



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Monday 20210913

## Antibodies

### Antibodies in 50% Bathinda kids: Survey (The Tribune: 20210913)

<https://www.tribuneindia.com/news/coronavirus/antibodies-in-50-bathinda-kids-survey-310249>

#### Antibodies in 50% Bathinda kids: Survey

A health worker collects the swab sample of a student in Patiala.

In a sero survey conducted by the Health Department among kids aged between 2 and 17 years in July, it was revealed that antibodies were present in 50 per cent of children in Bathinda district.

This means 50 per cent of children were infected by Covid in the second wave and due to no symptoms, they were cured on their own.

The survey was done by the department in male and female categories in urban and rural areas. In this, the maximum antibodies have been found among children in rural areas. The survey was conducted among 92 children of the district. In all, 36 male and 36 female children were included. The antibodies were found in 46 of them.

Dr Ravikant Gupta, paediatrician, Civil Hospital, Bathinda, said the development of antibodies in the body was important in the fight against Covid. It could either be caused by vaccination or after a person has been infected with the virus. — TNS

From cooking delicacies to personally serving them, Capt Amarinder hosts Olympians for dinner

From cooking delicacies to personally serving them, Capt Amarinder hosts Olympians for dinner

Landslide near Jeori disrupts traffic on Kinnaur-Rampur route

## **India records 33,376 new coronavirus cases**

### **India records 33,376 new coronavirus cases, 308 deaths (The Tribune: 20210913)**

<https://www.tribuneindia.com/news/coronavirus/india-records-33-376-new-coronavirus-cases-308-deaths-309715>

The number of active cases has increased to 3,91,516, comprising 1.18 per cent of the total infections, while the national Covid recovery rate was recorded at 97.49 per cent

India saw a single-day rise of 33,376 coronavirus infections, taking the overall tally of cases to 3,32,08,330, while the number of active cases increased marginally since Friday to stand at 3,91,516, according to the Union Health Ministry.

The death toll climbed to 4,42,317 with 308 daily fatalities, according to the data updated at 8 am.

The number of active cases has increased to 3,91,516, comprising 1.18 per cent of the total infections, while the national Covid recovery rate was recorded at 97.49 per cent, the health ministry said.

An increase of 870 cases has been recorded in the active Covid caseload in a span of 24 hours. On Friday, the country had recorded 3,90,646 active cases.

Also, 15,92,135 tests were conducted on Friday, taking the total cumulative tests conducted so far for the detection of Covid in the country to 54,01,96,989.

The daily positivity rate was recorded at 2.1 per cent. It has been less than 3 per cent for the past 12 days. The weekly positivity rate was recorded at 2.26 per cent. It has been below 3 per cent for the past 78 days, according to the health ministry.

The number of people who have recuperated from the disease increased to 3,23,74,497, while the case fatality rate was recorded at 1.33 per cent, the data showed.

The cumulative number of Covid vaccine doses administered in the country so far under the nationwide drive has crossed 73.05 crore, according to the ministry.

The 308 new fatalities include 177 from Kerala, and 44 from Maharashtra.

A total of 4,42,317 deaths have been reported so far in the country, including 1,38,061 from Maharashtra, 37,472 from Karnataka, 35,119 from Tamil Nadu, 25,083 from Delhi, 22,864 from Uttar Pradesh, 22,303 from Kerala and 18,553 from West Bengal. PT

## **71 cr vaccinated across country**

### **71 cr vaccinated across country: Union minister Hardeep Singh Puri (The Tribune: 20210913)**

<https://www.tribuneindia.com/news/coronavirus/71-cr-vaccinated-across-country-union-minister-hardeep-singh-puri-309531>

71 cr vaccinated across country: Union minister Hardeep Singh Puri

Hardeep Singh Puri, Union Housing, Urban Affairs and Petroleum and Natural Gas Minister

Union Housing, Urban Affairs and Petroleum and Natural Gas Minister Hardeep Singh Puri, while virtually participating in a blood donation camp organised on the occasion of birthday of BJP co-in charge Sanjay Tandon at the Ridge Maidan, here today, said more than 71 crore people had been vaccinated across the country.

Union Minister of State for Food Processing Industries and Jal Shakti Prahlad Singh Patel said some people only believed in politics but others played an effective role in social service. Those who stayed ahead in the field of social service became mass leaders.

As many as 25 units of blood was collected at the camp, conducted by the doctors of Deendayal Upadhyay Hospital. The camp was organised by the BJP in association with Competent Foundation and other social organisations.

## **Virus mutants**

### **Step up sequencing to trace virus mutants: Prime Minister Narendra Modi (The Tribune: 20210913)**

<https://www.tribuneindia.com/news/coronavirus/step-up-sequencing-to-trace-virus-mutants-prime-minister-narendra-modi-309430>

Most active cases in Kerala, Maharashtra

Step up sequencing to trace virus mutants: Prime Minister Narendra Modi

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Chairing a meeting to review the Covid situation, Prime Minister Narendra Modi on Friday called for constant genome sequencing to track down any potential mutations of the virus.

The topics covered included a review of the prevailing pandemic scenario, preparedness of the health systems, availability of medical oxygen and matters relating to production, supply and distribution of vaccine.

“The PM spoke about the need for constant genome sequencing to monitor emergence of mutants. He was informed of the national sequencing network, the INSACOG, having 28 labs and was told that sewage sampling was also being done for genomic surveillance,” a PMO statement said.

The meeting discussed that across the world, there were countries where the number of active cases continued to remain high and likewise in India, the figures from Maharashtra and Kerala indicated that there could be no room for complacency. Kerala has 2,40,037 active cases, 60.98 per cent of India's total active load. Maharashtra with 51,419 active cases has 13.06 per cent of the share. — TNS

## **Spike in life-saving drug**

### **Spike in life-saving drug prices irks consumers (The Tribune: 20210913)**

<https://www.tribuneindia.com/news/coronavirus/spike-in-life-saving-drug-prices-irks-consumers-309529>

A sudden spike in the prices of life-saving drugs has hit the common man. Most pharmaceutical companies, on the pretext of Covid, have increased the prices of medicines by 20 per cent to 50 per cent. Photo for representation only

A sudden spike in the prices of life-saving drugs has hit the common man. Most pharmaceutical companies, on the pretext of Covid, have increased the prices of medicines by 20 per cent to 50 per cent.

The prices of medicines used for hypertension, diabetes and common gastro diseases have touched a new high in the past three months. The prices of antibiotics used in the treatment of coronavirus have almost doubled.

The Essential Commodity Price Control Act is also applicable in the state and all types of drugs are covered under it. The Act authorises the government to regulate the prices of all essential commodities. It has also given powers to district magistrates to initiate action against defaulters. However, no action has been taken.

Besides, in the absence of a check, pharma companies are printing very high MRP on the medicine strips.

Social activists Subhash Sharma and KB Ralhan said a patient suffering from acidity was prescribed pantoprazole- 40 mg, a strip of 10 tablets, which has an MRP of Rs 118. However, the actual price of the 10 tablets is just Rs 13.15. There are hundreds of such medicines where the MRP is very high, giving 1,000 per cent to 1,500 per cent profit margin to retailers.

The administrative machinery and vigilance agencies, which are supposed to supervise the issues, are ignoring and allowing the pharma companies to dupe consumers.

A senior officer of the state Drug Control Department said the Centre had allowed the pharma company to print MRP on all types of drugs and the state government had no power to intervene. The Central Drug Controller had the authority in this regard.

## **Virus emergency**

### **Now, virus emergency in Japan till Sept-end (The Tribune: 20210913)**

<https://www.tribuneindia.com/news/coronavirus/now-virus-emergency-in-japan-till-sept-end-309218>

Japan announced on Thursday that it was extending state of emergency in Tokyo and 18 other areas until the end of September as health care systems remain under severe strain, although new Covid-19 infections have slowed slightly.

The current state of emergency, which was to end on Sunday, was issued first in Okinawa in May and gradually expanded. Despite the prolonged emergency in the country, the largely voluntary measures have become less effective as the exhausted public increasingly ignores them.

## **Nipah is a potential threat**

### **Nipah is a potential threat; step up surveillance (Hindustan Times: 20210913)**

<https://www.hindustantimes.com/editorials/nipah-is-a-potential-threat-step-up-surveillance-101631016593842.html>

If the virus spreads in Kerala with inferior surveillance, it could escalate into an epidemic. Nipah, in the time of Covid, should serve as a reminder to build up health infrastructure across the nation

The death of a 12-year-old boy in Kerala has brought back focus on the threat from the Nipah virus. Like Sars-Cov-2, it is zoonotic, having jumped from animals. The virus is carried by fruit bats and infection spreads typically when a person eats or drinks something contaminated by bat droppings. Nipah infections have a high fatality rate; 17 of the 19 confirmed cases in Kerala in 2018 died. The World Health Organization estimates 40-75% of the infections are likely to be fatal. Experts have warned of a high pandemic potential with a virus such as Nipah. Till now, cases of human-to-human transmission are few compared to infections via contact with animals or contaminated products. But a 2019 study published in the New England Journal of Medicine raised the possibility of the virus mutating to become more able to jump from person to person, making any outbreak a cause for significant concern.

This is of relevance to India. Kerala, except for 2020, has regularly reported Nipah outbreaks. After being seemingly caught off guard in 2018, the state put in place protocols to carry out widespread contact tracing and testing efforts. The following year, when a young student was found infected, 329 people who had come in contact were traced, potentially preventing more cases. No deaths took place that year. This year, the state has identified over 250 people, and 11 showing symptoms are being tested. The Covid-19 pandemic has demonstrated that not all Indian states have the resources or the expertise to mount a robust test-trace-treat campaign. If the virus spreads in a state with inferior surveillance, it could escalate into an epidemic. Nipah, in the time of Covid, should serve as a reminder to build up health infrastructure across the nation.

## **Diet foods**

### **From diet foods to calorie intake: A dietitian busts weight loss myths (The Indian Express:20210913)**

<https://indianexpress.com/article/lifestyle/health/diet-foods-calorie-intake-dietitian-busts-weight-loss-myths-tips-foods-7480355/>

"Remember what you have gained over the years due to an unhealthy lifestyle will take time to lose," said dietitian Manisha

weight lossTime to stop believing on weight loss myths. (Source: Getty Images/Thinkstock)

Many people think that weight loss is a linear process that happens in the same way for everyone. But that is not true. In fact, weight loss happens differently for different people depending on their lifestyle, efforts, and several other factors. Similarly, people also tend to believe certain weight loss myths.

Dietitian Manisha took to Instagram to share a few weight loss myths that people should not give into.

ALSO READ | Nutritionist shares effective tips to overcome a weight loss plateau

“Please don’t believe in everything you read on the internet! Remember what you have gained over the years due to an unhealthy lifestyle will take time to lose,” she said.

Here’s what she said.

All calories are equal

Calorie is a measurement of energy. All calories have the same energy content. “However, this does not mean that all calorie sources have the same effects on your weight. Different foods go through different metabolic pathways and can have vastly different effects on hunger and the hormones that regulate your body weight. e.g. 1 cup ice cream has almost the same calories as a three-course healthy meal... We all know which one would be healthier,” she commented.

Losing weight is usually not a linear process, as some people think. Some days and weeks you may lose weight, while during others you may gain a little bit because of multiple factors including muscle gain.

People with obesity are unhealthy, and thin people are healthy

Obesity is linked to several chronic diseases, such as type 2 diabetes. However, many people with obesity are metabolically healthy, while many thin people are not because even thin people can have high fat percentage and low muscle mass making them prone to lifestyle disorders.

Diet foods can help you lose weight

“Oftentimes, products marketed as diet foods are junk foods in disguise, as they’re heavily processed and may harbour hidden ingredients. The only thing you need to give your body when you are trying to lose weight; improve health markers and create a lifestyle that is sustainable,” she said.

## **Coffee consumption?**

**What does Ayurveda say about coffee consumption? (The Indian Express: 20210913)**

<https://indianexpress.com/article/lifestyle/health/ayurveda-coffee-when-to-avoid-digestion-7475006/>

Ayurvedic practitioner Dr Aparna Padmanabhan on why people should be mindful about coffee consumption

coffee, coffee and ayurveda, what does ayurveda say about coffee, indianexpress, indianexpress.com, black coffee and ayurveda, Coffee is best to avoid on empty stomach as it can trigger acidity, says Dr Aparna Padmanabhan. (Source: Pixabay)

Many of us start our day with a cup of coffee and end up consuming six to seven cups throughout the day. But it must be noted that excessive consumption can lead to various health troubles. So, if you are a coffee lover who just cannot do without their daily quota of the beverage, read on to know what Ayurveda suggests.

ALSO READ |How much coffee is too much coffee? Here's what a nutritionist says

According to Dr Aparna Padmanabhan, coffee is a stimulant that should be taken in limit. She lists reasons to be mindful about its consumption in an Instagram post.

## **Nipah amidst**

### **Nipah amidst a pandemic (The Hindu: 20210913)**

<https://www.thehindu.com/opinion/editorial/nipah-amidst-a-pandemic/article36348891.ece>

Quick development of vaccines for tropical infections is a success of the coronavirus era

India is far from being anywhere near the finish line with regard to the

## **Antimalarial vaccine–drug**

### **Antimalarial vaccine–drug combo proves most efficacious in Africa trial (The Hindu: 20210913)**

<https://www.thehindu.com/sci-tech/health/antimalarial-vaccinedrug-combo-proves-most-efficacious-in-africa-trial/article36294238.ece>

When the first malarial vaccine (named RTS,S) was used along with drugs, the efficacy went up to 70%, or more

When the World Health Organization's Strategic Advisory Group of Experts on Immunisation (SAGE) considers, on October 6, evidence to decide on the roll out

## **Mental health awareness**

### **Lack of mental health awareness in family units led to death of 324 children in 2020 in Kerala: Govt. committee (The Hindu: 20210913)**

<https://www.thehindu.com/news/national/kerala/lack-of-mental-health-awareness-in-family-units-led-to-death-of-324-children-in-2020-in-kerala-govt-committee/article36414427.ece>

Besides a mechanism to track children with vulnerabilities, the panel mooted early identification of warning signs and support to children who are vulnerable.

A government committee has expressed shock at the death of 66 children by suicide in the State during the COVID-19 lockdown between March 25 and July

## **WHO simplifies treatment guidelines for hypertension?**

### **WHO simplifies treatment guidelines for hypertension? (The Hindu: 20210913)**

<https://www.thehindu.com/sci-tech/health/who-simplifies-treatment-guidelines-for-hypertension/article36404465.ece>

While several international guidelines do exist, many of them reflect the tertiary care perspective of high-income countries

The World Health Organization recently released guidelines for pharmacological treatment of hypertension. Though high blood pressure is a

## **Zero Covid' strategy**

### **Why countries abandoned 'Zero Covid' strategy (The Hindu: 20210913)**

<https://www.thehindu.com/sci-tech/health/why-countries-abandoned-zero-covid-strategy/article36404282.ece>

This aims at nearly zero daily fresh cases, using border-closing, quarantining entrants, extensive testing and Covid-appropriate behaviour

When SARS-CoV-2 virus began spreading globally early last year, Singapore, Vietnam, Taiwan, South Korea, Hong Kong, Australia and New Zealand, like mainland China, adopted a “Zero COVID” strategy. The goal was to ai

## **Food and Nutrition**

### **The seven-day cleansing diet (The Hindu: 20210913)**

<https://www.thehindu.com/sci-tech/health/diet-and-nutrition/the-sevenday-cleansing-diet/article1999028.ece>

Rid your body of accumulated toxins once or twice a year with a seven-day diet consisting of fruits and vegetables

You don't have to wait to fall ill to cleanse your system. It is wise to eliminate the accumulated toxins and cleanse the body once or twice a year to restore

## **Diabetic**

### **Study finds why people with diabetes develop severe COVID-19 (New Kerala: 20210913)**

A recent study by a team of international clinical researchers reveals the mechanism behind cytokine storm during coronavirus infection.->> View it-->

<https://www.newkerala.com/news/2021/132106.htm>

## **Gout medications**

### **Gout medications may aid in Covid-19 treatment (New Kerala: 20210913)**

A medication approved by the US Food and Drug Administration (FDA) primarily used to treat gout also has potent anti-viral properties against SARS-CoV-2, the virus causing Covid-19,

<https://www.newkerala.com/news/2021/132087.htm>

## **Obesity**

### **Young adults at highest risk of developing obesity (New Kerala: 20210913)**

: Study London, September 11: A new study led by researchers at UCL, the University of Cambridge, and Berlin Institute of Health at Charite-Universitätsmedizin Berlin suggests that adults bet

<https://www.newkerala.com/news/2021/132056.htm>

## **Unvaccinated**

### **Unvaccinated may be 10 times more likely to die from Covid: US study (New Kerala: 20210913)**

As the Joe Biden administration stepped up efforts to get more people vaccinated, the US Centers for Disease Control and Prevention (CDC) in three new studie

<https://www.newkerala.com/news/2021/132043.htm>