



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20210407

Masks, ventilation stop COVID-19 spread better than social distancing

Masks, ventilation stop COVID-19 spread better than social distancing, study says (The Tribune: 20210407)

The classroom model was 709 square feet with 9-foot-tall ceilings, similar to a smaller-size classroom

<https://www.tribuneindia.com/news/coronavirus/masks-ventilation-stop-covid-19-spread-better-than-social-distancing-study-says-235407>

Masks, ventilation stop COVID-19 spread better than social distancing, study says

Masks and a good ventilation system are more important than social distancing for reducing the airborne spread of COVID-19 inside a room, a modelling study suggests.

In the research, published in the journal Physics of Fluids, the researchers created a computer model of a classroom with students and a teacher.

They then modelled airflow and disease transmission, and calculated airborne-driven transmission risk.

The classroom model was 709 square feet with 9-foot-tall ceilings, similar to a smaller-size classroom.

The model had masked students—any one of whom could be infected—and a masked teacher at the front of the classroom.

"The research is important as it provides guidance on how we are understanding safety in indoor environments," said Michael Kinzel, an assistant professor at the University of Central Florida in the US.

"The study finds that aerosol transmission routes do not display a need for six feet social distancing when masks are mandated," Kinzel said.

The study highlights that with masks, transmission probability does not decrease with increased physical distancing, which emphasises how mask mandates may be important to increasing capacity in schools and other places, according to the researchers.

The team examined the classroom using two scenarios -- a ventilated classroom and an unventilated one -- and using two models, Wells-Riley and Computational Fluid Dynamics.

Wells-Riley is commonly used to assess indoor transmission probability and Computational Fluid Dynamics is often used to understand the aerodynamics of cars, aircraft and the underwater movement of submarines.

Masks were shown to be beneficial by preventing direct exposure of aerosols, as they provide a weak puff of warm air that causes aerosols to move vertically, thus preventing them from reaching adjacent students, Kinzel said.

The researchers noted that a ventilation system in combination with a good air filter reduced the infection risk by 40 to 50 per cent compared to a classroom with no ventilation.

This is because the ventilation system creates a steady current of air flow that circulates many of the aerosols into a filter that removes a portion of the aerosols compared to the no-ventilation scenario where the aerosols congregate above the people in the room.

WHO

WHO says AstraZeneca benefits outweigh risks; assessing latest data (The Tribune: 20210407)

<https://www.tribuneindia.com/news/coronavirus/who-says-astrazeneca-benefits-outweigh-risks-assessing-latest-data-235495>

Senior official has said there is a clear "association" between AstraZeneca's COVID-19 vaccine and very rare blood clots in the brain, though the direct cause of the clots is still unknown.

WHO says AstraZeneca benefits outweigh risks; assessing latest data

The World Health Organization expects there will be no reason to change its assessment that the benefits of the AstraZeneca vaccine against COVID-19 outweigh any risks, its regulatory director said on Tuesday.

The WHO is closely studying the latest data alongside European and other regulators, in light of reports of blood clots among people who have been vaccinated, said Rogerio Gaspar, WHO director of regulation and prequalification.

A senior official at Europe's medicines regulator has said there is a clear "association" between AstraZeneca's COVID-19 vaccine and very rare blood clots in the brain, though the direct cause of the clots is still unknown.

The European Medical Agency (EMA) said in a statement after the comments by Marco Cavaleri, chair of its vaccine evaluation team, that it was still conducting a review of the vaccine and expected to announce its findings on Wednesday or Thursday.

Gaspar said the WHO expects to reach a fresh assessment on Wednesday or Thursday, after its own vaccine safety advisory group meets, but does not believe there will be a reason to change its advice that the benefits outweigh any risks.

"What we can say is that the appraisal that we have for the moment - and this is under consideration by the experts - is that the benefits-risk assessment for the vaccine is still largely positive," he told a Geneva news conference.

"We continue to see a number of events that are rare events linking thrombocytopenia to thromboembolic events and those rare events are now being categorised in terms of the diagnostics, in terms of the population, in terms of the distribution within the population," he said.

WHO was in touch with various national and regional expert committees that will decide on the vaccine's regulatory status, Gaspar said.

"For the time being there is no evidence that the benefit-risk assessment for the vaccine needs to be changed," he added.- Reuters

Coronavirus updates

Coronavirus updates | Chhattisgarh Health Minister flags erratic vaccine supply (The Hindu: 20210407)

<https://www.thehindu.com/news/national/coronavirus-updates-april-6-2021/article34251020.ece>

IMA urges PM Modi to open COVID-19 vaccination for all above 18 years; India records highest single-day vaccination coverage

The daily rise in new coronavirus infections in India remained above 90,000 for the third consecutive day taking the nationwide COVID-19 tally of cases to

ADHD drug

FDA approves first new ADHD drug in over a decade for children (The Hindu: 20210407)

<https://www.thehindu.com/news/international/fda-approves-first-new-adhd-drug-in-over-a-decade-for-children/article34251765.ece>

Experts say the drug, Qelbree, may appeal to parents who don't want to give their child stimulants.

U.S. regulators have approved the first new drug in over a decade for children with ADHD, (attention deficit hyperactivity disorder) which causes inattention,

Indian Medical Association COVID-19 vaccination for all

Indian Medical Association demands free COVID-19 vaccination for all (The Hindu: 20210407)

<https://www.thehindu.com/news/national/coronavirus-ima-urges-pm-modi-to-open-covid-19-vaccination-for-all-above-18-years/article34251247.ece>

In a letter to Prime Minister Narendra Modi, it says 'limited period continuous lockdown shall be implemented especially for all the non-essential areas like cinema, cultural and religious events, sports, etc.'

The Indian Medical Association (IMA) has written to Prime Minister Narendra Modi asking for vaccination to be open to all adults and vaccination certificates

COVID-19 | India's daily case count highest in the world (The Hindu: 20210407)

<https://www.thehindu.com/news/national/covid-19-india-records-96982-new-cases-446-fresh-fatalities/article34250840.ece>

The last time India had the maximum numbers was during the first wave in September

With 1,03,955 new COVID-19 cases on Tuesday, India continues to record the most number of daily cases globally. Since April 3, India has been consistently

Vaccination coverage

India records highest single-day vaccination coverage(The Hindu: 20210407)

<https://www.thehindu.com/news/national/india-records-highest-single-day-vaccination-coverage/article34251201.ece>

Maharashtra, Gujarat, Rajasthan, Uttar Pradesh, West Bengal, Karnataka, Madhya Pradesh and Kerala account for 60% of the cumulative vaccine doses given till now.

More than 43 lakh COVID-19 vaccine doses were administered in a span 24 hours, the highest single-day coverage till now, taking the total doses given in the country so far to 8,31,10,926, according to the Union Health Ministry data updated on Tuesday.

Sunshine, healthy food, and exercise help this writer tackle dysthymia

Sunshine, healthy food, and exercise help this writer tackle dysthymia (The Hindu: 20210407)

<https://www.thehindu.com/sci-tech/health/sunshine-healthy-food-and-exercise-help-this-writer-tackle-depression/article34249907.ece>

A description of dysthymia and what this writer does, to keep the shadows behind her

Trigger warning: This article

Summer superfood

Summer superfood: Know about the many health benefits of sabja seeds (The Indian Express: 20210407)

<https://indianexpress.com/article/lifestyle/health/summer-issues-soaked-sabja-seeds-benefits-acidity-bloating-7259528/>

You can also try the Sabja Shikanji Sherbet (recipe inside)

sabja seeds, tulsi seeds, basil seeds, indianexpress.com, indianexpress, sabja seeds benefits, sabja seeds uses, what is sabja seed, With antispasmodic properties, sabja seeds help in controlling cough and strengthen the immunity of the body. (Photo: Getty Images/Thinkstock)

With the summer season at its peak, it is essential to include summer-friendly foods in one's diet to keep seasonal issues at bay. While many people swear by different things, one such superfood that is apt for the dry, humid and hot months is sabja seeds or sweet basil seeds.

Nutritionist Munmun Ganeriwal recently took to Instagram to share more about this summer special ingredient

“The seeds of sweet basil (tulsi): sabja/ takhmaria/ falooda are soon to be hailed as the new superfood from the East,” she mentioned.

According to her, the seeds are

*A natural detox and body coolant as it comes to your rescue if you are experiencing acidity, bloating or headache

*Rich source of ALA (Alpha Lipoic Acid) which is associated with accelerated fat burning and weight loss

*Its optimum fibre content makes you feel full and reduces food cravings

How can you have them in your diet?

*Soak it in water for about an hour and add the soaked sabja seeds to your curd, buttermilk, sherbets, milkshakes etc

*“Or simply add it to a glass of water with a pinch of salt and some sugar and drink it up!” mentioned Ganeriwal.

Sabja Shikanji Sherbet

Ingredients

Crushed ice cubes

Sugar

Salt

Lime juice

Cumin powder

Black salt

Soaked sabja seeds

Water

Leftover curd water

Method

*In a glass jar, add crushed ice cubes, sugar, salt, lime juice, cumin powder, black salt, soaked sabja seeds, water and mix.

*Then add leftover curd water and mix again. Pour the sherbat in a glass.

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World Health Day:

World Health Day: Here's what women need to know about managing urinary leak (The Indian Express: 20210407)

<https://indianexpress.com/article/lifestyle/health/world-health-day-heres-what-women-need-to-know-about-managing-urinary-leak-7261633/>

It mostly happens from the weakness of the muscles which support the uterus and urinary bladder, known as the pelvic floor muscles

urinary leak, what is urinary leak, urinary leak in women, managing urinary leak in women, pelvic floor exercises for urinary leak, world health day 2021, health, women's health, indian express news The pelvic floor laxity usually starts with the first pregnancy. This would be an ideal time to start the exercise. (Photo: Pixabay)

Medically known as urinary incontinence (UI), urinary leak is one of the most ill understood of health problems, but one that many women suffer from.

What is a urinary leak?

Dr Rubina Shanawaz Z, senior consultant, obstetrics and uro gynaecology at Fortis La Femme Hospital, Bengaluru, says that urine leak is not “just bedwetting”, but also “when you notice dripping of urine before you can reach the restroom, when you cough, lift heavy weights, play tennis or have intercourse. Simply put, it is the inability to control urine outflow”.

Why does it happen?

The doctor explains there could be many reasons for this, but it mostly happens from the weakness of the muscles which support the uterus and urinary bladder, known as the pelvic floor muscles.

“This is because of increased pressure on the pelvic floor, as a result of obesity, difficult vaginal delivery, post pregnancy — especially when there have been repeated pregnancies with short inter pregnancy intervals — incessant cough, or chronic constipation, apart from other neurological issues,” says Dr Shanawaz.

ALSO READ |Bombay Begums steers a conversation towards menopause: Other times it made for popular discourse

Lifestyle modifications which can manage it

The doctor explains if your leak happens before you can reach the washroom, what you suffer from is called ‘urge urinary incontinence (UI)’.

* First, have a detailed initial discussion with your uro-gynaecologist. Many patients are not aware of the ‘physical’ nature of their symptoms and consider themselves neurotic. Discussing the problem and understanding that it is not psychological, is the first step.

* Maintain a minimum 24-hour time log of fluid (water/any other fluids) intake and urine output. This is referred to as a ‘bladder diary’. This will give you a factual perspective on what to assume as normal. It’s the first step your uro-gynaecologist will request. The fluid intake amount and pattern can then be modified accordingly. Once you have your log ready, the next step is bladder training.

urinary leak, what is urinary leak, urinary leak in women, managing urinary leak in women, pelvic floor exercises for urinary leak, world health day 2021, health, women's health, indian express news Urine leak is not “just bedwetting”, but also “when you notice dripping of urine before you can reach the restroom”. (Photo: Pixabay)

* Bladder training is an essential part of urge incontinence management. Patients are encouraged to postpone urination once they get the urge to go. This can be gradually increased over days to weeks from 2-5 minutes to begin with to almost an hour, or till the interval between the visits reaches 3-4 hours. Pelvic floor exercises, counting from 1 to 100 and diverting the mind are few tactics to help increase the hold-time and delay urination.

ALSO READ |Can sedentary lifestyle, mental stress lead to hormonal imbalance in middle-aged women?

Other things to keep in mind

– Weight loss: Obesity is associated with both urge and stress incontinence. Reduction in body weight helps in reducing the symptoms.

– Dietary changes: Avoid bladder irritants like caffeine, chocolate, spicy foods, acidic juices, artificial sweeteners, etc.

– Kegel exercises: This is also known as pelvic floor exercises, which help to strengthen the pelvic floor.

When to do Kegel exercises?

“The great thing about Kegel exercises is they can be done anywhere and anytime. It doesn't require you to set aside time from your busy schedule. I usually advise my patients to set aside two times of the day when their routine is fixed and incorporate these exercises into those times. For example, while reading your book before bed, or cutting vegetables for lunch, or watching TV in the evening or even while travelling in a car — wherever it is convenient for you,” says the doctor.

What does it entail?

1. Imagine you need to stop peeing midstream. The muscles you use then are the muscles you need to contract for pelvic floor exercises.

2. Contract the muscle and slowly start counting. Initially, hold for 5 counts and gradually, over the weeks, increase to 10 counts.

3. Relax for 3-5 seconds.

4. Do 10-20 such repetitions, twice a day.

5. You will have to practise for 3 months at least, to determine if this helps you or not.

6. If it helps, continue lifelong.

Didn't know about haemorrhoids during pregnancy': Kishwer Merchant opens up about her journey

What precautions to take?

- Do these exercises on an empty bladder.
- Don't hold your breath while exercising.
- Don't overdo, as overexertion with wrong technique will turn out to be counter productive.

At what age should a patient start doing them?

“The pelvic floor laxity usually starts with the first pregnancy. This would be an ideal time to start the exercise. If this issue presents earlier than that, ensure you start these exercises immediately. Once you start, make sure to incorporate it in your daily routine,” Dr Shanawaz advises.

Vaccines (The Asian Age: 20210407)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15512419>

THE ASIAN AGE

7 APRIL 2021

Ban all large gatherings, give everyone vaccines

The unprecedented surge in the daily caseload of Covid-19 infections and most other parameters related to the pandemic calls for immediate and concerted action by the Union and state governments. As per data, the number of new infections in 24 hours crossed one lakh for the first time on Sunday, which did not happen even when India saw a peak the previous time in mid-September last year. The number dropped a bit the next day but not substantially, and does not show signs of a further fall. The daily number of deaths, which hovered around 100 in early March this year, has more than quadrupled a month later. The average test positivity rate is now around 6.8 per cent, which is way high compared with 2.3 recorded in the first week of March. The reproduction number, or R0, has become 1.5, which again is a significant increase from 1.32 a month ago.

The Union government does not seem to have a very wide window to operate before the nation goes under a second national lockdown which would paralyse its economy

While the Union government is yet to draw up a national plan to contain the virus spread, several states that have been hit hard have started taking their own. Maharashtra, which accounts for almost half of the daily new cases, has imposed night curfew from 8 pm to 7 am, starting on Monday. The weekends will be locked down from 8 pm on Friday to 7 am on Monday except for essential, medical and transportation services. The state has also banned gatherings of five or more people throughout the day. The Delhi government on Tuesday declared a night curfew on the national capital that lasts from 10 pm to 5 am for this month. Odisha, Rajasthan, Gujarat and Punjab have also declared night curfews with similar conditions.

The Union government does not seem to have a very wide window to operate before the nation goes under a second national lockdown which would paralyse its economy. It should consult all stakeholders and come to a consensus on banning every event that has the potential to become a super spreader. There must be a total ban or strict control on religious and social events like the way they were restricted during the lockdown. The government must also return to the board room which it would have prepared last year, reassess the hospital inventory such as beds, intensive care units and ventilators and see if they need to be augmented. The Maharashtra chief minister has already sounded caution about the facilities, and it must be taken as a dire warning.

The vaccination programme is in the third phase now, and the government must open it for all, as demanded by several states such as Delhi. At present, only those aged above 45 are eligible. The youngsters may have better immunity but they can act as carriers of the virus and infect the older people. There too, the global trend is that younger people are being affected more by the newer variants. The government must address the production and supply bottlenecks and ensure that the inoculation programme becomes one of the massive healthcare movements India has ever seen. It must fire on all cylinders if it were to contain the virus and avoid another lockdown.

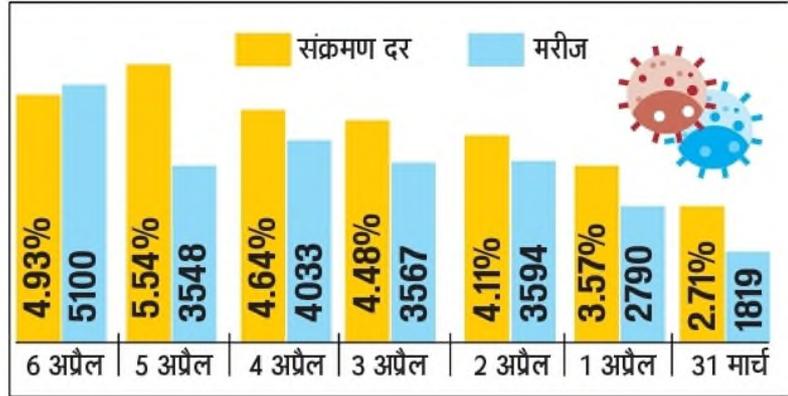
सांसत: एक लाख से ज्यादा जांच में 5100 मरीज मिले

नई दिल्ली | वरिष्ठ संवाददाता

दिल्ली में एक लाख से अधिक कोरोना नमूनों की जांच की गई। इस वजह से संक्रमण दर में कुछ कमी आई लेकिन कोरोना संक्रमितों की संख्या पांच हजार के पार पहुंच गई।

दिल्ली के स्वास्थ्य विभाग के अनुसार दिल्ली में मंगलवार को 5100 कोरोना के नए मामले सामने आए। यह इस साल में एक दिन में सबसे अधिक कोरोना मरीजों का रिकॉर्ड है। इससे पहले 27 नवंबर को 5482 मामले सामने आए थे। दिल्ली में मंगलवार 2340 मरीजों को छुट्टी दी गई, जबकि 17 मरीजों ने कोरोना के कारण दम तोड़ दिया।

दिल्ली में कोरोना से अभी तक 685062 लोग संक्रमित हो चुके हैं, जिसमें से 656617 लोग कोरोना से जंग जीत गए, जबकि 11113 लोगों ने कोरोना के कारण दम तोड़ दिया।



दिल्ली में कोरोना से मृत्युदर 1.62 फीसदी हो गई है।

17 हजार से अधिक सक्रिय मरीज : स्वास्थ्य विभाग के अनुसार दिल्ली में कोरोना के सक्रिय मरीज बढ़कर 17332 हो गए हैं। दिल्ली के विभिन्न अस्पतालों में 3266 मरीज भर्ती हैं। वहीं कोविड केयर सेंटर में 44 और कोविड मेडिकल सेंटर में 51 मरीज भर्ती हैं। होम आइसोलेशन में 8871 मरीज भर्ती हैं। वंदेभारत मिशन के तहत

दिल्ली आए आठ मरीज आइसोलेशन में हैं। विभाग के अनुसार दिल्ली में सोमवार को रिकॉर्ड 103453 जांच हुई, 4.93 फीसदी मरीज संक्रमित पाए गए।

आरटीपीसीआर से 69,667 और रैपिड एंटीजन से 33,786 टेस्ट हुए। दिल्ली में अभी तक 15075212 टेस्ट हो चुके हैं। दिल्ली में बढ़ते मामलों के साथ हॉटस्पॉट की संख्या बढ़कर 3291 हो गई है।

Health Care Services (Hindustan: 20210407)

https://epaper.livehindustan.com/imageview_748481_52020244_4_1_07-04-2021_2_i_1_sf.html

अस्पतालों में हर घंटे औसतन 18 बेड भर रहे

नई दिल्ली | वरिष्ठ संवाददाता

दिल्ली के अस्पतालों में भर्ती कोरोना मरीजों की संख्या भी तेजी से बढ़ रही है। दिल्ली में हर घंटे औसतन 18 कोरोना बेड फुल हो रहे हैं। सोमवार शाम छह बजे से मंगलवार शाम छह बजे तक दिल्ली में 442 कोरोना बेड फुल हो गए। इस हिसाब से अस्पतालों में हर घंटे औसतन 18 कोरोना बेड फुल हो रहे हैं।

स्वास्थ्य विभाग द्वारा संचालित कोरोना एप पर उपलब्ध आंकड़ों के मुताबिक सोमवार शाम छह बजे तक दिल्ली में कोरोना के 3065 बिस्तर फुल थे। 24 घंटे के अंदर मंगलवार शाम छह बजे तक कोरोना के भरे हुए बेड की संख्या बढ़कर 3507 हो गई।

एमएस के मेडिसिन विभाग के एसोसिएट प्रोफेसर डॉक्टर नीरज निश्चल ने कहा है कि आने वाले कुछ सप्ताह में कोरोना संक्रमण इसी रफ्तार से बढ़ता रहा तो बिस्तरों की दिक्कत होने लगेगी।

हर घंटे दो से अधिक वेंटिलेटर बेड

भरे: सामान्य बेड के अलावा आईसीयू और वेंटिलेटर बेड भी तेजी से भर रहे हैं। कोरोना एप के पिछले 24 घंटे के

3507 कोरोना मरीज भर्ती हैं दिल्ली के अस्पतालों में

8062 कोरोना बेड मंगलवार शाम तक उपलब्ध थे

तेजी से भर रहे बिस्तर

तारीख	बेड भरे
6 अप्रैल	3507
5 अप्रैल	3065
4 अप्रैल	2727
3 अप्रैल	2441
2 अप्रैल	2256
1 अप्रैल	1971

(आंकड़े दिल्ली स्वास्थ्य विभाग के हैं)

सोमवार शाम छह बजे से लेकर मंगलवार शाम छह बजे तक राजधानी के अस्पतालों में कोरोना के मरीजों के लिए उपलब्ध 67 वेंटिलेटर बेड फुल हो गए हैं। इस हिसाब से पिछले 24 घंटे में हर घंटे औसतन 2.80 वेंटिलेटर बेड भरे हैं। सोमवार शाम तक 463 कोविड वेंटिलेटर बेड भर चुके थे और मंगलवार

पांच हजार कोविड बेड बढ़ेंगे: सत्येंद्र

नई दिल्ली | वरिष्ठ संवाददाता

दिल्ली के स्वास्थ्य मंत्री सत्येंद्र जैन ने कहा कि दिल्ली के निजी और सरकारी अस्पतालों में कोरोना मरीजों के लिए 5000 बेड बढ़ाए जा रहे हैं। इसके लिए आदेश जारी किए गए हैं। वहीं दिल्ली के 33 सरकारी अस्पतालों में 24 घंटे कोरोना की वैक्सीन लगवाई जा सकती है। उन्होंने कहा कि दिल्ली सरकार हालात पर पूरी तरह नजर बनाए हुए है।

सत्येंद्र जैन ने कहा कि उम्मीद है कि केंद्र मुख्यमंत्री अरविंद केजरीवाल के प्रस्ताव का संज्ञान लेगी, ताकि सभी को वैक्सीन उपलब्ध कराने के प्रस्ताव को लागू किया जा सके। उन्होंने बताया कि

कई महीनों बाद संक्रमण दर पांच फीसदी से ऊपर

सत्येंद्र जैन ने कहा कि पिछले कुछ महीनों में पहली बार संक्रमण दर पांच फीसदी से ऊपर गई है। पूरे देश में भी यह संक्रमण का दर 5 प्रतिशत से ऊपर ही चल रही है। उन्होंने कहा कि सरकारी अस्पतालों में टीकाकरण का 95 प्रतिशत टाइम स्लॉट प्रयोग किया गया, वहीं निजी अस्पतालों में यह 67 फीसदी रहा। इससे पता चलता है कि लोग सरकारी अस्पतालों में जाकर अपना टीकाकरण करवाना ज्यादा पसंद कर रहे हैं।

दिल्ली सरकार द्वारा कोरोना जांच बढ़ाई गई है। सोमवार को 65 हजार से भी ज्यादा कोरोना जांच की गई है।

जैन ने कहा कि दिल्ली में सोमवार को 87,673 लोगों का वैक्सीनेशन किया गया, जो सर्वाधिक आंकड़ा है। कल हुए वैक्सीनेशन का लगभग 73

प्रतिशत यानी 63,936 लोगों ने दिल्ली के सरकारी अस्पतालों में वैक्सीन लगवाई है। 23,737 लोगों ने निजी अस्पतालों में टीकाकरण करवाया।

दिल्ली में अब तक 12 लाख से अधिक लोगों का वैक्सीनेशन किया जा चुका है।

दिल्ली सहित राजस्थान, उत्तराखंड घूमने आने वाले पर्यटकों ने इरादा बदला, होटल में भी बुकिंग प्रभावित होने लगी

महामारी के बिगड़ते हालात देख पर्यटक बुकिंग रद्द करा रहे

हालात

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कोरोना संक्रमण के मामले बढ़ने के बाद से एक बार फिर पर्यटकों की बुकिंग प्रभावित होने लगी है। दूसरे राज्यों से दिल्ली सहित राजस्थान, उत्तराखंड घूमने के लिए आने वाले पर्यटक अपनी बुकिंग रद्द करा रहे हैं। ऐतिहासिक स्मारकों में भी पर्यटकों की संख्या में कमी देखने को

काम-धंधे को लेकर चिंता बढ़ी

सौरभ छाबड़ा ने बताया कि काम-धंधे को लेकर फिर से चिंता बढ़ गई है। एक तो पहले से ही काम प्रभावित था, अब बुकिंग रद्द कराने से रोजगार का संकट खड़ा हो जाएगा। पिछले वर्ष कोरोना महामारी का सबसे ज्यादा असर पर्यटन क्षेत्र पर पड़ा है, जिसके चलते काफी लोग बेरोजगार हो गए हैं। बीते एक-दो महीने में थोड़ी सी स्थिति सुधरी थी, लेकिन पहले जैसी तस्वीर फिर बन रही है।

मिल रही है। इसके अलावा होटल की बुकिंग भी प्रभावित हुई है।

दूर बुकिंग मिलना बंद हुई : नई दिल्ली पर्यटन और परियहन विकास निगम के एक वरिष्ठ अधिकारी के

अनुसार कोरोना के चलते पहले ही एक साल से पर्यटन क्षेत्र प्रभावित था। कुछ समय से घरेलू पर्यटकों की बुकिंग हरिद्वार, ऋषिकेश, आगरा, जयपुर घूमने के लिए मिलनी शुरू

हुई थी। पर्यटकों की संख्या सीमित होने की वजह से कार के जरिए दूर आयोजित कर रहे थे। संक्रमण बढ़ने के बाद बुकिंग रद्द कराया जा रहा है।

स्मारकों में भी पर्यटक घटे :

भारतीय पुरातत्व सर्वेक्षण विभाग के एक वरिष्ठ अधिकारी ने बताया कि मार्च में कोरोना संक्रमण के मामले बढ़ने के बाद से पर्यटकों की संख्या प्रभावित हुई है। जिस प्रकार से पर्यटक फरवरी महीने तक आ रहे थे, उसमें अप्रैल महीने में कमी देखने को मिल रही है।

परिजन संपर्क साथ रहे :

दिल्ली होटल महासंघ के सचिव और पहाड़गंज गेस्ट हाउस ओनर्स एसोसिएशन के कोषाध्यक्ष सौरभ छाबड़ा ने बताया कि होटल की बुकिंग प्रभावित हो रही है। नाइट कर्पू की घोषणा के बाद जो लोग होटल में ठहरे हुए हैं, उनके परिजन उनसे संपर्क कर रहे हैं। जिन्होंने होटल बुक कर रखे थे, वह भी रद्द कराने के लिए पूछताछ कर रहे हैं। होटलों कर्मचारियों के परिजन उन्हें वापस बुला रहे हैं।

Vaccination (Hindustan: 20210407)

https://epaper.livehindustan.com/imageview_748481_52006794_4_1_07-04-2021_2_i_1_sf.html

परिवार सहित टीकाकरण पर सम्पत्ति कर में छूट

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उत्तरी दिल्ली नगर निगम हाउस टैक्स में पांच प्रतिशत की और छूट देने के लिए एक अनोखी योजना लेकर आ रहा है। इसके तहत जो भी सम्पत्ति मालिक पूरे परिवार के साथ कोरोना टीकाकरण कराएगा, उसे संपत्ति कर में अतिरिक्त पांच प्रतिशत की छूट दी जाएगी। महापौर जयप्रकाश का कहना है कि इस योजना को इसी सप्ताह शुरू कर दिया जाएगा।

सम्पत्ति कर विभाग ने पहले से ही लोगों को सम्पत्ति कर जमा कराने पर 15 से लेकर 30 प्रतिशत की छूट दे रखी है। महापौर जयप्रकाश का कहना है कि

पहल

- महापौर ने इसी सप्ताह योजना शुरू करने की बात कही
- कोरोना टीकाकरण के प्रति जागरूकता के लिए उठाया कदम

कोरोना टीकाकरण के प्रति जागरूकता लाने और राजस्व के लिए पांच प्रतिशत और छूट देने की योजना लाई जा रही है। उन्होंने बताया कि इस योजना के तहत टीकाकरण कराने पर 15 प्रतिशत की अपेक्षा 20 प्रतिशत और 30 प्रतिशत की जगह पर 35 प्रतिशत छूट का लाभ दिया जाएगा।

Abortion (Hindustan: 20210407)

https://epaper.livehindustan.com/imageview_748482_51890130_4_1_07-04-2021_3_i_1_sf.html

महिला को 24 सप्ताह का गर्भ गिराने की अनुमति

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चिकित्सा कारणों से उच्च न्यायालय ने मंगलवार को एक महिला को उसके 24 सप्ताह से अधिक के गर्भ को समाप्त करने की अनुमति दे दी। न्यायालय ने मेडिकल बोर्ड की रिपोर्ट पर विचार करते हुए यह आदेश दिया है।

मेडिकल रिपोर्ट में कहा गया है कि भ्रूण कई विकृतियों से ग्रस्त है। रिपोर्ट में यह भी कहा गया है कि गर्भपात के दौरान महिला को भी जोखिम हो सकता है क्योंकि वह दिल की बीमारी से पीड़ित है और उसे खून को पतला करने की

दवाएं दी जा रही हैं। जस्टिस प्रतिभा एम. सिंह ने सभी परिस्थितियों पर विचार करने के बाद महिला को डॉक्टरों की निगरानी में गर्भपात कराने की इजाजत दे दी। इससे पहले उन्होंने महिला के पति से भी बात करके यह जानने का प्रयास किया कि क्या वह गर्भपात के दौरान के जोखिम को समझते हैं। महिला ने मार्च के अंतिम सप्ताह में उच्च न्यायालय में याचिका दाखिल कर गर्भपात की अनुमति मांगी थी। याचिका में कहा था कि चिकित्सा जांच में भ्रूण के फेशियल हेमरेज और हाइड्रोसीफलस से ग्रस्त होने का दावा किया था।