



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20220422

Health Mela

Health Mela: Over 71,000 ABHA IDs crated, 17,000 PMJAY Golden Cards issued on April 20

More than four lakh people participated on April 20 with 484 blocks organising Health Melas on day three across the country, the health ministry said (The Tribune:20220422)

<https://www.tribuneindia.com/news/health/health-mela-over-71-000-abha-ids-crated-17-000-pmjay-golden-cards-issued-on-april-20-388279>

Health Mela: Over 71,000 ABHA IDs crated, 17,000 PMJAY Golden Cards issued on April 20

The Union Health Ministry in collaboration with states and Union Territories is celebrating the 4th Anniversary of Ayushman Bharat Health and Wellness Centres (AB-HWCs) under Azadi ka Amrit Mahotsav from April 16 to 22. Pic credit- Twitter/@MoHFW_INDIA

Union Health Minister Mansukh Mandaviya on Thursday said nearly one lakh hypertension screenings and about 28,000 cataract screenings were conducted at Ayushman Bharat block level Health Melas on April 20.

Also, 89,993 diabetes screenings and over 36,000 teleconsultations were conducted, besides the creation of over 71,000 ABHA (Ayushman Bharat Health Account) Health IDs and issuance of 17,000 PMJAY Golden Cards, he said.

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The Union Health Ministry in collaboration with states and Union Territories is celebrating the 4th Anniversary of Ayushman Bharat Health and Wellness Centres (AB-HWCs) under Azadi ka Amrit Mahotsav from April 16 to 22.

From April 18-22, Block level Health Melas at more than one lakh AB-HWCs in at least one block in each district of the state and UT are being organised.



Unhealthy packaged food

7 in 10 Indians in favour of 'warning sign' on unhealthy packaged food: Survey

There has been a significant rise in consumption of junk food, especially, packaged and processed food, among Indians over the last two decades (The Tribune:20220422)

<https://www.tribuneindia.com/news/health/7-in-10-indians-in-favour-of-warning-sign-on-unhealthy-packaged-food-survey-388259>

7 in 10 Indians in favour of 'warning sign' on unhealthy packaged food: Survey
Photo for representational purpose only. iStock

Seven out of 10 Indians are in favour of a “red warning sign” on packaged food containing high fat, sugar, and salt, according to a new survey.

The study conducted by Local Circles, a community social media platform, showed 31 per cent of the 11,439 consumers are in favour of a “red warning sign” on such packaged products.

Another 39 per cent said that in addition to the red sign, “there should be a green or orange sign on healthy products” while 20 per cent said every product should have a star rating based on its contents.

Only 8 per cent of the respondents said that “none of the above is needed, packaged food products must continue to be sold without any warnings or signs”.

There has been a significant rise in consumption of junk food, especially, packaged and processed food, among Indians over the last two decades.

This has led to an adverse effect on public health as most of these foods contain a high amount of sugar or salt and bad fat ingredients, which result in an increase in non-communicable disease (NCDs) like obesity as well as rise in conditions, such as diabetes and heart disease.

It is estimated that nearly 5.8 million people in India die due to NCDs every year.

One of the solutions to address this fast-growing problem is the introduction of regulations that will help consumers make informed choices when they are planning to consume processed foods, the survey said.

People should be able to distinguish between packaged and processed foods and the one that contains a high amount of salt, sugar, fat (HFSS) content, it said.

Have liver-healthy food & exercise daily, says expert

Have liver-healthy food & exercise daily, says expert (The Tribune:20220422)

<https://www.tribuneindia.com/news/amritsar/have-liver-healthy-food-exercise-daily-says-expert-388215>

Have liver-healthy food & exercise daily, says expert
Photo for representational purpose only.



Guru Nanak Dev University organised an event to raise awareness about liver related diseases to mark World Liver Day here on Tuesday.

A session on liver health was organised in collaboration with GI Rezdevvous and GLF, Chandigarh. This event was jointly coordinated by UGC-Human Resource Development Centre and Health Centre of the University.

The event was presided over by the VC Jaspal Singh Sandhu. Dr Sandhu discussed the need of liver health awareness. He called upon the youth to have liver-healthy food and exercise routinely.

Eminent scholars attended the session and spoke about liver health. Dr Inderbir Singh Nijjar, MLA South, stressed on the need to take good care of one's liver and Dr Ajay Gupta, MLA Central, also spoke about how to keep one's liver healthy.

Key note speaker Dr Arke De, Nodal Officer, National Virus Hepatitis Control Programme, Department of Hepatology, PGIMER, Chandigarh, spoke on the importance of healthy liver for survival. —

Booster Shot

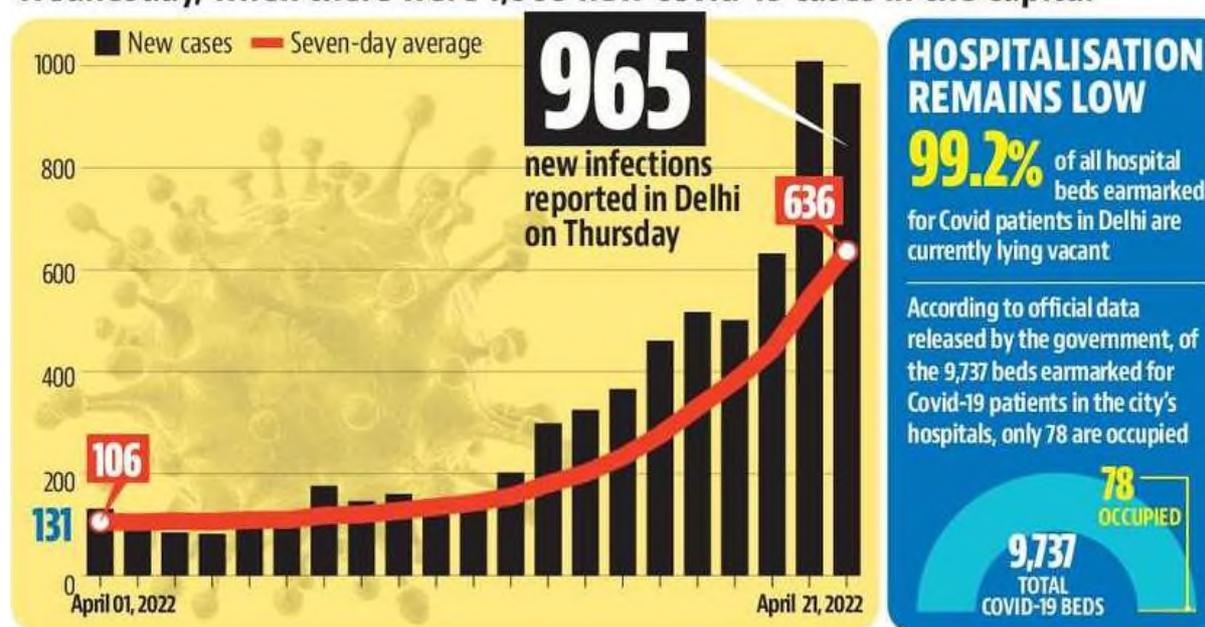
All adults in Delhi to get free booster shots: Govt (Hindustan Times: 20220422)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=224d3c192b5&imageview=0>

The Delhi government began administering booster doses to those under the age of 60 for free on Thursday, a move that means that all adults in the national capital can now get their third shots free of charge at centres run by the state government.

Minor drop in new infections

Thursday's new cases marked a minor fall from the numbers witnessed on Wednesday, when there were 1,009 new Covid-19 cases in the Capital



Third shots, or precaution doses, are free by the central government only for people above the age of 60 and those in health care and high-risk jobs such as police.

On the first day of the free boosters, 10,901 people in the 18-60 age group got the free shots at government-run vaccination centres, while 3,342 people paid for their doses at private facilities till 5.30pm, a Delhi government official said.

“In order to give the benefit of precaution dose to all eligible beneficiaries in Delhi, the same will be available for 18 to 59 years’ age group, free of cost in all government Covid vaccination centres from April 21,” stated an order issued by Dr Monika Rana, director, Directorate of Family Welfare of the Delhi government.

A senior health department official said the decision was taken since the Delhi government wants all adults to have access to free doses, which the Union government offers only to those aged 60 and above.

Around two million people are currently eligible to take precaution doses as long as it has been more than nine months since they completed their primary vaccination (when they took their second dose).

The administration of precaution doses began across the country on April 10 and the response was slow initially in the national capital but has gradually picked up.

As on Thursday night, a total of 612,906 precaution doses have been administered in the national capital since then.

Around 500-600 session sites at various government facilities are open, while private ones offer 80-100 session sites, said the official quoted above, who asked not to be named.

The government has made necessary changes in Co-WIN for Delhi which will offer both online appointment and walk-in appointment for the jab, an official said.

“It is not necessary to register any citizen afresh for administration of precaution dose. The vaccinator will locate the existing vaccination record of the beneficiary, verify the records and match them with the identity of the beneficiary, confirm from the citizen if the information available on the Co-WIN system is correct, and after the successful verification, administer the precaution dose,” said a district immunisation officer who supervises the vaccination programme at the district level, asking not to be named.

As per central government rules, people will be allowed to take a third dose of their primary vaccination course only – in other words, those vaccinated with Covishield for their first and second doses will be allowed to take the same dose for their third ones.

Health experts have underlined the significance of precaution doses since immunity wanes six months onwards.

Dr Jugal Kishore, head of the department of community medicine at Safdarjung Hospital, said: “Since Covid cases are once again rising, it is important that every eligible person should take booster doses of Covid vaccine at the right time. It will safeguard people especially those who have co-morbidities.”

“Meanwhile, precautions against Covid-19 usually called as non-pharmacological measures such as social distancing, use of mask, hand washing with soap or sanitizer, good hygiene. These steps are decreasing the load of virus going to human body,” Dr Kishore added.

Omicron offshoot

How concerning is Omicron offshoot? (Hindustan Times: 20220422)

<https://epaper.hindustantimes.com/Home/ShareArticle?OrgId=22446dc549b&imageview=0>

: Recent reports suggest some labs in Delhi have detected a new Omicron family variant, the BA.2.12.1, triggering concerns that it could be linked to the rise in cases being recorded in the Capital.

Experts say that panic over these detections may be premature, and while there are Omicron variant sub-lineages with growth advantage over their predecessor, this is largely expected and represents a typical evolutionary trajectory.

A reason for concern could be if the Sars-CoV-2 takes more surprising strides, like it did when it mutated into the Alpha, Delta and Omicron variants, changing in a way that could make it significantly more transmissible or resistant, or give it an ability to cause more severe illness.

The BA.2.12.1, however, does not fall in this category. Being an Omicron derivative, it has only two additional mutations from its predecessor BA.2 (denoted by the letters S704L and L452Q) in its spike protein.

The US CDC believes this variant and another similar Omicron offshoot BA.2.12 (this only has the S704L mutation, not the L452Q), may be contributing to an increasing number of new cases in parts of US.

There are two other Omicron family variants, BA.4 and BA.5, which seem to be causing most new cases in parts of South Africa. These have three changes from the BA.2 variant. The number of changes in all of these sub-lineages is far less when compared to the over 50 changes between Omicron and the ancestral virus seen first in Wuhan.

“This sort of accumulation of mutations that drive further host adaptation and antigenic drift is my general expectation for evolution in the coming months. It’s possible we may have additional ‘Omicron-like’ events, but my baseline is this steady ‘flu-like’ scenario,” said Trevor Bedford, scientist at the Fred Hutch Cancer Research Centre, whose team maintains the virus database Nextstrain, in a tweet on April 19.

A member of the Indian Sars-CoV-2 Genomic Consortium (Insacog) made a similar assessment. “It is an RNA virus that keeps mutating; last year also there were several mutations but our focus was on Delta and the rest were inconsequential in comparison as they did not pose a threat in terms of severity. We will wait and see how this goes,” this person said, asking not to be named.

In other words, there is not enough evidence yet that BA.2.12.1 or the BA.2.12 are significantly worse than the BA.2, which spread widely across India in the months of January and February during the Omicron-fuelled third nationwide wave. In fact, data from virus information repository GISAID analysed by outbreak.info shows that the BA.2.12 was the second most

commonly found variant in India at 37% -- during this period, there have been no worrying spikes.

Experts are still watching the situation and are focussing on correctly classifying sequences. “We need to wait for some more time; at least a week or so before anything can be said conclusively. For now, we can say it is largely BA.2 in circulation in India,” the Insacog member added.

Omicron (The Asian Age:20220422)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16313843>

New Omicron found in Delhi samples

AGE CORRESPONDENT
NEW DELHI, APRIL 21

Omicron sublineage BA.2.12 has been detected in a majority of the samples sequenced from Delhi in the first fortnight of April and it could be behind the recent surge in Covid-19 cases in the city, sources said Thursday. However, an Indian SARS-CoV-2 Genomics Consortium (INSACOG) source has claimed that Omicron variant derivative BA.2.12.1 has also been found in a few samples in Delhi which is said to be contributing to the recent rise in cases in the US.

But officials have not confirmed that it indeed was found in some samples in Delhi.

▶ **AN INDIAN SARS-CoV-2 Genomics Consortium (INSACOG) source has claimed that Omicron variant derivative BA.2.12.1 has also been found in a few samples in Delhi**

An official source said, “New sub-variants BA.2.12 (52 per cent samples) and BA.2.10 (11 per cent samples) are showing high transmission and have been found in over 60 per cent of the total samples from Delhi sequenced recently.”

“The BA.2.12 variant appears to have a growth advantage of about 30% to 90% per week over BA.2 (Omicron),” the source

▶ **MEANWHILE, Precautionary dose to be available for free to all eligible beneficiaries of 18 to 59 years age group in all government Covid-19 vaccination Centres in Delhi**

added. **M e a n w h i l e** Precautionary dose to be available for free to all eligible beneficiaries of 18 to 59 years age group in all government Covid-19 vaccination Centres in Delhi. The Arvind Kejriwal government’s order — expected for a while — came this evening, as the national capital witnesses an uptick in Covid cases.

Over 300 samples have

been genome sequenced in Delhi in the first fortnight.

The official said the same sub-variants more or less have been found in samples sequenced in neighbouring districts in Uttar Pradesh and Haryana.

Explaining the surge in Delhi, a senior scientist said Omicron’s reproductive number is 10 which has the highest transmissible level so its derivatives will also have same transmissibility and will spread in absence of hand hygiene, social distancing and masks.

Officials said that top five states in terms of new cases reported are: Delhi (1009), Haryana (3103), Uttar Pradesh (1684), Maharashtra (1625) and Mizoram 103.

Food Security (The Asian Age:20220422)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16313903>

Anoushka
Jha



2 ways to rebuild food security in India after being hit during Covid

Food security is the measure of availability of food and people's ability to access it. As a corollary, it's marked by disruptions in food intake or eating patterns because of lack of money and other resources, either on a long-term or short-term basis. Food insecurity is a major growing concern in India with its large percentage of poor people.

A variety of factors can impact food security. These include income, jobs, religion, caste and physical or mental handicap. When money to buy food is scarce, or unavailable, the risk of food insecurity is high. Unemployment also has a detrimental impact on a household's food security. High unemployment rates among low-income communities make meeting basic food needs of a family all the more challenging.

Children with unemployed parents are more likely to be food insecure compared to children with employed parents. Food security data also shows racial and ethnic differences.

Prevalence of Moderate and Severe Food Insecurity (PMSFI) estimates show there were about 43 crore people in India suffering from moderate to severe food insecurity in 2019.

Research shows that if at least one member of a family is a migrant worker, its food insecurity is likely to be higher by 35 per cent. Religion, too, has an effect on food insecurity. Jains, Christians and Hindus have low or average food insecurity, while

Buddhists, Muslims and Sikhs have more food insecurity. Muslims have 44 per cent more food insecurity than Hindus. Men, on an average, are less food insecure, partly because in most rural areas it is they who earn money for the household rather than women.

The Covid-19 pandemic has jeopardised India's long-standing food security index (FSI). It impacted all four dimensions of the index — food supply, access, stability and use.

The dire consequences with regard to food security during the pandemic was best witnessed when over 100 million migrant labourers had to trek hundreds of miles on empty stomachs. No one could have predicted such a scenario.

Nevertheless, the production of foodgrains does not appear to have been hit. The country had sufficient reserves of food grains (8.4 million tons) and pulses (three million tons) on March 1, 2020. This, however, could not be said for fruits and vegetables, eggs, meat, milk and sugar, which account for 78 per cent of total food consumption.

Supply chain disruptions and a drop in demand have resulted in a massive loss of productivity and money for farmers, merchants and consumers.

Agriculture has undoubtedly demonstrated greater resilience than other sectors of the economy. Despite difficulties in timely deliveries of inputs at acceptable costs, planting of summer crops has gone off satisfactorily. While the cost of

wholesale food supplies decreased for a while, retail customers have seen price increases as a result of interruptions in food supply networks (FSNs). The stability of food availability and access will be determined by how quickly the infection is contained in order to enable free movement of products and people in order to rebuild food supply systems.

Currently, the National Food Security Act (NFSA) provides free and subsidised rations to 67 per cent of the population. The figure has just been raised to 800 million individuals.

Unaffordable retail pricing for non-grain food items, along with a reduction in purchasing power, drove the average person to focus on calories rather than nutritional energy. During the early lockdowns in 2020, a huge number of Indians returned to their native villages. This exodus from cities has had two negative consequences.

An enormous influx of people in many rural communities, along with concomitant rise in demand for labour, led to a fall in salaries. As a result, the money obtained from working in agriculture impacted the viability of employment in these locations.

Yet various villages, on the other hand, had an opposite difficulty. With vast numbers of people trapped in urban areas, a major section of the migrant worker population which travels to rural regions for employment during the harvest season

were unable to do so. Farmers were left without labourers to produce or transport commodities.

According to Save the Children India, the epidemic has already undone much of India's gains in reducing poverty. Children are increasingly being compelled to drop out of school and enter the labour market. In the long run, this leads to a drop in educational attainment and an increase in the problems associated with low educational attainment, such as child exploitation.

Food insecurity affects about 820 million people worldwide, and no region is immune. The United Nations established 17 Sustainable Development Goals to be met by 2030. Here are a few potential solutions to the problem of food insecurity. Food wastages can be eliminated by addressing insufficient storage spaces. Many farmers are unable to get their goods to market due to inadequate infrastructure. The produce rots rather than be distributed to people in need.

Concentrating on a single food crop or staple can also have disastrous consequences. In order to promote food security, teaching the necessity of cultivating diverse and balanced diets for improved nutrition is required. With more food types and better-informed populations, there will be enough staple foods available in markets.

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Food Impact (The Asian Age:20220422)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16313901>

It's time to talk about food and impact of rising prices



Patralekha
Chatterjee

Dev 360

All food stories are not necessarily about culinary fantasies. Many of them pivot around what to cook when cash is scarce and when almost everything available in the market seems to cost a lot more.

There are days when Angoori Devi, a paratha seller in Lal Gumbad Basti, eats just a chapati with salt and a little pickle "That is all I can afford. That is what poor people do," she says. The basti is a stone's throw from tree-lined Panchsheel Park, one of the toniest neighbourhoods in South Delhi.

Angoori Devi doesn't know what "consumer food price inflation" means. Nor is she following the trajectory of the ongoing Russian invasion of Ukraine - the Western sanctions in place, their critical impact on global supply chains and their long shadow on people like her. She is not aware that retail inflation has climbed to a 17-month high in March to 6.95 per cent, driven largely by the soaring prices of everyday food items.

But she knows that her regular customers buying much less and that the rising price of vegetables, LPG cylinders, cooking oil and many other things are making everyday life extremely tough. "People are ordering less. Earlier, my lunch-time customers would ask for two to three parathas, along with a side dish of seasonal vegetables. Now, more and more people are asking for just one paratha with pickle on the side", the 70-year-old widow tells me as she serves a ten-rupee paratha with potato stuffing.

These are hard times for people like paratha seller Angoori Devi who are grappling with soaring prices. She cannot charge

through a rough time. A driver, a regular at her paratha stall, says he did not get paid during the lockdown months, has exhausted his savings and now must cut down on expenses to meet his commuting costs as fuel prices shoot up.

The Pradhan Mantri Garib Kalyan Anna Yojana (PMGKAY), the Central government's free food-grain scheme for the poor, offers five kilos of rice and wheat per person per month. It has helped stave off starvation among millions of people. The scheme, which is over and above the entitlements under the National Food Security Act, covers over 80 crore beneficiaries and has recently been extended till September this year.

A walk through some poor neighbourhoods in Indian cities, however, will tell you that nobody can live on just wheat or rice. You must have something more, even if it is just a slice of pickle or onion or a pinch of salt. When food costs more, many people have no choice but to eat less or eat cheaper, lower quality food. On top of that, it forces people to curtail many other essential expenses. Angoori Devi has had to cut back on medicines.

Her neighbours tell me they are cutting down on milk for their children, and vegetables in their daily diet because there is just not enough money. The 3,000-odd people who live in this slum typically eke out a living as daily wagers and are part of that amorphous space which sustains the Indian economy, and which is labelled the "informal sector". There are no written contracts and earnings are erratic. The lockdown months had led to a decimation of savings. Many families are deep in debt. Young mothers worry about how they

As vegetables, milk and other food go out of reach, the dietary diversity is down further in a country where only 21 per cent of children aged between six and 23 months were fed an adequately diverse diet in 2016-18

has started.

While the poor with little savings and social protection are obviously the worst-hit, the middle and lower-middle classes are also impacted by the sharp uptick in food and fuel prices. Many have experienced job losses, a dip in their earnings and helplessly watched much of their savings evaporate. Many are eating out far less frequently and cutting down on what they see as non-essential expenditure. There is fear and uncertainty. All this will of course have a knock-on effect on the economy.

Worryingly, things are unlikely to dramatically improve in the short run. Consumers should prepare themselves for even more pain on the price front in the coming months as many economists are warning about retail inflation becoming more broad-based and the impact of the Russia-Ukraine conflict continuing.

There are more troubling signs.

We must take on board climate change and our conversations about food must include the need to deal with extreme weather events. This means focusing more on forecasting such erratic and extreme weather and their likely impacts on agriculture, industry and water management. Extreme variations in weather, for example, has impacted the food platter in Kerala, with crop yields falling up to 33 per cent in recent decades, according to a study by the Centre for Water Resource Development and Management, Kozhikode.

Weather experts say the excessive heat this March has badly damaged India's wheat crop and the yield reduction may be 15-20 per

have gone down although it is still over 2.5 times the country's minimum operational-cum-strategic reserve requirements. Former Union finance secretary Arvind Mayaram talks about the need to use "reserves judiciously to increase availability and cool the prices". Once the price of grain begins to moderate, the sentiment of scarcity would also ease and there will be less hoarding, he adds.

Amid the gloom, there are people welcoming the situation, sensing an opportunity in wheat exports from India. There is a sharp rise in global prices as a collateral effect of the Russian invasion of Ukraine.

But for ordinary consumers, it is a different story. Food prices make up almost half the inflation basket in India and food inflation poses a daunting challenge to the country's nascent post-Covid economic recovery. Everyone except the super-rich is feeling the squeeze. As vegetables, milk and other nutritious food go out of reach, the dietary diversity is going down further in a country where only 21 per cent of children aged between six and 23 months were fed an adequately diverse diet with four or more food groups, according to the Comprehensive National Nutrition Survey (2016 to 2018). Low-cost junk food consumption appears to be on the rise. This can worsen malnutrition and impact India's children and their future.

Economic uncertainties impact what we eat. Economic solutions are very clearly needed. But there are also climate uncertainties. And our conversations about food must factor in more frequent erratic and extreme weather and their impact on food and nutrition security.

So let us talk about food and seek meaningful solutions even as the country grapples with heat waves and hate waves.

The writer focuses on development issues in India and emerging economies. She can be reached at

Fungal infection

As cases of fungal infection rise during summer, doctors share tips to stay safe

Fungal infections like ringworm athlete's foot, toenail fungus, yeast infections, and rashes in the genital area are a growing matter of concern. (The Indian Express:20220422)

<https://indianexpress.com/article/lifestyle/health/fungal-infection-cases-summer-doctors-tips-7877670/>

Fungal infections are quite common in the summer (Source: Getty Images/Thinkstock) Summer not just aggravates gastrointestinal problems, fungal infections also become common during the season. And with the temperature set to further increase in the coming days, cases of fungal infections are also likely to shoot up, say experts. Hence, it is essential for everyone to take utmost care, follow good personal hygiene, wear loose cotton clothes, and seek prompt treatment.

ALSO READ |Explained: What is mucormycosis or 'black fungus' in Covid-19 patients, its symptoms and treatment

“Fungal infections like ringworm athlete’s foot, toenail fungus, yeast infections, and rashes in the genital area can be a matter of concern. Dermatophyte infections are particularly common occurrences in summer. These contagious fungal infections occur on the feet (tinea pedis, or athlete’s foot), or anywhere else on the body where sweat can easily accumulate, like under armpits or breasts (tinea corporis). Dermatophyte infections are also seen on finger and toenails. These infections lead to excessive itching, redness, and swelling in the affected areas,” said Dr Tushar Parikh, chief neonatologist and paediatrician, Motherhood Hospital, Pune.

Summer season brings along various skin related problems including rashes (Source: Thinkstock Images)

The spike in fungal infections during summer is due to the hot and humid weather conditions and excessive sweating. A hot environment will encourage fungi growth, and hence skin dryness and prickly heat rashes are seen more.

ALSO READ |Fungal infections: Mucormycosis, candidiasis, aspergillosis common among Covid patients

“Fungal skin infections can be seen anywhere on the body. The commonly seen Tinea versicolor is a condition that causes lighter or darker patches of skin. It’s caused by a fungus on the skin that grows out of control. Vaginal yeast infection happens due to the fungus Candida albicans which causes inflammation and irritation around the vagina,” said Dr Pradeep Alate, Paediatrician, Apollo Spectra Pune.

Use medicated creams or lotions suggested by the doctor, and avoid steroid-containing creams. Complete the treatment course given by the doctor, wash clothes daily, and maintain good personal hygiene, and use antifungal soap and powder after consulting the doctor. Wash hands to prevent spreading the infection from one area to another. Don't share towels or clothing as they can spread the fungus. Avoid athlete's foot by changing socks every day," stressed Dr Parikh.

Dr Alate shared a few tips

ALSO READ |What patients with diabetes, cancer and kidney disorders need to know about black fungus

- *Avoid wearing tight clothes, jeans and shoes.
- *Keep nails short.
- *Don't wear sweaty clothes for a longer time.
- *Keep yourself dry.
- *Wear loose cotton clothes.
- *Do not use scented or chemical products on the infected area as they can cause irritation and rashes.
- *Avoiding processed foods to prevent fungal infections.
- *Besides, high sugar levels trigger infections and slow down the healing process. Include garlic in the diet owing to its anti-fungal nature.
- *Keeping the skin dry is important, particularly in areas like groin, armpits, and neck.

First paediatric bone marrow transplant

Indian doctor performs UAE's first paediatric bone marrow transplant

The patient has responded well to the treatment and will be discharged in a few days after a five-week stay at the hospital, which has advanced capabilities in adult and paediatric oncology as well as long-term and palliative care. (The Indian Express:20220422)

<https://indianexpress.com/article/lifestyle/health/indian-doctor-performs-uae-first-paediatric-bone-marrow-transplant-7881535/>

According to a statement released here, the procedure, conducted at the 400-bed multi-specialty hospital's Bone Marrow Transplant Unit, is the very first paediatric treatment of its kind to be performed in the country.

An Indian doctor in Abu Dhabi has performed the first paediatric stem cell bone marrow transplant in the UAE, the hospital where it was performed has announced.

The highly advanced allogeneic procedure was successfully carried out on a five-year-old girl from Uganda with sickle cell disease by Dr. Zainul Aabideen, Head of the Department of Paediatric Hematology and Oncology at Burjeel Medical City.

According to a statement released here, the procedure, conducted at the 400-bed multi-specialty hospital's Bone Marrow Transplant Unit, is the very first paediatric treatment of its kind to be performed in the country.

The patient's 10-year-old sister donated her bone marrow for the transplant at Burjeel Medical City, a flagship hospital of VPS Healthcare.

Sickle cell disease is a genetic disorder, which results in an abnormality in the hemoglobin found in red blood cells, causing them to become sickle-shaped and leading to several complications including anaemia, swelling in the hands and feet, frequent pain, acute chest syndrome, and sometimes stroke.

Prior to the treatment, the child had been regularly admitted to the hospital due to complications arising from her disease since birth.

“As this was a life-threatening condition, the only curative option was bone marrow transplantation. Before this procedure, the patient suffered a lot. The entire care team here at the hospital and the child's parents are delighted that the transplant will relieve this pain from her life,” said Dr. Aabideen.

The patient has responded well to the treatment and will be discharged in a few days after a five-week stay at the hospital, which has advanced capabilities in adult and paediatric oncology as well as long-term and palliative care.

Earlier, pediatric patients in the UAE who had to undergo allogeneic stem cell bone marrow transplants travelled to the US, the UK, India, and other European countries. Burjeel Medical City plans to expand its bone marrow transplant capabilities across the region to continue to change the lives of adults and children suffering from chronic and life-altering conditions.

New Omicron sub-variant

Delhi labs detect new Omicron sub-variant, government yet to confirm

The samples that tested positive for BA.2.12.1 have been sent to the country's apex Covid-19 genome sequencing consortium, INSACOG, for confirmation, according to officials from Delhi's health department. (The Indian Express:20220422)

<https://indianexpress.com/article/lifestyle/health/omicron-sub-variant-detected-insacog-7880941/>

The new variant was found after Delhi started sequencing all positive samples with a CT value of 25 or less from April 9 onwards. (AP Photo)

Genome sequencing laboratories in Delhi have detected a variant of the Omicron sub-variant BA.2—whose emergence was first announced by the New York health department—which has a 23-27 per cent growth advantage over the original sub-variant.

The samples that tested positive for the new sub-variant (BA.2.12.1) have been sent to the country's apex Covid-19 genome sequencing consortium, INSACOG, for confirmation, according to officials from Delhi's health department.

“We have not detected the sub-variant yet. We have known of this sub-variant only for a couple of weeks and it will take some time before we can say whether it is more transmissible or whether it causes different symptoms,” said a senior official from INSACOG.

Also Read |New India-UK study to focus on Ashwagandha's use in treating Long Covid
Another expert, on the condition of anonymity, said that the new variant was unlikely to lead to an increase in hospital admissions. “Even if it spreads faster, it is similar to the Omicron variant that drove the third wave in India. A huge proportion of the people have already been exposed to it. This variant is unlikely to lead to an increase in severe disease and hospitalisations,” the expert said. The expert also pointed to the good vaccination coverage.

Meanwhile in Delhi, the health department is reviewing the metadata of the samples found to have the BA.2.12.1 to see whether the infections were clustered or found in samples from across the city, indicating a wider spread.

The new variant was found after Delhi started sequencing all positive samples with a CT value of 25 or less from April 9 onwards. The CT value is the number of cycles a sample has to be amplified before the virus is detected. The lower the viral load, the higher the CT value. Samples with a CT value of more than 25 cannot be sequenced well.

1Umar Khalid's Amravati speech was offensive and hateful, says Delhi HC

2Gurgaon: Man shot dead by former tenant, cops suspect personal enmity

3RRTS on track, speed spans installed to cross Eastern Peripheral Expressway

More from Delhi

Delhi was sequencing all such positive samples towards the end of 2021, when there was a lull in cases between the second and the third waves of the pandemic. This was discontinued when the cases started rising in December-end and the beginning of January.

🔊 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.

Sleeping

The best sleeping position according to Ayurveda is...

"In my study of Ayurveda and sleep, I discovered the science of sleep direction according to Ayurved," Dr Dixa Bhavsar wrote on Instagram (The Indian Express:20220422)

<https://indianexpress.com/article/lifestyle/health/best-worst-sleeping-position-direction-sound-sleep-health-ayurveda-7863700/>

Sleeping position If you are facing trouble sleeping well, try changing the direction of sleeping tonight. (Source: Getty Images/Thinkstock)

Sound sleep is essential for smooth everyday functioning. From enhancing productivity, mood, energy levels, and concentration to also keeping the mental and physical health in check — good sleep is responsible for maintaining overall well-being. As such, lack of sleep or poor quality of sleep can have a host of long-term consequences.

Apart from practising habits such as staying away from caffeine and screen hours before hitting the bed, deep breathing, and limiting daytime naps among other things, it's also important to pay special focus towards the direction and position of your sleep, according to Ayurveda.

ALSO READ | Top three reasons why you should consume mulberry this season

Ayurvedic expert Dr Dixa Bhavsar shared the Ayurvedic science of sleep direction and said, "you should never sleep with your head facing north." Further, she detailed the impact of sleeping in different directions.

Type 2 diabetes

Are newly diagnosed type 2 diabetes patients at risk of developing some form of cardiovascular disease?

Type 2 diabetes is caused when the insulin hormone does not properly regulate glucose in the body. (The Indian Express:20220422)

<https://indianexpress.com/article/lifestyle/health/new-study-newly-diagnosed-type-2-diabetes-patients-cardiovascular-disease-7868671/>

diabetes, pandemic Diabetes may increase cardiovascular disease risk (Source: Getty Images/Thinkstock)

A new study has revealed that over 55 per cent of newly diagnosed type 2 diabetes mellitus (T2DM) patients in India have low HDL-C (High Density Lipid – Cholesterol) values, indicating that they are at higher risk of developing some form of cardiovascular disease in their lifetime. Type 2 diabetes is caused when the insulin hormone does not properly regulate glucose in the body.

Following the recent recommendations from the Lipid Association of India, and QRISK3 score2 (a prediction algorithm for cardiovascular disease), the study aimed at investigating the extent of cardiovascular disease (CVD) risk in newly diagnosed type 2 diabetes patients in India.

India Diabetes Study also suggested that 42 per cent of such patients are at a high risk of hypertension. The mean BMI of the patients was recorded to be 27.2 – classified as overweight, as per the Indian Consensus Group guidelines.

Also Read | Exercise may help treat long Covid-induced diabetes, depression: Study
Co-authored by 16 doctors between 2020-2021, the study was conducted in partnership with over 1,900 physicians by Eris Lifesciences with a sample size of 5,080 patients with a mean age of 48 years, from across 27 states in India. It has been published in the Public Library of Science (PLOS) journal.

(Source: Getty Images/Thinkstock) It is known that type 2 diabetes is caused when the insulin hormone does not properly regulate glucose in the body. (Source: Getty Images/Thinkstock)
Some of the key findings of the report are:

- *92.5 per cent and 83.5 per cent of total patients are not on any cholesterol lowering and anti-hypertension treatment
- *Low HDL-C value was the most frequent major risk (55.6 per cent)
- *82.5 per cent patients appeared to have at least one cholesterol abnormality
- *37.3 per cent patients were hypertensive and younger than 65 years of age
- *According to the QRISK3 calculation, obese patients in the current population had 17.1 per cent risk of CVD as compared to 14.8 per cent for those with lower BMI
- *11.2 per cent patients had Target Organ Damage – a chronic kidney disease in the 3b or higher stage

Dr R K Sahay, Department of Endocrinology, Osmania Medical College, Osmania General Hospital, Hyderabad, President of Endocrinology Society of India and the co-author of the study said, “Atherosclerotic cardiovascular disease is a significant risk factor in diabetic patients. Along with glucose control, it is important to follow a robust regimen that is inclusive of optimum lipid lowering treatment, in order to reduce CVD risk. Another important finding

that emerged from the study is the increased average BMI (Body Mass Index) of Indians. Physical activity and diet control are crucial to managing diabetes effectively. ”

Also Read | ‘Women-centric approaches should be encouraged for effective management of diabetes’

The findings support the fact that further nationwide cardiovascular disease risk identification programs and prevention strategies to reduce the occurrence of cardiovascular diseases are warranted, Dr A G Unnikrishnan, CEO and chief of endocrinology at Chellaram Diabetes Institute, Pune, and the Principal Investigator of the study told indianexpress.com during the launch of the study.

While treatment should focus on dietary changes, physical activity and glucose control, addressing cardiovascular risk by strategies like blood pressure control and lipid management offer a more holistic way of management– as also suggested in the India Diabetes Study, he added.

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Menstrual hygiene

Menstrual hygiene: What are tampons, and why you should not use the super-absorbent variety

The way a tampon works is that it can be inserted into the vagina and made to collect all the blood, much like a menstrual cup(The Indian Express:20220422)

<https://indianexpress.com/article/lifestyle/health/tampons-alternative-sanitary-pads-menstrual-health-7878270/>

tampons, what are tampons, how do tampons work, tampons versus sanitary pads, menstrual health, menstrual hygiene, indian express news Tampon is a cylindrical object that goes inside the vagina to absorb all of the menstrual blood. (Photo: Getty/Thinkstock)

Many people prefer tampons to sanitary pads, because they find it more convenient and comfortable, without having to deal with rashes that accompany pads, especially when they are worn for a long period of time.

ALSO READ | Can a menstrual cup get stuck in the vagina? Doctor explains why it’s not possible

What are tampons?

For those who are curious about what tampons really are and how they work, Dr Tanaya, aka Dr Cuterus, has an interesting explanation. She took to Instagram to share in a video that a tampon is a cylindrical object that goes inside the vagina to absorb all of the menstrual blood.

It can be pulled out with the help of a string that is attached to it.

View this post on Instagram

A post shared by Dr. Tanaya | Millennial Doctor (@dr_cuterus)

She demonstrated in the video how the menstrual blood collects in the uterus and is passed into the vaginal canal, after which it comes out of the vagina. The way a tampon works is that it can be inserted into the vagina and made to collect all the blood, much like a menstrual cup.

Things to keep in mind while using a tampon

tampons, what are tampons, how do tampons work, tampons versus sanitary pads, menstrual health, menstrual hygiene, indian express news Do you prefer tampons to sanitary pads? (Photo: Getty/Thinkstock)

“Please do not use the super-absorbent ones; they are linked with a deadly infection called ‘toxic shock syndrome’,” the doctor warned.

Healthline defines toxic shock syndrome (TSS) as a “rare but serious medical condition caused by a bacterial infection”. It can be caused when the “bacterium *Staphylococcus aureus* gets into the bloodstream and produces toxins”. Symptoms may appear suddenly, and in most cases, may include: sudden fever, headache, low blood pressure, muscle ache, confusion, nausea, diarrhea, vomiting, among others.

Need to integrate Ayurveda, Yoga with modern medical practices

Need to integrate Ayurveda, Yoga with modern medical practices: Mansukh Mandaviya

Addressing the 62nd Foundation Day of the National Academy of Medical Sciences here, Mandaviya said both traditional and modern systems of medicine have their own benefits. (The Indian Express:20220422)

<https://indianexpress.com/article/lifestyle/health/need-to-integrate-ayurveda-yoga-with-modern-medical-practices-mansukh-mandaviya-7880177/>

Union Health minister Mansukh Mandaviya on Thursday underlined the need to intergrate indigenous medical systems like Ayurveda and Yoga with modern medical practices to provide holistic healthcare solution to the people.

Addressing the 62nd Foundation Day of the National Academy of Medical Sciences here, Mandaviya said both traditional and modern systems of medicine have their own benefits.

While Ayurveda and traditional systems of medicine are effective in preventive healthcare, modern medicines have a major role in diagnosis and treatment of diseases, he said.

“The need of the hour is to integrate our own indigenous medical systems like Ayurveda and Yoga with modern medical practices,” he said.

Speaking on India’s fight against the pandemic, the minister said the world is amazed at India’s COVID-19 management and vaccination drive.

On advancements in India’s healthcare facilities witnessed during the pandemic, the minister said, “We not only developed the Covid vaccine but also manufactured and exported them in a very short time.

“There were gloomy projections made on India’s Covid management strategy but we were not only able to manage the pandemic well but also shared our best practices globally.”

“This nation never had a shortage of manpower or brainpower. We only have to be self-confident,” the minister said, adding that research and innovation leads to the growth of any country.

“You go to Dholavira in Gujarat, go to Lothal. Dholavira has 5,000 years old civilization. This shows how civilized we were, how developed our science was at that time,” he said.

Active COVID-19 cases

Active COVID-19 cases in country rise to 14,241 (The Hindu:20220422)

<https://www.thehindu.com/news/national/active-covid-19-cases-in-country-rise-to-14241/article65344248.ece>

The death toll climbed to 5,22,116 with 54 fresh fatalities
With 2,451 new coronavirus infections being reported in a day, India's total tally of COVID-19 cases rose to 4,30,52,425, while the active cases increased to 14,241, according to the Union Health Ministry data updated on Friday.

The death toll climbed to 5,22,116 with 54 fresh fatalities, the data updated at 8.00 a.m. stated

Pfizer's COVID-19 antiviral pill

WHO 'strongly recommends' Pfizer's COVID-19 antiviral pill (The Hindu:20220422)

<https://www.thehindu.com/sci-tech/health/who-strongly-recommends-pfizers-covid-19-antiviral-pill/article65343217.ece>

New recommendation was based on the findings of two trials involving almost 3,100 patients which showed that Paxlovid reduced the risk of hospital admission by 85%. The World Health Organization said Friday it "strongly recommended" Pfizer's Covid-19 antiviral pill Paxlovid for patients with milder forms of the disease who were still at a high risk of hospitalisation.

However, the UN agency warned it was "extremely concerned" that the inequality in access seen with Covid vaccines would again leave low- and middle-income countries "pushed to the end of the queue".

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We may remove hyperlinks within comments.
Please use a genuine email ID and provide your name, to avoid rejection.

Fourth wave of COVID-19?

Is India heading towards a possible fourth wave of COVID-19? (The Hindu:20220422)

<https://www.thehindu.com/opinion/op-ed/is-india-heading-towards-a-possible-fourth-wave-of-covid/article65341438.ece>

Masking and vaccination, the best tools available today, are the need of the hour
The number of fresh cases of COVID-19 in the country has been going up steadily in Delhi and Maharashtra, considered bellwether States in the country, as far as the pandemic goes. Is this an indication of a further COVID-19 wave in India, and what are the precautions that people and health systems have to take

Omicron Sub Lenage (The Indian Express:20220422)

<https://epaper.bhaskar.com/detail/1255742/40005248684/mpcg/22042022/194/image/>

कोरोना • एंटीबॉडी कम होगी तो संक्रमण संभव

दिल्ली में ओमिक्रॉन के नए सब-लीनेज मिले, मरीज गंभीर होने की आशंका नहीं

• उत्तर-पूर्वी अमेरिका, ब्रिटेन और अफ्रीकी देशों में पाया गया है नया सब-लीनेज

भास्कर न्यूज | नई दिल्ली

दिल्ली में ओमिक्रॉन वैरिएंट के नए सब-लीनेज (बीए.2.12.1) मिलने से न सिर्फ दिल्ली बल्कि देश के दूसरे हिस्सों में भी मरीजों की संख्या बढ़ने की आशंका है। हालांकि अच्छी बात यह है कि इससे मरीजों के गंभीर होने का खतरा नहीं है। विशेषज्ञों का कहना है कि अब भी भीड़ से बचना और मास्क जरूर लगाना चाहिए ताकि संक्रमण के खतरे को टाला जा सके। नए सब-लीनेज पर स्वास्थ्य मंत्रालय की ओर से कुछ भी स्पष्ट नहीं कहा गया है।

भीड़भाड़ से बचें और मास्क जरूर लगाएं

आईसीएमआर के डॉ. समीरन पांडा का कहना है कि अभी तक इस सब-लीनेज से प्रभावित मरीजों में कोई गंभीर लक्षण नहीं देखे गए हैं। इसलिए यह कहना कि यह खतरनाक हो सकता है, ठीक नहीं है। हां यह जरूर है कि लोगों को भीड़भाड़ से बचना चाहिए और मास्क जरूर लगाना चाहिए। यदि किसी व्यक्ति में एंटीबॉडी कम होगी, तो संक्रमण का खतरा हो सकता है। नए सब-वैरिएंट की वजह से हल्का बुखार और सूखी खांसी दो से तीन दिन रह सकती है।

सूत्रों के मुताबिक दिल्ली सरकार के इंस्टीट्यूट ऑफ लिवर एंड बिलियरी साइंसेज (आईएलबीएस) में दिल्ली के कोरोना मरीज की विस्तृत जीनोम सिक्वेंसिंग करने पर नया सब-लीनेज (बीए.2.12.1) पाया गया है। हालांकि विशेषज्ञ इस बात से इनकार कर रहे हैं कि दिल्ली-एनसीआर में मरीजों की संख्या बढ़ने की वजह सिर्फ यह सब-लीनेज है। विश्व

स्वास्थ्य संगठन की ओर से अभी इस सब-लीनेज को वैरिएंट ऑफ कंसर्न या वैरिएंट ऑफ इंटरेस्ट नहीं माना है। जाने-माने वायरोलॉजिस्ट शाहिद जमील का कहना है कि उत्तर-पूर्वी अमेरिका, ब्रिटेन और कई अफ्रीकी देशों में यह सब-लीनेज मिला है। जहां भी ओमिक्रॉन होगा, वहां वायरस म्यूटेट होकर इस तरह का सब-लीनेज बना सकता है।

<https://epaper.bhaskar.com/detail/1255742/26302637929/mpcg/22042022/194/image/>

भास्कर खास • कोरोना संक्रमण के बाद अकेलेपन का खतरा बढ़ा, डिजिटल युग ने भी लोगों को दूर किया अकेलापन, सामाजिक संबंध कम होना रोज 15 सिगरेट पीने के बराबर नुकसान करता है, डायबिटीज से ज्यादा अकेलेपन से जूझ रहे युवा

• The New York Times
दैनिक भास्कर से विशेष अनुबंध के तहत
जॉन लेटौड

दुनिया में असंख्य लोग अकेलेपन से जूझ रहे हैं। कोरोना संक्रमण के बाद यह समस्या और बढ़ी है। यह भूख और प्यास की तरह है। यानी इसकी पूर्ति जरूरी है। लंबे समय में अकेलापन न केवल मानसिक, बल्कि शारीरिक स्वास्थ्य के लिए भी हानिकारक हो सकता है। लोग फोन, सोशल मीडिया जैसे तरीकों से पहले के मुकाबले अधिक जुड़े हैं, लेकिन इसके बावजूद वे अकेलापन महसूस करते हैं। शोध बताते हैं कि अमेरिका में एक-दूसरे से डिजिटल रूप से जुड़े हुए किशोरों और वयस्कों का अकेलापन बढ़कर दोगुना हो गया है।

कोई अकेला है तो सबसे अच्छी चीज यह है कि उसकी मदद करें, बात करें



चार साल पहले ब्रिटेन ने लोनलीनेस मिनिस्टर नियुक्त किया था। एक शहर में 'हेप्पी टू चैट' बेंच लगाई गई थीं। इन पर संदेश लिखा था, 'यदि किसी के हेलो कहने से आपको आपत्ति नहीं है तो यहां बैठें।' यह मॉडल खूब प्रचलित हुआ और इंग्लैंड, कनाडा, पोलैंड में अपनाया गया। शिकागो यूनिवर्सिटी के डॉ. स्टीफन कैसिओपो कहते हैं, कोई अकेला है तो उसकी मदद करें। बात करें। उसे अच्छा लगेगा।

अमेरिका के सर्जन जनरल डॉ. विवेक मूर्ति कहते हैं, कोरोना के आने से पहले ही देश 'अकेलेपन की महामारी' से जूझ रहा था, जो भागदौड़ भरी जिंदगी और हमारे सभी सामाजिक संबंधों में तकनीक के विस्तार का नतीजा थी। यह मोटापे के स्तर का स्वास्थ्य संकट है। अमेरिका में 2018 में हुई एक स्टडी में पांच में से हर एक व्यक्ति ने कहा था कि वह

हमेशा या अक्सर अकेलेपन या सामाजिक रूप से अलग-थलग महसूस करता है। जब हाल ही में न्यूयॉर्क में सर्वे हुआ, तो 57% ने कहा कि वे कुछ या अधिकतर समय अकेला महसूस करते हैं। दो-तिहाई ने कहा कि वे सामाजिक रूप से अलग-थलग महसूस करते हैं। डॉ. मूर्ति के मुताबिक, 'अकेलेपन का स्वास्थ्य पर बहुत असर पड़ता है। मौजूदा

समय में डायबिटीज की तुलना में अकेलेपन की समस्या से अधिक वयस्क जूझ रहे हैं।' दरअसल, अकेले रहने से डिप्रेशन, चिंता और मादक पदार्थ लेने जैसी भावनात्मक विकार का खतरा बढ़ जाता है। यही नहीं, यह लोगों को हृदय रोग, कैंसर, स्ट्रोक, उच्च रक्तचाप, डिमेंशिया और अकाल मौत के जोखिम में ड्रॉक देता है। ब्रिघम यूनिवर्सिटी के जूलियन होल्ट-लुनस्टेड के मुताबिक, अकेलेपन, सामाजिक संबंध कम होने से रोज 15 सिगरेट पीने के बराबर नुकसान होता है। इसके आर्थिक नुकसान भी हैं। अमेरिका में लोग 51 हजार करोड़ रुपए खर्च कर देते हैं। इंसोयर्स कंपनी सिग्ना के मुताबिक, कंपनियों को कर्मचारियों की अकेलेपन संबंधी गैर मौजूदगी के कारण 11.70 लाख करोड़ रुपए अतिरिक्त खर्च उठाना पड़ता है।

» शोध पेज 04 पर

<https://epaper.bhaskar.com/detail/1255624/69309495566/mpcg/22042022/194/image/>

दिल्ली बन रही है कोरोना का हब • 13 से 19 अप्रैल के बीच देशभर में 8,599 नए केस आए, जबकि दिल्ली में 3,101 केस आए बीते सप्ताह देश में मिले कोरोना मरीजों में हर तीसरा दिल्ली का

महाराष्ट्र, केरल, कर्नाटक, हरियाणा से भी ज्यादा दिल्ली में कोरोना के नए केस
भास्कर न्यूज़ | नई दिल्ली

दिल्ली एक सेंट्रल हब की तरह है, जहां योजना देश-विदेश से लाखों लोग आते हैं। यही वजह है कि यहां कोरोना वायरस के केस सबसे पहले बढ़ना शुरू होते हैं। पिछले एक सप्ताह के कोरोना के मामलों को देखें तो दिल्ली के हालत चिंताजनक हो गए हैं। दिल्ली में इस वक्त जितने भी नए केस आ रहे हैं, उतने किसी अन्य राज्य में रिपोर्ट नहीं किए जा रहे हैं। यह संक्रमण दर भी 5 से 7 प्रतिशत तक पहुंच चुकी है। लेकिन शहर इस बात कि है कि स्थिति गंभीर नहीं है। बीते एक सप्ताह में

जितने भी नए केस रिपोर्ट किए गए हैं, उनमें से करीब 37 प्रतिशत केस दिल्ली से ही आए हैं। आंकड़ों के मुताबिक 13 से 19 अप्रैल के बीच देशभर में 8,599 नए केस दर्ज किए गए हैं। वहीं इस दौरान दिल्ली में 3,101 केस रिपोर्ट हुए हैं, जो देश में दिल्ली ही टॉप पर देखी जा रही है, जहां नए केस ज्यादा संख्या में आ रहे हैं। 13 से 19 अप्रैल के बीच देश में संक्रमण दर एक बार भी एक प्रतिशत से ऊपर नहीं गई, लेकिन दिल्ली में यह 7% तक रिपोर्ट की जा चुकी है। दिल्ली के बाद केरल और हरियाणा ही ऐसे राज्य हैं, जहां सप्ताह में देश में आए नए मामलों के करीब 17% तक केस दर्ज किए गए हैं। महाराष्ट्र, गुजरात, मिजोरम, कर्नाटक जैसे राज्यों में सप्ताह में देश में आए नए केस 10% से भी कम रिपोर्ट किए गए हैं।

तारीख	नए केस	संक्रमण दर
13 अप्रैल	299	2.49%
14 अप्रैल	325	2.39%
15 अप्रैल	366	3.95%
16 अप्रैल	461	5.33%
17 अप्रैल	517	4.21%
18 अप्रैल	501	7.72%
19 अप्रैल	632	4.42%
20 अप्रैल	1,009	5.70%
-	-	-

संक्रमण दर 5 से 7 प्रतिशत तक पहुंची

दिल्ली के 5 जिले जहां संक्रमण दर 5% से ज्यादा	देश भर में सप्ताह में आए केस और संक्रमण दर
साउथ 7.82%	13 अप्रैल 1,088 2.5%
वेस्ट 6.30%	14 अप्रैल 1,007 2.3%
साउथ वेस्ट 5.78%	15 अप्रैल 949 2.6%
नार्थ वेस्ट 5.75%	16 अप्रैल 975 3.2%
ईस्ट 5.36%	17 अप्रैल 1,150 2.9%
	18 अप्रैल 2,183 8.3%
	19 अप्रैल 1,247 3.1%

दिल्ली में देखते ही देखते रोजाना कोरोना की संक्रमण दर 5 से 7% तक पहुंच गई है। वहीं दिल्ली के 5 जिले ऐसे हैं, जहां 13 से 19 अप्रैल के बीच साप्ताहिक संक्रमण दर 5% से भी ज्यादा हो गई है। कुल 11 जिलों में से 6 जिलों में फिलहाल साप्ताहिक संक्रमण दर 5% से भी कम है। लेकिन मौजूदा स्थिति को देखते हुए ऐसा कहा जा रहा है कि आने वाले कुछ दिनों में यहां संक्रमण दर बढ़ सकती है।

राज्य	नए केस	संक्रमण दर
महाराष्ट्र	717	8.34%
केरल	1,428	16.61%
कर्नाटक	400	4.66%
गुजरात	76	0.89%
हरियाणा	1,399	16.27%
मिजोरम	533	6.67%
-	-	-

फिलहाल दिल्ली की स्थिति यह है कि यहां अप्रैल की शुरुआत से लेकर अब तक सप्ताह दर सप्ताह केस बढ़ते जा रहे हैं। हालांकि, इसका आम लोगों पर ज्यादा असर देखने को नहीं मिल रहा है। इस बात से भी इंकार नहीं किया जा सकता कि पिछले कुछ दिनों में अस्पतालों में कोरोना के मरीजों की संख्या बढ़ी है। लेकिन दिल्ली सरकार का दावा है कि डायरेक्ट कोरोना मरीज अस्पतालों में नहीं आ रहे हैं। किसी दूसरी बीमारियों के जो मरीज आ रहे हैं, वह संक्रमित पाए जा रहे हैं।