



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY

Tuesday

20210928

Third wave

Next two months crucial to prevent third wave: Chandigarh DHS (The Tribune: 20210928)

<https://www.tribuneindia.com/news/coronavirus/next-two-months-crucial-to-prevent-third-wave-chandigarh-dhs-316658>

Avoid overcrowding this festival season to fight Covid, says Dr Kang

“People should follow Covid-appropriate behaviour and avoid overcrowding in the coming festival season. The immunity against the virus will also start waning by October-end and that is the time when we need to remain cautious. The next two months will be crucial for the city to prevent a third wave,” said Dr Amandeep Kang, who is set to retire as the Director, Health Services, UT, on September 30.

Second wave was the biggest challenge

The second wave came in April this year and Dr Kang was confronted with one of the major hardships of her tenure. Speaking about it, she said, “I was really worried for people during the second wave. I was scared that I had to prioritise patients waiting to get ICU beds in queues. We had converted 250 beds for Covid and reserved 20-30 beds at each Civil Hospital. The major challenge was shortage of ICU beds.

We had to ramp up the infrastructure within two to three days. Another challenge was that during the second wave, the number of patients in home isolation had increased and a rapid response team (RRT) was looking after these patients, who were a part of the extended hospital beds at home. Our team even collected blood samples from homes of these patients,” she said.

‘Geared up to tackle a possible third wave’

Asked about the preparations for a possible third wave, Dr Kang said, “From six ICU beds, the infrastructure has been increased to 20 ICU beds at the GMSH-16. There are 15 ICU beds at the Civil Hospital, Sector 45, for paediatric patients. There are an additional 12 ICU beds at the nursing college building of the GMSH. We have provided oxygen concentrators to each Health and Wellness Centre and have 80 more in stock.”

The RT-PCR capacity has been enhanced by all government hospitals in the city. By next month, the GMSH, Sector 16, will also have an RT-PCR machine that will be able to conduct at least 500 tests daily.

“A tele hub for paediatric Covid patients will be launched soon wherein the PGI will be the nodal paediatric centre and will be connected to all government hospitals and healthcare workers (HCWs). Through this digital platform, paediatricians will be able to seek consultation from each other and take better care of the patients,” she said.

India logs 29,616 new Covid cases

India logs 29,616 new Covid cases, 290 more deaths (The Tribune: 20210928)

<https://www.tribuneindia.com/news/coronavirus/india-logs-29-616-new-covid-cases-290-more-deaths-316009>

Covid recovery rate recorded at 97.78 per cent

India logs 29,616 new Covid cases, 290 more deaths

Photo for representation purposes. PTI

India logged 29,616 new coronavirus infections, taking the total tally of cases to 3,36,24,419, while the active cases rose by 1,280 to reach 3,01,442, according to the Union Health Ministry data updated on Saturday.

The death toll climbed to 4,46,658 with 290 fresh fatalities, the data updated at 8 am showed.

The active cases now constitute 0.90 per cent of the total infections, while the nationwide Covid recovery rate was recorded at 97.78 per cent, the highest since March 2020, the ministry said.

An increase of 1,280 cases had been recorded in the active Covid caseload in a span of 24 hours, it said.

The daily positivity rate was recorded at 1.86 per cent, while the weekly positivity rate was 1.99 per cent. The latter had been below 3 per cent for the last 92 days, it said.

The 290 new fatalities include 127 from Kerala, 51 from Maharashtra and 27 from Tamil Nadu.

A total of 4,46,658 deaths have been reported so far in the country including 1,38,776 from Maharashtra, 37,706 From Karnataka, 35,454 from Tamil Nadu, 25,085 from Delhi, 24,318 from Kerala, 22,890 from Uttar Pradesh and 18,716 from West Bengal. PTI

Covid vaccination

Covid vaccination allowed at home for ill, disabled (The Tribune: 20210928)

<https://www.tribuneindia.com/news/coronavirus/covid-vaccination-allowed-at-home-for-ill-disabled-315336>

Covid vaccination allowed at home for ill, disabled

Photo for representational purpose only.

The Centre today said two-thirds of the country's 94 crore adults had received at least one dose of the Covid-19 vaccine and nearly one-fourth had received both doses in a significant ramp-up of the inoculation drive even as it warned that the second wave wasn't over.

To expand vaccination coverage, the government today announced it had approved home vaccination for people who could not visit centres due to illness or disability.

UK decision biased, says Health Secretary

UK's decision of 10-day quarantine for those vaccinated with Covishield in India is "discriminatory", the government said on Thursday

Union Health Secretary Rajesh Bhushan said both countries were engaged in a dialogue on the matter

British High Commissioner Alex Ellis said India and the UK held an "excellent" technical discussion on the issue of vaccine certification

"Such persons will be administered vaccines at home under supervision," NITI Aayog member VK Paul said. India saw 31,923 new cases on Thursday with Health Secretary Rajesh Bhushan warning that the "second wave has not yet concluded."

"We are in the midst of a second surge even while we may be witnessing a decline. Covid-appropriate behaviour has to be maintained at all times and the vaccine rate has to be expanded," he added. Even today 33 districts have over 10% plus positivity with 13 districts from Kerala alone. Among 23 districts with 5 to 10% positivity, two – Bilaspur and Mandi – are from Himachal. On vaccination, government data shows 62 crore people have received the first dose and 21.55 crore have received both.

Between May 1 and September 22, only 6% of all doses were administered in private centres. On an average, India administered 82 lakh average doses daily in September. As the government scaled up the vaccination, ICMR Director General Balram Bhargava said festivities must be observed within families only; mass gatherings and non-essential travel related to festivity and holidays should be avoided for the next few months.

TARGET 94 CRORE

| | |
|------------------------------|-----------------|
| Received first dose | 62 cr |
| Have received both | 21.55 cr |
| Jabs in rural centres | 45.75 cr |
| In urban centres | 25.42 cr |
| To men | 43.39 cr |
| To women | 39.72 cr |

Essential supplements

Essential supplements for women in their 30s (The Indian Express: 20210928)

<https://indianexpress.com/article/lifestyle/health/nutritionist-supplements-women-30s-nutrition-7508190/>

Eating a balanced diet is key to a healthy life. But as we get older, our body's requirements evolve and sometimes you need extra help from supplements, said nutritionist Lovneet Batra

supplementsA nutritionist lists supplements that women should take in their 30s. (Source: Getty Images/Thinkstock)

It is important to eat a balanced diet to maintain overall well-being. But as one gets older, the body's requirements also change which is why supplements are needed, said nutritionist Lovneet Batra.

ALSO READ |Get the most out of vitamin supplements with these expert tips

"Eating a balanced diet is key to healthy living. But as we get older, our body's requirements evolve and sometimes you need extra help from supplements," she added.

Folic acid

Folic acid is an important nutrient for cellular reproduction and cell growth. Women of childbearing age, particularly those planning to get pregnant, should increase their intake of B vitamin folate. They are available over the counter for everyone in their 30s.

Iron

Another important mineral for women in their 30s is iron. Women are at great risk of developing iron deficiency, which can cause them to feel tired, and also increase the chances of infection and more.

Vitamin D

Vitamin D will help you absorb the extra calcium you're taking. It also supports heart health and can even help in your weight loss journey. That's a win-win.

vitamin D, Vitamin D and coronavirus, indianexpress.com, indianexpress, vitamin D benefits, vitamin D sources of food, sunlight benefits, lockdown, coronaviruys, covid-19, pandemic, Vitamin D is essential for health. (Source: Kareena Kapoor/Instagram)

Magnesium

This mineral is important as it helps your body make protein and bone, and keeps your blood sugar stable. Women with magnesium deficiency may experience muscle cramps, unexplained fatigue, mood disorders, high blood pressure, irregular heartbeat, nausea, and muscle weakness.

Probiotics

These “friendly” bacteria are good for your gut. These supplements can help with digestive issues like diarrhoea or IBS and may even protect with allergies.

“One should focus on eating right and having a healthy lifestyle — that will help with your overall wellness. And also, always check with a doctor/dietitian before taking supplements,” said Batra.

🔊 For more lifestyle news, follow us on Instagram | Twitter | Facebook and don't miss out on the latest updates!

🔊 The above article is for information purposes only and is not intended to be a substitute for professional medical advice. Always seek the guidance of your doctor or other qualified health professional for any questions you may have regarding your health or a medical condition.

Hungry

Hunger was the major theme of my childhood': Sophia Loren (The Indian Express: 20210928)

<https://indianexpress.com/article/lifestyle/life-positive/sophia-loren-motivational-life-positive-7517160/>

The actor recounts how she was raised in deplorable conditions

Sophia Loren, Sophia Loren birthday, Sophia Loren videos, Sophia Loren interviews, Sophia Loren motivational videos, Morning motivation, Inspiration, Inspirational stories, life positive, indian express news Sophia Loren is an epitome of grace and divinity.

Yesteryear actor Sophia Loren is one of the most renowned stars Hollywood has ever seen. What many are unaware of is her trajectory: from having an impoverished childhood to her metamorphosis into an icon.

ALSO READ | 'Looks aren't everything. Believe me, I'm a model': Cameron Russell

Having been raised during the war, Loren's childhood was spent in deplorable conditions. In this video, the actor recounts how she was so thin back then that her friends would call her 'Sofia Stuzzicadenti' which translates to 'Sophia Toothpick'.

"Hunger was the major theme of my childhood," says Loren. "My mother was begging for food for us. She'd bring us back a potato, a fistful of rice". There was an instance during the war when the allies marched through Napoli and a soldier threw a piece of chocolate towards Loren but she had no idea what it was.

ALSO READ | Revolutionising the idea of success in relation to happiness

She says Ponti was her mentor. "I met Carlo when I was 16 years old so I really was born with him and believed in him so much because I felt protected by him and I felt little by little great love for him and I wanted to have a family with him." Although the film producer passed away in 2007, Loren says he is still the love of her life.

ALSO READ | Tom Hardy's troubled past and a stable present is a lesson in never giving up

In her famous book Yesterday, Today, Tomorrow: My Life, the actor writes, "My life became like a minefield through which I slowly made my way. I went from launch to launch, movie to movie, dinner to dinner. Facing each challenge allowed me to get closer to what I had dreamed of becoming."

In hindsight, she believed that her tragic childhood was a blessing a disguise, because whatever followed could only be an improvement.

Childhood obesity

Childhood obesity is a more serious concern than coronavirus, says Dr Chris van Tulleken

<https://indianexpress.com/article/lifestyle/health/childhood-obesity-is-a-more-serious-concern-than-coronavirus-says-dr-chris-van-tulleken-7523437/>

The well-known medical researcher defined obesity as a "disease caused by ultra-processed food just like cancer is caused by tobacco".

childhood obesity Dr Tulleken says that ultra-processed food is the only reason for childhood obesity. (Source: Getty Images/Thinkstock))

Childhood obesity is a growing health concern in the world, especially in India. The World Health Organization (WHO) has termed childhood obesity as one of the most serious public health challenges of the 21st century. According to Narayana Health, India has the second-

highest number of children suffering from obesity in the world, with 14.4 million obese kids. With its worrying upward trend and serious health implications, it is important to immediately shift focus towards it.

Addressing this issue is the documentary 'What are we feeding our kids?' in which doctor and medical researcher Dr Chris van Tulleken takes us through his month-long experiment of eating ultra-processed food and reveals its impact on children's developing bodies. He explains how its consumption could alter the way a child's body and brain works.

In conversation with indianexpress.com, Dr Tulleken defined obesity as a disease caused by ultra-processed food just like cancer is caused by tobacco. "Around the world, I feel, it is a more serious concern than coronavirus."

"It a huge concern because of three reasons. Firstly, child obesity, at the moment, is incurable. Children do not lose weight and become healthy. They become adults with overweight who end up having enormously expensive chronic health problems. They live a difficult life as their physical and mental health suffer. This is also a huge problem economically because as children suffer, their education suffers too. Lastly, it is very bad for the environment because we cut down tropical forests to grow palm trees to make oil, and for other resources. So, it's very damaging for the planet," he added.

"Obesity also goes hand in hand with malnutrition. Many children who are overweight are also suffering from diseases that you normally associate with not eating enough food. Ultra-processed foods are very low in nutritional content," he said.

['Obesity is highly misunderstood; people usually equate food with weight gain': Dr Aparna Govil Bhasker

Dr Tulleken revealed that while working on the documentary, he realised that ultra-processed food is the only reason for childhood obesity. "Any food that is marketed in plastic packets and has ingredients you don't have in your kitchen is ultra-processed food. These foods surround us, certainly in the UK and increasingly in India as well. They are designed to be over-eaten."

Childhood obesity Obese children not only find it difficult to sleep but also difficult to learn. (File photo)

While it is widely believed that other lifestyle factors such as exercise also play a key role in childhood obesity, Dr Tulleken disagreed.

"Though exercise is very good for children, lack of exercise is not the reason for obesity. Food is the only reason for it. These food companies, very deliberately, aggressively market and sell foods that are designed to make you fat and are very unhealthy."

Obesity is not just a childhood health issue but also leads to increased health concerns during adulthood. Type 2 diabetes, joint pain, increased risk of cancer and heart attack, depression and digestive problems are some of the common ways childhood obesity manifests itself during adult years. "Almost every known medical problem is made worse by obesity," he said.

Obesity could, further, also hamper children's mental growth. "These children not only find it difficult to sleep but also difficult to learn. The food has no nutrition in it so they don't perform well. They also get badly treated and bullied by their peers, leading to poor mental health," Dr explained.

With ultra-processed foods at the heart of obesity, a well-balanced healthy diet is essential to prevent obesity, according to Dr Tulleken. He said, "In India, a traditional Indian diet is very healthy consisting of fresh fruits and vegetables, pulses, grains, rice etc. It doesn't matter if there is fat, oil or salt. The new western breads, cereals, candy bars, flavoured yoghurts, chips and convenience meals among others should be avoided."

"Anything that your grandmother must have made is good. Traditional food is healthy for you. It is the replacement of Indian food culture with a corporate food culture that will drive ill-health. Ultra-processed foods are not really food, it's just edible junk," he concluded.

The documentary 'What are we feeding our kids?' premieres on October 4 at 8 pm on Sony BBC Earth.

Covid- 19 (The Asian Age: 20210928)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15863325>

Covid-19: Active case load dives to lowest in 191 days

AGE CORRESPONDENT
NEW DELHI, SEPT 27

India added 26,041 new coronavirus infections taking the total tally of Covid-19 cases to 3,36,78,786, while the active cases declined to 2,99,620, the lowest in 191 days.

According to the Union health ministry, the death toll climbed to 4,47,194 with 276 fresh fatalities reported in the last 24 hours. The active cases comprise 0.89 per cent of the total infections, while the national Covid-19 recovery rate was recorded at 97.78 per cent.

A decrease of 3,856 cases has been recorded in the active Covid-19 caseload in a span of 24 hours. The ministry said that less than 50,000 daily new cases were reported for 92 consecutive days.

The daily positivity rate was recorded at 2.24 per cent. It has been less than three per cent for last 28 days. The weekly positivity rate was

THE DEATH TOLL climbed to 4,47,194 with 276 fresh fatalities reported in the last 24 hours. The active cases comprise 0.89% of the total infections, while the national Covid-19 recovery rate was recorded at 97.78%

A DECREASE OF 3,856 cases has been recorded in the active Covid-19 caseload in a span of 24 hours. The health ministry said that less than 50,000 daily new cases were reported for 92 consecutive days recently

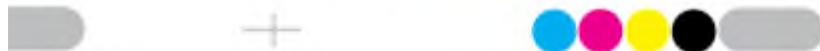
recorded at 1.94 per cent. It has been below three per cent for the last 94 days.

The number of people who have recuperated from the disease surged to 3,29,31,972, while the case fatality rate was recorded at 1.33 per cent. The cumulative doses administered in the country so far under the nationwide Covid-19 vaccination drive has exceeded 86 crore.

India's Covid-19 tally had crossed the 20-lakh mark on August 7, 2020, 30 lakh on August 23, 40 lakh on September 5 and 50 lakh on September 16. It went past 60 lakh on September 28, 70 lakh on

October 11, crossed 80 lakh on October 29, 90 lakh on November 20 and surpassed the one-crore mark on December 19. India crossed the grim milestone of two crore on May 4 and three crore on June 23.

The 276 new fatalities include 165 from Kerala and 36 from Maharashtra. A total of 4,47,194 deaths have been reported so far in the country including 1,38,870 from Maharashtra, 37,726 from Karnataka, 35,490 from Tamil Nadu, 25,085 from Delhi, 24,603 from Kerala, 22,890 from Uttar Pradesh, and 18,736 from West Bengal.



WHO

WHO tightens global air quality norms (The Hindu: 20210928)

<https://www.thehindu.com/sci-tech/health/who-tightens-global-air-quality-norms/article36617490.ece>

Move doesn't immediately impact India as its norms don't meet WHO's existing standards

The World Health Organisation (WHO) in its first-ever update since 2005 has tightened global air pollution standards in a recognition of the emerging

Foodv and Nutrition

The seven-day cleansing diet (The Hindu: 20210928)

<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 resto

Chronic pain emerging

Chronic pain emerging as a major health problem: Specialists (The Hindu: 20210928)

<https://www.thehindu.com/news/cities/bangalore/chronic-pain-emerging-as-a-major-health-problem-specialists/article36489097.ece>

Survey indicates that 46% of Bengaluru's population below the age of 65 suffers from spinal problems

Chronic pain – defined as any persistent pain lasting more than three months – is rapidly emerging as a significant healthcare challenge in India, said

Health Cards

कार्ड में होगा बीमारियों का ब्योरा, एक क्लिक पर जान सकेंगे डॉक्टर (Hindustan: 20210928)

<https://epaper.livehindustan.com/>

आज ऐसे मिशन की शुरुआत हो रही है, जिसमें भारत की स्वास्थ्य सुविधाओं में क्रांतिकारी परिवर्तन लाने की ताकत है।- नरेंद्र मोदी

क्या है योजना

- हर व्यक्ति को 14 अंक का स्वास्थ्य खाता नंबर और हेल्थ कार्ड मिलेगा
- इसमें पुराना ब्योरा खुद अपलोड करना होगा तथा नए रिकॉर्ड बाद में अपने आप अपलोड होते रहेंगे
- डॉक्टर के पास जाएंगे तो आईडी लेकर वह आपका पिछला रिकॉर्ड देख लेंगे और इलाज करेंगे
- आपके मोबाइल पर ओटीपी आएगा, उसके जरिए ही रिकॉर्ड देख सकेंगे
- डिजिटल डेल्थ मिशन के पोर्टल पर अस्पतालों, क्लीनिक, स्वास्थ्य केंद्रों, डॉक्टरों, लैब, दवा की दुकान आदि का भी ब्योरा उपलब्ध होगा
- हेल्थ अकाउंट नंबर या आईडी बनाना सबके लिए अनिवार्य नहीं है

क्या फायदा

- बार-बार पैथोलॉजी, रेडियोलॉजी तथा अन्य टेस्ट की जरूरत नहीं होगी, पुरानी रिपोर्ट देखकर डॉक्टर बीमारी की जानकारी ले पाएंगे
- पुरानी बीमारियों, अब तक हुए उपचार आदि का पूरा ब्योरा एक जगह होगा कागजात लेकर घूमना जरूरी नहीं
- पोर्टल पर हर डॉक्टर-अस्पताल की जानकारी होगी, देश में कहीं भी आप अपनी भाषा और सुविधा के हिसाब से डॉक्टर का चयन कर सकेंगे
- नेशनल डिजिटल हेल्थ मिशन पोर्टल पर जाकर आईडी बना सकते हैं। आधार या किसी अन्य दस्तावेज के जरिये मोबाइल एप से पंजीकरण होगा। सभी अस्पताल भी बनाएंगे।

नई दिल्ली | विशेष संवाददाता

प्रधानमंत्री नरेंद्र मोदी ने सोमवार को आयुष्मान भारत-डिजिटल मिशन की शुरुआत की। इसके तहत हर नागरिक को एक हेल्थ आईडी और डिजिटल स्वास्थ्य पहचान-पत्र मिलेगा। भविष्य में उसके

स्वास्थ्य का पूरा रिकॉर्ड इस आईडी में रखा जाएगा। डॉक्टर एक क्लिक पर जान सकेंगे कि मरीज को पहले से कौन सी बीमारी है और कैसा इलाज किया गया है।

प्रधानमंत्री ने ने बताया कि छह केंद्र शासित प्रदेशों में पहले से ही पायलट परियोजना चल रही है। उन्होंने कहा, आयुष्मान भारत योजना ने गरीबों की बहुत बड़ी चिंता दूर की है। अभी तक दो करोड़ देशवासियों ने इसके तहत मुफ्त इलाज कराया है। इनमें आधी हमारी माताएं, बहनें, बेटियां हैं। अब एक ऐसे स्वास्थ्य मॉडल पर काम जारी है जो समग्र हो और समावेशी भी हो। एक ऐसा मॉडल, जिसमें बीमारियों से बचाव पर जोर हो यानी रोकथाम संबंधी स्वास्थ्य सेवा हो, बीमारी की स्थिति में इलाज सुलभ हो, सस्ता हो और उस तक सबकी पहुंच हो। इस योजना के जरिए भारत एक नए चरण में प्रवेश कर रहा है।