



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Thursday 20210311

## Daily Covid cases

### **Spike in daily Covid cases; nation sees 22,854 new cases (The Tribune: 20210311)**

<https://www.tribuneindia.com/news/nation/spike-in-daily-covid-cases-nation-sees-22-854-new-cases-223676>

The death toll increased to 1,58,189 with 126 more fatalities

India recorded 22,854 cases of coronavirus infection in a day, the highest in around two-and-half-months, taking the total tally of Covid cases to 1,12,85,561, according to the Union Health Ministry data updated on Thursday.

The death toll increased to 1,58,189 with 126 daily new fatalities, the data updated at 8 am showed.

The total active cases have increased to 1,89,226 which now comprises 1.68 per cent of the total infections.

The number of people who have recuperated from the disease surged to 1,09,38,146, which translates to a national Covid recovery rate of 96.92 per cent, while the case fatality rate stands at 1.4 per cent, the data stated.

According to the ICMR, 22,42,58,293 samples have been tested up to March 10 with 7,78,416 samples being tested on Wednesday. PTI

## **Covid origin**

### **World no closer to Covid origin explanation: Expert (The Tribune: 20210311)**

<https://www.tribuneindia.com/news/coronavirus/world-no-closer-to-covid-origin-explanation-expert-221367>

Despite a high-profile visit to China by a team of international experts in January, the world is no closer to knowing the Covid origin, according to one of the authors of an open letter calling for a new investigation into the pandemic.

“At this point, we are no further advanced than we were a year ago,” said Nikolai Petrovsky, an expert in vaccines at Flinders University in Adelaide, Australia, and one of 26 global experts who signed the open letter, published on Thursday.

In January, a WHO team visited Wuhan in search of clues to Covid origin. — Reuters

## **India’s vaccine output**

### **Quad nations to boost India’s vaccine output (Hindustan Times: 20210311)**

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

# Production push

Scaling up India's vaccine production is a key agenda for the first-ever Quad summit on Friday, March 12

## THE OPTIONS ARE

- Forming a group or fund with support from Quad members to procure vaccines from Indian manufacturers for developing countries
- Using India as a hub for supplying vaccines procured with the Quad's support to South-east Asian countries
- Agreeing on financing deals to scale up India's manufacturing capacity, a US official said. This will likely focus on Indian firms producing American vaccines made by Novavax and J&J.



## COUNTERING CHINA

Experts say these moves are aimed at countering China's vaccine diplomacy.

**112** Beijing has or is donating vaccines to 69 developing countries, and exporting doses to 43 more

## INDIA'S CAPABILITIES

Indian firms are collectively capable of producing billions of doses.

**58mn doses, 66 countries**

India has also shipped more than 58 mn doses to 66 countries. This includes nearly 8 mn doses to small and developing countries



The race between India and China to provide Covid-19 vaccines to more countries across the world has moved into high gear, with efforts to ramp up delivery of doses to developing countries expected to be a key item on the agenda of the first Quad leaders' summit on Friday.

As of Wednesday, India had shipped more than 58 million doses to 66 countries, ranging from Mongolia to Sao Tome & Principe. This includes nearly eight million doses provided as grants to small and developing countries, and 16 million doses from India's contribution to the Covax global vaccine sharing scheme of WHO.

China has donated or is donating vaccines to 69 developing countries and exporting doses to 43 more countries. Unlike India, China has no publicly available official data on vaccine supplies, though officials have said the country also plans to provide 10 million doses to Covax.

When leaders of the Quadrilateral Security Dialogue, or Quad – which includes India, Australia, Japan and the US – meet virtually for their maiden summit on Friday, they will discuss ways to ramp up vaccine manufacturing by India, the world's largest producer, and measures to get doses speedily to more developing countries in Asia and Africa, people familiar with developments said on condition of anonymity.

Several options are expected to be on the table – including forming a group or fund with financial support from Australia, Japan and the US to procure vaccines from Indian manufacturers for developing countries, the people said. Another option is using India as a hub for supplying vaccines procured with the Quad's support to South and South-east Asian countries, the people said.

Japan is expected to help with establishing cold storage facilities for storing vaccines before they are shipped to countries in South and South-east Asia. Discussions are still on among officials of the four countries to firm up contours of the plan and financial contributions of the Quad members before the leaders meet on Friday evening, the people added.

The Quad Summit plans to announce financing agreements to back an increase in vaccine manufacturing capacity in India, an unnamed senior US administration official told Reuters. These agreements will focus on companies and institutions in India manufacturing vaccines for American drug majors Novavax and Johnson & Johnson, the official said. Novavax has a manufacturing arrangement with Pune's Serum Institute of India, the world's largest maker of vaccines. Johnson & Johnson has a similar arrangement with Biological E Ltd.

The initiative's aim is to reduce manufacturing backlogs, speed up vaccination and defeat Coronavirus mutations, the official said. "The idea is that the quicker you can vaccinate, the more that you can defeat some of these mutations. So this is a capacity that will come online later this year, and it will substantially increase our capacity, collectively," he added.

Indian manufacturers such as Serum Institute of India (SII), Biological E, Dr Reddy's Laboratories, Cadila Healthcare and Bharat Biotech have a combined capacity of billions of doses. SII, the world's largest manufacturer, is producing the Oxford-AstraZeneca vaccine as Covishield and will begin making the Novavax vaccine soon. India also plans to provide at least 200 million doses to Covax.

The people said all these moves are aimed at countering China's vaccine diplomacy, which initially couldn't match India's roll-out of doses since January 21 but has appeared to be catching up in recent days.

"Ramping up production will help roll out more doses as assistance and also meet the commercial needs of countries across the Indo-Pacific," one of the people cited above said.

Vaccines from Chinese firms have rolled out in countries such as Pakistan, Brazil, Indonesia, Turkey, and the United Arab Emirates. China's People's Liberation Army (PLA) has also supplied doses to the armies of Pakistan, Cambodia, Mongolia and the Philippines.

The reluctance of China's pharmaceutical companies to share details of their trials has raised concerns about effectiveness of the vaccines and lack of public confidence in several countries. Shots by Sinovac, Sinopharm and CanSino Biologics were approved for use in some countries without the publication of comprehensive Phase 3 clinical trial results.

Human Rights Watch, in a report issued on March 4, said more than a dozen vaccines developed in China are in clinical trials, with about half of them in phase III trials or large-scale studies to assess the vaccine's level of protection. "At the time of writing, only one Chinese vaccine has received emergency approval from what WHO identifies as a 'stringent' regulatory authority. None of the vaccines have received full regulatory approval or released phase 3 trial data," the report said.

In Cambodia, where Prime Minister Hun Sen has received the first shot of the made-in-India Covishield, authorities had to briefly suspend vaccinations at state-run facilities due to a clamour among people for Indian vaccines.

When Cambodia's health ministry issued a notification on March 5 asking people above the age of 60 to get inoculated, large numbers of people of all ages gathered at hospitals in Phnom Penh. "The stir caused the health ministry to suspend AstraZeneca vaccines temporarily as hospitals were overwhelmed with crowds," the Khmer Times reported on Wednesday.

Another of the people cited above said, "The people are asking for Indian-made vaccines as they don't have much trust in China's Sinopharm."

Though a close ally of China, Cambodia has sought one million doses from India. India has cleared a proposal to provide 100,000 doses to Cambodia while 324,000 doses of Indian-made

vaccines were supplied to the country last week from the Covax facility. China donated 600,000 doses to Cambodia last month.

Chinese officials have sought to play down the issue of vaccine diplomacy. “A number of vaccines are now available around the world. It is up to each country to decide which one to choose. Whether it is a Chinese vaccine or not, it is a good vaccine so long as it is safe and effective,” Chinese foreign minister Wang Yi told a recent news conference.

Former ambassador Vishnu Prakash said India’s vaccine efforts shouldn’t be seen solely in the context of competition with China.

“India has a track record of mass production of critical drugs. Look at the work done by India in providing the anti-AIDS cocktail at competitive prices to African countries. India also has had a reputation as a first responder since the 2004 Indian Ocean tsunami,” he said.

“India has financial constraints and if the other members of Quad join hands, every dollar can go that much further. If the Quad shows it cannot only deliver on security issues but also on critical issues like health care, then it will establish its credentials as a more significant player in crisis management and tackling regional and global issues,” Prakash added.

## Vaccination

### **Highest single-day spike since Jan 12(Hindustan Times: 20210311)**

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

A man receives a Covid vaccine jab at Maulana Azad Medical College . SANJEEV VERMA/HT

The national capital on Wednesday recorded its highest single-day Covid-19 spike since the third week of January, as the number of new infections and active cases in Delhi continued to inch up.

Delhi added 370 new cases of the disease on Wednesday, on the back of 71,153 new tests. The highest one-day spike in Delhi before this was on January 12, when the city added 386 infections. While the test positivity rate stayed below 1% for the 73rd day, it crept to 0.52%, marginally higher than 0.48% recorded the previous day.

There were 1,900 active cases in the city as on Wednesday morning, a number that has inched up every day, with exceptions, since the third week of February.

The Capital’s Covid-19 graph has crawled upwards marginally, but steadily, since it recorded a then 292-day low of 94 new cases on February 16. Health experts have called for caution amid new waves of the pandemic in several states, including Maharashtra, Kerala, Punjab, Madhya Pradesh and Chhattisgarh.

For instance, the test positivity rate — which experts consider a crucial metric to assess the spread of a contagion in area — in Delhi has also hovered upwards since an all-time low of 0.17% on February 16.

To be sure, the Capital has also increased the number of tests conducted on a daily basis over the past week to ensure infections are tracked and the chances of spread minimised.

Over the past seven days, an average of 65,116 tests were conducted a day, up from 61,030 in the week before that, and 57,698 in the seven days ending on February 24.

Experts say regions showing a surge should expand vaccination coverage as fast as possible.

“...not just those at risk but everyone living in regions seeing a surge in cases should be immunised on a priority basis,” said Dr SK Sarin, director of the Institute of Liver and Biliary Sciences (ILBS) who headed the Delhi government’s first committee on controlling and managing Covid-19 infections.

The city also added three more deaths of the infection on Wednesday, taking the total toll in the state to 10,931.

## **Ayurvedic Formula (The Asian Age: 20210311)**

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15459028>

# *Ayurvedic formulations can help cure kidney ailments: Research*

**New Delhi, March 10:** Researchers from Delhi-based Jamia Hamdard University have come up with evidence that certain ayurvedic formulations can help rejuvenate cells of an ailing kidney by cutting down reactive oxygen species which is associated with pathological damage of the vital organ.

The conclusion was reached following administration of punarnava-based NEERI KFT herbal formulation that comprises lotus leaves, patharchur and other major herbs to the subjects of chronic kidney disease, according to a study. It is found to help

in detoxifying kidney cells apart from reducing high levels of uric acid and electrolytes.

On the eve of World Kidney Day, which is on March 11, AIMIL Pharmaceutical Executive Director Sanchit Sharma said, “The ayurvedic formulation helps in delaying the need of dialysis by reducing the progression rate of degeneration and improving reparative capacity of renal cells nephron.”

The formulation has been prepared from herbs such as punarnava, gokhuru, varun, pathrupara, pasanbhed, kasani

and palash which have antioxidant elements that remove toxic substances from the kidney cells, Sharma said.

Dr K.N. Dwivedi, professor at Banaras Hindu University, said, “We get many patients who have claimed that ayurvedic drug Neeri KFT proved to be beneficial in curing kidney disease.”

Dr Bheema Bhatt (medical director, ayurvedic medicine) at Medanta, Gurgaon, said that in a large number of kidney patients having high creatinine and urea levels, Neeri KFT has been found to be balancing the level. — PTI

## **Covid -19 Concern (The Asian Age: 20210311)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15459051>

### **Covid-19 concern: Sena targets BJP over crowded poll rallies**

**Mumbai, March 10:** The Shiv Sena on Wednesday said that central government leaders were addressing crowded rallies in poll-bound states, while opening suburban trains for the general public in Mumbai was being blamed for the rise in Covid-19 cases in the metropolis.

An editorial in the Sena mouthpiece *Saamana* asked people to take care, saying otherwise a "lockdown is imminent".

It said a partial lockdown

has been enforced in some parts of Maharashtra, and many areas of cities like Thane and Nashik have been Covid-19 hot-spots. "Has the coronavirus been crushed under the huge crowds seen during campaigning for the West Bengal elections?" the Marathi daily sought to know.

It said people were not wearing face masks and not following physical distancing norms in poll rallies. — *PTI*

## **Gestational diabetes**

### **Early screening and proper care can help lower risks of gestational diabetes, say doctors (The Hindu: 20210311)**

<https://www.thehindu.com/news/cities/chennai/early-screening-and-proper-care-can-help-lower-risks-of-gestational-diabetes-say-doctors/article34031761.ece>

National Gestational Diabetes Mellitus Day will be observed today

Gestational diabetes puts women at a greater risk for developing diabetes later in life. This was why early screening, counselling, appropriate diet and behaviour modification and postpartum follow-up was critical, doctors said.

With the National Gestational Diabetes Mellitus (GDM) Day being observed on March 10, doctors, while acknowledging that awareness on GDM had made a marked improvement over the years, pinpointed the need for early screening.

V. Seshiah, former professor of diabetology, Madras Medical College and founder-patron of Diabetes in Pregnancy Study Group India, said awareness of GDM was definitely better now as obstetricians and gynaecologists were concerned about it.

“My concept is that we should screen all pregnant women. We recommend screening in the first trimester, around six to seven weeks of pregnancy. If we diagnose GDM in the first trimester, we can take care of both mother and child,” he said.

He added that GDM puts the woman at risk for developing diabetes in the future. “Within 10 years, 50% of them can develop diabetes. Children born to them can develop diabetes and obesity. In my experience, in 90% of women who develop GDM, the levels can be controlled with medical and nutritional therapy,” he added.

Usha Sriram, head of Endocrinology and Diabetes, Voluntary Health Services, said when it came to GDM, care before, during and after the pregnancy was important.

“The fact is that we now screen for GDM early in pregnancy. Women could have abnormal glucose early in pregnancy. It is slowly becoming a standard of care and women are being screened at the first antenatal check-up. Women planning pregnancy or those who are pregnant should be aware of GDM. This is where a lot of work is to be done, especially among young people,” she said.

In the present time, pre-diabetes, over weight, family history of diabetes, polycystic ovarian syndrome and sedentary lifestyle could put women at the risk of GDM. “This is why checking for blood sugar levels is recommended,” Dr. Sriram said. She added that once diagnosed with GDM, women should stay healthy and within the recommended weight gain range during pregnancy. “After the pregnancy is over, follow-up is vital. Breastfeeding has shown to decrease the risk for diabetes,” she said. Prevention is key, she said, adding that all young women, who plan for pregnancy in six months to one year, should be healthy, take folic acid and be active.

Anand Moses, former director, Institute of Diabetology, Madras Medical College, said the prevalence of GDM was on the rise. “It varies from 10% to 15% among pregnant women. This is why we recommend universal screening for pregnant women, as in many cases, GDM can be managed with diet control. They need to split meals and avoid simple sugars,” he said.

Follow-up post delivery was lacking, he said, adding: “Lifestyle management is very important and so are annual check-ups after delivery.

## **Sputnik V vaccine**

**Russia to make Sputnik V vaccine in Italy, a first in EU (The Hindu: 20210311)**

<https://www.thehindu.com/news/international/russia-to-make-sputnik-v-vaccine-in-italy-a-first-in-eu/article34033060.ece>

A view of the Adienne Srl plant pharmaceutical company in Caponago, near Milan, Italy, Tuesday, March 9, 2021. Russia signed a deal to produce 10 million doses of the Sputnik V coronavirus vaccine in Italy this year. | Photo Credit: AP

Russian authorities are working on 20 similar collaborations in Europe

Russia has signed a deal to produce its Sputnik V coronavirus vaccine in Italy, the first contract in the European Union, the Italian Russian Chamber of Commerce announced Tuesday.

The deal was signed with Adienne Srl, the Italian subsidiary of a Swiss-based pharmaceutical company, and Kirill Dmitriev, CEO of the Russian Direct Investment Fund. Production of a planned 10 million doses this year is set to launch in July.

“The innovative production process will help create new jobs and allow Italy to control the entire production of the compound,” the chamber said in a statement. Financial terms were not released.

Also read: [The Hindu Explains | What do we know about Russia’s COVID-19 vaccine candidate Sputnik V?](#)

Sputnik V has not yet been approved for use in the EU, but the body's regulator, the European Medicines Agency, or EMA, started a rolling review of the vaccine last week.

Russian authorities are working on 20 similar collaborations in Europe and the Sputnik V vaccine has been registered in 45 nations worldwide, the chamber said.

The EU has been criticised for its slow vaccine rollout and some EU nations have decided not to wait for the EMA's approval. Hungary became the first EU country to authorise Sputnik V for use last month while Slovakia announced a deal last week to acquire 2 million Sputnik V doses and received the first shipment of 200,000 doses.

France's government has had regular exchanges about Sputnik V, but the country now doesn't have a production site available that would meet the necessary requests so no contract has been signed so far to produce the vaccine in France, according to a French Industry Ministry official.

The official reiterated France's position that the government isn't choosing vaccines because of their country of origin, but based on whether they are effective and safe and approved by the EM.

Russian President Vladimir Putin began a dialogue about the Sputnik V vaccine with French President Emmanuel Macron in autumn, and Paris sent a delegation of experts to Russia to conduct talks about the vaccine and advise how to handle discussions with the World Health

Organization and the EMA, according to a French official who spoke on customary condition of anonymity.

Despite skepticism about Russia's hasty introduction of the vaccine, which was rolled out before it had completed late-stage trials, the vaccine appears to be safe and effective. According to a study published in the *Lancet*, Sputnik V is 91 per cent effective and appears to prevent inoculated individuals from becoming severely ill with COVID-19, although it's still unclear if the vaccine can prevent the spread of the disease.

With a global shortage of COVID-19 vaccines, some experts say boosting the use of vaccines made by China and Russia could offer a quicker way to increase the global supply. Others note that Russia's push to export its vaccine around the world may be driven by political interests.

An EMA official has warned European nations against issuing national emergency clearance of Sputnik V.

Christa Wirthumer-Hoche, the chair of the EMA's management board and the head of the Austrian Medicines and Medical Devices Agency, said on Austrian television that EU members approving Russian and Chinese vaccines via emergency national procedures is “partly comparable with Russian roulette,” citing the need to first examine data on the quality, safety and effectiveness of the shots.

“Citizens have a right to get really safe and effective medicinal products,” Wirthumer-Hoche added. “We can have Sputnik V on the market here in the future if we have examined the corresponding data.” Wirthumer-Hoche's remarks elicited outrage in Russia. Kremlin spokesman Dmitry Peskov on Tuesday called them “inappropriate,” and developers of the vaccine demanded a public apology from the official, saying that her comments “raise serious questions about possible political interference in the ongoing EMA review.” “EMA did not allow such statements about any other vaccine. Such comments are inappropriate and undermine credibility of EMA and its review process. Vaccines and EMA should be above and beyond politics,” Sputnik V's official Twitter account said Tuesday.

An EMA spokesperson told *The Associated Press* in written comments that the agency “will assess Sputnik V's compliance with the usual EU standards and any recommendation will be based on the strength of the scientific evidence on the vaccine's safety, quality and efficacy, and nothing else.” The EU commission does not now have plans for the collective purchase of Sputnik doses, relying instead on deals already made with other vaccine manufacturers. But it has made clear that member states are entitled to reach separate agreements as long as they don't compete with the commission's advance purchases of 2 billion vaccine doses.

Italy's health minister, Roberto Speranza, has indicated he is open to introducing the Russia-developed vaccine in Italy, as long as it has regulatory approval. Italy's new premier, Mario Draghi, has pledged to accelerate the vaccination campaign to dampen the spread of new variants that have again put Italy's health system under pressure. So far, just 2.85 per cent of Italy's population has been fully vaccinated.

The Russian Direct Investment Fund that bankrolled the vaccine and markets it abroad has said the production of Sputnik V will span several countries, including India, South Korea, Brazil, China, Turkey, as well as Belarus and Kazakhstan and possibly Iran.

Kazakhstan manufactured 90,000 doses of the vaccine last month but there are few indications any large amounts of the vaccine have been produced outside of Russia so far.

## **Intranasal COVID-19 vaccine**

### **Parliament proceedings | Intranasal COVID-19 vaccine candidate in early clinical stage of development in India: Ashwini Choubey (The Hindu: 20210311)**

<https://www.thehindu.com/news/national/parliament-proceedings-intranasal-covid-19-vaccine-candidate-in-early-clinical-stage-of-development-in-india-ashwini-choubey/article34027501.ece>

An intranasal vaccine candidate (BBV154), being developed by Bharat Biotech, is in early clinical stage of development in India, Minister of State for Health Ashwini Choubey told the Rajya Sabha on March 9.

## **World Kidney Day 2021:**

### **World Kidney Day 2021: Health tips to take care of kidneys in summer (The Indian Express: 20210311)**

<https://indianexpress.com/article/lifestyle/health/world-kidney-day-2021-tips-protect-kidney-health-during-summer-7222180/>

Avoid unnecessary use of over-the-counter pain killers like Indomethacin, Combiflam, Ibuprofen, Aspirin as these can harm the kidneys, especially when taken for a long period of time in heavy dosages

world kidney day 2021, tips to protect kidneys, easy lifestyle tips for kidney health during summer, summer health tips, indianexpress.com, indianexpress, Although fibre-intake is suggested for better digestion, it is equally beneficial for better kidney functioning as well. (Source: Getty Images/Thinkstock)

Summers can be hard for the body, especially the kidneys if certain precautions related to its hydration are not followed. “However, hydration is not merely about drinking water,” Dr

Suman Lata, director and senior consultant, Nephrology, Dharamshila Narayana Superspeciality Hospital said. Proper functioning of both kidneys is key in maintaining the homeostatic balance of the body and keeping it healthy.

On World Kidney Day, observed on March 11 annually, here are some tips to keep your kidneys healthy.

#### Consume water-rich food

Considering the fact that we sweat more in summer, keeping oneself hydrated is surely the key. Along with having at least 10 to 12 glasses of water per day, increase the intake of water-rich fruits to ensure required nourishment along with hydration.

Dehydration increases the risk of stone formation; also among the elderly, dehydration increases the risk of kidney injury. Take extra care of children and elders in this regard. Patients already suffering from any kidney problem should follow a food pattern as per the concerned doctor's suggestion.

Also, always consume balanced meals in summers. Dr Rajesh Aggrawal, senior consultant and chief of action kidney transplant and dialysis department, Sri Balaji Action Medical Institute suggested the following measures.

#### Limit your salt intake

Extra salt consumption increases blood pressure which affects kidney functioning. Try to limit the quantity of salt in your food. Normally, we take 7 to 10 gm salt per day which should be decreased to 4 to 5 gm. In patients with CKD (chronic kidney disease), cardiac issues, portal hypertension, high blood pressure, taking more salt increases the risk of formations of urinary stones.

Although fibre-intake is suggested for better digestion, it is equally beneficial for better kidney functioning. Patients suffering from CKD are also suggested to take more fibre. Add more raw food to your daily meals like beans, peas, berries, melon etc.

Foods we eat out are usually unhealthy. Along with food poisoning, indigestion, they potentially add to the risk of kidney infection as well, as they are high in sugar, salt, saturated fats etc.

“Rather, eat healthy food, keep your weight in check, avoid smoking, exercise daily, avoid taking more pain killers like Brufen or voveran,” said Dr Aggrawal.

ALSO READ |From easing muscle cramps to preventing kidney stones: Why musk melons are summer favourites

Dr Sudeep Singh Sachdev, senior consultant and clinical lead – nephrology and renal transplantation, Narayana Superspeciality Hospital Gurugram shared some insights as well.

#### Avoid overexertion/over-exhaustion of the muscles

It might lead to Rhabdomyolysis. Working out and leading an active life is essential, but try not to overdo it. “Very few people know muscle injury is dangerous for kidney health as well. Severe muscle injury sometimes leads to protein leakage in the bloodstream, which in turn can potentially lead to kidney failure, which is called rhabdomyolysis. For this reason, it is advisable to avoid putting extra pressure on the body with a heavy workout regularly,” said Dr Sachdev.

Avoid unnecessary use of over-the-counter pain killers like Indomethacin, Combiflam, Ibuprofen, Aspirin as these can harm the kidneys especially when taken for a long period of time in heavy dosages.

kidney health Pay attention to the amount of medicines you are having. (Source: Getty Images/Thinkstock)

Keep your blood sugar and blood pressure levels in check and monitor them regularly. If you are diabetic or hypertensive, take your medications religiously as prescribed by your physician. “Both diabetes mellitus and hypertension can damage the kidneys significantly if allowed to progress in an uncontrolled fashion,” said Dr Sachdev.

\*“Avoid intake of Chinese herbal or any metal-containing alternative medications as these drugs have been implicated in the progression of kidney (tubulointerstitial) disorders,” said Dr Sachdev.

ALSO READ |Following Mediterranean diet linked to better outcomes in kidney transplant recipients: Study

\*The simplest and easiest way to keep the kidneys healthy is to take plenty of water (at least 10 to 12 glasses a day), especially in summers when the chances of dehydration are high.

\*Last but not least, never ignore any warning sign or symptom of kidney disease and consult a doctor immediately, in case of

## **No Smoking Day**

### **No Smoking Day: Simple strategies to quit the unhealthy habit (The Indian Express: 20210311)**

<https://indianexpress.com/article/lifestyle/health/no-smoking-day-simple-strategies-to-quit-the-habit-7222463/>

According to the World Health Organization, the tobacco epidemic is "one of the biggest public health threats the world has ever faced, killing more than 8 million people a year around the world".

No Smoking Day, No Smoking Day 2021, effects of smoking, how to quit smoking, tips to quit smoking, vaping and smoking, smoking nicotine, smoking cancer, smoking pregnancy, No Smoking Day indian express, No Smoking Day news It is never too late to make a healthy change! (Photo: Getty Images/Thinkstock)

It needs no retelling that smoking is extremely injurious to health. According to the World Health Organization, the tobacco epidemic is “one of the biggest public health threats the world has ever faced, killing more than 8 million people a year around the world. More than 7 million of those deaths are the result of direct tobacco use while around 1.2 million are the result of non-smokers being exposed to second-hand smoke.”

Despite knowing this, many people struggle to quit the habit, says Dr Yogesh Kumar, an alternative medicine practitioner who consults on Practo. “Nicotine found in the tobacco, when inhaled, travels quickly to the brain, releasing dopamine and other feel-good chemicals. Hence, when one tries to quit, the withdrawal symptoms kick in, which sometimes may even lead to depression and other problems until you get your next hit,” he tells indianexpress.com.

The trick, he says, lies in gradually providing the brain less and less nicotine; and this is where nicotine replacement therapies like nicotine patches, lozenges, chewing gum, inhalers, and nasal sprays come into play.

This No Smoking Day, if you have resolved to fight the urge to smoke, Dr Kumar has some simple tips for you.

ASLO READ | Yearly lung cancer scans advised for people 50 and older with shorter smoking histories

Here are a few strategies to fight the unhealthy habit:

**Make a list of reasons:** Write down the reasons why you want to quit smoking; make the list as specific as possible. If you are concerned about passive smoking affecting your child’s health, write that down and their names to make it more personal.

**Watch your money grow:** The amount of money you spend on smoking could be huge, and seeing how much money you can save by not smoking can be great encouragement. It is usually not enough to tell yourself that you are saving money. So take the money you would normally spend on smoking and put it in a special account so that you can see how quickly it actually grows.

No Smoking Day, No Smoking Day 2021, effects of smoking, how to quit smoking, tips to quit smoking, vaping and smoking, smoking nicotine, smoking cancer, smoking pregnancy, No Smoking Day indian express, No Smoking Day news Passive smoking can be extremely harmful. (Photo: Getty Images/Thinkstock)

**Set a date:** Just wanting to quit is not enough. You need to set a plan and goal; hence a date is essential. Some people wait for important dates to make a change.

Make a list of substitutes: After quitting, you may feel the urge to smoke at times — on your way back home from work, after meals etc. So, make a list of alternative activities you could do to keep your mind and hands busy.

Have those conversations: Tell your spouse, friends, co-workers about your plans and allow them to help you when you need it.

Reach out: Have you reached out to those who have successfully quit? If not, then you must for support. You could try online forums or help and support groups for the same.

ALSO READ |Cigarette smoking may damage mental health too: Study

Start new activity: Take up any form of physical activity to fight those cravings and also keep yourself healthy and occupied.

Eat: Once those cravings kick, you would want to put anything inside your mouth. So make sure you have some healthy munchies on you so that you are not tempted by junk. Skip those salty and sugary snacks.

Wash and purge: A day before your quitting date, take some time to wash everything you can, including your clothes. Once you have quit you, will realise how you now notice the smell of clean things. Conversely, if you keep things unwashed, the smell of cigarettes can only spark your old cravings.

Stop smoking: Remind yourself that you are no longer a smoker. Keep going back to your list of reasons as to why you quit and repeat the above list until you are successful.

## **Coronavirus (Hindustan: 20210311)**

[https://epaper.livehindustan.com/imageview\\_692147\\_83958830\\_4\\_1\\_11-03-2021\\_4\\_i\\_1\\_sf.html](https://epaper.livehindustan.com/imageview_692147_83958830_4_1_11-03-2021_4_i_1_sf.html)

दुनियाभर में अब तक 11 करोड़ से ज्यादा और भारत में 1.12 करोड़ लोग संक्रमित, देश में 1.09 करोड़ लोग संक्रमण से ठीक हुए

# विश्व में नौ करोड़ से ज्यादा लोग कोरोना से जीते



नई दिल्ली | हिन्दुस्तान ब्यूरो

कोरोना को महामारी घोषित हुए गुरुवार को एक साल हो जाएगा। हालांकि अभी भी दुनिया महामारी से लड़ रही है। अब तक 9.3 करोड़ लोग महामारी को मात दे चुके हैं। जबकि दुनियाभर के 11.8 करोड़ लोग कोरोना वायरस से संक्रमित हो चुके हैं। वहीं 26.24 लाख लोग संक्रमण से अपनी जान गंवा चुके हैं।

कोरोना से सबसे ज्यादा प्रभावित अमेरिका है। यहाँ पर 2.9 करोड़ से ज्यादा लोग संक्रमित हुए हैं। वहीं 5.4 लाख लोगों को कोरोना के चलते अपनी जान गंवानी पड़ी है। अमेरिका के बाद भारत में सबसे ज्यादा 1.12 करोड़ लोग कोरोना से प्रभावित हुए। जबकि 1.09 करोड़ लोग इसे हरा चुके हैं।

**83 फीसदी नए संक्रमित छह राज्यों में:** देश के कई राज्यों में संक्रमण की तेज स्तर ने चिंता बढ़ा दी है। प्रतिदिन मिलने वाले 83.76% नए संक्रमित महाराष्ट्र, केरल, पंजाब, कर्नाटक, गुजरात और तमिलनाडु में मिले। 24 घंटों में कोरोना के कुल 17,921 नए संक्रमित मिले।

## महामारी के खिलाफ आज एकजुट हुई थी दुनिया

**एक साल बाद** कोरोना के खिलाफ लड़ाई के लिए पिछले साल आज ही के दिन पूरी दुनिया एकजुट हुई थी। दरअसल, 11 मार्च, 2020 को विश्व स्वास्थ्य संगठन ने कोविड-19 संक्रमण को वैश्विक महामारी का दर्जा दिया था। जिसका मतलब है कि वह संक्रमण किसी एक क्षेत्र अथवा देश की सीमा से दुनिया के अधिकांश हिस्से में फैल गया। दुनिया के इतिहास में ऐसी वैश्विक महामारी लगभग सो साल बाद आई थी। डब्ल्यूएचओ के सतर्कता से पूरी दुनिया एक नीति पर चलकर इस नए दुश्मन से लड़ने लगी।

### ऐसे हुई थी शुरुआत

- 5 जनवरी को डब्ल्यूएचओ ने अज्ञात कारणों वाले निमोनिया की जानकारी दुनिया को दी।
- 20 जनवरी को डब्ल्यूएचओ ने इस रोग के मानव से मानव में संचरण की पुष्टि की।
- 30 जनवरी को इसे अंतरराष्ट्रीय विता वाले एक स्वास्थ्य आपातकाल के रूप में घोषित किया।
- 11 मार्च को डब्ल्यूएचओ ने इस प्रकोप को एक वैश्विक महामारी के रूप में घोषित कर दिया।

### इन नीतियों पर एकसाथ चली दुनिया

1. महामारी से प्रतिक्रिया की योजना बना सभी देशों में लागू करने के लिए डब्ल्यूएचओ ने समन्वय किया।
2. अलग-अलग देशों की विशेषज्ञता का इस्तेमाल करके सभी जगह जरूरी उपकरण पहुंचाए गए।
3. संक्रमण के असर, उसके उपचार आदि को समझने के लिए वैज्ञानिक अनुसंधान व विकास को बढ़ावा दिया।
4. डब्ल्यूएचओ के नेतृत्व में सभी देशों ने एक-दूसरे को मदद से महामारी प्रबंधन व संवाद तंत्र बनाकर समुदाय को जोड़ा।
5. निगरानी तंत्र स्थापित किए गए, कोन्टैक्ट ट्रेसिंग व सभी संक्रमित केसों की जांच की रणनीति अपनाई गई।

### दुनिया ने मदद को हाथ बढ़ाए पर और ज्यादा की दरकार

**कोविड रियाॅन्स** : 1.74 अरब डॉलर की जरूरत, **1.44** अरब डॉलर जुटाए  
**वैश्विक मानवधिकार प्रतिक्रिया** : 10.31 अरब डॉलर की जरूरत, **2.48** अरब डॉलर जुटाए  
**नट्यन व वन आर वाले देसों को मदद** : 1 अरब डॉलर की जरूरत, **5.8** करोड़ डॉलर इकट्ठा हुआ

### इस तरह कोरोना से जंग

देशों में ही महामारी प्रबंधन के संसाधन थे, अब **91%** के पास देशों में योजना पालन करने का समन्वय तंत्र था, अब **97%** में देशों में ही कोरोना जांच तैब व संसाधन थे, अब **100%** देशों में देशों में वलोनिकल रेफरल सिस्टम था, अब **89%** देशों में

(डब्ल्यूएचओ के वे ऑफिस दुनिया में 1 मार्च से 31 दिसंबर, 2020 तक की स्थिति पर आधारित)



### तुलना

10

लाख की जान ली थी स्पेनिश फ्लू ने

1918 से 1921 तक स्पेनिश फ्लू महामारी दुनियाभर में फैली, जिससे 10 लाख लोगों की जान चली गई थी। कोरोना महामारी से पहले तक इसे दुनिया की सबसे गंभीर महामारी माना जाता था।

### अब टीका रूपा हथियार दुनिया के पास

संयुक्त राष्ट्र व विश्व स्वास्थ्य संगठन की पहल कोवैक्स के तहत सभी देशों को समानता के आधार पर टीके की खुरकंद दी जानी है, जिसकी शुरुआत हो गई है। हालांकि कई बड़े देश बहुत बड़ी तादाद में टीकों को खरीद चुके हैं पर संयुक्त राष्ट्र की नाराजगी के कारण अब उन्हें छोटे देशों को मदद के लिए आगे आना पड़ रहा है।

### भारत की स्थिति

1.84

लाख सक्रिय मरीज हैं देश में इस समय

1.64%

है यह कुल संक्रमण के मामलों का

96.96%

है कोरोना से ठीक होने की राहिय दर

• 1.40 प्रतिशत हैं देश में संक्रमण से मृत्यु दर

### टीकाकरण

• 2.52 करोड़ से ज्यादा लोगों का टीके की खुराक दी जा चुकी है देश में। **9.22** लाख को टीका लगाया गया बुधवार शाम तक