



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 202101202

Active Covid cases

Active Covid cases in country increase to 99,763 (The Tribune: 202101202)

<https://www.tribuneindia.com/news/nation/active-covid-cases-in-country-increase-to-99-763-345414>

The daily rise in new coronavirus infections has been less than 50,000 for 158 consecutive days now

With 9,765 new coronavirus infections being reported in a day, India's total tally of Covid cases rose to 3,46,06,541, while the active cases increased to 99,763, according to the Union Health Ministry data updated on Thursday.

The death toll climbed to 4,69,724 with 477 fresh fatalities, according to the data updated at 8 am.

The daily rise in new coronavirus infections has been less than 50,000 for 158 consecutive days now.

The active cases comprise 0.29 per cent of the total infections, the lowest since March 2020, while the national Covid recovery rate was recorded at 98.35 per cent, the ministry said. PTI

Multidrug-resistant TB

Multidrug-resistant TB stays a challenge in Haryana (The Tribune: 202101202)

<https://www.tribuneindia.com/news/haryana/multidrug-resistant-tb-stays-a-challenge-in-haryana-345274>

For tuberculosis cure, Karnal is among the top districts of the state with 89 per cent treatment success rate and 104 per cent detection rate.

However, the detection of multidrug-resistant tuberculosis (MDR-TB) remains a challenge for the district's health department.

The district has 2,009 active TB patients while 58 MDR-TB cases have been detected so far this year. The treatment of patients sensitive to drugs is about six months while MDR-TB treatment can stretch from nine months to two years depending on the type of resistance.

Causes of MDR-TB

Incomplete treatment

Frequent interruptions in treatment

Indiscriminate use of anti-microbial drugs/antibiotics

Carelessness on the part of patients for not continuing the medicine and frequent interruptions in treatment are considered major reasons behind MDR-TB.

This year, the health department detected 4,442 TB patients. Of them, 2,433 have been treated. In 2020 and 2019, the department had detected 3,428 and 3,701 cases, respectively.

The authorities say TB is curable if detected timely and treated promptly. "We have launched an intensive screening for timely detection of patients. TB is curable, but it should be detected timely," said Dr Simmi Kapoor, Deputy Civil Surgeon. "We have machines at District TB Centre, Gharaunda Community Health Centre and Assandh sub-divisional hospital to help in the early detection of the disease," she said.

Dr Yogesh Sharma, Civil Surgeon, said: "We conduct awareness and screening campaigns time to time. We appeal to the people to seek medical help if they find any symptoms of TB, including cough for more than two weeks, low-grade fever, weight loss and night sweat."

World Health Assembly

World Health Assembly agrees to draft global pact on pandemics (The Tribune: 202101202)

<https://www.tribuneindia.com/news/nation/world-health-assembly-agrees-to-draft-global-pact-on-pandemics-345275>

Inter-govt negotiating body to be formed; first meeting by March 1

World Health Assembly agrees to draft global pact on pandemics

Tedros Adhanom Ghebreyesus, WHO director general

In a consensus decision aimed at protecting the world from future infectious diseases, the World Health Assembly (WHA) on Wednesday agreed to kick-start a global process to draft and negotiate a convention, an agreement or other international instrument under the Constitution of the World Health Organisation (WHO) to strengthen pandemic prevention, preparedness and response.

The decision came as the new Omicron variant spread to more than 14 countries, upending global response to the pandemic and leading to tighter border controls. As of Monday, there have been 261,435,768 confirmed cases of Covid worldwide, including 5,207,634 deaths.

Historic decision

The decision is historic and represents a once-in-a-generation opportunity to strengthen the global health architecture against pandemics. —Tedros Adhanom Ghebreyesus, WHO director general

Tedros Adhanom Ghebreyesus, WHO Director General, said WHA's decision was historic and represented a once-in-a-generation opportunity to strengthen the global health architecture against pandemics.

“Covid has shone a light on the many flaws in the global system to protect people from pandemics: the most vulnerable people going without vaccines, health workers without needed equipment to perform their life-saving work, and ‘me-first’ approaches that stymie the global solidarity needed to deal with a global threat,” said the WHO chief.

The Health Assembly met in a special session, the second-ever since World Health Organisation's founding in 1948, and adopted a sole decision titled “The World Together.”

As per today's decision, the INB will hold its first meeting by March 1, 2022, to agree on ways of working and timelines. The second meeting will be convened by August 1, 2022, to discuss progress on a working draft.

It will hold public hearings, deliver a progress report to the 76th World Health Assembly in 2023 and submit its outcome for consideration by the 77th World Health Assembly in 2024.

Severe Covid survivors

Severe Covid survivors may have increased death risk within 12 months of illness: Study (The Tribune: 202101202)

<https://www.tribuneindia.com/news/health/severe-covid-survivors-may-have-increased-death-risk-within-12-months-of-illness-study-345115>

Severe Covid-19 patients aged under 65 demonstrated a 233 per cent increased chance of dying

Severe Covid survivors may have increased death risk within 12 months of illness: Study

Photo for representation.

Patients who survive severe Covid-19 may have more than twice the risk of dying over the following year, compared with those who experience mild or moderate disease or remain uninfected, according to a study published on Wednesday.

The researchers found that the increased risk of dying was greater for patients who are under 65, and only 20 per cent of the severe Covid-19 patients who died did so because of typical Covid-19 complications, such as clotting disorders or respiratory failure.

The research, published in the journal *Frontiers in Medicine*, suggests that severe Covid-19 may significantly damage long-term health and highlights the importance of preventing severe disease through vaccination.

“We conducted a previous study which showed that patients with severe Covid-19 who recovered were at significantly greater risk of being hospitalised in the subsequent six months,” said Professor Arch Mainous of the University of Florida, US, lead author on the study.

“This new study extended that to investigate mortality risk over the next 12 months,” Mainous said.

The researchers tracked electronic health records of 13,638 patients who underwent a PCR test for Covid-19, with 178 patients experiencing severe Covid-19, 246 mild or moderate disease and the rest testing negative.

All patients included in the study recovered from the disease, and the researchers tracked their outcomes over the next 12 months.

The study found that patients who had recovered from severe Covid-19 had a significantly greater chance of dying over the next year, compared with those who were uninfected or experienced mild or moderate disease.

Some surprising trends emerged from the data, with severe Covid-19 patients aged under 65 demonstrating a 233 per cent increased chance of dying, compared with the uninfected, the researchers said.

This was larger than the increased chance of dying experienced by severe Covid-19 patients aged over 65, compared with the uninfected, they said.

The researchers noted that as these deaths frequently occurred long after the initial infection had passed, they may never have been linked to Covid-19 by the patients’ families or doctors.

Most of the deaths that occurred in severe Covid-19 survivors were not linked with common complications from the disease, such as respiratory or cardiovascular issues, according to the researchers.

In fact, 80 per cent of such deaths occurred for a wide variety of reasons that are not typically associated with Covid-19, they said.

This, the researchers said, suggests that the patients had experienced an overall decline in their health that left them vulnerable to various ailments.

Mild or moderate Covid-19 patients did not have a significantly increased mortality risk compared with the uninfected, highlighting the importance of reducing the chances of severe disease through vaccination, they explained.

“Since we now know that there is a substantial risk of dying from what would likely be considered to be an unrecognised complication of Covid-19, we need to be even more vigilant in decreasing severe episodes of Covid-19,” said Mainous.

“Taking your chances and hoping for successful treatment in the hospital doesn’t convey the full picture of the impact of Covid-19. Our recommendation at this point is to use preventive measures, such as vaccination, to prevent severe episodes of Covid-19,” he added. —PTI

India’s active cases drop below

India’s active cases drop below 100k after 18 mths (Hindustan Times: 202101202)

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

By Jamie Mullick After a gap of nearly 18 months, the number of active cases of Covid-19 across India has dropped to fewer than 100,000 – a remarkable and encouraging statistic for a country the size of India. With 99,023 active infections across India as of Wednesday morning, the case burden on the country is at the lowest since June 2, 2020 – a time when the first wave of the pandemic was just beginning. Active cases – those Covid-19 patients still carrying the virus, and thus under treatment at the time – is a crucial metric representing any region’s battle against the coronavirus disease because it directly reflects the pressure on the health care system. A look at how India’s prolonged fight to contain Covid-19 is reflected in this number.

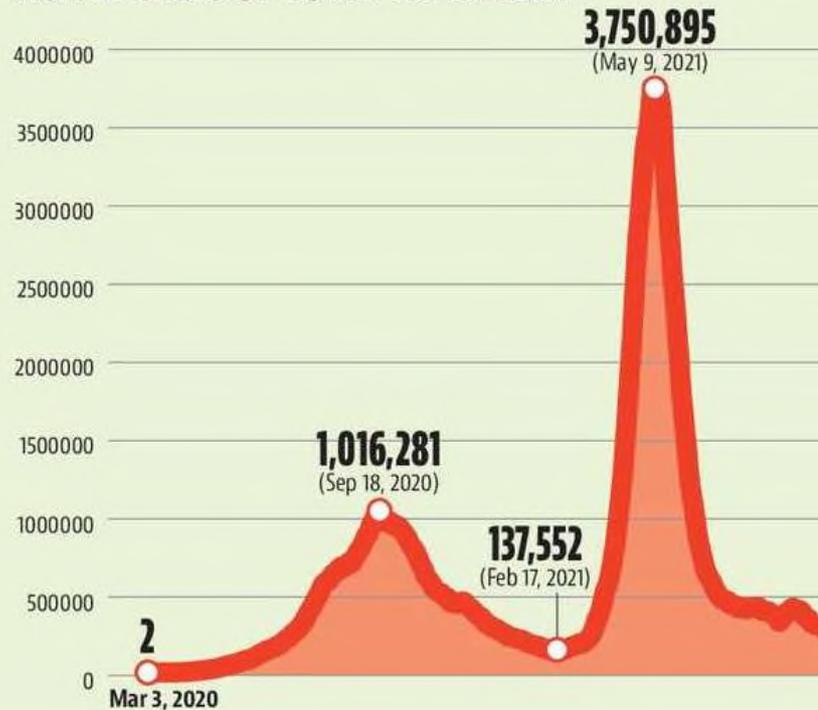
1 A steady recovery from the brutal second wave

Currently, there are 99,023 active Covid-19 cases in India. As stated above, the last time there were fewer active cases in the country was 547 days ago, when there were 94,656 such cases. But, at that time, the country's first wave was only kicking off. This time, however, cases are declining and most importantly, are doing so at a steady pace since the peak of India's brutal second wave of infections. Even in the trough between the first and second waves, the number of active cases in India dropped only to 137,552.

The volume of active cases during India's second wave of infections (and the first, for that matter) also provides context to how much things have improved. At its worst, there were more than 3.75 million active cases in the country on May 9. Most importantly, active infections have been declining nearly steadily since the May 9 peak – a period that now spans nearly seven months.

During the first wave, active cases soared to a peak of 1.02 million, according to HT's Covid-19 dashboard. This means that the current active caseload, and by extension the burden on the country's hospitals and nursing homes, is under a tenth of what the country saw during the peak for the first wave and only 3% of what it witnessed during the second wave.

ACTIVE CASES OF COVID-19 IN INDIA



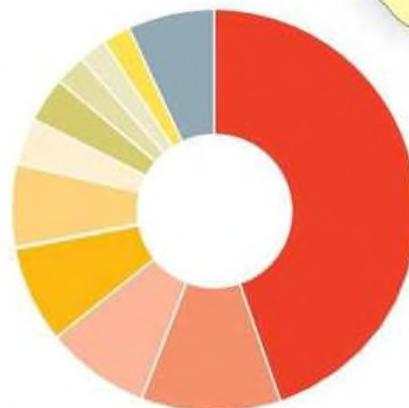
2 Where India's active caseload is currently located

ACTIVE CASES ON NOVEMBER 30

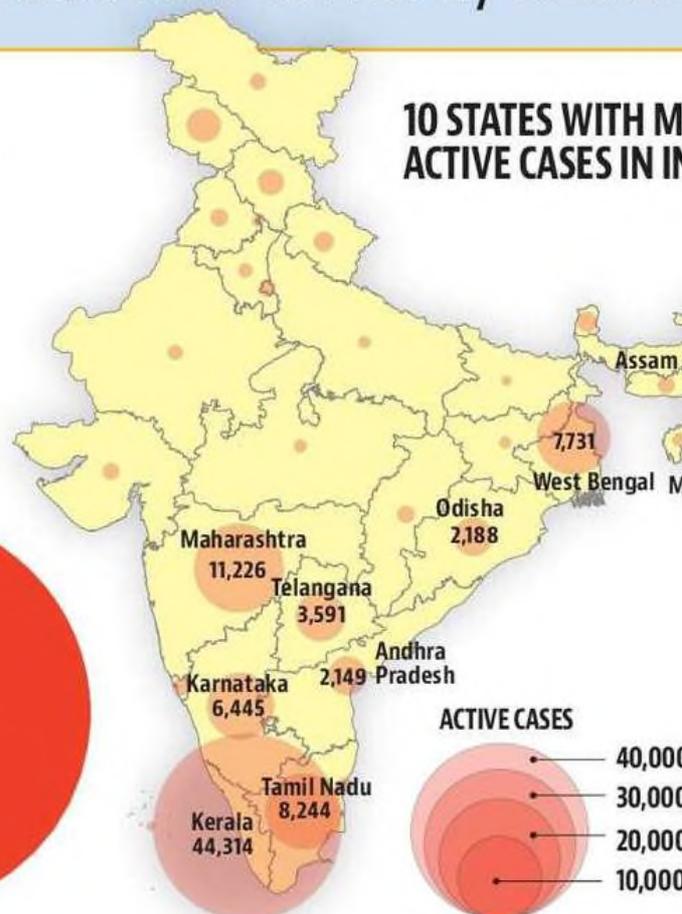
Kerala, a state that has been one of the key regions that have seen a prolonged spell of the outbreak despite declining trends across the country since the second wave, continues to dominate national statistics. With 44,314 active infections, the southern state alone is responsible for 45% of the country's active caseload. With 11,226 active cases as of Wednesday morning, Maharashtra – India's worst-hit state – is currently home to 11% of such cases.

Tamil Nadu, with 8,244 active cases, constitutes 8% of the national caseload, West Bengal (7,731 active cases) has 8% of the national tally, and Karnataka (6,445) has 7% – wrapping up the list of the country's top five biggest states by active cases. Interestingly, Mizoram finds itself on the sixth spot in the country with 3,751 active cases (4% of the national caseload).

Kerala	44,314
Maharashtra	11,226
Tamil Nadu	8,244
West Bengal	7,731
Karnataka	6,445
Mizoram	3,751
Telangana	3,591
Assam	2,625
Odisha	2,188
Andhra Pradesh	2,149
Rest of India	6,759



10 STATES WITH MOST ACTIVE CASES IN INDIA



Disclaimer: The contents of this website is the copyright of HT Digital Streams Limited and any downloadable version thereof, including but not limited to electronic or digital version of newspaper (e-paper) in any format, is intended for personal consumption only. Dissemination, distribution, circulation and/ or publication of any content or e-paper (pdf or otherwise) through any mode and/or on any social media platform without prior authorization/ permission/ license, is stri

Omicron Situation

Resumption of regular int'l flights put on hold (Hindustan Times: 202101202)

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



'Omicron situation being watched'
DGCA on Wednesday postponed the full resumption of commercial international passenger flight services that was planned to start from December 15

KEEP SAFE DISTANCE

KEEP SAFE DISTANCE

KEEP SAFE DISTANCE

"In view of the global scenario with the emergence of the new variant of concern, the situation is being watched closely in consultation with all stakeholders and an appropriate decision indicating the effective date of resumption of scheduled commercial international passenger services shall be notified in due course."
— DGCA's circular

THE VARIANT THREAT
210 infections of Omicron across the world so far **21** countries have seen cases of the variant

BUT LESS SEVERE? As per an analysis of case of numbers in Guateng – where most Omicron cases have been found in South Africa – while cases have risen far faster than past waves, hospitalisations did not, suggesting it may only be as virulent as other variants or even less severe

The Directorate General of Civil Aviation (DGCA) on Wednesday postponed the full resumption of commercial international passenger flight services that was planned to start from December 15, citing the threat from the Omicron variant of concern (VOC) of the coronavirus.

Several countries have imposed travel bans on people who have visited countries with confirmed cases of the VOC, with some even shutting their borders to all foreign arrivals. India has instituted a mandatory test-on-arrival and seven-day home quarantine for people coming in from 12 regions, including all of Europe.

“In view of the emerging situation, we are postponing the resumption of international flight operations. We will, however, continue flights under the air bubble agreement,” said DGCA director general Arun Kumar told HT.

Prime Minister Narendra Modi first suggested the government reconsider the December 15 reopening when he held a meeting to review the threat from Omicron on Saturday.

India has air bubble agreements with 28 countries including some that are part of the 12, including the UK, Netherlands, France and Germany.

Earlier on Wednesday, DGCA issued a circular and said it was monitoring the situation related to Omicron and would notify the date of full resumption of commercial international passenger services accordingly.

“In view of the global scenario with the emergence of the new variant of concern, the situation is being watched closely in consultation with all stakeholders and an appropriate decision indicating the effective date of resumption of scheduled commercial international passenger services shall be notified in due course,” DGCA said in the circular.

The World Health Organisation on Friday classified Omicron as a VOC after initial analysis showed it to carry an unusually large number of mutations, which could make it more resistant, more virulent (leading to severe disease), and perhaps more transmissible. Scientists in several parts of the world are carrying out tests and monitoring epidemic trends, especially in South Africa where most of the cases have been found, to establish if this is indeed the case.

The VOC designation came on the day India said it will allow the full schedule of regular international flights to resume with all countries considered “not at risk” from December 15.

The guidelines were on Monday revised and mandated all international travellers arriving in India to declare a 14 days’ travel history and upload their negative RT-PCR test reports. Airlines have been asked to ensure that passengers have negative test reports before boarding flights.

Travellers coming from countries “at-risk” will have to mandatorily undergo RT-PCR testing on arrival. If tested negative, they will have to undergo home quarantine for seven days and get re-tested. If tested positive in the initial test or on repeat testing, the passengers will be sent to isolation facilities while their samples will be sent for genomic sequencing.

A random 2% of the travellers coming from countries other than those classified as “at-risk” will undergo RT-PCR testing at the airports on arrival. If they are found to have Covid-19, their samples will be sent for genome testing for the Omicron variant and treatment shall be conducted as per protocols. If tested negative, the traveller will be asked to monitor health for at least the next 14 days.

Travel industry experts said they expected the step to be taken and will wait for more clarity.

Prashant Pitti, co-founder, EaseMyTrip said, “We understand the importance of taking precautionary actions and minimizing the risk of the spread to ensure the safety of everyone. We are hopeful to see normalcy in international travel as soon as the situation is safer.”

Indiver Rastogi, president and country head, global business travel, Thomas Cook India & SOTC said: “While as a precautionary measure, the announcement to hold back restart of scheduled international flights planned for December 15th, is not unexpected, we look forward to a review once more data/clarity on the new variant is received from health experts/authorities.”

Rastogi added, “Despite the current capacity constraints and resultant high airfares, consumer demand for travel has not abated and both our air and hospitality partners are witnessing significant high occupancy/loads this winter season.”

Scientists have said that a lot remains to be determined about the VOC. “We don’t know many things about this variant yet. How much more transmissible is it? How virulent is it? How well will vaccines protect against it?” said professor Akiko Iwasaki, professor of immunobiology at Yale University, during the session on Covid-19 at Hindustan Times Leadership Summit on Tuesday.

“But what we do know is it has a lot of mutations. Therefore any pre-existing immunity from vaccines or a past infection may be less effective in preventing and disease,” she added.

According to an analysis of case and hospitalisation numbers in Guateng province -- the region where most cases of Omicron have been found in South Africa -- by the Financial Times, while infections have risen far faster than past waves, the rate of hospitalisations was in step with past surges, suggesting it may only be as virulent as the other variants or even less severe.

However, the findings are preliminary and could be skewed by infections being in younger people this time.

Healing properties

Know the many healing properties of papaya, from the pulp to leaves (The Indian Express: 202101202)

<https://indianexpress.com/article/lifestyle/health/papaya-help-dengue-fever-ayurvedic-dr-dixa-bhavsar-7647836/>

"Our humble fruit papaya is not just sweet to the tongue but is one of the healthiest fruits and helps in curing many diseases, said Dr Dixa Bhavsar

Do you consume papayas regularly? (Source: Pexels)

Most fruits come packed with nutritional as well as medicinal benefits. One such extremely healthy fruit that also helps fight many diseases is the humble papaya.

“Not only the pulp but its leaves contain many healing properties. Its leaves are best for increasing the platelet count and are also enriched with anti-malarial properties, making it the best home remedy to fight against dengue fever and other illnesses” said Ayurveda specialist Dr Dixa Bhavsar.

The expert went on to suggest a some ways in which papaya fruit and leaves can be consumed to fight the symptoms of dengue and to help increase the platelet count in the body. Take a look here:

She said that the juice or pulp made from papaya plant is quite effective not only in fighting the symptoms of dengue fever but also in curing it.

Some other ways to use papaya leaves for improving platelets include:

*Partly dry a handful of medium-sized papaya leaves after thoroughly washing them. Cut them into small pieces and then place the leaves in a saucepan with 2 litres of water. Bring the water and leaves to boil and then simmer until reduced to half. Be careful to not cover the saucepan until the water is reduced by half. Once done, “strain the liquid and store the extract in glass containers” said Dr Bhavsar.

ALSO READ |These seasonal fruits will keep you healthy during the monsoon

*Along with eating ripe papaya daily, you can drink a glass of papaya juice by adding a little lemon juice to it, to elevate the flavour and add a dash of Vitamin C to the beverage. Dr Bhavsar suggested to drink this juice for at least 2-3 times a day and assured that it “can cure dengue fever faster.”

*Take some papaya leaves and crush them. Once you get the juice from the extract, drink 2 tablespoons of the bitter juice twice a day for best results.

📣 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.

A heart-healthy way to eat

A heart-healthy way to eat (The Indian Express: 202101202)

<https://indianexpress.com/article/lifestyle/health/a-heart-healthy-way-to-eat-7648629/>

There are no “good” foods and “bad” foods. Rather, it's your overall dietary pattern that matters most when it comes to healthful eating.

healthy eating, balanced diet, sustainable eating Aim for an overall healthful dietary pattern, the American Heart Association advises, rather than focusing on "good" or "bad" foods. (Rachel Levit Ruiz/The New York Times)

There are no "good" foods and "bad" foods. Rather, it's your overall dietary pattern that matters most when it comes to healthful eating.

That's the main message from the American Heart Association in its latest nutrition guidelines to improve the hearts and health of Americans of all ages and life circumstances.

The experts who wrote the guidelines recognize that people don't eat nutrients or individual ingredients. They eat foods, and most people want to enjoy the foods they eat while staying within their budgets and, the association hopes, without injuring their bodies.

This doesn't mean you need to totally avoid Big Macs, Cokes and french fries, but it does mean you should not regularly indulge in such fare if you want to stay healthy.

ALSO READ | Indians prioritise eating healthy in 2021 but won't compromise on taste

Dr. Robert H. Eckel, a former president of the American Heart Association, and an endocrinologist and lipid specialist at the University of Colorado Denver, told me he "occasionally" indulges in foods outside a wholesome dietary pattern. The operative word here, though, is "occasionally."

Dr. Neil J. Stone, a preventive cardiologist at the Feinberg School of Medicine at Northwestern University, who praised the thoughtfulness and expertise of the guidelines committee, said in an interview, "There's no such thing as one diet that fits all, but there are principles to form the basis of diets that fit everyone."

He added: "The goal is to make good nutrition possible for all. The healthier we can keep everybody in this country, the lower our health costs will be."

In the 15 years since the heart association last issued dietary guidelines to reduce the risk of cardiovascular disease, almost nothing has changed for the better. The typical American diet has remained highly processed. Americans consume too much added sugars, artery-clogging fats, refined starches, red meat and salt and don't eat enough nutrient-rich vegetables, fruits, nuts, beans and whole grains that can help prevent heart disease, diabetes and cancer.

But rather than become discouraged, the association decided to try a different approach. For too long, nutrition advice has been overly focused on individual nutrients and ingredients, Alice H. Lichtenstein, the guidelines' chief author, told me, and it hasn't been focused enough on overall dietary patterns that can best fit people's lives and budgets.

So instead of a laundry list of “thou shalt not eat,” Lichtenstein said, the association’s committee on nutrition and cardiovascular disease chose to promote heart-healthy dietary patterns that could suit a wide range of tastes and eating habits. In avoiding “no nos” and dietary revolutions, the new guidelines can foster gradual evolutionary changes meant to last a lifetime.

The committee recognized that for people to adopt and stick to a wholesome dietary pattern, it should accommodate personal likes and dislikes, ethnic and cultural practices, and life circumstances, and it should consider whether most meals are consumed at home or on the go.

For example, rather than urging people to skip pasta because it’s a refined carbohydrate, a more effective message might be to tell people to eat it the traditional Italian way, as a small first-course portion. Or, if pasta is your main course, choose a product made from an unrefined carbohydrate like whole wheat, brown rice or lentils.

“We’re talking about lifelong changes that incorporate personal preferences, culinary traditions and what’s available where people shop and eat,” said Lichtenstein, a professor of nutrition science and policy at the Friedman School at Tufts University. “The advice is evidence-based and applies to everything people eat regardless of where the food is procured, prepared and consumed.”

The guidelines’ first principle is to adjust one’s “energy intake and expenditure” to “achieve and maintain a healthy body weight,” a recommendation that may be easier to follow with the next two principles: Eat plenty of fruits and vegetables, and choose foods made mostly with whole grains rather than refined grains. If cost or availability is an issue, as is the case in many of the country’s food deserts where fresh produce is scarce, Lichtenstein suggested keeping bags of frozen fruits and vegetables on hand to reduce waste, add convenience and save money.

Some wholesome protein choices that the committee recommended included fish and seafood (although not breaded and fried), legumes and nuts, and low-fat or fat-free dairy products. If meat is desired, choose lean cuts and refrain from processed meats like sausages, hot dogs and deli meats that are high in salt and saturated fat.

ALSO READ | Are your meals well-balanced? Here’s what you need to know

The committee’s advice on protein foods, published during the climate talks in Glasgow, Scotland, was well-timed. Choosing plant-based proteins over animal sources of protein not only has health value for consumers but can also help to foster a healthier planet.

Experts have long known that animal products like beef, lamb, pork and veal have a disproportionately negative effect on the environment. Raising animals requires more water and land and generates more greenhouse gases than growing protein-rich plants does.

“This is a win-win for individuals and our environment,” Lichtenstein said. However, she cautioned, if a plant-based diet is overloaded with refined carbohydrates and sugars, it will raise the risk of Type 2 diabetes and heart disease. And she discouraged relying on popular

plant-based meat alternatives that are ultra-processed and often high in sodium, unhealthy fats and calories, and that “may not be ecologically sound to produce.”

To protect both the environment and human health, the committee advised shifting one’s diet away from tropical oils — coconut, palm and palm kernel — as well as animal fats (butter and lard) and partially hydrogenated fats (read the nutrition label). Instead, use liquid plant oils like corn, soybean, safflower, sunflower, canola, nut and olive. They have been shown to lower the risk of cardiovascular disease by about 30%, an effect comparable to taking a statin drug.

All told, the dietary patterns that the committee outlined can go far beyond reducing the risk of cardiovascular diseases like heart attacks and strokes. They can also protect against Type 2 diabetes and a decline of kidney function, and perhaps even help foster better cognitive abilities and a slower rate of age-related cognitive decline.

Nutritionist shares ‘5 ultimate energy drinks’

Nutritionist shares ‘5 ultimate energy drinks’; check them out here (The Indian Express: 202101202)

<https://indianexpress.com/article/lifestyle/health/energy-refreshing-natural-drinks-blood-sugar-control-benefits-7539247/>

"There are plenty of natural energy drinks that can ramp up your energy levels without spiking your blood sugar," said nutritionist Lovneet Batra

energy drinks, natural energy drinks, what beverages to have during the day, indianexpress.com, indianexpress, natural energy drinks, Indian refreshing drinks, blood sugar control drinks,

What kind of energy drinks do you have? (Source: Pixabay)

Instead of reaching out for cold drinks to quench your thirst, why not try natural drinks that are not only delicious but also help one feel energetic and rejuvenated.

Also, unlike the artificially flavoured and processed drinks, natural drinks don’t spike your blood sugar levels, said nutritionist Lovneet Batra.

As such, she took to Instagram to share five natural energy-boosting drinks.

“The good news is that there are plenty of natural energy drinks that can ramp up your energy levels without spiking your blood sugar,” said Batra.

Coconut water

Coconut water may be 95 per cent water, but it's still a great source of energising minerals. Coconut water is a much healthier alternative and contains more than 10 times the potassium, and it's a naturally sweet and refreshing drink.

Kombucha

Kombucha is a fermented tea that has a long list of health properties: B vitamins, glucuronic acid (a detoxifier), and loads of antioxidant-rich polyphenols. But what kombucha is best known for is its probiotic bacteria and acetic acid, which have been shown to boost energy levels.

Jaljeera

Jaljeera is a refreshing drink and rejuvenates you with an instant bout of energy. This much-loved Indian beverage helps with digestion, as it soothes the stomach with its amazing ingredients that are known to treat pain caused due to abdominal cramps.

ALSO READ | Caffeine: Here is why you should and shouldn't consume it on a daily basis

Sugarcane juice

Sugarcane juice has protein, iron, potassium, and other essential nutrients that make it the ideal energy drink. It builds body fluids and helps with dryness, dehydration, and fatigue.

Sattu

Sattu, called the 'poor man's protein, is rich in iron, manganese, and magnesium, and low on sodium. Sattu provides instant energy and also works as a cooling agent that further keeps the internal organs at ease.

"You don't have to consume artificial energy drinks to get the energy boost you need. Try out these five natural energy drinks that are packed full of micronutrients to keep you healthy, active, and energised," mentioned Batra.

Ideal rate of C-section deliveries is between 5% and 15%

One in two women in private hospitals undergo C-section, shows NFHS data (The Hindu:202101202)

Jagriti ChandraSumant SenNEW DELHI, NOVEMBER 27, 2021 10:13 IST

<https://www.thehindu.com/news/national/one-in-two-women-undergoes-c-section-in-private-hospitals-shows-nfhs-data/article37715642.ece>

According to WHO, the ideal rate of C-section deliveries is between 5% and 15%

One in two women who go to a private hospital undergoes a Caesarean section (C-section), according to the latest National Family Health Survey (NFHS) data.

The increasing trend in private medical facilities, which have seen a rise in such operations from 40.9% to 47.4%, has led to a jump in pan-India numbers — from 17.2% in 2014-2015 to 21.5% in 2019-2020, according to NFHS-5. This means

Chronic fatigue, covid fatigue,

Covid long-haulers may experience abnormal breathing, chronic fatigue: Study (The Indian Express: 202101202)

<https://indianexpress.com/article/lifestyle/health/covid-long-haulers-may-experience-abnormal-breathing-chronic-fatigue-study-7649032/>

Chronic fatigue syndrome is a medical condition that can often occur after a viral infection and cause fever, aching, and prolonged tiredness and depression.

chronic fatigue, covid fatigue, long covidThe researchers noted that many COVID-19 patients, some who were never hospitalised, have reported persistent symptoms after they recover from their initial COVID-19 diagnosis. (Photo: Getty Images/Thinkstock)

Many long-haul COVID-19 patients have chronic fatigue syndrome and other breathing issues months after their initial diagnosis, according to a study.

Chronic fatigue syndrome is a medical condition that can often occur after a viral infection and cause fever, aching, and prolonged tiredness and depression.

The study, published in the journal *JACC: Heart Failure*, is the first of its kind to identify a correlation between long-haul COVID-19 and chronic fatigue syndrome

joint pain, joint pain covid, covid symptoms Severe fatigue, cognitive difficulty, unrefreshing sleep and muscle aches and pains have all been considered major symptoms for PASC patients. (Photo: Getty Images/Thinkstock)

The researchers noted that many COVID-19 patients, some who were never hospitalised, have reported persistent symptoms after they recover from their initial COVID-19 diagnosis.

These patients have Post-Acute Sequelae of SARS-CoV-2 infection (PASC) but are more commonly referred to as “long-haulers,” the researchers said.

Severe fatigue, cognitive difficulty, unrefreshing sleep and muscle aches and pains have all been considered major symptoms for PASC patients, which is similar to what researchers saw after the 2005 SARS-CoV-1 epidemic, they said.

In that epidemic 27 per cent of patients fulfilled criteria for myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) after four years.

In the latest study, researchers looked at 41 patients — 23 women and 18 men — with an age range of 23 to 69 years.

Patients were referred to the prospective study from pulmonologists or cardiologists and all had normal pulmonary function tests, chest X-rays, chest CT scans and echocardiograms.

ALSO READ |Finland’s virtual museum to help people cope with Covid-19’s psychological impact

Patients had been previously diagnosed with acute COVID-19 infection for a range of three to 15 months before undergoing the cardiopulmonary exercise test (CPET) and continued to experience unexplained shortness of breath.

“Recovery from acute COVID infection can be associated with residual organ damage,” said Donna M. Mancini, professor at the Icahn School of Medicine at Mount Sinai, US and lead author of the study.

“Many of these patients reported shortness of breath, and the cardiopulmonary exercise test is often used to determine its underlying cause,” Mancini said.

The researchers noted that CPET results demonstrate several abnormalities including reduced exercise capacity, excessive ventilatory response and abnormal breathing patterns which would impact their normal daily life activities.

Before exercising, patients underwent interviews to assess for ME/CFS.

They were asked to estimate how much in the previous six months had fatigue reduced their activity at work, in their personal life or in school.

The patients were also asked how often they had experienced sore throat, tender lymph nodes, headache, muscle aches, joint stiffness, unrefreshing sleep, difficulty concentrating or worsening of symptoms after mild exertion.

chronic fatigue, covid fatigue, long covid Almost all the patients (88 per cent) exhibited abnormal breathing patterns referred to as dysfunctional breathing defined as rapid, shallow breathing, the researchers said.(Photo: Getty Images/Thinkstock)

ME/CFS was considered present if at least one of the first criteria were rated as being impacted substantially and at least four symptoms in the second criteria were rated as moderate or greater. The study found that almost half (46 per cent) of patients met the criteria for ME/CFS.

Patients while connected to an electrocardiogram, pulse oximeter and blood pressure cuff, were seated on a stationary bicycle and used a disposable mouthpiece for measurement of expired gases and other ventilatory parameters.

After a brief rest period, the patients began exercises which increased in difficulty by 25 watts every three minutes. Peak oxygen consumption (VO₂), carbon dioxide (CO₂) production and ventilatory rate, and volume were measured.

ALSO READ |Simple tips to combat post-Covid weakness and fatigue

Almost all the patients (88 per cent) exhibited abnormal breathing patterns referred to as dysfunctional breathing defined as rapid, shallow breathing, the researchers said.

Patients also had low CO₂ values at rest and with exercise, suggesting chronic hyperventilation, they said.

“These findings suggest that in a subgroup of long haulers, hyperventilation and/or dysfunctional breathing may underlie their symptoms. This is important as these abnormalities may be addressed with breathing exercises or ‘retraining,’” said Mancini.

The researchers acknowledged several limitations to their study. They noted that study was a small, single-centre observational research.

Also, a selection bias may have occurred as the researchers studied patients with predominantly unexplained dyspnea or shortness of breath.

Omicron Threat (The Asian Age: 202101202)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=16004927>

■ 4 foreign passengers test +ve, samples sent for genome sequencing

Omicron threat: Plan to resume intl flights from Dec. 15 on hold

SANJAY KAW
with agency inputs
NEW DELHI, DEC. 1

In view of the emergence of the highly mutated Covid-19 variant Omicron, the Central government announced on Wednesday that it has decided not to resume scheduled international flights from December 15. There is no indication yet when it will.

"In the view of the evolving global scenario with the emergence of new variants of concern, the situation is being watched closely in consultation with all stakeholders and an appropriate decision indicating the effective date of resumption of scheduled commercial international passenger services will be notified in due course," the civil aviation regulator said in a notification.

The decision comes just five days after the Directorate General of Civil Aviation (DGCA) made the announcement regarding resumption of scheduled commercial international passenger services, which have been suspended since March 23, 2020. At Delhi's Indra Gandhi International airport, four persons who arrived from the



Brihanmumbai Municipal Corporation employees work to prepare a jumbo Covid Care Centre with a capacity of 2,000 beds in preparation for possible third wave in Mumbai on Wednesday.

— PTI

Netherlands and the UK in the early hours of Wednesday tested positive for Covid-19. Their samples have been sent for genome sequencing to ascertain if they have the new variant, Omicron.

All four are Indian nationals and have been admitted to the LNJP Hospital where a dedicated ward has been set up for isolating and treating such patients. A senior airport official said the four flights originating from Amsterdam and London and carrying 1,013 passengers landed at the IGI Airport between 12 night and 6 am. "Of these

passengers, only four have tested positive for Covid," he added.

While there has been a significant drop in the number of Covid-19 cases, the government has imposed strict norms to prevent the entry of the new Covid-19 variant into the country.

With over 3.1 lakh fresh Covid-19 cases, the month of November saw the lowest number of people contracting the viral disease in the country since May last year. In the last 24 hours, 8,954 new coronavirus infections and 267 fresh fatalities were

■ Turn to Page 4

At Mumbai airport, -ve RT-PCR report must for domestic all passengers

Mumbai, Dec. 1: The Mumbai civic body on Wednesday said all domestic passengers landing at the city airport must carry a negative RT-PCR report not older than 72 hours.

In a circular, the Brihanmumbai Municipal Corporation (BMC) asked the Mumbai airport operator to communicate this new rule to all the domestic airlines.

"The Mumbai Airport operator to communicate to all domestic Airlines that they shall not board, ordinarily, any passenger for landing in Mumbai without RT-PCR test with negative result taken within 72 hours of departure," the directive stated.

In Maharashtra, six passengers from high-risk countries have tested positive for coronavirus so far, a health bulletin had said.

The civic body said passengers can be exempted from the RT-PCR report rule only in exceptional cases like family distress, and the testing may be allowed on arrival at the airport in Mumbai. — PTI

Covaxin jabs

More data on Covaxin jabs for children sought (The Hindu: 202101202)

<https://www.thehindu.com/news/national/more-data-on-covaxin-jabs-for-children-sought/article37787753.ece>

CDSCO awaits information on administration of Covaxin for 2-18 age group.

The Central Drugs Standard Control Organisation (CDSCO) is examining recommendations and has sought additional information on administration of Covaxin for children.

Previously, the interim phase II/III clinical trial data of Covaxin on healthy volunteers aged 2 to 18 submitted by Bharat Biotech was deliberated at a meeting of the Subject Expert Committee (SEC).

National Family Health Survey:

National Family Health Survey: An assessment on India's health and social development indicators (The Hindu: 202101202)

<https://www.thehindu.com/specials/national-family-health-survey-an-assessment-on-indias-health-and-social-development-indicators/article37696407.ece>

The recent National Family Health Survey confirms signs of a demographic shift in India. | Photo Credit: K. Pichumani

The National Family Health Survey is a periodic exercise conducted in a representative sample of households throughout India to gauge the health and social development indicators in the country. This year, over six lakh households across the country were surveyed for this exercise.

The complete results of the NFHS-5 were made public on November 24, 2021. The NFHS-4 was released in 2014-15 and the latest, which captured population health indicators in 2017-19, was delayed due to the pandemic.

In This Package

Doctors attending to a new born baby.

NATIONAL

One in two women undergoes C-section in private hospitals, shows NFHS data

JAGRITI CHANDRA

SUMANT SEN

According to WHO, the ideal rate of C-section deliveries is between 10% and 15%

A boy searching for coins from festival wastes dumped in the Ganges. File photo for representation.

NATIONAL

50% population of Bihar 'multidimensionally poor'

SPECIAL CORRESPONDENT

Kerala registers lowest population poverty levels.

LEAD

A close reading of the NFHS-5, the health of India

ASHWINI DESHPANDE

Given how little the country spends on health and education as a share of GDP, the improvements seem remarkable

TAMIL NADU

T.N. posits higher figure for sex ratio at birth

The recent National Family Health Survey confirms signs of a demographic shift in India.

NATIONAL

National Family Health Survey says women outnumber men

A health worker checks body temperature of a man during a door-to-door survey. File photo

TAMIL NADU

T.N. ahead in reproductive, child health

The complete results of the National Family Health Survey-5 were made public on November 24, 2021. File

NFHS-5 NATIONAL

More hospital births, but limited gains in childhood nutrition: National Family Health Survey-5

Around 17.7 lakh children are severely malnourished, the WCD ministry has said in response to an RTI query.

NATIONAL

Nearly 18 lakh children in India severely malnourished: Centre

Basic nutrition: A file photo of children having midday meal at a school in Vijayawada. K.V.S. Giri

DATA

Data | Where does India stand on the global hunger index?

Photo used for representational purpose only.

NFH SURVEY NATIONAL

Fertility rates of Hindus and Muslims converging: study

NCRB report

NCRB report: A status check on crimes in the country (The Hindu: 202101202)

<https://www.thehindu.com/specials/ncrb-data-a-status-check-on-crimes-in-the-country/article36489402.ece>

The Coronavirus pandemic and subsequent lockdown resulted in a drop in traditional crimes like theft, robbery, and assault on women and children in 2020, but there was a drastic jump in disobedience to government orders, primarily arising due to violations of COVID-19 norms, official data showed.

According to the latest report of the National Crime Records Bureau (NCRB) on 'Crime in India – 2020', a total of 66,01,285 cognisable crimes comprising 42,54,356 Indian Penal Code (IPC) crimes and 23,46,929 Special and Local Laws (SLL) crimes were registered in 2020.

India reported an average 80 murders daily in 2020, totalling 29,193 fatalities over the year, with Uttar Pradesh topping the chart among states. This was an increase of one per cent over

the total 28,915 murders in 2019, with a daily average of 79 killings during the year, the data showed.

Delhi accounted for nearly 40 per cent of all rape cases and almost 25 per cent murder cases among 19 metropolitan cities in India in 2020.

In This Package

TAMIL NADU

T.N. records a sharp increase in crimes against women, children

PON VASANTH B.A

Cases of juveniles in conflict with the law also rose sharply in 2020

Of 53 cases filed against civic bodies across India, Bengaluru accounted for 18.

BENGALURU

Most cases against civic bodies for causing deaths were filed in Bengaluru

SPECIAL CORRESPONDENT

In total, 21 cases were filed against civic agencies in Karnataka

Data on 'Crime in India' for 2020, released by the National Crime Records Bureau (NCRB), showed that of the 18,657 cybercrime cases registered across India, Bengaluru accounted for nearly 47% (8,892).

BENGALURU

Maximum cybercrime cases in India registered in Bengaluru

SPECIAL CORRESPONDENT

After Delhi, city has highest number of murder cases

A protest against the alleged rape and murder of a girl in Delhi.

DELHI

Crimes against women dip by 24%, cybercrimes see 55% rise: NCRB data

There was a marginal drop in these crimes when compared to 2019.

ANDHRA PRADESH

IPC, SLL cases go up in last two years in Andhra Pradesh, says NCRB report

Policemen at the crime scene where the triple murder took place in Vasant Kunj's Kishangarh area.

DATA

Serious offences dip in 2020, COVID violations pushes up crime rate

KERALA

Second highest chargesheeting rate in Kerala

Among States, the maximum cyber crime cases were reported in Uttar Pradesh followed by Karnataka, Maharashtra, Telangana and Assam, the NCRB data showed

NATIONAL

India reported 11.8% rise in cyber crime in 2020; 578 incidents of 'fake news on social media':
Data

Photo for representational purpose.

NATIONAL

NCRB report finds 28% jump in registration of cases in 2020

50% population of Bihar 'multidimensionally poor'

50% population of Bihar 'multidimensionally poor' (The Hindu: 202101202)

<https://www.thehindu.com/news/national/bihar-has-most-poor-people-in-india-niti-aayog/article37698673.ece>

Kerala registers lowest population poverty levels.

With over 50% of the population in the State identified as “multidimensionally poor”, Bihar has the maximum percentage of population living in poverty among all the States and the Union Territories, according to Government think-tank NITI Aayog’s Multidimensional Poverty Index (MPI).

As per the index, 51.91% of the population in Bihar is poor, followed by Jharkhand (42.16%), Uttar Pradesh (37.79%), Madhya Pradesh (36.65%) and Meghalaya (32.67%). On the other hand, Kerala registered lowest population poverty levels (0.71%), followed by Puducherry (1.72%), Lakshadweep (1.82%), Goa (3.76%) and Sikkim (3.82%).

NFHS-5, the health of India

A close reading of the NFHS-5, the health of India (The Hindu: 202101202)

<https://www.thehindu.com/opinion/lead/a-close-reading-of-the-nfhs-5-the-health-of-india/article37711746.ece>

Given how little the country spends on health and education as a share of GDP, the improvements seem remarkable

The national health and demographic report card is finally completely out. The results from the first phase (conducted between June 2019 and January 2020) of the fifth round of the National Family Health Survey (NFHS-5) were released in December 2020. We now have the key results from the second phase (conducted between January 2020 and April 2021).

How did India fare? It is a mixed verdict, containing both cheer and alarm in abundant measure. Before going into details, we should note that the results of

Omicron variant means for India

What the Omicron variant means for India(The Hindu: 202101202)

<https://www.thehindu.com/opinion/lead/what-the-omicron-variant-means-for-india/article37742482.ece>

It could pose a threat to progress made in the COVID-19 fight, but additional information is needed

The continued decline in COVID-19 cases following the intense second wave in India has led to hope that a return to normalcy might be near. Across the country, emboldened by the fact that the festival season did not lead to a steep rise in cases, restrictions have eased and public behaviour is largely returning to normal.

Omicron Virus

फैसला: 15 दिसंबर से शुरू होनी थी उड़ानें, केंद्र सरकार ने रोक लगाई ओमीक्रोन की आशंका से अंतरराष्ट्रीय उड़ानें अटकीं (Hindustan: 202101202)

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



दिल्ली हवाईअड्डे पर

बुधवार को तैयारियों का जायजा लेने पहुंचे अधिकारी।

खतरे वाले देश से नहीं आए तो जांच के बाद जा सकेंगे

नागर विमानन मंत्रालय ने बुधवार को साफ किया कि अगर यात्री जोखिम वाले देश से नहीं आ रहे तो हवाईअड्डे पर सिर्फ 2 यात्रियों की रैंडम कोविड जांच की जाएगी। ऐसे यात्री नमूना देने के बाद हवाईअड्डे से जा सकेंगे। ऐसे यात्री, जो कि जोखिम श्रेणी वाले देशों से कनेक्टिंग फ्लाइट के जरिए आएंगे और अगर उन्होंने वहां हवाईअड्डा नहीं छोड़ा होगा तो उन्हें जांच से छूट होगी।

दिल्ली में यूरोपीय देशों से आए छह संक्रमित मिले

दिल्ली हवाईअड्डे पर छह यात्री कोरोना संक्रमित पाए गए। इनमें ओमीक्रोन का संक्रमण है या नहीं, इसके लिए जांच की जा रही है। **ब्योरा**

चिंता क्यों

- अफ्रीका में ओमीक्रोन तेजी से फैल रहा है, दशत में 30 देशों ने वहां से आने वाली उड़ानें रद्द कर दी हैं
- जापान ने बुधवार को दिसंबर अंत तक उड़ानों पर रोक लगा दी, फ्रांस ने भी उड़ानों की संख्या घटा दी

कैसी तैयारी

● दिल्ली हवाईअड्डे पर जोखिम वाले देशों से बुधवार को चार उड़ानों से 1,013 यात्री आए। इन सबकी आरटीपीसीआर जांच की गई। उधर मुंबई में घरेलू यात्रियों को निगेटिव रिपोर्ट दिखाना अनिवार्य किया गया

नई दिल्ली | विशेष संवाददाता

अंतरराष्ट्रीय उड़ानें 15 दिसंबर से शुरू नहीं होंगी। कोरोना के नए स्वरूप ओमीक्रोन को लेकर बढ़ती चिंताओं को देखते हुए केंद्र सरकार ने अंतरराष्ट्रीय विमान सेवाएं शुरू करने के फैसले पर फिलहाल रोक लगा दी है। सरकार की ओर से दी गई जानकारी में कहा गया कि उड़ानें बहाल करने की नई तारीख बाद में घोषित की जाएगी।

बदलते हालात में फैसला : नागर विमानन महानिदेशालय ने बुधवार को कहा कि वैश्विक स्तर पर कोरोना वायरस के नए स्वरूप सामने आ रहे हैं। ऐसे में बदलते वैश्विक परिदृश्य को देखते हुए सभी हितधारकों के साथ सतत संपर्क के साथ स्थिति पर पैनी नजर रखी जा रही है। वाणिज्यिक उड़ानों को शुरू करने की तारीख के बारे में निर्णय उचित समय पर लिया जाएगा।

प्रधानमंत्री ने दिए थे निर्देश: नागर विमानन महानिदेशालय ने 26 नवंबर को कहा था कि अंतरराष्ट्रीय उड़ानें 15 दिसंबर से शुरू की जाएंगी। मगर ओमीक्रोन का खतरा सामने आने के बाद प्रधानमंत्री नरेंद्र मोदी ने 27 नवंबर को अफसरों को इस फैसले की समीक्षा करने को कहा था। इसके बाद रविवार को हुई गृहसचिव की बैठक में भी इस फैसले पर पुनर्विचार की बात कही गई।

आगे क्या: फिलहाल एयर बबल के तहत विमानों की आवाजाही हो रही है मगर यह सीमित संख्या में है। पिछले महीने की 24 तारीख तक भारत ने 31 देशों से उड़ानों के लिए औपचारिक द्विपक्षीय समझौता किया था। बता दें कि कोविड-19 महामारी की वजह से पिछले साल 20 मार्च से ही सामान्य अंतरराष्ट्रीय उड़ानें स्थगित हैं।

पांव पसारे

Vaccines

नेचर पत्रिका में रिपोर्ट प्रकाशित, दुनिया की तीन कंपनियां फाइजर, मॉडर्ना तथा एस्ट्रेजेनिका इस पर शुरू कर चुकी हैं कामकोरोना के हर स्वरूप के लिए टीका बनाने की तैयारी तेज(Hindustan: 202101202)

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



जरूरत
नेचर की
आए हैं, व
ये टीके स
दिखाएंगे
खतरनाक
वेरिएंट वें

जरूरत क्यों

नेचर की रिपोर्ट के अनुसार, अभी तक जितने भी टीके आए हैं, वे वुहान में शुरू में मिले स्वरूप पर केंद्रित हैं। ये टीके सभी स्वरूपों पर कुछ न कुछ प्रतिरोधकता दिखाएंगे। लेकिन डेल्टा, बीटा, ओमीक्रोन जैसे खतरनाक एवं संक्रामक स्वरूप से निपटने के लिए वेरिएंट केंद्रीय टीके बनाने होंगे।

संकट क्यों

फाइजर, मॉडर्ना, एस्ट्राजेनिका डेल्टा केंद्रित टीके तैयार कर रही हैं। येल यूनिवर्सिटी की इम्यूनोलॉजिस्ट प्रोफेसर अकिको इवासाकी के अनुसार, वेरिएंट केंद्रित टीके इस खतरे को न्यूनतम कर सकते हैं क्योंकि जो नए वेरिएंट आ रहे हैं, उनमें मौजूदा टीकों से बचने की क्षमता है। इसकी वजह उनके प्रोटीन में ज्यादा म्यूटेशन आना है।

ओमीक्रोन वेरिएंट के लिए भी यह जरूरी

इवासाकी के अनुसार, ज्यादा म्यूटेशन आने की वजह से वैज्ञानिकों को वेरिएंट केंद्रित टीकों पर ध्यान देना होगा। एम-आरएनए तकनीक से बने टीकों में यह बदलाव आसानी से और कम समय में किया जा सकता है। ओमीक्रोन से लड़ने के लिए भी नए टीके की जरूरत है।

सीरम ने बूस्टर डोज के लिए इजाजत मांगी

पुणे की सीरम इंस्टीट्यूट ने भारत में बूस्टर डोज के रूप में कोवीशील्ड टीके के लिए औषधि नियामक डीजीसीआई से अनुमति मांगी है। संस्थान ने कहा है कि संक्रमण के नए स्वरूप को देखते हुए बूस्टर खुराक की जरूरत है।