



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Monday 20220117

Cervical Cancer Awareness Month

Cervical Cancer Awareness Month: Four things every woman should know (The Indian Express:20220117)

HPV is the most common viral infection of the reproductive tract. Most sexually-active women contract the infection at some point in their lives with or without symptoms, says a doctor

<https://indianexpress.com/article/lifestyle/health/cervical-cancer-awareness-month-four-things-every-woman-should-know-health-sexual-health-reproductive-health-pap-smear-7719597/>

Cervical Cancer Awareness Month, about cervical cancer, what is cervical cancer, what causes cervical cancer, treatment for cervical cancer, prevention of cervical cancer, things to know about cervical cancer, indian express news All women between 21-65 years should get regular pap smears done every 3 years. (Getty Images/Thinkstock)

Cervical cancer is the fourth-most common cancer in women around the world, with India contributing to one-fourth of the cases. The country sees about 1,22,844 cases of cervical cancer every year and accounts for one-third of the global cancer deaths.

“These figures are alarming because unlike most other cancers, there are effective screening methods to detect women who are likely to develop cancer in the future, and detect it at an early stage. This apart, we have vaccinations against the Human Papillomavirus (HPV) that has been identified as the causative agent in more than 99 per cent of cervical cancers,” says Dr Geeth Monnappa, consultant obstetrician and gynaecologist, Fortis La Femme Hospital, Richmond Road, Bangalore.

According to the doctor, there are a few things every woman should know about cervical cancer; read on.

1. What causes cervical cancer?

HPV causes most of the cancers and it takes 15-20 years from contracting the infection to developing cancer. This gives a large window to identify women at high risk of developing cancer.

“Gardasil 9, now available in India, protects against seven high-risk strains causing cancer and two strains that cause genital warts, and confers better protection in comparison to older vaccines. If given to all girls prior to the onset of sexual activity, it can result in a drastic reduction of the number of cervical cancers,” Dr Monnappa says.

HPV is the most common viral infection of the reproductive tract. Most sexually-active women contract the infection at some point in their lives with or without symptoms.

There are more than 100 types of HPV, of which about 14 strains are the high-risk types responsible for cancer. Most infections in women clear without any intervention within 2 years. In a few, the high-risk strains of the virus persist in the body beyond 2 years, get integrated with the cells and progress to cervical cancer. Regular screening is the key for early detection.

ALSO READ |World Cancer Day: Oncologists share essential health tips to prevent cancer

2. Warning signs and symptoms

- Abnormal bleeding: Excessive bleeding during the menstrual cycle, bleeding in-between the periods or bleeding after intercourse needs immediate attention and evaluation.
- Postmenopausal bleeding: Bleeding after cessation of periods for a year needs a complete evaluation to rule out cancers of the uterus and cervix.
- Foul smelling discharge from vagina: Although this is often due to vaginal infection, vaginal discharge emitting a foul odour could be a symptom of cervical cancer.
- Severe lower-back strain: This often occurs in advanced stages of cervical cancer.

3. Importance of early detection

Pap Smear

What is it?

It looks for changes in the cells of the cervix that might become cancerous.

How is it done?

It's done as an outpatient procedure, where a metal or plastic instrument is inserted to widen the vagina and visualise the mouth of the uterus (cervix). A few cells are taken from the cervix for microscopic examination.

Is it painful?

One may feel a slight discomfort similar to that felt during a vaginal examination.

All women between 21-65 years should get regular pap smears done every 3 years. If a woman is screened with HPV DNA along with a pap smear after 25 years (preferred over pap test alone), the screening interval can be increased to 5 years.

When can one stop screening for cervical cancer?

After 65 years if the previous 3 reports have been normal, and after a hysterectomy (removal of the uterus) for a non-cancerous condition.

Should one continue to screen after taking the HPV vaccine?

Yes, since the vaccine is not 100 per cent effective against cervical cancer and doesn't cover all high-risk strains of the virus.

4. A cancer that can be prevented

HPV vaccine

Ideal age for vaccination: 9-14 years before the onset of sexual activity.

Dosage: 2 doses 6 months apart.

After 15-45 years: 3 doses recommended.

“Safe sexual practices, use of condoms, limiting the number of sexual partners can reduce the risk of developing an HPV infection and cancer,” the doctor explains.

1 Recite poetry, observe works of Indian masters or explore ceramic art in Delhi this week

2 Delhi: Over 90 inmates, 80 jail staffers have tested positive for Covid-19

3 'Cold day' conditions on IMD's forecast for Delhi

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Health benefits of soaking up the sun

Health benefits of soaking up the sun, and how much exposure is safe (The Indian Express:20220117)

<https://indianexpress.com/article/lifestyle/health/vitamin-d-health-benefits-of-sun-how-much-exposure-is-safe-7725849/>

While the right amount of sun exposure depends on skin type, age, health, diet, and where you live, a general 5-15 minutes is great if you want to reap multiple benefits.

sonali bendre Optimal exposure to sunlight has multiple health benefits. (Photo: Sonali Bendre/Instagram)

Humans are diurnal, which means exposure to natural light is crucial to our well-being. Mental and physical health gets supported by viewing light through the eyes which then gets transmitted to all parts of the body.

Sitting in the sun, or even exposure to natural sunlight on a daily basis, has more benefits than just helping boost vitamin D levels.

Recently, Sonali Bendre and Shilpa Shetty had shared pictures on their Instagram, wherein they were seen soaking up some winter sun.

While the right amount of sun exposure depends on skin type, age, health history, your diet, and of course, where you live, a general 5-15 minutes is great if you want to reap multiple benefits. Don't forget to load up on the sunscreen and wear sunglasses.

ALSO READ | Have you been applying sunscreen the proper way? Find out

Here are some benefits of it, beyond just spiking vitamin D levels in the body.

Better sleep

A 2014 study by the National Library of Medicine titled Optimal Schedules of Light Exposure for Rapidly Correcting Circadian Misalignment found the best way to adjust to a new time zone is by exposing yourself to the sunlight in the morning. It helps keep your circadian rhythm in harmony as natural light signals your body to wake up and sets your internal clock in motion. This, in turn, also helps you sleep at night as melatonin, triggered by darkness, is released.

Exposure to sunlight in the AM has also been associated with a lower body mass index, according to a 2014 study published in Plos One journal, titled 'Timing and Intensity of Light Correlate with Body Weight in Adults'. Mass index is a measure that takes weight and height into account. This was also attributed to better sleep cycles which is important in one's weight loss and management journey. One of the best ways to burn calories as well as get some sun is to take your workout outdoors in the morning, or going for a brisk walk.

Emotional well-being

Seasonal affective disorder (SAD) due to lack of sun during long, cold winters is one of the strongest examples of the fact that sunlight is an important factor that impacts our emotional well-being. The serotonin, a hormone associated with boosting mood, triggered by sunlight helps keep you focused, energised. This is one of the reasons phototherapy, or light therapy, is considered one of the major treatments for depression with seasonal pattern.

Eye health

Getting moderate amount of light during teen and young adult years has been proven to lessen the risks of near-sightedness, says a 2016 study published by Michigan State University titled *The Benefit of Daylight for Our Eyesight*.

NOW IN PREMIUM | *The 5:2 diet: A popular way of intermittent fasting to lose weight*

Protection against certain cancers

Although excessive exposure to sunlight without the protection of sunscreen can contribute to skin cancer, a moderate amount of sunlight has been proven to have preventative benefits. A 2008 study published in the *Clinical Journal of the American Society of Nephrology* titled *Vitamin D and Sunlight: Strategies for Cancer Prevention and Other Health Benefits* states that those living in regions with more sunlight through the day are less likely to have colon cancer, Hodgkin's lymphoma, ovarian cancer, pancreatic cancer and prostate cancer.

Skin issues

Doctors attribute three primary types of skin cancer — melanoma, basal cell carcinoma, and squamous cell carcinoma — with excessive sun exposure. But, according to WHO, skin exposure is recommended by doctors for the treatment of certain skin issues like psoriasis, eczema, jaundice, acne and vitiligo.

vitamin D,

Muscles starve in the absence of vitamin D, study of mice finds (The Hindu: 20220117)

<https://www.thehindu.com/sci-tech/science/muscles-starve-in-the-absence-of-vitamin-d-study-of-mice-finds/article38275243.ece>

The study examined the molecular nature of muscle dysfunction in mice, in the absence of vitamin D

Skeletal muscles normally brim with energy, yet they starve in the absence of Vitamin D, says recent research led by Aneeshkumar A. G. of National Institute of Immunology, New Delhi. This research demonstrates that glycogen stored in the skeletal muscles is not converted into a usable form of energy without Vitamin D.

Usually, the glucose absorbed from the food is converted into glycogen and stored in the skeletal muscle. This stored energy reserve is used by muscles to

Covaxin booster increases

Covaxin booster increases neutralising antibodies, study finds (The Hindu: 20220117)

<https://www.thehindu.com/sci-tech/science/covaxin-booster-increases-neutralising-antibodies-study-finds/article38275378.ece>

The control arm of the study had 93 participants and the intervention arm had 91 participants, but most of these people were under 55 years

A joint study by Bharat Biotech and ICMR has provided the first evidence of the immune response of a homologous booster six months after the second dose. The randomised control trial was carried out on 184 participants belonging to the phase-2 trial arm that received 6 microgram of the vaccine for both first and second dose.

The booster dose was found to be safe. The most frequent adverse events reported were mild and transient pain and itching at the injection site.

Zero-COVID” strategies

The efficiency of “Zero-COVID” strategies (The Hindu: 20220117)

<https://www.thehindu.com/sci-tech/health/the-efficiency-of-zero-covid-strategies/article38280970.ece>

Why is China’s method to contain Omicron under strain? How is the public reacting to the continued isolation and lockdowns?

The story so far: On January 15, China’s capital, Beijing, reported its first case of the Omicron variant, two weeks ahead of its hosting of the Winter Olympics. This followed cases in Tianjin as well as an outbreak of the Delta variant in December in Xian, which reported the most cases of any city in China since the pandemic began in Wuhan in early 2020. The recent cases have sparked a debate on whether China’s “Zero-COVID” strategy and stringent lockdowns are sustainable two years into the pandemic.

New Cases

India records 2.58 lakh new Covid cases, 385 more deaths (The Tribune:20220117)

<https://www.tribuneindia.com/news/nation/india-records-2-58-lakh-new-covid-cases-385-more-deaths-362008>

The number of active Covid cases has increased to 16,56,341, the highest in around 230 days

India saw a single-day rise of 2,58,089 new coronavirus infections taking the tally of cases to 3,73,80,253, which included 8,209 cases of the omicron variant detected so far, according to data updated by the Union Health Ministry on Monday.

A total of 8,209 cases of the omicron variant have been detected across 29 states and union territories, out of which 3,109 have recovered or migrated.

Maharashtra recorded the maximum 1,738 cases of the omicron variant, followed by West Bengal 1,672, Rajasthan 1,276, Delhi 549, Karnataka 548 and Kerala 536 cases.

According to experts, it is not possible to undertake genome sequencing of each and every sample but this current wave is largely being driven by omicron.

The number of active Covid cases has increased to 16,56,341, the highest in around 230 days, while the death toll has climbed to 4,86,451 with 385 daily fatalities, the data updated at 8 am stated.

The active cases account for 4.43 per cent of the total infections, while the national Covid recovery rate has decreased to 94.27 per cent, the ministry said.

An increase of 1,05,964 cases has been recorded in the active Covid caseload in a span of 24 hours.

The daily positivity rate was recorded at 19.65 per cent, while the weekly positivity rate was 14.41 per cent, according to the ministry.

The number of people who have recuperated from the disease surged to 3,52,37,461, while the case fatality rate was recorded at 1.3 per cent.

The cumulative doses administered in the country so far under the nationwide Covid vaccination drive has exceeded 157.2 crore.

The 385 new fatalities included 158 from Kerala and 36 from West Bengal.

A total of 4,86,451 deaths have been reported so far in the country, including 1,41,808 from Maharashtra, 50,832 from Kerala, 38,431 from Karnataka, 36,989 from Tamil Nadu, 25,363 from Delhi, 22,963 from Uttar Pradesh and 20,088 from West Bengal. PTI

Vaccination Drive

70% adults fully inoculated as India marks 1 year of Covid vaccination drive (The Tribune:20220117)

<https://www.tribuneindia.com/news/nation/70-adults-fully-inoculated-as-india-marks-1-year-of-vax-drive-361906>

93% given 1st dose, 156 cr shots administered | Cases at 8-mth high0

70% adults fully inoculated as India marks 1 year of Covid vaccination drive

India on Sunday marked the first anniversary of the Covid-19 vaccination drive, fully inoculating 70 per cent of its adult population and administering over 156 crore doses.

Himachal first state to inoculate all adults with first dose

Among 4 states/UTs to have achieved full vax target

Kinnaur first fully vaccinated district of the country

Omicron a deviant

Omicron is a 'deviant' from the Covid-19 progression. So, two pandemics (one by Delta, other by Omicron) are progressing together, says virologist T Jacob John

Prime Minister Narendra Modi saluted everyone associated with the drive, saying vaccination added great strength to the fight against Covid-19. "The vaccination drive led to saving lives and protecting livelihoods. At the same time, the role of our doctors, nurses and healthcare workers is exceptional. When we see glimpses of people being vaccinated in remote areas, or our healthcare workers taking the vaccines there, our hearts and minds are filled with pride," said the PM, assuring that India's approach to fighting the pandemic would always remain science-based

As India recorded 2,71,202 new Covid cases on Sunday marking an eight-month high and active cases (in need of home or hospital care) touched a 225-day peak of 15,50,377, the PM said the government was augmenting health infrastructure and urged everyone to keep following Covid protocols to overcome the pandemic.

VAX COVERAGE (%)

| State/UT | 1st dose | 2nd dose |
|-------------|----------|----------|
| Himachal | 107.9 | 100 |
| J&K | 104 | 101 |
| Chandigarh | 100 | 97.6 |
| Delhi | 100 | 78.5 |
| Haryana | 100 | 76.4 |
| Uttarakhand | 98.9 | 82.9 |
| Punjab | 78.3 | 46.2 |

Vaccination

Vaccination added great strength to fight against Covid: PM Modi (The Tribune:20220117)

<https://www.tribuneindia.com/news/nation/vaccination-added-great-strength-to-fight-against-covid-pm-modi-361768>

Salute everyone associated with the vaccination campaign, he says

Vaccination added great strength to fight against Covid: PM Modi

Lauding India's Covid-19 vaccination drive as it completes a year, Prime Minister Narendra Modi on Sunday said it has added great strength to the fight against the pandemic and has resulted in saving lives and protecting livelihoods.

When the pandemic first struck, not much was known about the virus. However, our scientists and innovators immersed themselves in developing vaccines, he noted.

India feels proud that our nation has been able to contribute to fighting the pandemic through vaccines, Modi tweeted.

"I salute each and every individual who is associated with the vaccination drive," he said, adding that the role of our doctors, nurses, and healthcare workers is exceptional.

"When we see glimpses of people being vaccinated in remote areas, or our healthcare workers taking the vaccines there, our hearts and minds are filled with pride," he said.

The prime minister asserted that India's approach to fighting the pandemic will always remain science-based.

Health infrastructure is also being augmented to ensure that fellow citizens get proper care, he said, asking people to keep following all Covid-19 related protocols.

The countrywide vaccination drive against Covid-19 on Sunday completed one year, during which over 156.76 crore vaccine doses were administered.

According to Health Ministry officials, over 92 per cent of the adult population have received at least one dose while over 68 per cent have been fully vaccinated.

The Centre will issue a postal stamp on Sunday afternoon to mark the completion of one year of the inoculation drive.

Omicron 'deviant'

Omicron 'deviant' from Covid pandemic progression script: Virologist (The Tribune:20220117)

<https://www.tribuneindia.com/news/nation/omicron-a-deviant-from-covid-pandemic-progression-script-virologist-361771>

We must think of two pandemics going on side by side—Delta and close relatives, and Omicron and its variants in the future, he says

Omicron 'deviant' from Covid pandemic progression script: Virologist

A health worker collects swab sample of a woman for Covid-19 test, amid concerns over rising Omicron cases in Gurugram on Saturday. PTI photo

Omicron is a “deviant” from the Covid-19 pandemic progression script and so it must be postulated that two pandemics are going on side by side, one by the Delta and close relatives and the other by the latest variant of concern, said noted virologist Dr T Jacob John.

Speaking to PTI on how the pandemic can now be expected to progress, he pointed out that Omicron is not “fathered, or mothered, by Wuhan-D614G, Alpha, Beta, Gamma, Delta, Kappa or Mu and that much is for sure”.

“So in my opinion, this is a variant of unknown proximal parentage but great, great grandparent was Wuhan-D614G... We shall see as the pandemic progresses,” John, a former director of the ICMR’s Centre of Advanced Research in Virology, said.

D614G refers to an amino acid mutation in this protein that has become increasingly common in SARS-CoV-2 viruses from around the world.

“Since Omicron is illegitimate or ‘deviant’ from Covid-19 pandemic progression script, we must think of two pandemics going on side by side—Delta and close relatives, and Omicron and its variants in the future.”

“Diseases caused by them are also different. One is Pneumonia-hypoxia-multiorgan damage disease but the other an upper/middle respiratory disease that pushes pre-existing chronic disease or old age beyond the wall,” he said.

Asked if the peak of the third wave has been reached since cases have started plateauing in some places, John said metro cities started first and will finish first.

“All put together, this is a national epidemic,” he said.

On whether the upcoming Covid-19 variants would be more infectious but less lethal, John said generally new pathogens get adapted to human hosts and in the process tend to become more infectious and less pathogenic, within limits.

“Time frame is long, not one or two years... Remember, Delta came late but was both faster-spreading and more pathogenic,” he said.

Omicron, the highly infectious variant of coronavirus, is driving the third wave of Covid-19 pandemic in India.

The country registered 2,71,202 new coronavirus infections, taking the tally of Covid-19 cases to 3,71,22,164, including 7,743 cases of the Omicron variant, according to the Union Health Ministry data on Sunday.

Omicron has changed Covid's symptoms

How Omicron has changed Covid's symptoms (The Tribune:20220117)

Loss of taste and smell is now much less likely to affect Covid-positive people, striking just a third of those it was previously

<https://www.tribuneindia.com/news/health/how-omicron-has-changed-covids-symptoms-361557>

Omicron, which is spreading like a wildfire across the globe, has changed the symptoms of Covid-19 as just 13 per cent of infected people now lose their smell or taste and sore throat is now 80 per cent more common.

According to an analysis by government scientists, Britons who catch the virus are now 80 per cent more likely to suffer a sore throat than they were three months ago when Delta was the dominant strain, reports the Daily Mail.

But the loss of taste and smell is now much less likely to affect Covid-positive people, striking just a third of those it was previously, the report said.

Other hallmarks of the virus such as a runny nose, fever and cough are still just as likely to be experienced by sufferers of the new variant.

The UK Health Security Agency (UKHSA) analysis was based on reports from 174,755 Omicron and 87,930 Delta confirmed cases.

King's College London scientists -- who also study Covid symptoms -- called on the Government to add sore throat to the official Covid warning lists list immediately.

They said they were also seeing fewer people experiencing loss of smell now than when Delta was the main variant.

For the analysis, participants were asked to mark down which symptoms they had experienced during a confirmed Covid infection.

UKHSA scientists then compared the answers of those with a confirmed Omicron or Delta infection to investigate whether the warning signs had changed.

Up to 90 per cent of participants experienced at least one symptom during their infection.

Positive swabs were analysed to confirm whether someone had Omicron or Delta, the report said.

They found 54 per cent of Omicron-infected people suffered a sore throat, but only 13 per cent said they had a loss of taste and smell.

For comparison, for those with Delta 34 per cent suffered either a sore throat or loss of taste and smell. IANS

Inculcation Drive

1 year on, 70% adults fully vaccinated: Govt (Hindustan Times:20220117)

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



: India's national Covid-19 immunisation programme on Sunday completed its first year, with 70% of the country's adult population having been administered two doses, and 93% covered with at least one shot of coronavirus vaccines.

Marking the occasion, Prime Minister Narendra Modi lauded the "exceptional" role of health care workers for a year of hard work.

In India, the first shot of a Covid-19 vaccine administered outside of a trial setting was on January 16, 2021. Since then, a total of around 1.565 billion doses has been administered across the country to nearly 908 million people, according to government data.

“Today we mark #1YearOfVaccineDrive. I salute each and every individual who is associated with the vaccination drive. Our vaccination programme has added great strength to the fight against Covid-19. It has led to saving lives and thus protecting livelihoods,” the Prime Minister tweeted on Sunday. “At the same time, the role of our doctors, nurses and healthcare workers is exceptional. When we see glimpses of people being vaccinated in remote areas, or our health care workers taking the vaccines there, our hearts and minds are filled with pride,” he added.

Union health minister Mansukh Mandaviya said that the manner in which the vaccination drive has commenced demonstrates the country’s willpower. “It is a result of joint effort of the entire country and PM Narendra Modi’s commitment that in times of the crisis, India not only developed and manufactured Covid vaccines, but also vaccinated a large chunk of its population within a year. The first year of the vaccination demonstrates India’s willpower,” he wrote in Hindi on Twitter.

India’s vaccination drive officially kicked off in January last year, with the initial recipients being millions of health care and frontline workers who were directly dealing with Covid-19 patients. Later, the drive was opened up for the general public in a phased manner – from March 1 for people aged 60 and above; from April 1, for everyone above the age of 45 years; for all adults from May 1; and for teenagers between the ages of 15 and 18 starting January 3, 2022.

Till Sunday evening, about 1.565 billion doses were administered across the country, as per government data, with 907.5 million of these shots being first doses, 655.8 being second doses, and another 4.3 million being precautionary, or booster, jabs.

In total, 873.6 million adults (93% of the country’s population above 18) have received at least one shot of the vaccine, with 655.8 million (69.8% of adults) being fully vaccinated. About 218 million (23.2%) people have received only one dose so far. Furthermore, another 33.9 million shots have been administered among the roughly 74 million children in the country between the ages of 15 and 18 years, covering 45.7% of the age group.

In the global context, India’s coverage of 65.2% of its entire population (not just adults) having been administered at least one shot places it ahead of the global average of 59.9%. However, India’s two-dose coverage of 46.9% of the population lags the global average of 50%, according to Our World In Data. While India’s coverage comfortably exceeds nations such as Pakistan (45% population given a shot), Russia and Bangladesh (51%), it lags several other nations such as Iran (71%), United States (75%), United Kingdom (76%) and Brazil (77%).

The drive was put in motion on January 3, 2021, when national drugs regulator, Drugs Controller General of India (DCGI), VG Somani, granted approval for restricted use in emergency situation to two vaccines: Covaxin and Covishield.

While Bharat Biotech, in collaboration with the Indian Council of Medical Research (ICMR), developed and manufactured Covaxin, the vaccine developed by Oxford University and AstraZeneca is being locally manufactured by the Serum Institute of India under the brand name Covishield. Together, these two account for more than 99.7% of all shots administered in the country, with the latter alone accounting for 86.3% of the overall figure.

Six more vaccines – Gamaleya’s Sputnik V, Moderna’s mRNA shot, Zydus Cadila’s ZyCoV-D, Johnson & Johnson’s Ad26.COV2.S, Novavax’s Covovax, and Biological E’s Corbevax – have also been granted emergency use authorisation. Among these, however, only Sputnik V

has been rolled out in a limited manner in a handful of private hospitals across the country, while the remaining five are yet to be made a part of the vaccination drive.

To be sure, the first year of the drive has not been without challenges.

One of the largest issues has been the patchy rate of vaccination. At times, it has soared to averaging more than 10 million doses a day, and at other times, it has dropped to under 1.4 million shots a day. By the end of September, when India was averaging 10 million shots a day, it looked like the country was set to hit its target of fully vaccinating everyone by the end of 2021. But then, by early October, this pace dropped to under 3 million (government officials attributed the festive season for the drop).

One of the reasons for this patchy pace (at least in the initial weeks) was supply. In the initial months of the drive being thrown open to all adults, several states complained to the Centre about the supplies of shots being handed to them.

Both these issues, however, appear to have been ironed out now. Average vaccination pace has been promising in recent weeks (around 7.4 million/day), while supply issues have been sorted to a large extent (as on Sunday, states have with them a surplus of 141 million doses, as per government data).

“The Union government is committed to accelerating the pace and expanding the scope of Covid-19 vaccination throughout the country... The vaccination drive has been ramped up through availability of more vaccines, advance visibility of vaccine availability to states and UTs for enabling better planning by them, and streamlining the vaccine supply chain,” the Union health ministry said.

Experts say vaccination is key in reducing the risk of deaths due to Covid-19 considerably.

“Vaccination is an important tool; as it has been established that vaccines significantly prevent the risk of getting severe form of the disease and death. Those who are yet to take the shot must take it as soon as possible,” said Dr GC Khilnani, former head, department of pulmonary medicine, All India Institute of Medical Sciences, Delhi.

Covid norms amid surge

Teams fan out to enforce Covid norms amid surge (Hindustan Times:20220117)

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

Action against Covid violations

ENFORCEMENT TEAMS

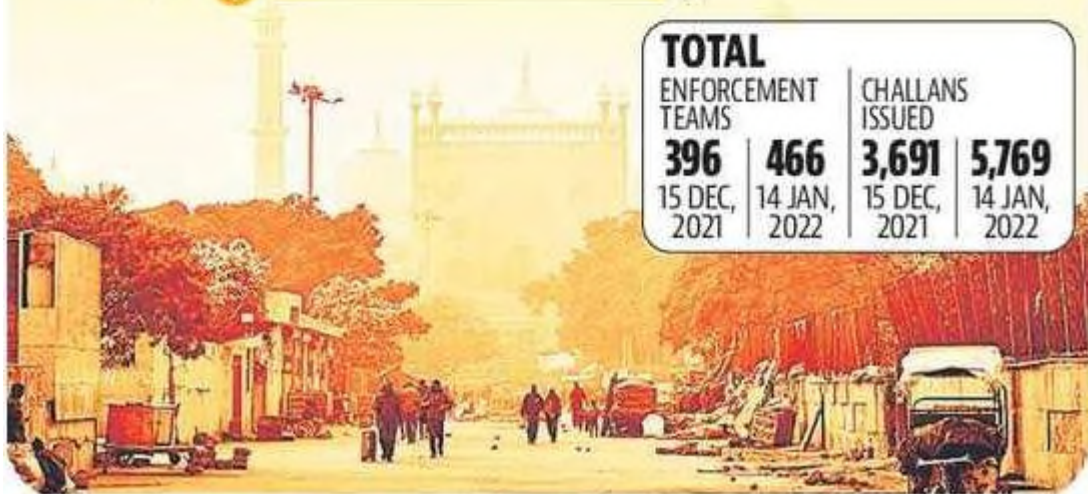
● DEC 15, 2021 ● JAN 14, 2022

CHALLANS ISSUED

■ DEC 15, 2021 ■ JAN 14, 2022



| TOTAL | | | |
|-------------------|--------------|-----------------|--------------|
| ENFORCEMENT TEAMS | | CHALLANS ISSUED | |
| 396 | 466 | 3,691 | 5,769 |
| 15 DEC, 2021 | 14 JAN, 2022 | 15 DEC, 2021 | 14 JAN, 2022 |



Positivity at 27.9%

Daily tally dips to 10-day low of 18k, positivity at 27.9%(Hindustan Times:20220117)

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



Most of those affected by Covid and admitted in the hospital are either unvaccinated or have comorbid conditions.

SATYENDAR JAIN,
Delhi health minister



The Covid-19 test positivity rate in Delhi fell for the first time in nearly four weeks on Sunday, as fresh infections in the city dipped for the third straight day, showed data released by the state government.

Delhi on Sunday added 18,286 cases of Covid-19, down from 20,718 the previous day, and the fewest in a day since January 7, when the city recorded 17,335 infections.

The data showed that 28 people also died of the infection.

The case spike on Sunday came on the back of just over 65,000 tests, of which 27.87% samples returned positive results. This number, known as the test positivity rate, dipped from 30.6% on Friday and Saturday, and, on a day-to-day basis, fell for the first time since December 23 last year. Since then, this number has either increased or remained the same every day.

To be sure, testing has also dipped in Delhi over the past few days, dipping from over 105,000 tests on January 12, to 98,832 tests the day after that, then 79,758 on Friday, 67,624 on Saturday, and finally 65,621 on Sunday. State health minister Satyendar Jain, however, said that everyone in the city who needs to get a test is being tested.

These numbers come even as hospitalisation numbers in the Capital remain a fraction of all infections, with over 82% of all beds free in the city's medical facilities.

According to the government's Sunday bulletin, just over 2,700 Covid-19 patients are hospitalised, leaving 12,788 of the city's 15,499 beds free.

Of those in hospital, 738 are in intensive care units and 835 others need medical oxygen support, of whom 123 are on ventilators.

Jain said most hospitalised Covid-19 patients are either unvaccinated, or have comorbidities.

"The trend indicates that the number of cases in Delhi is decreasing, but the government is still keeping a close eye on the Covid cases, and it will take some time to understand the trend. Most of those affected by Covid and admitted in the hospital are either unvaccinated or have comorbid conditions," said Jain in a media briefing.

The minister said Delhi government is prepared to operationalise a total of 37,000 Covid-19 beds. "We can double the number of beds overnight if necessary, but because the number of hospitalised patients is currently so low, the need to increase the number of beds doesn't look like arising," he said.

Covid Cases (The Asian Age:20220117)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16103963>

■ 3 times more Covid tests in city than recommended by ICMR: Jain

Delhi logs 18,286 Covid cases, 28 deaths, positivity 27.87%

AGE CORRESPONDENT
NEW DELHI, JAN. 16

Delhi on Sunday recorded 18,286 Covid-19 cases along with 27.87 per cent positivity rate.

There were 65,621 Covid-19 tests conducted and 28 deaths logged according to the Delhi state health bulletin. As per the data, 2,591 Covid-19 positive patients were hospitalised and 21,846 patients recovered or were discharged.

Delhi health minister Satyendar Jain sought to nix concerns over "fewer" Covid testing in the national capital, saying the diagnostic tests being conducted in the city is three times the number recommended by ICMR. All those who need to undergo testing are being tested, he said.

According to the Centre's new guidelines, asymptomatic patients do not need to undergo a test. Also, contacts of laboratory-confirmed Covid-19 patients do not require a test unless they have comorbidities or are aged above 60.

Jain said these new guidelines on testing have come after thoughtful consideration. Delhi conducted 67,624 tests on Friday and 79,578 on Thursday.

The city on Thursday reported 28,867 Covid-19 cases, the sharpest single-day spike since the



A healthworker administers a dose of Covid-19 vaccine to an elderly person in New Delhi on Sunday. The countrywide vaccination drive against Covid-19 on Sunday completed one year. — PTI

beginning of the pandemic, after the city conducted 98,832 tests on Wednesday.

"Hospital admissions have plateaued and Covid positivity rate will also come down. Restrictions by the Delhi government has impacted the spread of Covid-19. We will monitor the situation for three to four days before reviewing the curbs," he said.

▶ **ACCORDING TO** the Centre's new guidelines, asymptomatic patients do not need to undergo a test. Also, contacts of laboratory-confirmed Covid-19 patients do not require a test unless they have comorbidities or are aged above 60.

On Saturday, Jain had said that it seems the

national capital has reached its peak in Covid-19 infections and the government will think of easing restrictions when the daily cases decline to 15,000.

Delhi on Saturday reported 20,718 Covid-19 cases and 30 fatalities while the positivity rate stood at 30.64 per cent, according to health department data.

Vaccines

ऐतिहासिक अभियान का एक साल पूरा, दुनिया में सबसे तेज भारत ने लगाई
वैक्सीनउपलब्धि:70 लोगों को दोनों खुराक लगी(Hindustan:20220117)

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

खास बातें

11

से ज्यादा राज्यों
में 100% लोगों
को कम से कम
एक खुराक लगी

40

करोड़ से अधिक
टीके घर के पास
टीकाकरण केंद्र
बनाकर दिए गए



- 11 दिनों में 3.25 करोड़ से अधिक बच्चों को लगाई गई पहली खुराक
- हरियाणा में सभी को पहली खुराक दी जा चुकी है जबकि 70 फीसदी लोगों का पूर्ण टीकाकरण हो चुका है, सात लाख बच्चों को भी टीका लगा
- दिल्ली में सभी लोगों को पहली खुराक दी गई, 80 फीसदी वयस्क आबादी को दोनों खुराक लगीं

● यूपी में 30 जिलों में 95 फीसदी से ज्यादा लोगों को वैक्सीन की पहली डोज मिली। गौतमबुद्ध नगर सहित पांच जिलों की पूरी आबादी को पहली खुराक दी जा चुकी

मदद

100 देशों को दिए टीके

आईसीएमआर के महानिदेशक डॉ बलराम भार्गव ने कहा, यह दुनिया का सबसे बड़ा टीकाकरण अभियान है। हमने 'वसुधैव कुटुम्बकम्' के अपने दर्शन के अनुरूप 100 से अधिक देशों को टीके उपलब्ध कराए।

नई दिल्ली | हिन्दुस्तान ब्यूरो

कोरोना के खिलाफ जंग में देश ने एक ऐतिहासिक उपलब्धि हासिल की है। केंद्रीय स्वास्थ्य मंत्री मनसुख मंडाविया ने रविवार को बताया कि देश की 70 फीसदी वयस्क आबादी को टीके की दोनों खुराक दी जा चुकी है जबकि 93 फीसदी को पहली खुराक मिल चुकी है। प्रधानमंत्री नरेंद्र मोदी ने इसे एक बड़ी उपलब्धि बताते हुए स्वास्थ्यकर्मियों और डॉक्टरों की सराहना की है।

अमीर देशों से ज्यादा तेज भारत में टीकाकरण : देश में टीकाकरण की शुरुआत बीते साल 16 जनवरी को हुई थी। इस दौरान औसतन 42.6 लाख टीके रोज लगाए गए जो कि अमेरिका और ब्रिटेन जैसे देशों से कई गुना ज्यादा हैं। स्वास्थ्य मंत्रालय के मुताबिक, रविवार देर रात तक 76 करोड़ टीके महिलाओं और 80 करोड़ टीके पुरुषों को लगाए जा चुके थे। खास बात यह है कि कोरोना महामारी के बीच 100 करोड़ टीके ग्रामीण क्षेत्रों में लगाए गए। इतना ही नहीं, दिल्ली समेत 11 से ज्यादा राज्य ऐसे हैं जहां पूरी आबादी को कम से कम टीके की एक खुराक दी जा चुकी है।

दुनिया अचंभित : स्वास्थ्य मंत्री मंडाविया ने इस मौके पर स्वदेश निर्मित टीके 'कोवैक्सीन' पर आधारित डाक टिकट भी जारी किया। उन्होंने कहा कि यह भारतीयों के लिए गर्व का पल है और पूरा विश्व भारत के कोविड-रोधी टीकाकरण अभियान की उपलब्धि से अचंभित है। सरकार और निजी क्षेत्र ने टीका अनुसंधान पर मिलकर काम किया और नौ महीने में एक स्वदेशी कोविड टीके को विकसित किया। साथ ही टीके को मंजूरी देने की प्रक्रिया को भी सरल बनाया गया।

स्वास्थ्य मंत्रालय ने दावा किया कि टीकाकरण के लिए काफी कम जनसंख्या वाले कई विकसित पश्चिमी देशों की तुलना में भारत का टीकाकरण कार्यक्रम सबसे सफल और सबसे बड़े टीकाकरण कार्यक्रमों में से एक रहा है।

चुनौती

सात फीसदी लोग बाकी

अभी भी देश में सात फीसदी आबादी ऐसी है, जिसे अब तक एक भी टीका नहीं लगा। वहीं, 31 फीसदी आबादी ऐसी है, जिनको अब तक दोनों टीके पूरी तरह नहीं लग पाए हैं।

में टीकाकरण अभियान से जुड़े प्रत्येक व्यक्ति को सलाम करता हूँ। हमारे चिकित्सकों, नर्सों व स्वास्थ्यकर्मियों की भूमिका असाधारण रही। जब हम सुदूर इलाकों में स्वास्थ्यकर्मियों को टीके लेकर जाते हुए देखते हैं, तो दिल गर्व से भर उठता है।

-नरेंद्र मोदी, प्रधानमंत्री

Infection

सुकून: दिल्ली में असें बाद संक्रमण दर में गिरावट आई(Hindustan:20220117)

राहत

- रविवार को संक्रमण दर घटकर 27.87 फीसदी तक पहुंच गई
- नए केस भी 18 हजार के करीब मिले, संक्रमण थमने के संकेत
!!!!!!!!!!!!!!
- सससस सससस सससस सस सससस सससस सससससस
- सससस सससस सससस सस सससस सससस सससससस

नई दिल्ली | वरिष्ठ संवाददाता

राजधानी दिल्ली में रविवार को कोरोना संक्रमण दर में गिरावट आई और यह 27.87 फीसदी दर्ज की गई। तीसरी लहर में पहली बार संक्रमण दर में कमी देखी गई है। इतना ही नहीं, नए मामले भी कम होकर 18286 तक आ गए हैं और 28 लोगों ने कोरोना से जान गंवाई जो अन्य दिनों के मुकाबले कम है।

दिल्ली में शनिवार को संक्रमण दर 30.64 फीसदी, शुक्रवार को 30.64 फीसदी, गुरुवार को 26.22 फीसदी, बुधवार को 26.22 फीसदी और मंगलवार को 25.65 फीसदी दर्ज की गई थी। करीब दो हफ्तों से इमें लगातार बढ़त जारी थी लेकिन रविवार को इसमें गिरावट दर्ज की गई। नए मामले कम आने से सक्रिय केस 89819 रह गए। इनमें से 68411 मरीज घर पर रहकर इलाज करा रहे हैं। विभिन्न अस्पतालों में 2591 मरीज इलाज करा रहे हैं।

स्थिरता के संकेत

Health Care Services

निजी अस्पतालों में कोरोना के गंभीर मरीज बढ़े(Hindustan:20220117)

पहले से मधुमेह, रक्तचाप जैसी बीमारियों से संक्रमित शुगर के स्तर और रक्तचाप को नियंत्रित रखने की कोशिश करें। अन्य बीमारियों से पीड़ित मरीज भी सावधानी बरतें। साथ ही भीड़ भाड़ वाली जगह जाने से जहां तक संभव हो बचें। करीबी लोग भी बिना मास्क के उनसे न मिलें। -**डॉक्टर नीरज निश्चल**, एडीशनल प्रोफेसर, एम्स

अस्पताल वेंटिलेटर बेड भरे

होली फैमिली 18 18

सर गंगाराम 12 12

बीएलकपुर अस्पताल 08 08

फोर्टिस , शालीमार बाग 06 06

कलावती सरन 05 05

आकाश 03 03

मैक्स ईस्ट/वेस्ट ब्लॉक 03 03

यहां 80 से अधिक वेंटिलेटर बेड भरे

एम्स ट्रामा सेंटर 41 33

सफदरजंग अस्पताल 31 22

नई दिल्ली | हेमवती नंदन राजौरा

दिल्ली में कोरोना के गंभीर मरीज तेजी से बढ़े हैं। पिछले छह दिनों में अस्पतालों में वेंटिलेटर और आईसीयू में भर्ती मरीजों की संख्या 80 फीसदी तक बढ़ी है।

कुछ निजी अस्पतालों में तो सभी कोविड वेंटिलेटर बेड फुल हैं, जबकि कुछ ऐसे भी हैं, जहां अभी आधे कोविड वेंटिलेटर बेड खाली हैं। हालांकि, अस्पतालों में भर्ती अधिकतर गंभीर कोरोना मरीज दूसरी बीमारियों के चलते भर्ती हुए थे, लेकिन अस्पताल की जांच में कोरोना पीड़ित मिले।

वेंटिलेटर पर छह दिनों में 131 से बढ़कर 235 हुए मरीज : अस्पतालों में 10 जनवरी को कोरोना के कुल 131 वेंटिलेटर बेड भरे थे, लेकिन 16 जनवरी शाम तक इनकी संख्या बढ़कर 235 हो गई। इसी तरह कोरोना आईसीयू के 436 बेड 10 जनवरी को भरे थे, लेकिन अब उनकी संख्या बढ़कर 760 हो गई है। 10 जनवरी को ऑक्सीजन के 1863 बेड भरे थे, लेकिन 16 जनवरी को इनकी संख्या बढ़कर 2561 हो गई।

अधिकतर मरीज पहले से बीमार : सरकारी अस्पतालों के आईसीयू में भर्ती अधिकतर गंभीर कोरोना मरीज ऐसे हैं जो दूसरी बीमारियों से पीड़ित थे। दिल्ली के लोकनायक अस्पताल के चिकित्सा अधीक्षक डॉक्टर सुरेश ने बताया कि भर्ती कोरोना के 150 मरीजों में 90 फीसदी ऐसे हैं जो किसी और बीमारी से पीड़ित थे, लेकिन जांच कराने पर रिपोर्ट पॉजिटिव मिली। इनमें 30 से अधिक तो गर्भवती महिलाएं हैं, जो डिलिवरी के लिए अस्पताल आई थीं।

सर गंगाराम अस्पताल के डॉक्टर अतुल कक्कड़ ने बताया कि उनके यहां 102 कोरोना संक्रमित मरीज भर्ती हैं और इनमें लगभग 90 फीसदी दूसरी बीमारियों से पीड़ित हैं हालांकि कुछ लोगों में कोरोना के गंभीर लक्षण जैसे सांस की समस्या भी देखी गई है, लेकिन ऐसे मरीज बहुत कम हैं। इसी तरह अपोलो अस्पताल का कहना है कि उनके यहां भर्ती ज्यादातर मरीज दूसरी बीमारियों से पीड़ित हैं।