



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Friday 20210910

Active Covid cases in India decline to 3,90,646 (The Tribune: 20210910)

34,973 new cases recorded

Active Covid cases in India decline to 3,90,646

<https://www.tribuneindia.com/news/coronavirus/active-covid-cases-in-india-decline-to-3-90-646-309240>

India logged 34,973 new coronavirus infections taking the total tally of Covid cases to 3,31,74,954, while the active cases declined to 3,90,646, according to the Union Health Ministry data updated on Friday.

The death toll climbed to 4,42,009 with 260 fresh fatalities, according to the data updated at 8 am.

The active cases comprise 1.18 per cent of the total infections, while the national Covid recovery rate was recorded at 97.49 per cent, the ministry said.

A reduction of 2,968 cases has been recorded in the active Covid caseload in a span of 24 hours.

Also read: ICMR: 2 doses give 97.5% protection against death

As many as 17,87,611 tests were conducted on Thursday taking the total cumulative tests conducted so far for detection of Covid in the country to 53,86,04,854.

The daily positivity rate was recorded at 1.96 per cent. It has been less than three per cent for last 11 days. The weekly positivity rate was recorded at 2.31 per cent. It has been below three per cent for the last 77 days, according to the ministry.

The number of people who have recuperated from the disease surged to 3,23,42,299, while the case fatality rate was recorded at 1.33 per cent.

The cumulative doses administered in the country so far under the nationwide vaccination drive have exceeded 72.37 crore.

The 260 new fatalities include 125 from Kerala and 55 from Maharashtra.

Maharashtra has reconciled the data leading to a decrease in total number of cases and discharges as compared to Thursday.

A total of 4,42,009 deaths have been reported so far in the country, including 1,38,017 from Maharashtra, 37,462 from Karnataka, 35,094 from Tamil Nadu, 25,083 from Delhi, 22,863 from Uttar Pradesh, 22,126 from Kerala and 18,539 from West Bengal. PTI

ICMR: 2 doses give 97.5% protection

ICMR: 2 doses give 97.5% protection against death (The Tribune: 20210910)

<https://www.tribuneindia.com/news/coronavirus/icmr-2-doses-give-97-5-protection-against-death-308960>

Two Covid vaccine doses offer near-total protection against death and even one dose is more than 96 per cent effective in averting fatality, the first government analysis of vaccine efficacy among the inoculated population has shown.

High positivity rate in two Himachal Pradesh districts

35 districts in the country have more than 10% positivity rate

Lahaul-Spiti (13.74%) and Mandi in HP are among districts of concern

The Indian Council of Medical Research's (ICMR) vaccine effectiveness study conducted between April 18 and August 15 this year found that vaccines were preventing serious disease and death. It also revealed a high rate of mortality among the non-vaccinated.

"We synergised the data from several sources, including CoWIN, and found vaccine effectiveness in preventing mortality with one dose to be 96.6 per cent and with two doses 97.5 per cent," ICMR chief Balram Bhargava said.

"Reinfections and breakthrough infections are under analysis. We first looked at deaths, which is what most people are interested in and vaccines are definitively averting serious disease and death," the ICMR DG said.

As of today, India has administered over 72 crore doses with 58 per cent people above 18 years covered with one dose while the two-dose coverage is a little over 16 per cent. Government experts today urged pregnant women and all the leftouts to get vaccinated.

Health Secretary Rajesh Bhushan reminded people that the second wave was not over and they had to exercise more caution with the festive season round the corner.

Although the weekly positivity rate nationally has been below 3 per cent for the tenth week, 35 districts still have more than 10 per cent positivity and 30 districts have positivity between 5 and 10 per cent.

Lahaul-Spiti and Mandi in Himachal are among the districts of concern with Lahaul's positivity at a high of 13.74 per cent.

The ICMR chief said, "Mass gatherings have to be discouraged and low observance of key festivals this year will provide us an opportunity to celebrate big next year. Responsible rather than revenge travel is the key." — TNS

Door-to-door vaccination order

Supreme court refuses to pass door-to-door vaccination order(The Tribune: 20210910)

<https://www.tribuneindia.com/news/coronavirus/supreme-court-refuses-to-pass-door-to-door-vaccination-order-308571>

Can't say all deaths during 2nd wave due to negligence: Bench

The Supreme Court on Wednesday refused to entertain a petition which wanted all Covid-19 deaths during the second wave of the pandemic to be presumed as a result of medical negligence and sought compensation for the kin of those who died.

"To assume that each death due to Covid-19 took place due to negligence is too much. The second wave had such an impact across the country that it cannot be presumed that all deaths happened due to negligence.

Courts cannot have a presumption that all Covid deaths happened due to medical negligence, which your petition does." a Bench led by Justice DY Chandrachud said. It asked the petitioner Deepak Raj Singh to approach the competent authority with his suggestions. The Bench said it had already passed an order in June to the National Disaster Management Authority to recommend within six weeks appropriate guidelines for ex gratia assistance on account of loss of life to the family members of those who died due to Covid-19. "The government is yet to come out with the policy. If you have any suggestion with regard to implementation of that policy, you can approach the competent authority," it said.

The Bench also refused to pass a general order to the authorities for door-to-door vaccination, saying it was “not feasible”.

“With one brush you want an order for the entire country. The vaccination drive is already in progress and over 60 per cent of the population has been administered the first dose,’ the Bench told the counsel for petitioner Youth Bar Association. Terming it a matter of governance, the Bench said it couldn’t scrap the existing policy.

It sought to highlight the fact that the situation in Ladakh was different from that in Kerala, Uttar Pradesh or any other state. Similarly, in urban areas, the situation was different from that in rural areas, it said, adding that “there are different kinds of problems in every state in this vast country.”

SINGLE VACCINE

SINGLE VACCINE SHOT GIVES 96.6% PROTECTION FROM DEATH: GOVT DATA (Hindustan Times: 20210910)

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

One vaccine dose alone is 96.6% effective in preventing Covid-19 deaths in India, and two doses are 97.5% effective, the Union health ministry said on Thursday after analysing data between April and August.

“Vaccine effectiveness in preventing death after first dose is 96.6%; and after two doses is 97.5%. This vaccine protective effect against death is there in all age group; whether it be in ages above 60, above 45 to 59 or 18 to 44 years,” said Balram Bhargava, director general, ICMR. P13

Vaccine inequality across districts

Vaccine inequality across districts is high, but it is decreasing (Hindustan Times: 20210910)

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

There vaccine inequality across districts? This analysis has been constrained by the non-availability of population data by districts. Such numbers are only available in census figures, which are now 10 years old. The first part of this two-part data journalism series built alternative estimates of India’s adult population across districts by using the 2019 electoral roll. The second and concluding part tracks vaccine inequality as a dynamic variable across districts and tries to understand how it has evolved over the course of India’s Covid-19 vaccination programme. It also tries to chart out the possible trajectory going forward.

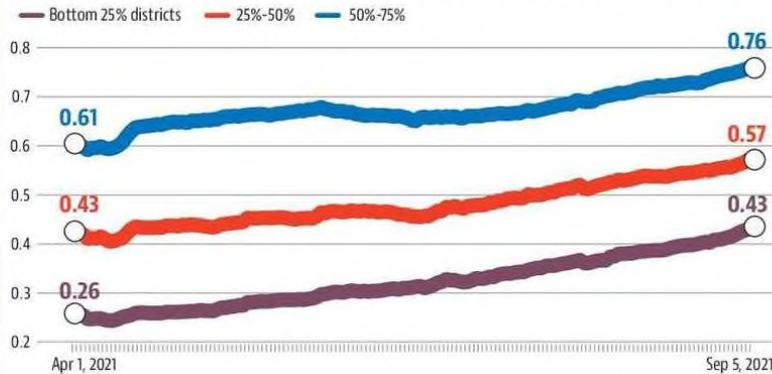
1 Inequality was increasing across districts until June, but it is coming down now

The best way to measure inter-district vaccine inequality is by looking at the gap between districts which have performed well and those which have not. Individual comparisons, such as the gap between best and worst districts, can be misleading here. This is because such districts can be outliers. HT has looked at the share of vaccinated population by classifying all districts into quartiles (from bottom 25% to top 25%) for each day of vaccination.

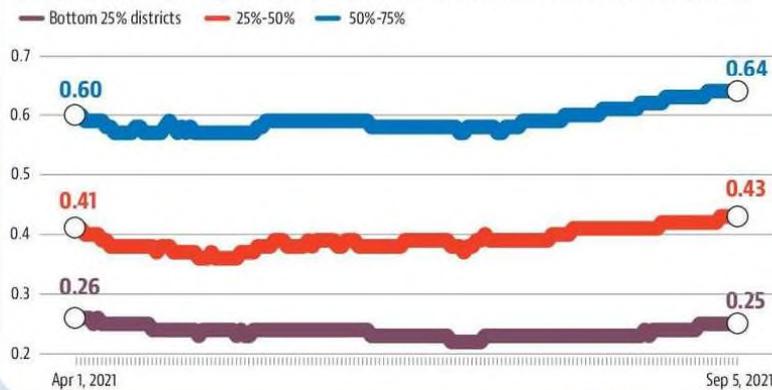
The comparison shows that inter-district vaccine inequality in terms of share of vaccinated population with at least one dose has almost continuously decreased. This comparison starts from April 1, which is when India opened vaccination for everyone over the age of 45. First dose coverage in the bottom three quartiles has almost consistently caught up with the coverage in the top 25% districts. The coverage in bottom 25% districts was 26% of the coverage in top 25% districts on April 1 and is now 43% of the coverage in the top 25% districts.

The inequality in second doses has decreased less consistently than for first doses. On April 1, coverage in the bottom three quartiles was at 25.76%, 40.53%, and 59.82% of the coverage in the top quartile. This gap increased for the bottom three quartiles at different rates initially. From July 2, inter-district vaccine inequality started coming down for all three bottom quartiles for the population that has received both doses as well.

RATIO OF FIRST DOSE COVERAGE WITH COVERAGE IN TOP 25% DISTRICTS



RATIO OF 2ND DOSE COVERAGE WITH COVERAGE IN TOP 25% DISTRICTS

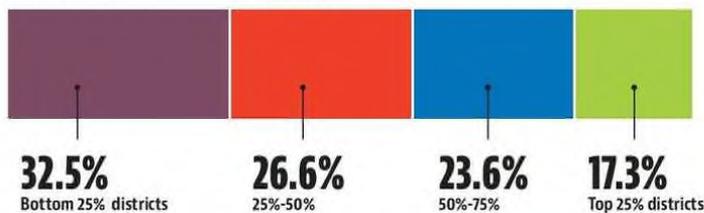


Source: Co-WIN dashboard, ECI, TCPD

2 Laggard districts have higher overall population

While declining inequality in district-wise vaccinations is a welcome development, it is still quite high. What makes the challenge even more important is the fact that laggard districts have a bigger share of population than their top-performing counterparts. For example, the bottom 25% of districts (in terms of first dose coverage as on September 5) had a share of 32.5% of the total adult population. This number was just 17.3% in the top 25% of districts. The same trend holds as far as median vaccination coverage is concerned. Districts below the median mark have 59% of the country's adult population.

SHARE OF POPULATION IN QUARTILES OF 1ST DOSE COVERAGE ON SEPTEMBER 5



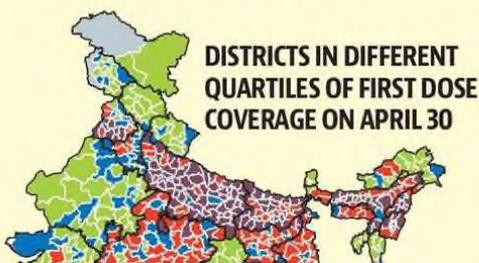
Source: Co-WIN dashboard, ECI, TCPD

3 Have districts pulled up or slipped down drastically?

Have districts performing badly in the initial phase of vaccination shown a drastic improvement and vice versa? This is a possibility, theoretically speaking. Our analysis shows that this not very likely. Of the 157 districts which have been in the bottom quartile (by share of population which has received at least one dose), only two (Morigaon and Lakhimpur in Assam) have managed to make it to the top quartile so far. The reverse also holds true. Only two districts (Janjgir Champa and Koriya in Chhattisgarh)

among the 157 districts which have been in the top quartile have fallen to the bottom quartile.

In coverage of first doses, 336 of 628 districts were in the same quartile on September 5 as they were on April 30 (a month after vaccination was opened up for all adults). Among the rest of the districts, 232 have jumped only one quartile (112 going up; and 120 going down). Only 56 districts have jumped two quartiles (30 up, 26 down).



Holistic yoga practices

Holistic yoga practices to regularise hormonal health (The Indian Express: 20210910)

<https://indianexpress.com/article/lifestyle/fitness/hormonal-health-yoga-breathing-exercises-7492513/>

Fitness influencer Juhi Kapoor shared ways to improve hormonal health

YogaSome yogic practices can help regularise hormonal issues. (Source: Pixabay)

The combination of proper diet, regular exercise, and positive thoughts can make a lot of difference to one's life, experts suggest. Taking it a step ahead, fitness influencer Juhi Kapoor shared certain yogic practices to regularise hormonal health.

“Regulation of hormonal balance is not just one tablet solution. Your approach needs to be holistic in terms of nutrition, workout, and positivity,” she shared on her Instagram page, Fitness Fables.

ALSO READ |Watch: Malaika Arora shows how to do Pranayama to boost immunity, improve lung capacity

Practicing alternate nostril breathing

Anuloma Viloma can help to achieve balance throughout your body. It will detoxify your system and also keep you composed, improve functioning of organs, and aid better production of hormones

Hormonal balance in women

It has a lot to do with how the ovaries are functioning, along with other endocrine glands like pituitary and hypothalamus. “That’s why, hip opening asanas and inversions can help a lot,” she said suggesting that one should practice asanas like butterfly pose (bhadrasana), seated straddle (upavishtakonasana), halasana (plough), sarvangasana (shoulderstand).

yoga Yoga practices can help regularise hormonal health. (Photo: Getty Images/Thinkstock)

Vajrasana

Vajrasana after dinner will be a gamechanger as you will be improving digestion and nutrient absorption, she mentioned.

Bhramari

The practice is known to improve fertility, hormonal balance, as well as improve sleep, and also reduce migraine.

Pratipaksha Bhavna

She also said that “replacing each negative thought with positive one is important”. “During hormonal imbalance, we tend to think negative thoughts. So, every time you end up with a negative thought – simply think of an opposite outcome and then just allow it spread aura of positivity,” she said.

Menopause

Expert suggests lifestyle tips to reduce symptoms of menopause (The Indian Express: 20210910)

<https://indianexpress.com/article/lifestyle/health/follow-these-lifestyle-tips-for-comfortable-menopause-7492543/>

"Although no one can stop the natural cycles of life, there are many things you can do to take care of yourself during menopause," Dr Nitika Kohli wrote

menopauseDuring menopause, women may experience irritability, decreased bone density and an increase in weight. (Source: Getty images/Thinkstock)

Menopause is a natural process when the menstrual cycle of women comes to an end as a result of the ovaries not producing eggs and releasing hormones. It usually happens between the age of 50 and 55 years, and is said to have occurred when a woman has no menstruation for 12 months. This transition, however, is not an easy one, but one can ensure a comfortable menopause by keeping some simple points in mind.

According to dietician Shikha Mahajan, holistic nutritionist, founder of Diet Podium, “During menopause, women may experience irritability, decreased bone density and an increase in weight. The risk of many diseases also increases during this period.” Therefore, it’s important to take care of yourself by making some lifestyle tweaks.

Ayurvedic expert Dr Nitika Kohli took to Instagram to talk about the same. “Although no one can stop the natural cycles of life, there are many things you can do to take care of yourself during menopause,” she wrote. She, further, suggested ways to “mitigate symptoms and help you transition into this new phase of life”.

Fertility

Tips on how to boost fertility for those living with PCOS (The Indian Express: 20210910)

<https://indianexpress.com/article/lifestyle/health/boost-fertility-living-with-pcos-pcos-awareness-month-pregnancy-7496648/>

As we observe PCOS Awareness Month in September, Dr Aindri Sanyal, a fertility consultant at Nova IVF Fertility, Kolkata, says PCOS can have a variety of effects on fertility

PCOS Awareness Month, PCOS, what is PCOS, living with PCOS, PCOS and fertility, PCOS and infertility, PCOS cure, PCOS treatment, pregnancy, fertility, polycystic ovarian syndrome, indian express news Ovulation problems cause infertility. Ovulation may not occur as a result of an increase in testosterone production or because ovarian follicles fail to mature. (Photo: Getty/Thinkstock)

Given the stressful times we live in, polycystic ovarian syndrome (PCOS) has become a common health issue. The ovaries are impacted as a result of a hormonal imbalance. Ovaries produce and release an egg every month as part of a normal menstrual cycle. In the case of PCOS, the egg may not develop properly or may not be released during ovulation as it should be.

As we observe PCOS Awareness Month in September, Dr Aindri Sanyal, a fertility consultant at Nova IVF Fertility, Kolkata, says PCOS can have a variety of effects on fertility.

“In most cases, ovulation problems cause infertility. Ovulation may not occur as a result of an increase in testosterone production or because ovarian follicles fail to mature. Even if ovulation occurs, a hormonal imbalance may prevent the uterine lining from properly developing and allowing the mature egg to implant. Ovulation and menstruation can be irregular. Irregular menstrual cycles can also cause complications during pregnancy,” the doctor explains.

Tips on how you can improve fertility

1. Medications may be needed

Fertility drugs are medications that regulate or stimulate ovulation. Women who are infertile due to ovulation problems can go for fertility medications. Fertility drugs help to enhance ovulation in the same way as natural hormones like follicle-stimulating hormones and luteinizing hormones. Women who ovulate also use these drugs when trying to stimulate better or extra eggs.

2. Healthy weight

Maintaining a healthy weight is important as it increases the chance of getting pregnant and reduces the risk involved during pregnancy. The ideal BMI for conceiving is between 18.5 and 24.9. If you have a high BMI, lowering it before trying for a baby will help.

It is believed that a BMI of 35 or above at the start of your pregnancy can risk pre-eclampsia which is a dangerous condition for both mother and baby. Some of the issues related to high BMI are blood clots, long labor, diabetes during pregnancy, and an emergency caesarean delivery.

High BMI can also have risks for babies — miscarriage, premature birth, diabetes and obesity in the future.

3. Reduce stress

Stress can have a negative impact on the woman trying to conceive. Thus, meditation, listening to songs, doing yoga, going for a walk, exercising, and playing with pets are some of the ways to de-stress and boost fertility.

PCOS Awareness Month, PCOS, what is PCOS, living with PCOS, PCOS and fertility, PCOS and infertility, PCOS cure, PCOS treatment, pregnancy, fertility, polycystic ovarian syndrome, indian express news It is recommended to eat properly and avoid junk foods. (Photo: Getty/Thinkstock)

4. Role of assisted reproductive technologies to manage PCOS

The infertility specialist faces a significant challenge in treating patients with polycystic ovary syndrome using assisted reproductive techniques. Patients with PCOS have a variety of issues, such as excessive body weight and hyperinsulinemia, which complicates management. Patients should be thoroughly evaluated for endometrial neoplasia, hyperinsulinemia, and other general health issues after going through IVF treatment. Overstimulation and severe hyperstimulation are risks of ovarian stimulation for IVF, which should be avoidable in most cases with preventive measures.

5. Consumption of balanced diet

A balanced diet is essential. It is recommended to eat properly and avoid junk foods. Consume food rich in iron and zinc, high fiber foods like bread, brown rice, seeds, low carbohydrates, and dairy food high in fat. Consume more fruits and vegetables, such as lentils and beans. Avoid sugary foods and beverages such as sweets, cookies, and fizzy drinks. Avoid saturated fats found in foods like pastry, biscuits, pies, and cakes, and consume more unsaturated fats such as avocados, nuts, oily fish, and seeds.

Diabetic foot ulcer

Diabetic foot ulcer: Know the symptoms, causes, prevention, treatment(The Indian Express: 20210910)

<https://indianexpress.com/article/lifestyle/health/diabetic-foot-ulcer-symptoms-causes-prevention-treatment-7492254/>

Diabetic foot ulcer is a common complication developed by people with diabetes in India, said Dr Amar Pal Singh Suri; know more about it here

diabetesUncontrolled diabetes can lead to issues like ulcers. (Source: Getty Images/Thinkstock)

As per National Center for Biotechnology Information, around 25 per cent of people with diabetes develop diabetic foot ulcer. Additionally, according to recently-released statistic by the World Health Organization (WHO), one in every five people with diabetes who have developed a severe infection after diabetic foot have to undergo amputation that may affect the family's livelihood.

Diabetes has emerged as a global pandemic that has silently infiltrated many households in India. According to WHO, India will see around 10 crore cases of diabetes in the next 10 years. This increase in the number of diabetes cases in India is griming, and diabetic foot ulcer is a common complication developed by diabetics in India, said Dr Amar Pal Singh Suri, MBBS, CPP (Podiatry), Diabetic Foot Care Center, New Delhi.

A diabetic foot may result in:

*Peripheral neuropathy or damage of the nerves present in the lower extremities

*Peripheral ischemia or restricted blood flow in the lower extremities

*Infection caused by bacteria because bacterial growth is favoured by impaired tissue energy metabolism and the glucose-rich tissue environment.

pumpkin seeds, indianexpress, indianexpress.com, diabetes, type 2 diabetes, blood sugar, chronic condition, Diabetes is characterised by abnormally high level of sugar or glucose build-up in the blood. (Source: Getty Images/Thinkstock)

Symptoms

“Identifying the crucial risk factors and making a treatment-oriented assessment for diabetic foot requires a persistent and unhindered diagnostic approach. Thus, people with uncontrolled blood glucose levels must get a comprehensive foot inspection done once every year,” said Dr Suri.

Symptoms which are typical include:

- *Blisters or other wounds on the foot
- *Numbness, tingling, and pain in the legs
- *Loss of balance
- *Discoloration of skin
- *Foul smell from foot

How to prevent diabetic foot ulcers

Prevention is always considered a key to good health, but not all diabetic foot disorders can be prevented, said Dr Suri. “However, one can reduce their risk of developing diabetes ulcers by following appropriate evidence-based prevention and management protocol. People with diabetes must ascertain to control their blood sugar levels, wear well-fitted shoes, avoid treating their corn at home, avoid smoking, and avoid consuming excessive amounts of alcohol,” said Dr Suri.

According to Dr Suri, the primary goal is to obtain wound closure as expeditiously as possible. If a diabetic foot is left untreated, it can develop complications like wet gangrene, cellulitis, abscess, and necrotising fasciitis. “The intricacies of diabetic foot usually cause partial or complete foot amputation. Also, the resolution of foot ulcers decreases the recurrence rate, thereby lowering the probability of lower extremity amputation in people with diabetic foot ulcers. In cases where there are no infections at the site of ulcers, health care professionals usually remove dead cells and apply some topical medicines or dressing to the ulcer.

“However, managing diabetic feet, where the infection has set in, has usually been distressing. Data suggests that one in every five people with diabetic feet who have been hospitalised due to severe foot infection underwent foot amputation, and about 50 per cent of them later died within five years after the amputation,” observed Dr Suri.

Meanwhile, the science of diabetic foot wound healing has progressed significantly over the past few years. “Doctors are now using New Chemical Entities (NCEs) like DPOCL (Diperoxochloric acid) for managing infected diabetic foot ulcers. The antibacterial and wound healing properties of NCEs have attracted many healthcare professionals to use them,” said Dr Suri.

1 Dose of Covid (The Asian age: 20210910)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15825767>

Govt: 1 dose of Covid jab 96.6% effective in preventing death

AGE CORRESPONDENT
NEW DELHI, SEPT. 9

Two vaccine doses have been found to offer near total protection from death in India and even one dose is more than 96 per cent effective in averting fatalities, the first government analysis of vaccine efficacy among the inoculated segments has shown.

Director general of the Indian Council of Medical Research (ICMR) Balram Bhargava, who led the vaccine effectiveness study, said on Thursday that vaccines are now proven life savers in India.

"We synergised the data from several sources including CoWIN and found vaccine effectiveness in preventing mortality with one dose to be 96.6 per cent and with two doses 97.5 per cent. The data was analysed between April 18 And August 15 this year," ICMR chief said.

The analysis also

Kerala: 26,200 Covid cases, 125 deaths in 1 day

Thiruvananthapuram, Sept. 9: Kerala on Thursday reported 26,200 fresh coronavirus cases and 125 deaths which pushed the total infections in the state to 43,09,694 and the fatalities till now to 22,126, the state government said.

The Test Positivity Rate (TPR) was recorded at 16.69 per cent after testing 1,56,957 samples in the last 24 hours and with this, 3.29 crore samples have been tested till now, a state government release said. — PTI

tracked vaccine protection rates of inoculated persons through the ferocious second wave of the pandemic.

Dr Bhargava said the vaccine's protective effects against death were observed across age

■ Turn to Page 2

Caste Census (The Asian age: 20210910)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15825793>

■ Odisha Assembly passes resolution to rise quota cap beyond 50%

Nod to resolution on caste census

AKSHAYA KUMAR SAHOO
BHUBANESWAR, SEPT. 9

On the concluding day of its nine-day Monsoon Session, the Odisha Legislative Assembly on Thursday evening passed a resolution seeking a caste-based census and exceeding the 50 per cent reservation ceiling for Other Backward Classes (OBCs).

The resolution was tabled by scheduled caste and scheduled tribe; minorities and backward classes welfare minister

Jagannath Saraka.

Speaking to reporters after passing of the resolution, Mr Saraka said the resolution would be sent to the Union government for its consideration and necessary action.

The Biju Janata Dal, which is now at being criticised for not giving 27 per cent reservation to the Other Backward Classes in government jobs and seat reservation to students in higher education institutes, has been insisting upon the Union government to make necessary legisla-

tive intervention to ensure that the backward classes people get their due reservation.

The Opposition, however, sees the resolution a political stunt by the ruling BJD to hide its past "misdeed" of not giving the 27 reservation to the OBCs.

"The Odisha government does not appear to be serious about giving the OBCs their due reservation in jobs and education. Though it has challenged in the Supreme Court a decision of High Court of Orissa that kept

the reservation ceiling at 50 per cent, it has not followed it seriously in the apex court for its early adjudication. As a result, hundreds of OBCs candidates have been deprived of jobs.

"Similarly, not a single student has got admission in higher education classes," said the Opposition chief whip Mohan Majhi.

The OBCs who constitute more than 50 per cent of the state's population are now getting a little over 11 per cent reservation.

A Jab for Children (The Asian age: 20210910)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15825543>

THE ASIAN AGE

10 SEPTEMBER 2021

Jabs for children, closing digital gap need of hour

A recent study on education of students during pandemic Covid-19, conducted in 15 states and Union territories by a group of social scientists, has come up with results that lay bare the shocking size of the digital divide that exists in our country. As per the survey, 37 per cent of the rural poor have stopped their studies completely after schools were closed due to the pandemic some 18 months ago; their share is 19 per cent in the cities. Only four per cent among the children belonging to the Scheduled Castes and Tribes in the rural areas attend online classes regularly against 15 per cent of other sections. It has also found that only 51 per cent of the rural households had a smartphone; more than half the households in both the urban and rural areas have connectivity issues. Those who are unaffected by the lockdown and attend classes regularly are a mere 24 per cent in urban areas and eight per cent in rural areas. Most parents think the ability of their children to study has declined and want schools to reopen as early as possible.

The pandemic has thrown the lives of most Indians out of gear. The rural poor and daily wage earners landed in utter penury; even the middle class was made to make amends to the way they lived their lives. But the survey is an eye opener in that it lays bare some of the stark realities that we as a nation have prepared for our future, that's children. With one third of the children dropping out of their studies for no fault of theirs, what hope can we have of them? How are we going to make up for their losses and that of the nation?

India prides itself as a technology superpower but very little has been done to bridge the digital divide that exists in the country. It also demonstrates the poor reach of the Digital India project that was launched with fanfare. The Supreme Court was on dot when it asked the Union government a few months ago what its vaccination plans are for the more than 13,000 villages where there is no computer centre for people to register on its platform. The same applies to students, too. As a nation, we have to ponder over and roll out plans for the students who were forced to say goodbye to education so that they are back in the stream. The government must also introspect on the directions its digitisation plans have taken and make amends so that the issue of digital divide is addressed.

The survey also points to the need for early opening of schools, and the humongous task ahead of us in ensuring the safety of students while doing so. Reports from the United States talk of the pandemic spreading among children for whom there is no vaccination as yet. Some of the states in India where schools have reopened also have reported students testing positive for the virus. These, however, cannot be a reason for keeping the schools shut for more time. It must encourage and incentivise companies to speed up the process of developing vaccines for people aged below 18 and put in place proper protocols so that the chances of spread of the virus is minimised when the schools are reopened.

The government must encourage and incentivise companies to speed up the process of developing vaccines for people aged below 18 years

Yoga and Physical Fitness (The Asian age: 20210910)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15825005>

The latest fitness trend lets you fly free while making yourself stronger in body and mind

Yoga in the air

SWATI SHARMA

THE ASIAN AGE

Getting fit is suddenly all about flying high. Celebrities like Rakul Preet Singh, Sara Ali Khan, Kareena Kapoor Khan, Malaika Arora and Ananya Pandey are suspending their lithe bodies in the air with elastic bands, to practice Aerial Yoga.

Aerial Yoga, is a graceful, exciting and challenging way to lose weight and ramp up fitness while avoiding the monotony of regular exercises.

Meenakshi Mohanty, fitness expert, talks about aerial yoga.

"It is a new form of workout that involves a mix of yoga, pilates and dance. Also, unlike traditional yoga, in this workout, you perform the yoga poses mid-air with the help of a silk hammock. A great benefit of aerial yoga is that it helps in the difficult yoga poses, especially inversions," says Meenakshi.

WHAT ARE THE BENEFITS OF AERIAL YOGA?

Besides relaxing the body, centring the mind and uplifting the spirit, aerial yoga is a great full-body workout that strengthens the core and helps to increase flexibility. It also focuses on improving balance and overall postural stability. Like traditional yoga, it helps to increase mobility, tone muscles and align joints — being suspended actually encourages the body to engage muscle even more.

This form of workout is great for easing back pain, as the inversion helps to decompress the spine and ease breathing. The silk hammock allows the pose to be held longer without putting pressure on the head or neck.

WHO SHOULD TRY AERIAL WORKOUTS?

Anyone can do aerial workouts. It does not matter whether you are a young child or an adult in your 50s. However, it is recommended that you consult with your doctors before trying out this mode of exercise. (People suffering from mobility problems or back concerns should enrol in special classes)



It is a new form of workout that involves a mix of yoga, pilates and dance. In this workout, you perform the yoga poses mid-air with the help of a silk hammock.
— Meenakshi Mohanty, fitness expert

SNATCHING HEALTH FROM THE AIR

Performed mid-air, aerial yoga does require some amount of assistance, but once you learn how to go about it, it has multiple benefits that include:

- Toning the belly by engaging the core
- Improving control over movements
- Boosting blood circulation
- Increasing flexibility
- Enhancing digestion

WHAT MAKES AERIAL YOGA SPECIAL?

- Most importantly, you don't need any specific skill/ability to do aerial yoga.
- It is the most effective workout for the abs — since you do not have the stability of standing on the ground, you are forced to engage your core, thereby improving your core strength.
- It eliminates the monotony of conventional exercising — It adds a fun factor, as the suspension equipment allows you to do acrobatic and gymnastic tricks that you normally would not do.
- It helps you master difficult poses — The silk wraps around your body and supports it in difficult poses such as the handstand and the inversion pose, and helps you understand the right way of doing them.
- Whether you have special needs or mobility limitations, this workout is great, as it is easy on the joints and focusses on the core.
- Besides being a fun workout, it also helps build a healthier mindset. You can choose from relaxing and meditative sessions to more strenuous ones.

CELEBRITIES FLYING HIGH



Kareena Kapoor Khan doing an inverted pose using a hammock



Rakul Preet Singh was recently spotted indulging in aerial yoga where using a hammock, she floated upside down.

Celebrities like Rakul Preet Singh, Sara Ali Khan, Kareena Kapoor Khan, Malaika Arora and Ananya Pandey are suspending their lithe bodies in the air with elastic bands, to practice Aerial Yoga



Ananya Pandey nails aerial Yoga inversion

18% of India's adult population has received both doses of COVID-19 vaccine

18% of India's adult population has received both doses of COVID-19 vaccine: Government (The Hindu: 20210910)

<https://www.thehindu.com/news/national/18-of-indias-adult-population-has-received-both-doses-of-covid-19-vaccine-government/article36381821.ece>

All above 18 in Sikkim, Dadra and Nagar Haveli and Himachal Pradesh got at least one dose of COVID-19 vaccine.

The government on September 9 said 58% of India's adult population has received at least one dose of COVID-19 vaccine while 18% got both the shots as

New-age wellness retreat

Socials for the soul: a peek into a new-age wellness retreat(The Hindu: 20210910)

<https://www.thehindu.com/life-and-style/kochi-wellness-retreat-aurah-socials-health-fitness-2021/article36335733.ece>

Four friends in Kochi are encouraging locals to replace that Sunday boozy brunch with an outdoor workout at Aurah Social

We've seen 'socially distanced' running and cycling groups, and had our fill of Instagram live sessions and Clubhouse rooms on lockdown fitness and home workout guides. With restrictions now easing, a group in Kochi is now b