



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20211012

Coronavirus infections

Daily rise in coronavirus infections remains below 30,000 for 12th consecutive day (The Tribune: 20211012)

<https://www.tribuneindia.com/news/coronavirus/daily-rise-in-coronavirus-infections-remains-below-30-000-for-12th-consecutive-day-320947>

18,883 new Covid cases, 278 more deaths

Daily rise in coronavirus infections remains below 30,000 for 12th consecutive day

Photo for representation purposes.

India added 18,833 new coronavirus infections taking the country's tally of Covid cases to 3,38,71,881, while the active cases declined to 2,46,687, the lowest in 203 days, according to the Union Health Ministry data updated on Wednesday.

The death toll climbed to 4,49,538 with 278 fresh fatalities, according to the data updated at 8 am.

The daily rise in new coronavirus infections remained below 30,000 for the 12th straight day.

The active cases comprise 0.73 per cent of the total infections, the lowest since March 2020, while the national Covid recovery rate was recorded at 97.94 per cent, the highest since March 2020, the ministry said.

A decrease of 6,215 cases has been recorded in the active Covid caseload in a span of 24 hours.

The 278 new fatalities include 151 from Kerala and 39 from Maharashtra.

A total of 4,49,538 deaths have been reported so far in the country, including 1,39,272 from Maharashtra, 37,845 from Karnataka, 35,682 from Tamil Nadu, 25,677 from Kerala, 25,088 from Delhi, 22,896 from Uttar Pradesh and 18,848 from West Bengal. PTI

New Cases

Covid-19: 139 new cases, two deaths in Himachal (The Tribune: 20211012)

<https://www.tribuneindia.com/news/coronavirus/covid-19-139-new-cases-two-deaths-in-himachal-323247>

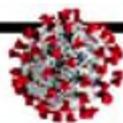
Covid-19: 139 new cases, two deaths in Himachal

As many as 139 Covid cases were reported in the state today, taking the tally to 220,618. - File photo

As many as 139 Covid cases were reported in the state today, taking the tally to 220,618. Besides, two persons died of the virus in Kangra. The number of active cases declined to 1,237.

The highest number of 42 cases was reported in Kangra, followed by 31 in Mandi, 26 in Hamirpur, 15 in Bilaspur, 11 in Shimla, eight in Una, and three each on Kullu and Solan. However, no cases were reported in Chamba, Kinnaur, Lahaul and Spiti and Sirmaur districts.

COVID METER



Samples tested 35,39,925

Recovered 215,674

Active 1,237

New cases 139

Positive 220,618

Deaths 3,690

DISTRICT-WISE COUNT

DISTRICT	+VE	DEATHS
Bilaspur	14,101	85
Chamba	13,639	160
Hamirpur	16,722	281
Kangra	49,417	1,100
Kinnaur	3,493	38
Kullu	9,639	158
Lahaul & Spiti	2,952	18
Mandi	31,208	438
Shimla	27,334	636
Sirmaur	15,455	211
Solan	22,748	314
Una	13,910	251
Total	220,618	3,690

International Day of the Girl Child 2021

International Day of the Girl Child 2021: Exhibition aims to raise awareness about sex-selective abortion (The Indian Express: 20211012)

International Day of the Girl Child: The theme this year is "Digital generation. Our generation."

<https://indianexpress.com/article/lifestyle/life-style/international-day-of-the-girl-child-2021-exhibition-delhi-raise-awareness-sex-selective-abortion-7565266/>

bernard cargay Painting by Bernard Cargay (Source: Vanishing Girls Handout)

International Day of the Girl Child is observed annually on October 11. Declared by the United Nations, it was first observed in 2012. The day is dedicated to raising awareness on gender equality while assuring rights and improving opportunities for girls.

The theme this year is "Digital generation. Our generation."

United Nations mentions in a statement, "Girls know their digital realities and the solutions they need to excel on their diverse pathways as technologists for freedom of expression, joy, and boundless potential. Let's amplify the diversity of these tech trailblazers while simultaneously widening the pathways so that every girl, this generation of girls – regardless of race, gender, language, ability, economic status and geographic origin – lives their full potential."

Also Read | Educate and empower: Because when you educate a girl, you educate a nation

To mark the occasion, Delhi-based legal advocacy organisation ADF India will be hosting a multi-artist exhibition today, on the theme of #SHEImagine, as part of its Vanishing Girls Campaign.

painting She's Capable by Arpitha (Source: Vanishing Girls Handout)

The exhibition will showcase the works of 11 artists from across the nation at the India International Centre, New Delhi.

"Keeping with the theme of this year's campaign, #SHEImagine, their art aims to help the society imagine a world where SHE – each and every Girl Child – enjoys the sanctity and right to LIFE (Love, Inheritance, Freedom and Equality), rather than "vanishing" for being a girl," read the press note.

Also Read | Making sure that girls don't drop out of school

painting Ohida-the golden daughter (Source: Vanishing Girls Handout)

Adv Tehmina Arora, director, ADF India, said in a statement, “Every day in India, 7000 girls are being aborted just because they are girls. They need each of us to advocate that their life, rights and freedom are protected. The artists and their art works are a powerful voice for these unborn baby girls.”

Lucknow News

Lakhimpur Kheri Violence Live Updates: Farmers observe Shaheed Kisan Diwas to honour victims

Protest against Lakhimpur incident: Families of three youths held over burning CM Yogi’s effigy

NCRB (The Asian Age: 20211012)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15895420>

99% crimes recorded in 2020 under Pocs0 Act were against girls: NCRB

New Delhi, Oct. 11: More than 99 per cent of crimes registered under the POCSO Act in 2020 were against girls, according to NCRB data which showed that girl child continues to be part of one of the most vulnerable sections of the society. An analysis of the latest NCRB data by NGO Child Rights and You (CRY) revealed that among 28,327 children who were victims of crimes reported under the POCSO Act, 28,058 were girls.

A deeper analysis of the cases reported under the Protection of Children from Sexual Offences (POCSO) Act showed that crimes against adolescent girls within the 16 to 18 age group were the highest at 14,092, followed by 10,949 crimes against girls within the 12 to 16 age group.

Though both boys and girls are almost equally prone to abuse, the NCRB data revealed that girls irrespective of all age-groups are

more vulnerable to sexual offences than boys.

On the occasion of International Day of the Girl Child on Monday, CRY said girls are being celebrated all across the world and much being talked about their rights but they continue to be one of the most vulnerable sections of the society as shown by the NCRB data.

According to the latest data released by the National Crime Records Bureau (NCRB) last month, more than 99 per cent of crimes committed in 2020 under the Protection of Children from Sexual Offences) Act were against girls.

Priti Mahara, the director of policy research and advocacy at CRY, said recent trends of girls bearing the brunt of crimes against children should not be seen in isolation.

"It is vital to understand that along with the protec-

tion-related challenges, aspects linked to education, social protection, poverty, etc. also play a significant role in the empowerment of the girl child; and assessing impacts of the Covid-19 pandemic on these parameters is equally crucial," she said.

"During the crises, girls face multiple vulnerabilities ? their access to education is further restricted and they become more exposed to the risks of child marriage. They are also more likely to experience violence and sexual exploitation in multiple forms and degrees," said Mahara.

Emphasising on the emerging need of a strong child protection mechanism, Mahara said over the past few years, some progress has indeed been made in terms of girls' education and strengthening child protection systems, but the pandemic has derailed the growth. — PTI



Child Marriage (The Asian Age: 20211012)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15895444>

■ About 22,000 girls die every year from pregnancy, childbirth, claims report *'Child marriage kills more than 60 girls a day globally'*

New Delhi, Oct. 11: Child marriage kills more than 60 girls a day globally and six girls a day in South Asia, according to a new analysis released on the International Day of the Girl Child that claimed over an estimated 22,000 girls a year are dying from pregnancy and childbirth resulting from child marriage.

The report by Save The Children said South Asia sees 2,000 child marriage-related deaths every year (or six every day), followed by East Asia and the Pacific with 650 deaths (or two every day), and Latin American and the Caribbean, with 560 annual deaths (or nearly two a

day). "More than an estimated 22,000 girls a year are dying from pregnancy and childbirth resulting from child marriage. Child marriage kills more than 60 girls a day globally and 6 girls a day in South Asia," the report noted.

However, West and Central Africa has the highest rate of child marriage in the world and accounts for nearly half (9,600) of all estimated child marriage-related deaths globally, or 26 deaths a day.

The regional teenage maternal mortality rate is four times higher than anywhere else in the world. "Although nearly 80 million child marriages

▶ **WEST AND Central Africa has the highest rate of child marriage in the world and accounts for nearly half (9,600) of all estimated child marriage-related deaths globally, or 26 deaths a day**

globally have been prevented in the last 25 years, progress had stalled even before the COVID-19 pandemic, which has only worsened inequalities that drive child marriage.

"With school closures, health services under strain or closed, and more families being pushed into poverty, women and girls face an increased risk of violence during lengthy

lockdowns. A further 10 million girls are now expected to marry by 2030, leaving more girls at risk of dying," the report said.

Inger Ashing, CEO of Save the Children International, said child marriage is one of the worst and deadliest forms of sexual and gender-based violence against girls.

Every year, millions are forced into wedlock with men who are often much older, robbing them of an opportunity to keep learning, be children, and in many cases, to survive.

"Childbirth is the number one killer of teenage girls because their young bodies aren't ready to bear

children. The health risks of children having children cannot, and must not, be ignored. Governments must prioritise girls and ensure they're protected from child marriage and premature childbirth-related deaths. This can only happen if girls have a say in the decisions that affect them," Ashing said.

Sudarshan, CEO, Save the Children, India, said, "We at Save the Children India; Bal Raksha Bharat would like to see child marriage confined to museums and history. It is our collective failure that even in this century such a crime against humanity is prevalent and perpetuated."

Pandemic control

'COVID discipline during festivals key to pandemic control,' says Dr. N.K. Arora (The Hindu: 20211212)

<https://www.thehindu.com/sci-tech/health/covid-discipline-during-festivals-key-to-pandemic-control-says-dr-nk-arora/article36945869.ece>

Availability of vaccines, emergence of new variants, health infrastructure will decide course of pandemic, says member of India's COVID-19 task force

Dr N.K. Arora, a key member of India's COVID-19 task force, says long-term strategic planning helped the country produce vaccines and achieve immunisation milestone of covering 100 crore people.

The country is heading to achieve the 100-crore vaccination milestone as stated by the Health Ministry. How is this going to change the course of the pandemic in the country?

In our country, there are over 94 crore adults who are eligible to receive vaccines. In several states, one dose has been given to 100% of the adult population. With India's current vaccine

delivery capacity and the vaccine production and availability status, we can give another 70 to 80 crores in the next three months.

The future course of the pandemic in our country is dependent on five things. One, how effectively people follow COVID-appropriate-behaviour. Second, the availability of vaccines. Third, the percentage of the population exposed to natural infection during the second wave; fourth, the emergence of any new variants in coming weeks and months; and fifth is the preparedness of the health system for any future upsurge of cases.

During the second wave, anywhere between 70 to 85% of people across the country got the infection.

Besides, no new variant has emerged in the last four months. There have been massive efforts to ramp up the number of ICU beds, oxygen supply, availability of life-saving drugs, strengthening diagnostic facilities through a public-private partnership. Now, it is up to the people of the country to follow COVID-appropriate behaviour, especially during the upcoming festivals. I strongly feel that maintaining and sustaining the discipline will go a long way in keeping the cases low and eventually returning to normalcy.

Also read: 'Adverse event surveillance is being set up in health facilities across the country'

The biggest factor that has helped India in our vaccination journey to achieve this milestone in a short time is our Vaccine Atmanirbharta (vaccine self-reliance). We could vaccinate such a large population because we could develop and produce vaccines in the country.

This has not been achieved overnight; it is the result of one-and-a-half years of strategic thinking, translating it into action and of course the hard work.

Though India has been the largest producer of vaccines for children, it was not known for developing vaccines. During this pandemic, however, it developed several vaccines. What made it possible?

In the last two decades, the country has taken big strides in developing infrastructure for basic science research. The real transformation began last year when the decision to catalyse and encourage basic research and development of new vaccines was taken. In March 2020, huge funds were invested, and a conducive ecosystem was created. It encouraged scientists as well as entrepreneurs to collaborate and come together to take up development of new vaccines. Collaboration between international partners, local manufacturers, scientists and various science laboratories resulted in new technology development and transfer.

As a result, India could begin its nationwide vaccination program in less than 10 months of the onset of the pandemic.

World Health Organization

World Health Organization recommends first anti-malarial vaccine (The Hindu: 20211212)

<https://www.thehindu.com/sci-tech/health/world-health-organization-recommends-first-anti-malarial-vaccine/article36867500.ece>

RTS,S was first authorised in 2015 by the European Medicines Agency for use in Africa in infants and children. | Photo Credit: AP

Widespread use announced for children in sub-Saharan Africa and other regions

In a historic move, the World Health Organization (WHO) on Wednesday endorsed the first anti-malarial vaccine, as mankind enters a key turning point in a battle waged relentlessly over decades between man and mosquito, the vector.

In a press conference that went live on social media, WHO Director-General Tedros Adhanom Ghebreyesus said, “This is a historic moment. The long-awaited malaria vaccine for children is a breakthrough for science, child health and malaria control... Using this vaccine on top of existing tools to prevent malaria could save tens of thousands of young lives each year.”

The WHO said on Wednesday that it was recommending the widespread use of the RTS,S/AS01 (RTS,S) malaria vaccine among children in sub-Saharan Africa and in other regions with moderate to high *P. falciparum* malaria transmission, based on results from an ongoing pilot programme in Ghana, Kenya and Malawi.

The development comes at a time when the WHO and its partners have reported a stagnation in the progress against the disease that kills more than 2,60,000 African children under the age of five annually. Malaria remains a primary cause of childhood illness and death in sub-Saharan Africa, according to the WHO.

“For centuries, malaria has stalked sub-Saharan Africa, causing immense personal suffering,” said WHO Regional Director for Africa Dr. Matshidiso Moeti. “We have long hoped for an effective malaria vaccine and now for the first time ever, we have such a vaccine recommended for widespread use. Today’s recommendation offers a glimmer of hope for the continent which shoulders the heaviest burden of the disease and we expect many more African children to be protected from malaria and grow into healthy adults.”

The vaccine does significantly reduce life-threatening severe malaria, Dr. Tedros said, but added that, “It’s not the only tool. Vaccination against #malaria does not replace or reduce the need for other measures, including bed nets.”

Post-COVID-19 infection

Post-recovery, many COVID-19 patients report breathlessness, rapid heartbeats or palpitations, says expert(The Hindu: 20211212)

<https://www.thehindu.com/sci-tech/health/covid-19-post-recovery-many-patients-report-breathlessness-rapid-heartbeats-or-palpitations/article36803722.ece>

“Post-COVID-19 infection, there is an increased tendency of clot-formation which can lead to heart attack and brain attack,” says Dr. Rakesh Rai Sapra, director cardiology, QRG Hospital, Faridabad.

Pay attention to that “I am still feeling ill inside signal,” say doctors. It is your body asking you to be careful, warns Rakesh Rai Sapra, director cardiology, QRG Hospital, Faridabad, who explained that after recovering from COVID-19 many patients still did not experience full recovery and complained about feeling exhausted following little physical activity.

“If patients continue to experience shortness of breath, rapid heartbeats, or palpitations they should immediately consult their doctor,” he said.

“It's true that there has been a significant rise of patients post COVID-19 infection reporting breathlessness and rapid heartbeats or palpitations. Post-COVID-19 infection, there is an increased tendency of clot-formation which can lead to heart attack and brain attack [brain stroke]. Such patients are more prone to developing clots in their hands or legs which is primarily due to the illness. This tendency is not lifelong,” Dr. Sapra said.

The doctor added that the tendency to form clots was at its maximum during illness and a period of two months afterwards.

“Besides, for patients with other illnesses like diabetes or kidney-related ailments, we undertake a test called D-dimer and if the results are significantly higher (2 to 3 times the normal range), blood thinners are prescribed. Because the lungs get involved in the COVID patients there is a compromise of oxygen in their body and the recovery takes time. We recommend such patients not to increase their physical activity once they have recovered from the illness but gradually increase their physical activity. Enhanced physical activity will lead to compromise of oxygen in the body leading to emergency situations,” explained Dr. Sapra.

Cardiac deaths

He added that of late there had also been a spurt in sudden cardiac deaths among the youngsters and said that the primary reasons for this new trend affecting our productive age group were smoking, drug substance abuse, undue mental stress and unwanted physical activity.

“A sudden cardiac arrest happens after a heart attack when a clot disrupts the blood flow to the heart. The region where the heart does not receive blood supply starts behaving abnormally. The blood pressure drops down drastically and thus puts the person at risk of death. Smoking

leads to the development of plaque in the artery. If the plaque ruptures, the cholesterol gets exposed and develops clots and this leads to heart attack,” he said.

The lungs are the organs most affected by COVID-19 and speaking about how the infection affects the inner surfaces of veins and arteries, Col. Vijay Dutta, senior consultant-Internal Medicine, Indian Spinal Injuries Centre, said that this process could cause blood vessel inflammation and hamper the functioning of the heart.

“Many people have developed cardiovascular diseases due to this and are going for a pacemaker implantation procedure. These complications have also led to swelling of heart muscles, leading to pump failure also. This is causing sudden death due to heart failure. In some cases, blood pressure is also getting dropped,” he said.

Doctors say that due to cardiac failures, the need for heart replacement or transplant has come up. In many cases, where the heart is not working due to respiratory failure or crippled lung or heart, they are requiring pacemakers. The heart of many people has become so dysfunctional that it is working only 15-20%; such people are facing breathlessness leading to medical therapy failure, even at a young age.

“So, they are only left with a cardiac transplant option in order to survive. This problem is coming in every age group as COVID doesn’t discriminate. COVID is affecting even newborns in the mother’s womb or uterus and it remains with the newborns for a long time,” he added while stating that cardiac deaths in COVID-19 patients were not uncommon and that it accounted for about 10-15% of deaths in people suffering from moderate to severe symptoms.

Rajpal Singh, director-Interventional Cardiology & Heart Failure, Fortis Hospitals, Bangaluru, said that mechanisms leading to sudden cardiac attacks in patients were speculated to occur because of thrombosis in the heart resulting in heart attacks and therefore heart rhythm abnormalities.

It could also be because of inflammation of the heart muscle, known as myocarditis, or due to pulmonary embolism, thrombosis in the arteries cutting off supply to the lungs. Following this, the recommendation of blood thinners is mandatory in patients with significant COVID-19 illnesses and/or in recovery from the same.

“It was initially believed that COVID illness is self-limiting and so is the cardiac damage but according to a few studies, up to 70% of COVID patients MRI’s show long-term inflammation and scarring in the heart, predisposing people to sudden deaths either in the form of slower heart rhythms or faster heart rhythms (ventricular castellation). Therefore, it is advisable for COVID patients to see a cardiologist, have an echocardiogram, and get cardiac troponin and pro-BNP levels checked. A 24-hour call monitoring is also recommended. A holistic approach is needed for both acute as well as long-term cases,” Dr. Singh said.

He added that higher presence of conventional practices such as smoking, hypertension, diabetes etc, significantly increase the risks of sudden cardiac death and needed to be addressed in the same setting as well as the management as COVID-19 illness

Moderna vaccine

Why three countries have paused Moderna vaccine (The Hindu: 20211212)

<https://www.thehindu.com/sci-tech/health/why-three-countries-have-paused-moderna-vaccine/article36918614.ece>

After reports showed an increase in myocarditis and pericarditis cases, Denmark, Sweden and later Finland paused use in people under 30 years

On October 6, Sweden and Denmark suspended the use of Moderna's mRNA vaccine for younger age groups after reports pointed to an increase in the number of myocarditis and pericarditis cases. Myocarditis causes inflammation of heart muscle which can limit the organ's ability to pump blood and can cause changes in heartbeat rhythms, while pericarditis causes inflammation of the outer lining of the heart.

A day later, Finland followed suit and paused the use of the Moderna vaccine in people younger than 30 years. Both Finland Health institute and the Swedish Public Health Agency now recommend Pfizer's mRNA vaccine for people younger than 30 years as there is greater experience with the vaccine in this age group. The Swedish Agency said its decision is valid till December 1 this year.

Covaxin

सफलता : कोवैक्सीन बच्चों पर वयस्कों जितनी असरदार (Hindustan:20211012)

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

दावा

- एम्स के प्रोफेसर ने हालिया परीक्षण के आधार पर दावा किया
- छह से 18 साल तक के आयुवर्ग में टीके का इस्तेमाल सुरक्षित

नयी दिल्ली/बर्न | एजेंसी

भारत में निर्मित कोवैक्सीन बच्चों में वयस्कों जितनी सुरक्षित और असरदार मिली है। दिल्ली एम्स के एक प्रोफेसर ने बच्चों पर टीके के हालिया परीक्षण के आधार पर यह दावा किया है।

समाचार एजेंसी 'एएनआई' से बातचीत में डॉ. संजय के राय ने बताया कि कोवैक्सीन की आजमाइश तीन आयु वर्ग (दो से छह साल, छह से 12 साल और 12 से 18 साल) के बच्चों पर की गई थी। इस दौरान यह वैक्सीन बच्चों में इस्तेमाल के लिए बेहद सुरक्षित मिली।

उनमें कोरोना के खिलाफ वयस्कों जितनी मजबूत प्रतिरोधक क्षमता विकसित करना भी मुमकिन हो पाया। हालांकि, परीक्षण के अंतिम नतीजे आना अभी बाकी है। डॉ. राय ने कहा कि सार्स-कोव-2 वायरस बच्चों के लिए उतना जानलेवा साबित नहीं हुआ है। कई बच्चों में तो सामान्य सर्दी-जुकाम जैसे लक्षण भी नहीं उभरे हैं।

हालांकि, जाइडस कैडिला, भारत बायोटेक, फाइज़र या मॉडर्ना में से किसका टीका बच्चों के लिए सबसे उपयुक्त है, फिलहाल इस बारे में कुछ भी नहीं जा सकता। ये टीके संक्रमण को गंभीर रूप लेने से रोकने भर में कारगर मिले हैं।