



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Wednesday 20210811

Govt approves Bharat Biotech's Ankleshwar plant to produce Covaxin

**Govt approves Bharat Biotech's Ankleshwar plant to produce Covaxin:
Health Minister Mansukh Mandaviya (The Tribune: 2021811)**

<https://www.tribuneindia.com/news/coronavirus/govt-approves-bharat-biotechs-ankleshwar-plant-to-produce-covaxin-health-minister-mansukh-mandaviya-295715>

Says the approval will help increase availability of Covid vaccines in the country

Govt approves Bharat Biotech's Ankleshwar plant to produce Covaxin: Health Minister Mansukh Mandaviya

Mansukh Mandaviya. LSTV/PTI file

Union Health Minister Mansukh Mandaviya on Tuesday said the government had given approval to Bharat Biotech's Ankleshwar-based manufacturing plant to produce Covid vaccine Covaxin.

"Govt of India approves vaccine manufacturing facility for production of @BharatBiotech's #Covaxin in Ankleshwar, Gujarat," Mandaviya tweeted.

The approval would help increase availability of Covid vaccines in the country, he added.

"Following PM @NarendraModi ji's vision of #SabkoVaccineMuftVaccine, this will increase vaccine availability & accelerate the world's largest vaccine drive," the minister who heads both Chemicals and Fertilisers and Health ministries, noted.

In May, Bharat Biotech had announced that it planned to produce an additional 200 million doses of Covaxin at its subsidiary's Ankleshwar-based facility.

The Hyderabad-based firm had noted that it would utilise the manufacturing plant of its wholly-owned unit, Chiron Behring, to add another 200 million doses of Covaxin. PTI

Negative Covid report or full vaccination

Negative Covid report or full vaccination must for all visiting Himachal from August 13(The Tribune: 2021811)

All schools would remain closed except residential ones from August 11 to 22

<https://www.tribuneindia.com/news/himachal/negative-covid-report-or-full-vaccination-must-for-all-visiting-himachal-from-august-13-296159>

Negative Covid report or full vaccination must for all visiting Himachal from August 13

For inter-state public transport buses, the transport department shall frame mechanism for checking of RTPCR/ RAT/vaccine certificate so that only eligible persons will board the buses.

The Himachal Pradesh government has made negative Covid report or full vaccination mandatory for all people intending to visit the hill state from August 13.

In a late-night order on Tuesday, Chief Secretary Ram Subhag Singh stated, "All persons intending to visit state shall carry their Covid Vaccine Certificate (double doses) or a negative RT-PCR test report not older than 72 hours or RAT negative report not older than 24 hours w.e.f. 13th August, 2021."

Issuing the two-page order after the state cabinet meeting, Singh stated, "The situation of Covid in the state has been reviewed. It is observed that the number of Covid active cases and positivity rate are increasing in the state and the situation is still precarious."

In its earlier order on August 6, the state government made mandatory a negative RT-PCR report or full vaccination for visiting temples in the state during 'Shrawan Ashtmi Navratras' from August 9 to August 17.

Further, it has also been decided that all schools would remain closed except residential ones from August 11 to 22. However, teaching and non-teaching staff members will attend schools, the order stated.

The education department will frame Standard Operating Procedures (SOPs) for the residential schools for containment of Covid, it added.

The order further stated, "Inter-state, Inter-district and Intra-district movement of public transport buses (state/ contract carriages) is now allowed to be operated with 50 per cent of the registered seating capacity w.e.f. 13th August, 2021."

For inter-state public transport buses, the transport department shall frame mechanism for checking of RTPCR/ RAT/vaccine certificate so that only eligible persons will board the buses, it added. PTI

Covaxin and Covishield doses

India's drug regulator approves study on mixing of Covaxin and Covishield doses(The Tribune: 2021811)

<https://www.tribuneindia.com/news/nation/indias-drug-regulator-approves-study-on-mixing-of-covaxin-and-covishield-doses-296155>

An expert panel of the Central Drugs Standard Control Organisation on July 29 had recommended granting permission for conducting the study

India's drug regulator approves study on mixing of Covaxin and Covishield doses

Photo for representation only. Tribune file

India's drug regulator has given approval for a study to be conducted by the Christian Medical College (CMC), Vellore, on mixing of Covid vaccines Covaxin and Covishield, official sources said on Wednesday.

An expert panel of the Central Drugs Standard Control Organisation on July 29 had recommended granting permission for conducting the study.

The trial will involve 300 healthy volunteers.

"The aim of the study is to assess the feasibility on whether a person can be given two different vaccine shots - one each of Covishield and Covaxin - to complete the inoculation course," a source said.

Separately, a recent study by the Indian Council of Medical Research involving 98 people, 18 of whom had inadvertently received Covishield as the first dose and Covaxin as the second in Uttar Pradesh, showed that combining these two vaccines elicited better immunogenicity than two doses of the same vaccine.

The study also found that immunisation with combination of Covishield and Covaxin was safe and the adverse effects were also found to be similar when compared to the same dose regimen. PTI

Active Covid cases

Active Covid cases lowest in 4 months(The Tribune: 2021811)

<https://www.tribuneindia.com/news/nation/active-covid-cases-lowest-in-4-months-296151>

The death toll has climbed to 4,29,179 with 497 more fatalities

India saw a single-day rise of 38,353 coronavirus infections taking the total tally of Covid cases to 3,20,36,511, while the active cases have declined to 3,86,351, the lowest in 140 days, according to the Union Health Ministry data updated on Wednesday.

The death toll has climbed to 4,29,179 with 497 fresh fatalities, the data updated at 8 am showed.

The active cases comprise 1.21 per cent of the total infections, the lowest since March 2020, while the national Covid recovery rate stands 97.45 per cent, the ministry said.

A decrease of 2,157 cases has been recorded in the active Covid caseload in a span of 24 hours.

The 497 new fatalities include 152 from Kerala and 137 from Maharashtra.

A total of 4,29,179 deaths have been reported so far in the country, including 1,34,201 from Maharashtra, 36,848 from Karnataka, 34,367 from Tamil Nadu, 25,068 from Delhi, 22,775 from Uttar Pradesh, 18,252 from West Bengal and 18,004 from Kerala. PTI

Health Care Services

‘7 new hospitals in 6 months’ (Hindustan Times: 20210811)

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

A man carries an oxygen cylinder at Lok Nayak hospital in April at the peak of a devastating Covid wave in the city. Sanjeev Verma/HT

New Delhi : The Delhi government will build seven makeshift hospitals with 7,000 ICU beds in the next six months to prepare for a potential third wave of the coronavirus disease (Covid-19), state health minister Satyendar Jain said on Tuesday.

Jain said he spoke to deputy chief minister Manish Sisodia, who is also Delhi's finance minister, to seek approval for the projects on Tuesday. These seven makeshift hospitals will be constructed by the public works department (PWD) in Sarita Vihar, Shalimar Bagh, Sultanpuri, Kirari, Raghubir Nagar, GTB hospital, and Chacha Nehru Bal Chikitsalaya, he added. "The

hospitals will be completed within the next six months positively and all the concerned departments will be working on a war footing. Though these hospitals will be temporary, they are being constructed from a long-term perspective as Covid-19 is here to stay at least in the near future,” Jain added.

The Delhi government has put in place a graded response action plan for the steps that are to be taken at various stages of the third wave, in case Covid-19 cases begin to spike again. The administration is planning to set up nearly 37,000 Covid beds, excluding those in Covid care centres. Of the 37,000 beds, 12,000 will be ICU beds.

Jain said he believes the third wave, if it comes, will be milder than the second wave in Delhi at least because majority of the cases that emerged during April-May this year were caused by the Delta variant, implying majority of the population may already have antibodies.

80% samples tested showed Delta variant

“In the tests done during the second wave in Delhi, we could see that more than 80% of the samples showed the presence of the Delta variant. The genome sequencing of the samples during the second wave and after have been done; the results of both show that about 80% of the sample population was infected by the Delta variant of the virus,” said Jain.

“Since the Delta variant originated in India, we have already faced the wrath of this variant during the second wave. The other countries need to prepare themselves now as the variant is spreading there. Delhi has already battled and overcome the Delta variant wave. Analysis of the reports from Delhi that were sent to ICMR also pointed out that Delhi was battling the Delta variant during the second wave. Therefore, I don’t think that the Delta variant should be a cause of concern for us anymore as the entire second wave was because of the Delta variant,” the minister said.

In the last wave, the Delhi government prepared 22,000-23,000 beds of which 6,000 were ICU beds. “This time we have doubled the number of the ICU beds and have added more beds overall as well. Along with this, the Delhi government has also started a graded response system,” he said.

The graded response action plan, which harks back to a similar mechanism to fight air pollution during pre-winter months, was drafted by an expert committee formed by the Delhi government and approved by the Delhi Disaster Management Authority (DDMA) on July 8. It classifies outbreak severity into four bands – yellow, amber, orange and red – with each representing a more severe outbreak and, thus, stricter curbs than the one preceding it.

According to the plan, private offices, malls, weekly markets and the Metro will be shut down in Delhi if the test positivity rate (TPR) rises above 2%, and the city will be put under a curfew if the number breaches 5%, according to a new Covid-19 action plan approved by authorities that sets clear thresholds for curbs that kick in from as low as 0.5% TPR in order to scuttle an outbreak.

The colour-coded classifications take into account three factors: the test positivity rate over two consecutive days, new cases over a seven-day period, and the average weekly hospital occupancy rate.

Plantar fasciitis

Plantar fasciitis: Simple exercises that can help relieve foot pain (The Indian Express: 20210811)

<https://indianexpress.com/article/lifestyle/health/plantar-fasciitis-three-exercises-to-relieve-foot-pain-7428601/>

Plantar fasciitis can cause a lot of pain in the heels, especially in the morning or after you have been sitting for a long time

foot pain To treat plantar fasciitis, it is advised to wear the correct form of supportive footwear and undergo physical therapy. (Source: pixabay)

Plantar fasciitis is the inflammation of the thick band of tissue called fascia that runs from the heels to the toes at the bottom of your foot.

This inflammation causes a lot of pain in the heels, especially in the morning or after you have been sitting for a long time. It mostly affects women, between the ages 40-60, according to webmd.com.

To treat plantar fasciitis, it is advised to wear the correct form of supportive footwear and undergo physical therapy.

Taking to Instagram, Bhagyashree, who keeps sharing health tips, suggested simple exercises to cope with plantar fasciitis. Try these:

*Take a soft medium-sized ball, almost the size of a tennis ball. Place it under the arch of your foot. Roll your foot forward and backward a few times.

*Place a towel just under your foot. Using your toes, gradually crumple it towards yourself. Then release the towel the same way. Repeat this exercise thrice.

*Sit on a surface and stretch out a leg. Use the middle portion of a band or dupatta and place it under the arch of your foot. Hold either end of the band in your hands tightly. Bring your toes towards your body, flex them and then release.

Also Read |This monsoon, say goodbye to cold and cough with Bhagyashree's immunity tip

Similarly, hold the band or dupatta around your toe and repeat the exercise.

*Stand on the corner of a step with half a foot in. Stand on your toes and then press your heel towards the floor. Do 10 repetitions.

Post-covid patients

Post-covid patients must go for cardiac screening every six months, say doctors(The Indian Express: 20210811)

<https://indianexpress.com/article/lifestyle/health/post-covid-patients-cardiac-screening-every-six-months-doctors-heart-health-cardiovascular-7445257/>

Covid has led to cardiac injury in people who were free of any heart disease earlier, said Dr Pramod Narkhede, cardiologist, Apollo Clinic, Pune

cardiac screening, cardiac issues post covid, post covid heart health, indianexpress.com, heart health and covid, indianexpress, cardiac screening and covid, how to have a healthy heart,As the body's immune system fights the virus, the inflammatory process destroys healthy tissues along with the heart. (Source: Getty Images/Thinkstock)

Experts have noted a steep rise in the number of recovered Covid patients experiencing long-term heart problems such as “chest pain, sudden palpitation, heart attack, heart-swelling, heart failure, low pump capacity (low ejection fraction), and arrhythmia (abnormal heartbeat)”. To keep the heart healthy, post-covid patients must go for regular cardiac screening after every six months, stick to a healthy diet, stay physically active, and take medication, they say.

“After getting infected with coronavirus, many patients encounter chest pain, myocarditis (inflammation of heart muscle), heart attack, heart failure, blood clotting, arrhythmia, and stroke. These problems may even be seen after many months of recovery. It was observed that 78 out of the 100 patients diagnosed with the infection reported symptoms of heart damage and inflammation,” says Dr Pramod Narkhede, cardiologist, Apollo Clinic, Pune.

ALSO READ | ‘Important to understand when inflammation is helping the body, and when it is causing difficulties’

As the body's immune system fights the virus, the inflammatory process also ends up destroying healthy tissues. Covid has also led to cardiac injury in people who were free of any heart disease, they add.

“Many people experience shortness of breath, chest pain or palpitations. Any of these problems could be related to the heart, but they could also be due to other factors, including the aftermath of being very ill, prolonged inactivity and spending weeks convalescing in bed. Around six out of 10 patients (who did not have pre-existing heart problems) seen in OPD are having post covid cardiac symptoms . The problems should be addressed and attended at the earliest. Those with pre-existing heart problems should be cautious and get regular medications and follow-ups done to prevent lethal complications,” Dr Narkhede adds.

cardiac arrest, indianexpress.com, indianexpress, sushma swaraj, work, stress, heart attack, stroke, diabetes Cardiac arrest symptoms are immediate and drastic with sudden collapse, no pulse, no breathing and loss of consciousness. (Source: Getty Images/Thinkstock)

What can one do?

Dr Keerthi Prakash Kotla, consultant pathologist, Apollo Diagnostics, Pune says that cardiac tests to know the functioning of the heart should be undertaken at the earliest. “ECG, X-Ray chest, and lipid profile should be repeated after six months in high-risk individuals with pre-existing conditions like diabetes and hypertension. These tests will help to determine whether there is any damage to the heart. Don’t forget to go for regular follow-ups, too,” she tells indianexpress.com.

Reproductive health

Things to know about maintaining sexual and reproductive health during Covid times(The Indian Express: 20210811)

<https://indianexpress.com/article/lifestyle/health/maintaining-sexual-reproductive-health-during-covid-pcos-pms-7445592/>

Healthy eating habits, exercising, and taking rest can help people to deal with hormonal disorders

reproductive health, sexual health, how to keep your reproductive and sexual health during Covid times, PMS, PCOS, stress, healthy lifestyle for women, indian express news Abdominal cramps is a classic sign of PMS. (Photo: Getty/Thinkstock)

While the pandemic has made us focus a lot on our health and well-being, there are many aspects of health which continue to be ignored still — sexual and reproductive health being one of them. In the many months that we have spent in uncertainty, coupled with long working hours, we have all been stressed. And it is a known fact that in the long run, stress can cause a host of problems, some of which can affect the reproductive system.

For women, it can trigger pre-existing issues or cause new conditions which could lead to fertility issues in the future, such as PCOS or extreme symptoms of PMS.

What is PCOS?

According to Dr Kshitiz Murdia, the CEO & co-founder of Indira IVF, PCOS is a hormonal disorder, common among women of the childbearing age. This condition disrupts the hormonal balance by increasing the production of male hormones (androgen) causing infrequent or prolonged periods. This causes PCOS follicles with immature eggs to form cysts which begin to grow inside the ovaries. Failure to produce mature eggs can impact ovulation, leading to problems like infertility, he explains.

ALSO READ |What are some of the early indications of infertility?

Although there is no one particular cause for PCOS, doctors have narrowed it down to a few causes: family history, insulin resistance, sedentary lifestyle, unhealthy consumption patterns, etc.

reproductive health, sexual health, how to keep your reproductive and sexual health during Covid times, PMS, PCOS, stress, healthy lifestyle for women, indian express news Exercising releases good hormones such as dopamine which helps in fighting PMS symptoms. (Photo: Getty/Thinkstock)

Symptoms for PCOS are:

- * Menstrual problems such as irregular menstrual cycles, abnormal bleeding or spotting during periods or no periods.
- * Alopecia, hair thinning or loss of scalp hair while observing normal hair growth on other parts of the body.
- * Multiple miscarriages
- * Experiencing depression
- * Dark skin patches
- * Increased mood swings and problems in conceiving.
- * Other health concerns such as hypertension, diabetes, and increased cholesterol levels.

What is PMS?

According to Dr Murdia, premenstrual syndrome (PMS) defines a set of physical and emotional symptoms, which normally occur 2-7 days (often up to 14 days) prior to menstruation. “The symptoms usually last till the onset of the period or till a few days of the period. Allopregnanolone, a chemical released in the brain, is said to be one of the main factors responsible for triggering PMS symptoms. It can induce a range of symptoms affecting each person differently. These can depend on the menstrual cycle and other factors such as health, age, diet, etc.”

ALSO READ |Expert guide to prevent vaginal infections this monsoon

Its physical symptoms include fatigue, headaches, migraines, nausea, muscle spasms or pain in lower back, abdominal cramps, acne breakout, sleep disorders (insomnia or hypersomnia), food cravings (for sweet or savory food), loss of libido, etc. And emotional symptoms include mood swings, anxiety or depression, difficulty in focusing or concentrating, irritability, disinterest, etc.

reproductive health, sexual health, how to keep your reproductive and sexual health during Covid times, PMS, PCOS, stress, healthy lifestyle for women, indian express news A nutritious diet with lots of fruits, vegetables, proteins, good fats, amino acids and 2-3 liters of water is important. (Photo: Getty/Thinkstock)

How can PCOS, PMS and their symptoms be managed?

1. Lifestyle: A healthy lifestyle is needed to manage the symptoms. Consumption of harmful substances such as alcohol and smoking should be avoided.
2. Healthy diet: Those who are diagnosed with PCOS are at a higher risk of becoming diabetic. A nutritious diet with lots of fruits, vegetables, proteins, good fats, amino acids and 2-3 liters of water is important. Junk and processed foods can prove to be harmful in the longer run.
3. Exercise: Regular exercise would help in building immunity, remaining active, and maintaining hormone levels, especially in the case of diabetes and heart-related diseases. Exercising releases good hormones such as dopamine which helps in fighting PMS symptoms like depression, anxiety, stress and sleep disorders.
4. Proper rest: Ensuring that your body gets time to rest and recoup is necessary during periods. If you're experiencing cramps, abdomen pains, migraines, it is advised to give your body rest.
5. Medication: In severe cases of PCOS or PMS symptoms, it is recommended to visit your doctor and discuss your challenges. They may administer medication or treatment measures to alleviate these symptoms.

Preterm birth

Covid-19 during pregnancy linked with higher risk of preterm birth: Lancet study (The Indian Express: 20210811)

<https://indianexpress.com/article/lifestyle/health/covid-19-during-pregnancy-linked-with-higher-risk-of-preterm-birth-lancet-study-7447325/>

According to the study, the preterm birth rate among birthing people with a COVID-19 diagnosis was 11.8 per cent compared with 8.7 per cent among those without the disease

appetite, losing appetite during pregnancy, why do pregnant women lose their appetite, first trimester of pregnancy, food, health, parenting, Indian Express news Covid during pregnancy linked to pre-term birth, says The Lancet study. (Photo: Pixabay)

People who are infected with the virus that causes COVID-19 while pregnant face a higher risk of having a very preterm birth, as well as any preterm birth, according to a large US study published in The Lancet Regional Health – Americas journal.

The researchers at University of California (UC) San Francisco in the US found that the risk of very preterm birth, which occurs at less than 32 weeks of gestation, was 60 per cent higher for people infected with COVID-19 at some point in their pregnancy.

The risk of any preterm birth or giving birth at less than 37 weeks was 40 per cent higher in those with the SARS-CoV-2 infection, they said.

ALSO READ | Tips for pregnant women to stay safe from COVID-19

For those who also had hypertension, diabetes and/or obesity as well as COVID-19, the risk of preterm birth rose 160 per cent, according to the study.

“Preterm birth is associated with many challenging outcomes for pregnant people and babies, and very preterm births carry the highest risk of infant complications,” said study lead and corresponding author Deborah Karasek, an assistant professor at UC San Francisco.

“Our results point to the importance of preventative measures to reduce COVID-19 infection among pregnant people to prevent preterm birth, including vaccination,” she said.

Pregnant people are considered a high-risk population for COVID-19 infection, the researchers said.

The study identifies the risks of COVID-19 by specific subtype of preterm birth, as well as by race, ethnicity, and insurance status.

The researchers also found that Latinx, American Indian/Alaska Native, Native Hawaiian/Pacific Islander people, as well as people with public insurance, had disproportionately higher COVID-19 rates during pregnancy.

For instance, while 47 per cent of pregnant people in the study overall were Latinx, they represented 72 per cent of the people with COVID-19 diagnoses.

“Given that the burden of COVID-19 is greater in these populations, as is the burden of preterm birth, it really points to the need for an equity approach,” said Karasek.

“With the surge in infections and increase in the Delta variant, we must think about pregnant people, especially Black and Brown populations, as the groups that need to be prioritised, with supportive policies to reduce exposure and stress, and increase access to care,” she said.

The researchers analysed all live births between July 2020 and January 2021 documented by California Vital Statistics birth certificates.

Of the 240,157 recorded births, nearly 9,000, or 3.7 per cent, indicated a COVID-19 diagnosis in pregnancy, they said.

According to the study, the preterm birth rate among birthing people with a COVID-19 diagnosis was 11.8 per cent compared with 8.7 per cent among those without the disease.

Forty per cent of people in the study had public insurance at the time they gave birth, and 15.9 per cent had hypertension, diabetes, obesity, or a combination of these.

ALSO READ | [Post-pregnancy nutrition, diet and weight loss tips for new moms](#)

The researchers noted that having comorbidities along with COVID-19 infection increased the risk of preterm birth.

Individuals with hypertension, diabetes and/or obesity, as well as a COVID-19 diagnosis, had a 160 per cent higher risk of very preterm birth, and a 100 per cent higher risk of preterm birth compared to those without comorbidities or the disease, they said.

Researchers found that preterm birth rates did not vary by whether the births were spontaneous or medically-indicated, which may suggest multiple pathways between COVID-19 diagnosis and preterm birth.

They acknowledged some limitations of the study, which included that it couldn't determine when during pregnancy the individuals contracted COVID-19, or how serious the infections were.

Food and nutrition

Can fruits and vegetables boost brain health? (The Indian Express: 20210811)

<https://indianexpress.com/article/lifestyle/health/can-fruits-and-vegetables-boost-brain-health-7446594/>

The higher the intake of flavonoids, the researchers found, the fewer “yes” answers to the questions. Compared with the one-fifth of those with the lowest intake of flavonoids, the one-fifth with the highest were 19 per cent less likely to report forgetfulness or confusion.

The study was observational so cannot prove cause and effect, although its large size and long duration add to growing evidence that what we eat can impact brain health.

Eating colourful fruits and vegetables may be good for your brain.

A new study, one of the largest such analyses to date, has found that flavonoids, the chemicals that give plant foods their bright colours, may help curb the frustrating forgetfulness and mild confusion that older people often complain about with advancing age and that sometimes can precede a diagnosis of dementia. The study was observational so cannot prove cause and effect, although its large size and long duration add to growing evidence that what we eat can impact brain health.

The scientists used data from two large continuing health studies that began in the late 1970s and early 1980s, in which participants periodically completed diet and health questionnaires over more than 20 years. The analysis included 49,693 women whose average age was 76 and 51,529 men whose average age was 73.

The scientists calculated their intake of about two dozen commonly consumed kinds of flavonoids — which include beta carotene in carrots, flavone in strawberries, anthocyanin in apples, and other types in many other fruits and vegetables. The study appears in the journal *Neurology*.

The degree of subjective cognitive decline was scored using “yes” or “no” answers to seven questions: Do you have trouble remembering recent events, remembering things from one second to the next, remembering a short list of items, following spoken instructions, following a group conversation, or finding your way around familiar streets, and have you noticed a recent change in your ability to remember things?

The higher the intake of flavonoids, the researchers found, the fewer “yes” answers to the questions. Compared with the one-fifth of those with the lowest intake of flavonoids, the one-fifth with the highest were 19 per cent less likely to report forgetfulness or confusion.

According to the senior author, Dr. Deborah Blacker, a professor of epidemiology at the Harvard TH Chan School of Public Health, these long-term findings suggest that starting early in life with a flavonoid-rich diet may be important for brain health.

For young people and those in midlife, she said, “the message is that these things are good for you in general, and not just for cognition. Finding ways that you enjoy incorporating these things into your life is important. Think about: How do I find fresh produce and cook it in a way that’s appetising? That’s part of the message here.”

Delta Variant (The Asian Age:20210811)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15763310>

Delhi has overcome Delta variant; new sero survey soon: Jain

AGE CORRESPONDENT
NEW DELHI, AUG. 10

Delhi health minister Satyendar Jain on Tuesday said Delhi has already overcome the Delta variant of coronavirus detected in over 80 per cent of Covid samples sent for genome sequencing during the second wave of the pandemic and thereafter.

The first sero survey conducted in June-end last year found Covid antibodies in 22.6 per cent of the samples.

The number increased to 29.1 per cent in August and then dropped to 25.1 per cent in September. In October, it went up to 25.5 per cent. The January round of the survey found antibodies in 56.13 per cent of people screened.

"Delhi has already battled and overcome the Delta variant wave. The ICMR has also pointed out that Delhi was battling the Delta variant during the second wave. Therefore, I don't think that it should be a cause of concern for us anymore," he said.

The health minister said the Delhi government is preparing 37,000 beds, including 12,000 ICU beds, in anticipation of a third wave of coronavirus.

In the last wave, the city government had prepared around 23,000 beds, of which 6,000 were ICU



Satyendar Jain

beds. The Delhi government has also started a 'Graded Response System' under which

restrictive measures will be taken according to test positivity rate.

The system, prepared along the lines of a similar mechanism to fight air pollution during winter months, was drafted by an expert committee appointed by the Delhi government.

Yellow, amber, orange and red alerts will be issued as the positivity rate increases.

According to the plan, curbs kick in from 0.5 per cent positivity rate.

Private offices, malls, weekly markets and the Delhi Metro will be shut down if TPR rises above 2 per cent and the city will be put under a curfew if the TPR breaches the 5 per cent-mark.

"The first level will be implemented at a positivity rate of 0.5 per cent. The second, third and fourth levels will be activated at a TPR of 1 per cent, 2 per cent and 5 per cent, respectively. Last time, the red level was implemented when we had reached a positivity rate of about 14-15 per cent," Jain said.

Vaccines

Undermining justice: On vacancies in courts, tribunals (The Hindu: 20210811)

<https://www.thehindu.com/opinion/editorial/undermining-justice-the-hindu-editorial-on-vacancies-in-courts-tribunals/article35845142.ece>

The Government must explain the unusual delay in filling up vacancies in courts, tribunals

It was only a matter of time before the controversy over the Union

Healthcare services

Has COVID-19 affected our other healthcare services? | In Focus podcast(The Hindu: 20210811)

<https://www.thehindu.com/podcast/has-covid-19-affected-our-other-healthcare-services-in-focus-podcast/article35759669.ece>

Dr. Rajib Dasgupta tells us what governments can do to ensure that healthcare services do not suffer

Since March 2020, when the COVID-19 pandemic first struck India, a majori