-test kits at home. The mechanism put in place to track buyers does not appear to be in place.

## **SEVEN-HOUR RELAXATION IN 64-HOUR WEEKEND LOCKDOWN ANNOUNCED IN J-K**

The Jammu and Kashmir administration on Sunday announced a seven-hour relaxation in the restriction on non-essential movement amid concerns raised by traders over the 64-hour long weekend Covid lockdown hampering their businesses.

A fortnight ago, the administration had imposed complete a restriction on non-essential movement from Fridays 2 pm to Mondays 6 am to rein in the surge in COVID-19 cases.

Traders of Jammu and Srinagar had sought a review of the weekend restrictions, stating they have already suffered huge economic losses owing to the outbreak of the pandemic. -PTI

### **COVID cases in Delhi: (The Hindu: 2022131)**

<https://www.thehindu.com/news/cities/Delhi/covid-cases-show-steady-decline-in-city/article38351063.ece>

### **COVID cases show steady decline in Delhi**

The positivity rate, which was around 30% during the peak of the wave in the second week of January, has plunged to 6.37%

The number of active COVID-19 cases in the city stood at 21,490 on Sunday, according to data provided by the Delhi government. The latest health bulletin showed that in the past 24 hours, 3,674 new cases were reported along with 30 deaths.

The positivity rate, which was around 30% during the peak of the wave in the second week of January, has plunged to 6.37%. The government said that 57,686 tests had been conducted in the last 24 hours of which 46,188 were RT-PCR.

Hospital data shows that there are 1,567 patients admitted due to COVID-19. Among these, 143 are on ventilator support while 590 are on oxygen support. There are currently 16,165 patients under home isolation.

The number of COVID-19 cases has seen a steady decline over the past week when it first fell to below 10,000 cases last Sunday. On Saturday, the city reported 4,483 COVID-19 cases with a positivity rate of 7.41% while on Friday, Delhi had recorded 4,044 cases.

### **Tamil Nadu reports 22,238 new COVID-19 cases : (The Hindu: 2022131)**

<https://www.thehindu.com/news/national/tamil-nadu/tamil-nadu-reports-22238-new-covid-19-cases/article38350978.ece>

### **Tamil Nadu reports 22,238 new COVID-19 cases**

Chennai sees 3,998 fresh infections; daily test positivity rate of 17.4% recorded

The number of daily COVID-19 cases in Tamil Nadu continued to fall for the eighth consecutive day on Sunday, with 22,238 fresh infections.

The number of recoveries exceeded new infections for the fourth day in a row as 26,624 were reported on Sunday. The number of deaths also came down marginally on Sunday with 38. This took the toll to 37,544.

Chennai reported 3,998 cases, the highest in the State. It was followed by Coimbatore, which reported 2,865.



Four other districts — Chengalpattu (1,534), Tiruppur (1,497), Salem (1,181) and Erode (1,127) — reported more than 1,000 cases. Another six districts reported more than 500 cases. Mayiladuthurai (98) and Perambalur (52) were the only two districts to report less than 100 cases. All 38 districts reported a marginal to noticeable decline on Sunday compared to the day before. Among the 38 deaths, 10 happened in Chennai. Chengalpattu, Tiruchi, and Madurai reported six, five and three deaths respectively. Coimbatore, Tiruppur and Tiruvallur reported two deaths each. Another eight districts reported one death each.

According to the bulletin released by the Health and Family Welfare Department, 37 of the 38 who died had co-morbidities. The one person who did not have any co-morbidity was a 54-year-old woman from Chennai, who was admitted to a private hospital on Tuesday after testing positive for COVID-19.

Of the remaining 37 people, 36 were aged over 60. The State tested a total of 1,28,077 persons in the 24-hour period ending on Sunday.

The daily test positivity rate (TPR) was 17.4%. The TPR continued to decline in the State for the past five days even as the number of tests also declined.

### **New covid19 cases: (Hindustan: 2022131)**

<https://www.livehindustan.com/national/story-india-reports-new-covid19-cases-959-deaths-last-24-hours-5701937.html>

**तीसरी लहर और कमजोर, एक दिन में मिले करीब 2 लाख नए केस, रिकवरी इससे कहीं ज्यादा**



भारत में रविवार को कोरोना के 2,09,918 नए मामले दर्ज हुए और 959 मरीजों की मौत हुई। इस दौरान 2,62,628 लोग कोविड को मात देकर ठीक भी हो गए। देश में फिलहाल 18,31,268 एक्टिव केस हैं। सक्रिय मामलों की दर 4.43% है। अगर डेली पॉजिटिविटी रेट की बात करें तो यह 15.77% पर है। वहीं, वीकली पॉजिटिविटी रेट 15.75% है।

कोरोना महामारी के खिलाफ पूरे देश में वैक्सीनेशन कैंपेन जारी है। अब तक 166.03 करोड़ ज्यादा डोज लगाई जा चुकी हैं। वहीं, देश भर में रविवार को 13,31,198 कोरोना टेस्ट हुए। अब तक 72.89 करोड़ से ज्यादा कोविड टेस्ट हो चुके हैं।

### **राजस्थान में रविवार को 10,061 कोरोना केस मिले**

राजस्थान में रविवार को कोरोना के 10,061 नए मामले सामने आए, जबकि संक्रमण से 21 मरीजों मौत हो गई। स्वास्थ्य विभाग के आंकड़ों के अनुसार रविवार को राज्य में 12,600

लोग संक्रमण से मुक्त हो गए। इस समय राज्य में 72,289 सक्रिय मामले हैं। राज्य में इस घातक संक्रमण में अब तक कुल मिलाकर 9,245 लोगों की मौत हो चुकी है।

### मध्य प्रदेश में कल कोरोना के 9,305 मरीज मिले

मध्य प्रदेश में रविवार को कोरोना के 9,305 नए मरीजों की पुष्टि होने के बाद कुल मामले बढ़कर 9,59,439 हो गए। स्वास्थ्य विभाग के एक अधिकारी ने कहा कि पिछले 24 घंटों में प्रदेश में महामारी की वजह से नौ लोगों की मौत हुई है। इसे मिलाकर राज्य में अब तक कुल 10,616 लोग संक्रमण के कारण जान गंवा चुके हैं। उन्होंने कहा कि प्रदेश में वर्तमान में 63,297 मरीजों का इलाज जारी है। पिछले 24 घंटों में 12,041 लोग संक्रमण से ठीक हुए हैं। अबतक 8,88,526 लोग संक्रमण को मात दे चुके हैं।

### Third wave down : (Hindustan: 2022131)

<https://www.livehindustan.com/national/story-coronavirus-third-wave-down-health-ministry-says-wait-till-2nd-february-5701461.html>

### तीसरी लहर का पीक चला गया! हेल्थ मिनिस्ट्री ने बताया, कब मानेंगे डाउन हो गया कोरोना



### इस खबर को सुनें

देश में लगातार नौ दिनों से कोरोना संक्रमण के नए मामले कम बने हुए हैं। 21 जनवरी को रिकॉर्ड 3.47 लाख नए संक्रमण आए थे, उसके बाद से नए संक्रमणों में कमी आ रही है। विशेषज्ञ मान रहे हैं कि तीसरी लहर की पीक पार हो चुकी है और यह धीरे-धीरे खत्म होने की ओर है। हालांकि, केंद्रीय स्वास्थ्य मंत्रालय ने कहा कि वायरस का संक्रमण काल कुल 14 दिनों का होता है, इसलिए अगले पांच दिन के आंकड़े और देखे जाएंगे। इसके बाद अंतिम नतीजा निकाला जाएगा। स्वास्थ्य मंत्रालय के अनुसार, रविवार को कोरोना के 2.34 लाख नए संक्रमण दर्ज किए गए हैं और पिछले 9 दिनों से इसमें कमी का रुझान बना हुआ है।

केंद्रीय स्वास्थ्य सचिव राजेश भूषण ने कहा कि 21 जनवरी को सबसे ज्यादा संक्रमण दर्ज किए गए थे। उस तिथि से हमें अगले 14 दिनों तक के आंकड़ों को देखना होगा। क्योंकि वायरस का संक्रमण काल 14 दिनों का है। इस प्रकार अगले पांच दिनों के संक्रमण के आंकड़े यह तय करेंगे कि तीसरी लहर की पीक पार हो चुकी है या फिर अभी आनी बाकी है।

तीसरी लहर का पीक पार: पिछले सप्ताह केंद्रीय स्वास्थ्य एवं परिवार कल्याण मंत्री मनसुख मंडाविया ने कहा था कि कोरोना के मामले एक सप्ताह से स्थिर हो चुके हैं। यह तीसरी लहर के कमजोर पड़ने का संकेत है।

### **1.2 एक्सपर्ट बोले- आंकड़े बता रहे कि तीसरी लहर का पीक पार**

वर्धमान महावीर मेडिकल कॉलेज के कम्युनिटी विभाग के निदेशक प्रोफेसर जुगल किशोर ने कहा कि आंकड़ों के रुझान से स्पष्ट है कि कोरोना की तीसरी लहर की पीक पार हो चुकी है। आने वाले दिनों में संक्रमण में और कमी दिखेगी। स्वस्थ होने वाले मरीजों की संख्या रोज बढ़ रही: इस बीच लगातार एक और अच्छी स्थिति यह बनी है कि स्वस्थ होने वाले मरीजों की संख्या रोज बढ़ रही है। इससे सक्रिय मरीज तेजी से घट रहे हैं। सक्रिय मरीज जो 22.5 लाख तक पहुंच गए थे अब रविवार को घटकर 1884937 रह गए हैं। संक्रमण दर में भी कमी आ रही है।

### **1.3 संक्रमण दर में गिरावट, एक्टिव केस भी तेजी से घटे**

राजधानी में 3,674 नए मरीज मिले हैं। संक्रमण दर गिरकर 6.3 पर पहुंच गई। शनिवार को यह 7.41 थी। राहत की बात रही कि इस दौरान 6954 मरीजों को ठीक होने के बाद अस्पतालों से छुट्टी दे दी गई। देश भर में बीते एक सप्ताह में पॉजिटिविटी रेट में गिरावट आई है और एक्टिव केस तेजी से कम होते हुए 18 लाख के करीब ही रह गए हैं, जो 22 लाख के पार पहुंच गए थे। राहत की बात यह है कि देश की 75 फीसदी वयस्क आबादी को टीके की दोनों खुराकें लगाई जा चुकी हैं। केंद्रीय स्वास्थ्य मंत्री मनसुख मंडाविया ने रविवार को यह जानकारी दी। प्रधानमंत्री नरेंद्र मोदी ने इस उपलब्धि पर बधाई दी।