



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20210806

New Covid Cases (The Asian Age:20210806)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15753542>

■ So far, 14,11,001 patients have been discharged while 25,060 have lost their lives

Covid-19: 61 new cases, 2 more deaths

AGE CORRESPONDENT
NEW DELHI, AUG. 5

With 518 active cases of novel coronavirus, in the city on Thursday, the national capital reported 61 new cases of coronavirus in 24 hours.

According to the health bulletin by Delhi government, the national capital also saw two deaths due to the virus. A total of 54 Covid-19 patients were cured today.

During the day, 72,518 Covid-19 tests were done, marking a daily positivity rate of 0.08 per cent, the bulletin showed. Delhi has seen 14,36,579 total Covid cases so far, with a cumulative positivity rate of 5.99 per cent. So far, 14,11,001 patients have been discharged while 25,060 have lost their lives to the virus, taking the case fatality rate to 1.74 per cent.

On Covid management, 289 patients are admitted

Preparing for worst-case scenario, setting up 37K Covid-19 beds: Jain

New Delhi, Aug. 5: Delhi health minister Satyendar Jain on Thursday said the city government was preparing for the worst-case scenario in anticipation of the third wave of the coronavirus pandemic and working on setting up 37,000 dedicated beds for Covid patients.

He said this during a virtual session hosted by Assocham India, where a few doctors and industrial

leaders also shared their viewpoints on the chance of the third wave.

“Convened a virtual session with @ASSOCHAM4India & discussed Delhi Govt’s preparedness to combat 3rd wave of #COVID19. We’ll be proactive in our response. We’re preparing for the worst-case scenario & are preparing 37k beds dedicated to Covid,” Jain tweeted. — PTI

in hospitals, while two are in dedicated Covid care centre. A total of 166 patients are in home isolation.

Delhi recorded 47,960 RT-PCR, CBNAAT, and True Nat tests, and 24,558 rapid antigen tests in the last 24 hours. More than 2.4 crore Covid-19 tests have been

done across the city. In the last 24 hours, 45,949 beneficiaries have been vaccinated with the first dose, while 40,231 received the second dose as well. The city saw 86,180 vaccinations in total during the day.

So far, almost 1.04 crore beneficiaries have been vaccinated in Delhi, of

which, 75.8 lakh have been given the first dose, while over 28 lakh have received the full regimen of Covid-19 vaccination.

Delhi had been reeling under a brutal second wave of the pandemic, claiming a massive number of lives daily, with the oxygen supply shortage issue at various hospitals, adding to the woes.

Since April 19, both daily cases and single-day deaths count had been spiralling up, with over 28,000 cases and 277 deaths recorded on April 20; rising to 306 fatalities on April 22. On May 3, the city registered a record 448 deaths, as per the official data.

However, the number of cases have shown a downward trend and the positivity rate too has been shrinking in the last several days. The number of deaths per day has also been showing a decline in the last couple of days.

Food and Nutrition

Here's why Indian kitchens need olive pomace oil (The Indian Express: 20210806)

<https://indianexpress.com/article/lifestyle/food-wine/heres-why-indian-kitchens-need-olive-pomace-oil-7422984/>

The pulp of olive that's left after extracting extra virgin olive oil from the fruit is called olive pomace

cooking at home, using healthy oils for cooking, olive oil, olive oil and its variants, olive pomace oil, what is olive pomace oil, health benefits of olive pomace oil, indian express news Extra virgin olive oil has a distinct aroma and taste, but olive pomace oil has a fairly neutral taste. (Photo: Getty/Thinkstock)

In the pandemic, we have seen some major changes in the food consumption pattern. More people have become health conscious and switched to items that can supplement their well-being and reduce visits to the hospital.

In the work-from-home scenario, cooking habits have also changed. For instance, earlier olive oil was mainly used for baking moist cakes, making salad dressings, or for cooking continental dishes. Now, with its variants available in the market, the consumption pattern of the kitchen essential cooking oil has also seen a drastic shift.

Akshay Modi, the joint managing director of Modi Naturals Ltd, says while olive oil is recognised for its health benefits — lower cholesterol, better for heart, immunity booster, and lighter to digest — Indians are still skeptical of using it in their everyday cooking.

ALSO READ | Are soups and salads always healthy? Know what experts say

“The main reason for this being lack of information about the olive oil variants, each of which are suitable for different purposes. The first cold press helps derive extra virgin olive oil. It has a distinct flavour and aroma, but it cannot tolerate heat and is suitable for raw consumption, making it ideal for salad dressings and dips.

“The pulp of olive that's left after extracting extra virgin olive oil from the fruit is called olive pomace. There are many myths surrounding this oil with respect to Indian cooking,” he says.

1. Olive pomace oil isn't healthy

Fact: Olive pomace oil is 80 per cent monounsaturated that can lower cholesterol levels. Monounsaturated fats are healthy fats with fatty acid profile like other olive oils found in avocados and certain nuts. It is also rich in antioxidants that promote heart health and prevent many lifestyle diseases, making it a healthy cooking oil choice. With today's advanced

techniques, olive pomace oil brings the additional benefit of vitamin E for better immunity and tissue repair with vitamin K for better bone density and health.

ALSO READ |Is it safe to have frozen honey? Here's what experts say

2. Olive pomace oil can't stand heat

Fact: Extra virgin olive oil is the variant that can't stand heat. Olive pomace oil has a high heat tolerance and doesn't lose any of its nutrients despite that. Hence, it is ideal for all cooking purposes.

3. Olive pomace oil isn't suitable for sautéing and frying

Fact: It can not only stand heat but also has a high smoking point, making it suitable for all forms of Indian cooking, including deep-frying. With this oil, a little goes a long way as it spreads well and is absorbed less compared to most other oils.

4. Olive pomace oil has a peculiar taste

Fact: Extra virgin olive oil has a distinct aroma and taste, but olive pomace oil has a fairly neutral taste. It will not change the flavour of the dish just like other neutral flavoured oils. However, it's much healthier than its alternatives.

A lot of health-conscious individuals have started adopting olive pomace oil as their regular cooking oil; are you among them?

World Breastfeeding Week

World Breastfeeding Week: Here's how fathers can help make the process easy for new mothers (The Indian Express: 20210806)

<https://indianexpress.com/article/lifestyle/health/world-breastfeeding-week-role-of-fathers-process-new-mothers-new-fathers-7437640/>

The onus of raising the child no longer lies with the mother. It's an equal partnership in which both the parents are together

world breastfeeding week, breastfeeding and the role of fathers, how can fathers help during the breastfeeding process, taking care of a newborn, helping new moms, new dads, bonding with the baby, indian express newsThe father can bottle-feed the baby with pumped milk if the mother is tired or is sick. (Photo: Getty/Thinkstock)

While in the traditional sense, breastfeeding is considered to be an activity that new mothers undertake, nowadays doctors insist on the participation of fathers as well to make the process

comfortable for the mother who is already going through many physical, mental and emotional changes.

According to Dr Amodita Ahuja, an obstetrician and gynecologist, and laparoscopic surgeon and infertility specialist, if a new father is involved in the process, it will not only help the mother, but also improve his attachment to the child.

The doctor suggests some simple ways in which they can also participate in the process.

- * Burp the baby mid-feed and change diapers without being asked

The onus of raising the child no longer lies with the mother. It's an equal partnership in which both the parents are together. While the mother feeds the baby, the father can get them burped. If the mother gives the baby a bath, the father can make them wear clothes and change their diapers.

ALSO READ |World Breastfeeding Week: Things to know about breastfeeding before having a baby

- * Bottle-feed the baby with pumped milk

If the mother is tired or sleepy, or is not able to feed the baby due to some illness, this is the best way in which fathers can step up and help. This way, the baby gets the nutrition required and also is able to bond with the dad.

- * Bringing the mother food and drinks while she is breastfeeding

While the mother breastfeeds, she needs extra calories, but taking care of a baby can make her forget that. So if the father can give her food and healthy drinks from time to time, she will be at peace and focus only on the task at hand — that of keeping her baby fed. She will also be able to eat in peace and enjoy the food while the baby is calm and in her arms.

world breastfeeding week, breastfeeding and the role of fathers, how can fathers help during the breastfeeding process, taking care of a newborn, helping new moms, new dads, bonding with the baby, indian express news Skin to skin or kangaroo care helps build a great father-child bond. (Photo: Getty/Thinkstock)

- * Run errands, cook meals, clean the house and be patient

Post delivery, the mother is in the recovering phase. Most families these days are nuclear and have no extra help. In this case, the father can run house errands. It will give a lot of physical and mental peace to the mother.* Skin to skin or kangaroo care

This helps in building a great father-child relationship. It gives the same feeling to the father which a mother gets when she is pregnant. It is a feeling most fathers wish to have. It can be done by making the child sleep on the chest and while giving them burps.

* Be a cheerleader

Stay awake with the baby to let the mother sleep between the feeds. Be a cheerleader. Just staying with the baby gives a lot of peace to the mother. It will help her recover faster and she will be a stronger woman if the recovery is good both mentally and physically.

Covid surge

Covid surge: Health Minister Mansukh Mandaviya assures Kerala CM of help (The Tribune: 20210806)

<https://www.tribuneindia.com/news/coronavirus/covid-surge-health-minister-mansukh-mandaviya-assures-kerala-cm-of-help-293224>

Covid surge: Health Minister Mansukh Mandaviya assures Kerala CM of help

With Kerala making up nearly 50 per cent of all new Covid cases in India in the last week, Health Minister Mansukh Mandaviya spoke to Kerala CM Pinarayi Vijayan today. - File photo

With Kerala making up nearly 50 per cent of all new Covid cases in India in the last week, Health Minister Mansukh Mandaviya spoke to Kerala CM Pinarayi Vijayan today.

“I have written a letter to the CM for taking more proactive measures and precautions to control the ongoing situation in Kerala. I have also sought the state’s cooperation in managing the situation and have assured the Centre’s support,” Mandaviya said. — TNS

Social distancing

‘Let us accept that masks, gloves, social distancing are part of our life now’ (Hindustan Times: 20210806)

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

Observing the Covid-19 pandemic guidelines is a must today, writes Harnoor Kaur, Class 10 Manav Rachna International School, Sector 51, Gurugram

The second wave witnessed a steady rise in the Covid-19 cases but cannot hold any single person responsible for it. As soon as the cases started declining, people just broke out of the shackles. The gatherings began becoming large, rules were relaxed, and penalties were not enforced. All of us resumed our lives as we were living before the pandemic outbreak. Maintaining the social distancing norm and wearing gloves and masks whenever we are going out is a must.

So why did we stop following these important norms? We could have easily avoided the second wave if we had accepted the new normal. Why didn't we accept it? Many believe that accepting anything new is a sign of apathy, passivity or giving up. Many believe that accepting something new shows your weakness.

But I believe that compliance is the need of an hour. I believe that it is normal to go through a lot of different emotions when dealing with big change like the Covid-19 pandemic. This theory has been well explained by Elizabeth Kubler-Ross, a late Swiss-American psychiatrist. She says that once we accept the change we move forward in a positive way. So let us all accept the fact that masks, gloves and social distancing are a part of our life for now. We need to focus on the present, alongside an open gaze at the future.

There might be a time in future when we will have a perfect cure for the Covid-19 pandemic and we can freely breathe without masks. We never know what can happen in the future but we must accept our present as the power lies in accepting the change.

Give Covid-19 vaccine boosters

France, Germany and US ignore WHO plea; to give Covid-19 vaccine boosters(Hindustan Times: 20210806)

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

France President Emmanuel Macron, left, and WHO director-general Tedros Adhanom Ghebreyesus AFP

France President Emmanuel Macron, left, and WHO director-general Tedros Adhanom Ghebreyesus AFP

PARIS/BERLIN/Geneva : Germany and France will go ahead with Covid-19 vaccine boosters from September, disregarding an appeal by the World Health Organisation (WHO) to hold off until more people are vaccinated across the globe.

The decision to press ahead with booster shots despite the strongest statement yet from the WHO highlights the challenge of dealing with a global pandemic while countries try to protect their own citizens from the more infectious Delta variant.

French President Emmanuel Macron said France was working on rolling out third Covid-19 vaccine doses to the elderly and vulnerable from September.

“A third dose will likely be necessary, not for everyone straightaway, but in any case for the most vulnerable and the most elderly,” Macron said. Germany intends to give boosters to

immunocompromised patients, the very elderly and nursing home residents from September, the health ministry said.

WHO chief Tedros Adhanom Ghebreyesus called on Wednesday for a halt to vaccine boosters until at least the end of September, saying it was unacceptable for rich countries to use more of the global vaccine supply.

High-income countries administered around 50 doses for every 100 people in May, and that number has since doubled, according to WHO. Low-income countries have only been able to administer 1.5 doses for every 100 people, due to lack of supplies.

“I understand the concern of all governments to protect their people from the Delta variant. But we cannot accept countries that have already used most of the global supply of vaccines using even more of it,” Tedros said. Germany rejected those accusations, saying it would also donate at least 30 million vaccine doses to poorer countries.

France and Germany have so far given at least one dose of a Covid-19 vaccine to 64.5% and 62% of their respective populations, with 49% of the French and 53% of Germans fully-vaccinated.

US rebuffs call for Covid booster jab moratorium

The United States rejected an appeal from the UN health agency on Wednesday for a moratorium on Covid-19 vaccine booster shots, while China tightened overseas travel curbs after recording its highest number of infections in six months.

Washington swiftly shot down the proposal. “We definitely feel that it’s a false choice and we can do both,” White House press secretary Jen Psaki told reporters, adding that the US has donated more doses than any other country.

“Also in this country (we) have enough supply to ensure that every American has access to a vaccine,” she added. At least 4.27 billion doses have been administered globally so far, according to an AFP count. Highly vaccinated Israel began rolling out a booster shot for over-60s last month, while Germany said Tuesday it would start offering third doses from September.

However WHO vaccines chief Kate O’Brien said there was no convincing evidence yet as to whether booster doses were actually necessary.

Disclaimer: The contents of this website is the copyright of HT Digital Streams Limited and any downloadable version thereof, including but not limited to electronic or digital version of newspaper (e-paper) in any format, is intended for personal consumption only. Dissemination, distribution, circulation and/ or publication of any content or e-paper (pdf or otherwise) through any mode and/or on any social media platform without prior authorization/ permission/ license, is strictly prohibited.

Vaccination:

Vaccination: Women lag behind men in Haryana (The Tribune: 20210806)

<https://www.tribuneindia.com/news/coronavirus/vaccination-women-lag-behind-men-in-haryana-293181>

Vaccination: Women lag behind men in Haryana

Even as the share of the women deaths in the total Covid casualties jumped to 37.5 per cent in Haryana, on the vaccination front their share is lesser. - File photo

Even as the share of the women deaths in the total Covid casualties jumped to 37.5 per cent in Haryana, on the vaccination front their share is lesser.

From the start of the pandemic till March 31, there were 1,030 (32.6 per cent) women deaths out of 3,155 total casualties. But the share jumped to 37.5 per cent on August 3, as the last four months, April, May, June, and July, alone contributed 2,588 female deaths.

However, till July 29, against 1,000 men who received the Covid vaccine dose in Haryana, only 806 women reached vaccination centres for the jab. This is far lesser than the Census 2011 sex ratio in the state which was recorded at 879. Even the projected sex ratio is 887 in Haryana for 2021, as per the Census of India report on population projections (2019).

These facts came to light in a reply of the Ministry of Health and Family Welfare (MoH&FW) on August 3 to a question on the gender gap in vaccination in the Rajya Sabha. Till July 29, in Haryana, 62.78 lakh men had received the dose against 50.63 women as per the CoWin portal.

The figure of Punjab is worse with just 797 women receiving the vaccination against 1,000 men. The projected sex ratio in Punjab for 2021 is 903.

The MoH&FW reasoned that at the beginning of Covid vaccination programme, pregnancy and lactation were contraindications for vaccination. On the basis of the review of the available scientific evidence and the consensus of the stakeholders, the MoH&FW approved the vaccination of lactating women on May 19 and of pregnant women on July 2.

Prof Aswini Nanda from the Centre for Research in Rural and Industrial Development (CRRID), Chandigarh, who has been studying vaccine hesitancy, opined, “The gender gap has to be understood in terms of factors such as pregnant and lactating mothers are late entrants, women being confined to households, and need someone to escort them to vaccination centres, and they tend to ignore their health for the family. They have less access to information on the benefits of vaccination.”

“Several women are under the influence of rumours on social media that vaccination could affect their fertility and that they wouldn’t be able to conceive. We are fighting back to negate this,” said Sunita Rani, secretary, Asha Workers Union, Haryana, who is posted in Sonapat.

Till July 29, against 1,000 men who received the jab in Haryana, only 806 women got vaccinated.

This is far fewer than the Census 2011 sex ratio in the state which was recorded at 879

| COVID METER | | |
|----------------------------|------------|--------|
| Cases | 27 | |
| Recovered | 20 | |
| Active | 712 | |
| Deaths | 3 | |
| DISTRICT-WISE COUNT | | |
| DISTRICT | +VE | DEATHS |
| Gurugram | 9 | 0 |
| Panchkula | 4 | 0 |
| Ambala | 3 | 0 |
| State total | 7.7L | 9,644 |

COVID-19 vaccination

Pandemic of distrust: On resisting COVID-19 vaccination (The Hindu: 20210806)

<https://www.thehindu.com/opinion/editorial/pandemic-of-distrust-the-hindu-editorial-on-resisting-covid-19-vaccination/article35754043.ece>

Those resisting vaccination mostly conform to a specific social, cultural, and political profile

President Joe Biden and the director of the CDC warned this week that the

Emerging COVID-19 variants shrink

Efforts to track emerging COVID-19 variants shrink (The Hindu: 20210806)

<https://www.thehindu.com/sci-tech/health/efforts-to-track-emerging-covid-19-variants-shrink/article35732379.ece>

The second wave is yet to trough and there are signs that a third wave may be round the corner, but India's efforts to sequence genomes to track for emerging variants plummeted after April.

Coronavirus live updates |

Coronavirus live updates | West Bengal mulling reopening schools after Durga Pooja (The Hindu: 20210806)

<https://www.thehindu.com/news/national/coronavirus-august-6-live-updates/article35758213.ece>

Union Health Ministry has said that more than 2.69 crore COVID-19 vaccine still available

Novavax seeks OK for COVID-19 vaccine in needy countries first. Vaccine maker Novavax announced on August 5 it has asked regulators in India, Indonesia and the Philippines to allow emergency use of its COVID-19 vacci

Pandemic of distrust

Pandemic of distrust: On resisting COVID-19 vaccination (The Hindu: 20210806)

<https://www.thehindu.com/opinion/editorial/pandemic-of-distrust-the-hindu-editorial-on-resisting-covid-19-vaccination/article35754043.ece>

Those resisting vaccination mostly conform to a specific social, cultural, and political profile. President Joe Biden and the director of the CDC warned this week that the

Recoveries continue

Recoveries continue to exceed cases in Maharashtra (The Hindu: 20210806)

<https://www.thehindu.com/news/cities/mumbai/recoveries-continue-to-exceed-cases-in-maharashtra/article35755112.ece>

7,120 patients discharged as against 6,695 new infections; 120 deaths recorded

Maharashtra's recoveries continued to outweigh cases, with 7,120 patients being discharged as against 6,695 new COVID-19 cases.

Pregnancy and childbirth

Pregnancy and childbirth do not increase the risk of acquiring SARS-CoV-2 infection, but worsen its clinical course

<https://www.thehindu.com/news/national/interview-pregnancy-and-childbirth-do-not-increase-the-risk-of-acquiring-sars-cov-2-infection-but-worsen-its-clinical-course-says-dr-narendra-kumar-arora/article35738256.ece>

'During the second wave, the country witnessed a surge in COVID-19 cases, and with that a sudden surge in the absolute number of cases in pregnant women,' says the paediatric gastroenterologist.

Dr. Narendra Kumar Arora, a paediatric gastroenterologist and a senior member of the National COVID-19 Task Force while explaining why and how the

Follow Covid-19 protocol

Follow Covid-19 protocol, Ludhiana DC urges residents (The Tribune:20210806)

<https://www.tribuneindia.com/news/coronavirus/follow-covid-19-protocol-ludhiana-dc-urges-residents-293296>

As Covid-19 infections have started witnessing an upward trend in neighbouring state Himachal Pradesh and UT Jammu and Kashmir, Deputy Commissioner Varinder Kumar Sharma on Wednesday urged city residents to strictly follow Covid-appropriate behaviour and get vaccinated to effectively tackle the imminent third wave of Coronavirus.

Addressing Ludhiana residents in his weekly Facebook live session on the official page of DPRO Ludhiana, Sharma said if people firmly adhered to Covid norms, includes wearing masks, social distancing, observing good hygiene and getting the vaccine, the third wave would not have any major impact on their lives.

He said the rising cases in the neighbouring states was a matter of concern and people should not show any kind of carelessness as it could lead to cases rising in Ludhiana also. He said scientists and experts had warned that carelessness and crowding could lead to a massive surge in cases. — TNS

Covid booster

Covid booster shot produced robust response against Delta: Moderna (New Kerala: 20210806)

Washington, Aug 5: Moderna's booster shots against Covid-19 have shown robust antibody responses, according to results of Phase 2 clinical trials published on Thursday. In the tri-> View it--> <https://www.newkerala.com/news/2021/111141.htm>

Depression

Study sheds light on benefits of exercising for people with depression (New Kerala: 20210806)

Washington, August 5: A new study has shed light on the dual beneficial effect of physical activity for people with depression. The study suggested that exercising not only reduce-> View it--> <https://www.newkerala.com/news/2021/111020.htm>

Heart diseases

Eating more plant foods may lower heart disease risk in young adults, older women: Study(New Kerala: 20210806)

: According to two new research studies, eating more nutritious, plant-based foods is heart-healthy at any age.->-> View it--> <https://www.newkerala.com/news/2021/110946.htm>

New therapeutic

Study discovers new therapeutic target for several types of aggressive cancers (New Kerala: 20210806)

Washington, August 5: The findings of new research have shown that a protein in tumour cells could be targeted to treat some types of aggressive cancer including brain, bl-> View it--> <https://www.newkerala.com/news/2021/110871.htm>