



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20220111

Reproductive health

Reproductive health: Things to keep in mind while considering egg donation (The Indian Express: 20220111)

The personal health of the donor should be a key priority during the egg donation process.

<https://indianexpress.com/article/lifestyle/health/reproductive-health-considering-egg-donation-dos-donts-donor-recipient-diet-7715003/>



assisted reproductive technologies (ART), what is egg donation, things to keep in mind while considering egg donation, egg donation tips, egg donation dos and don'ts, egg donation for donor, egg donation for recipient, reproductive health, indian express newsIn in-vitro

fertilisation (IVF), the procedure of egg donation begins by stimulating the donor with Gonadotropin injections. (Photo: Getty/Thinkstock)

Egg donation is common in assisted reproductive technologies (ART). During the procedure, a fertile woman who has eggs in the ovaries donates them to a woman who is unable to conceive.

What does it entail?

According to Dr Kshitiz Murdia, CEO and co-founder of Indira IVF, it involves a series of procedures starting from pre-selection, followed by ovarian stimulation and post-pickup.

ALSO READ |Four things millennial men should know about reproductive health

“In the pre-selection stage, an ultrasonography scan is done to check the ovary and other health parameters. In order to check various wellness parameters, pathological tests are done. Electrocardiogram (ECG), X-ray and other procedures may also be performed, following medical examination,” he says.

The doctor adds that in-vitro fertilisation (IVF), the procedure of egg donation begins by stimulating the donor with Gonadotropin injections for around 10-12 days, followed by egg retrieval. The procedure begins only after the recipient’s screening tests — such as blood tests and ultrasounds — are found to be normal.

“In case abnormalities like fibroid are detected, they are addressed before beginning the IVF procedure. To prepare the receiver, hormonal medication including estrogen tablets are given. Depending on the procedure, this preparation may take 2 to 6 weeks. The male partner’s sperm sample is fertilised with the donor’s eggs. The embryos are then transplanted to the recipient’s uterus when all conditions are favourable.”

What should the donor keep in mind?

The personal health of the donor should be a key priority during the egg donation process, just as it is for a pregnant woman and her child, says Dr Murdia.

ALSO READ |Five things to consider while planning pregnancy in your 30s

“Staying hydrated is essential. They can drink a serving of electrolyte water each day. Electrolytes, which are minerals with an electric charge, help keep the body’s blood chemistry, muscle function, and other functions in check. One of the best ways to ensure a strong ovarian environment is by eating fruits, leafy greens, chicken, legumes, nuts, and whole grains — all healthy diet options,” he explains, adding that a prenatal supplement with all essential vitamins,

calcium, iron, and folate can be recommended, along with mild exercises like walking to help the body prepare better for the procedure.

“One should avoid excessive activity and heavy lifting, and take the necessary amount of rest.”

ALSO READ |Gynaecologist lists 5 health issues young women must know about

Health tips for the recipient

The expert suggests the following:

- * They must eat a healthy, well-balanced diet.
- * Following an anti-inflammatory diet might be advantageous. Processed food contains a lot of preservatives, and should be avoided.
- * Consume food rich in zinc, folic acid, iron and protein. Zinc-rich foods include grains, nuts, dairy products, meats, and potatoes, which aid the body's hormone regulation.
- * Folic acid-rich foods, such as spinach, broccoli, turnip greens, beans, and peas, should be included in the diet since they promote growth of the baby's brain and spinal cord.
- * It is equally important to drink enough water and be hydrated at all times.
- * Too much alcohol can have a negative impact on fertility. Smoking can also affect fertility.

Active Covid cases in country highest in 7 months

India records 1.68 lakh new Covid cases, 277 more deaths (The Tribune: 20220111)

Active Covid cases in country highest in 7 months

<https://www.tribuneindia.com/news/nation/active-covid-cases-in-country-highest-in-7-months-360280>

India logged 1,68,063 new coronavirus infections taking the total tally of Covid cases to 3,58,75,790 which includes 4,461 cases of the omicron variant, according to the Union Health Ministry data updated on Tuesday.

The active cases rose to 8,21,446, the highest in 208 days, while the death toll climbed to 4,84,213 with 277 fresh fatalities, the data updated at 8 am stated.

Of the total 4,461 cases of the omicron variant, 1,711 people have recovered or migrated so far.

Maharashtra recorded the maximum number of 1,247 cases followed by Rajasthan at 645, Delhi 546, Karnataka 479 and Kerala 350.

The active cases comprise 2.29 per cent of the total infections, while the national Covid recovery rate decreased to 96.36 per cent, the ministry said.

An increase of 97,827 cases has been recorded in the active Covid caseload in a span of 24 hours.

The daily positivity rate was recorded at 10.64 per cent while the weekly positivity rate was recorded at 8.85 per cent, according to the ministry.

The number of people who have recuperated from the disease surged to 3,45,70,131, while the case fatality rate was recorded at 1.35 per cent.

The cumulative doses administered in the country so far under the nationwide Covid vaccination drive has exceeded 152.89 crore.

The 227 new fatalities include 166 from Kerala and 17 from Delhi.

A total of 4,84,213 deaths have been reported so far in the country including 1,41,647 from Maharashtra, 49,757 from Kerala, 38,374 from Karnataka, 36,866 from Tamil Nadu, 25,177 from Delhi, 22,932 from Uttar Pradesh and 19,917 from West Bengal. PTI

Deltacron'

Deltacron': Know about the new Covid-19 strain that combines Delta and Omicron (The Indian Express:20210111)

While no international authority has so far commented on the findings, the research team has sent their findings to GISAID, the international database that tracks viruses, on January 7, 2022.

<https://indianexpress.com/article/lifestyle/health/deltacron-cyprus-delta-omicron-variant-7715447/>



deltacronDeltacron is claimed to be a new variant; here's what to know (Source: Express Photo by Gajendra Yadav)

A new strain of Covid-19 that combines Delta and Omicron has now been discovered in the island country of Cyprus. “There are currently Omicron and Delta co-infections and we found this strain that is a combination of these two,” Leondios Kostrikis, professor of biological sciences at the University of Cyprus and head of the Laboratory of Biotechnology and Molecular Virology told Sigma TV in an interview.

He added that the “discovery was named Deltacron due to the identification of Omicron-like genetic signatures within the Delta genome”.

Also on Covid-19 variants |From Delta to Omicron: All about Covid-19 and its many variants

The professor and his team have claimed to identify 25 such cases, and as per statistical analysis, the relative frequency of the combined infection is higher among patients hospitalised due to Covid-19 as compared to non-hospitalised ones.

While no international authority has so far commented on the findings, the research team has sent their findings to GISAID, the international database that tracks viruses, on January 7, 2022.

A health worker distributes breakfast to Covid patients at a care centre in New Delhi (Express Photo by Amit Mehra)

However, some experts say that it cannot be considered a new variant as it is “not traced or plotted on a phylogenetic tree of SARS-CoV-2 viruses”.

Virologist Tom Peacock from Imperial College London said on Twitter, “Small update: the Cypriot ‘Deltacron’ sequences reported by several large media outlets look to be quite clearly contamination – they do not cluster on a phylogenetic tree and have a whole Artic primer sequencing amplicon of Omicron in an otherwise Delta backbone”.

Also on Covid-19 variants |No evidence Omicron has lower severity than Delta variant: UK study

Simply put, he mentioned how “most likely (all the samples) were all sequenced on the same sequencing run in the same lab on the same day which had a contamination issue”, something which has been found to have happened in the past. And therefore, it can’t be categorised as “novel variant”.

Adding that we are only a few weeks into Omicron cases, the virologist said that “true recombinants don’t tend to appear” so soon. “Until a few weeks/months after there’s been substantial co-circulation, we’re only a couple of weeks into Omicron – I really doubt there are any prevalent recombinants yet,” he mentioned in the Twitter thread.

“Preliminary findings by researchers of the 25 cases suggest that this variant could be displaced by the highly contagious Omicron variant, but this variant shouldn’t be something to worry about at present, said Dr Viswesvaran Balasubramanian, consultant interventional pulmonology and sleep medicine, Yashoda Hospitals Hyderabad. “As of the available preliminary data, 11 out of the 25 cases were reported from hospitalised patients, while the rest 14 cases were identified in the general public,” mentioned Dr Balasubramanian.

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Meditation

Looking to boost your immunity amid rising Covid-19 cases? Practise intense meditation, study says (The Indian Express:20210111)

<https://indianexpress.com/article/lifestyle/health/intense-meditation-immunity-covid-19-omicron-health-7712932/>

"What we found was that multiple genes related to the immune system were activated — dramatically — when you do Inner Engineering practices," Vijayendran Chandran, assistant professor of paediatrics and neuroscience, said.

meditation, immunityThe participants meditated for more than 10 hours a day. (Source: Pexels)

Ever since the pandemic began, there has been a growing focus on boosting immunity and health, and rightfully so. With a healthy immune system, the body becomes more capable of fighting any ailment and its side effects. While holistic and nutritious diet, exercise and adequate sleep play a key role, did you know that practising intense meditation can help, too?

As per a study conducted by the University of Florida, eight days of intense meditation causes robust activation of the immune system. Published in the Proceedings of the National Academy of Sciences, it is believed to be the first comprehensive genomic study of how meditation affects the biological processes directly involved in disease development.

According to Vijayendran Chandran, PhD, an assistant professor of paediatrics and neuroscience in the UF College of Medicine, while the positive effects of meditation are well-documented, far less is known about its molecular and genetic effects.

ALSO READ |Covid testing at home: A step-by-step guide for using diagnostic kits

Chandran, who practised it for about 21 minutes a day upon the insistence of his wife, said, "I tried it and it worked really well. I just felt great."

This made him curious to find out how exactly 'Inner Engineering practices' benefit the body. Thus, he, along with his collaborators, studied the genetic profiles of 388 samples obtained from 106 people before and after an April 2018 advanced Inner Engineering retreat at the Isha Institute of Inner-Sciences in McMinnville, Tennessee. In the tightly controlled environment of the retreat, the participants remained silent for eight days, meditated for more than 10 hours a day, ate vegan meals and followed a regular sleep schedule.

The blood samples of the participants were collected five to eight weeks in advance, then just before and after the retreat, and finally three months later. The genomic study found several immune-related and other cellular pathways altered after the meditation retreat.

The researchers found increased post-retreat activity in 220 genes directly related to the immune response. This included heightened activity in 68 genes associated with interferon signalling, which is a key element of our body's anti-virus and anti-cancer responses. This is particularly significant, according to Chandran.

As per the researchers, several studies have shown that interferon signalling is imbalanced in patients with severe Covid-19. “This is the first time anyone has shown that meditation can boost your interferon signalling. It demonstrates a way to voluntarily influence the immune system without pharmaceuticals,” he said.

Notably, it was established that the enhanced immune system after the result was primarily the result of meditation and not diet, sleep patterns or other factors.

“What we found was that multiple genes related to the immune system were activated — dramatically — when you do Inner Engineering practices,” Chandran highlighted.

The researchers also compared interferon activity in the retreat participants and severely ill Covid-19 patients and the difference were “stark”.

“Meditation activated 97 per cent of interferon-response genes, compared with 76 per cent gene activations in mild Covid-19 patients and 31 per cent in severe Covid-19 cases,” the analysis found.

Further, they also observed the opposite trend for inflammation-signalling genes, where they saw significantly high levels of inflammatory genes in severe Covid-19 patients, compared with mildly ill patients and no change in inflammatory genes after meditation.

All in all, the findings support the idea that meditation contributes to potentially improving multiple health conditions.

Concluding, Chandran said that the beneficial gene-activity effects need further study, including replication in a randomised clinical trial. “It could also be helpful to determine if a less intense meditation regimen in the long term might produce similar beneficial immune-system effects,” he said

Govt appoints new directors for four IITs, including Delhi
Omicron surge: uptick in deaths but share lower than second wave
SC agrees to take up PIL seeking probe into Delhi, Haridwar hate speeches
Delhi orders shutdown, restaurants say last blow
Hours before wrestler’s murder, Sushil fired at dogs, assaulted athletes: Chargesheet
GitHub case accused got idea from similar app in 2019, say police
Precautionary vaccine jabs rolled out, 9.6 lakh get 3rd dose on Day 1
Why soyabean farmers are holding on to their stock
Govt appoints new directors for four IITs, including Delhi
Omicron surge: uptick in deaths but share lower than second wave

Winter health:

HomeLifestyleHealthWinter health: How to take care of nasal congestion (The Indian Express:20210111)

<https://indianexpress.com/article/lifestyle/health/winter-health-take-care-nasal-congestion-7711333/>

Winter health: How to take care of nasal congestion

Nasal congestion is the inflammation of the linings of the nasal cavity causing swollen nasal passages constricting air flow

nasal congestion, what is nasal congestion, what causes nasal congestion, nasal congestion signs and symptoms, how to get relief from nasal congestion, winter healthcare, indian express news Effective nasal hygiene is important in the winter season. (Photo: Getty/Thinkstock)

Winter allergies are quite common and in the current pandemic situation, one has to be careful and closely understand their body. One of the classic signs of winter allergy is nasal congestion. Dr Ranbeer Singh, consultant ENT surgeon, Care Hospital, Hyderabad, says that allergies can lead to a runny or blocked nose, an itchy throat, watery eyes, coughing, a sore throat, fever, etc.

What is nasal congestion?

It is the inflammation of the linings of the nasal cavity causing swollen nasal passages constricting air flow and making it harder to breathe through your nose. It causes you to feel stuffed up, which is why it's also referred to as 'stuffy nose'. One might experience a stuffy nose with congestion, accompanied by common cold and cough, the doctor explains.

ALSO READ | Why Paracetamol is not recommended for teenagers post Covid vaccination

How to clear the congestion?

According to Dr Singh, one can opt for over-the-counter medication — antihistamines, prescribed nasal steroid sprays, or nasal saline sprays. "A regular nasal washing is one of the most effective ways of getting rid of blocked noses. It not only maintains nasal immunity, but also improves nasal functioning. Furthermore, regular nasal washing is recommended by doctors as an adjunct treatment for people with allergic rhinitis along with regular medications," he says.

Nasal hygiene practices

Effective nasal hygiene is important in the winter season. The doctor says that the nose accumulates mucus, dust, bacteria, viruses, and fungi, and hence, it is an "ideal environment for germs and sickness".

ALSO READ | Effective ways to find relief from joint pains in the cold weather

Nasal hygiene is important for prevention of diseases. The practice of keeping your sinuses clean, clear, and moisturised is crucial in ensuring the proper functioning of your nose. A nasal rinse is very effective in relieving sinus pressure and to allow better breathing," he concludes.

5-10% Covid cases require hospitalisation

5-10% Covid cases require hospitalisation: Govt (The Tribune: 20220111)

Second wave admission rate was 20-23%

<https://www.tribuneindia.com/news/nation/5-10-cases-require-hospitalisation-govt-360142>

5-10% Covid cases require hospitalisation: Govt

A nurse administers a booster dose to a health worker in Mumbai. PTI

The cases during the third Covid-19 wave are likely to cross the peak of the second wave but the country is better prepared to handle the surge, top government sources said on Monday as daily cases neared 1.8 lakh (1,79,723) and active cases rose to 7,23,619 against 5,90,611 yesterday.

Editorial: Oxygen preparedness

At the height of the second wave in 2021, India had recorded 4.40 lakh new cases on May 7, the highest since the onset of the pandemic.

Booster dose drive kicks off

New Delhi: Over 9 lakh 60-plus citizens and frontline as well as health workers were given their third Covid jab on Monday as India began administering a “precautionary” dose against the infection.

Panchkula positivity 42%

The positivity rate in Panchkula district on Monday shot up to 42.10% — an all-time high. With the district logging 344 fresh cases, the active Covid caseload increased to 1,622.

Better prepared this time: Health Ministry

Medical oxygen capacity has doubled (to 19, 236 MT a day) since second wave

25 districts of concern, including Gurugram from region, being monitored daily

151 cr vaccine doses administered

92% adults (86.08 cr) given first dose, 67% (63.20 cr) both doses

31% teens (2.29 cr) given first dose

Sources cited Covid surge worldwide (the US reporting nearly 8 lakh cases a day, France 3 lakh, UK 2 lakh) to say that India is “bound to cross 4.40 lakh daily cases but there is no cause

for panic as preparation this time is two to three times better as compared to 2021". Omicron infection has so far not taken a severe form in India. Of the 4,031 cases as of today, 40 per cent (1,552) have recovered.

Hospitalisation rate during the current surge is between 5 and 10 per cent as against 20 to 23 per cent during the second wave, and a majority of the cases show the potential of treatment through home isolation.

"In the present surge, 5 to 10 per cent of the active cases have needed hospitalisation, but the situation is evolving. Therefore the need for hospitalisation may also change rapidly," Health Secretary Rajesh Bhushan said in a letter to states and UTs today.

Bhushan also asked states and UTs to earmark private hospital beds for Covid care and create mechanisms to ensure private facilities do not overcharge patients.

The Health Secretary's letter was issued on a day when Health Minister Mansukh Mandaviya reviewed Covid status with state health ministers. Although largely mild (hospitalisation rate is one-fourth of the second wave), the current surge can't be taken lightly because the sheer volume of case numbers can overwhelm the health system, the Health Ministry said. — TNS

Boosting protection: On COVID-19 vaccination programme

Boosting protection: On COVID-19 vaccination programme (The Hindu:20210111)

<https://www.thehindu.com/opinion/editorial/boosting-protection-on-covid-19-vaccination-programme/article38226173.ece>

Vaccination must be accompanied by COVID appropriate behaviour

Nearly a year after India rolled out the COVID-19 vaccination programme, it began administering a 'precaution dose' — scientifically called a third or booster dose — to people above 60 years with comorbidities, health-care and frontline workers on January 10. On day one, about one million people received the booster shot. Though 98 million people above 60, 9.7 million health-care workers and nearly 17 million frontline workers have received the second dose as on January 9, the actual number of people in the three groups eligible to receive the booster dose will be lower. The reason: only those who have taken the second dose nine months or 39 weeks ago will be eligible to receive the booster shot. Also, among the elderly, only those with comorbidities will be eligible to receive the additional shot. The nine-month gap between the second and the booster dose is not based on any clinical trials but evidence of protection offered by natural infection lasting up to that period. The only data on homologous boosting of fully vaccinated individuals six months after the second dose comes from a study

using Covaxin in 184 participants; Covaxin comprises 12.7% of the nearly 1.52 billion doses administered so far. But a sizable percentage of the fully vaccinated might have had a previous infection, increasing the level of protection and possibly the duration of protection that hybrid immunity offers. A booster shot in such people will confer greater protection against severe disease and death.

None of the COVID-19 vaccines currently being used for immunisation offers sterilising immunity, which completely prevents infection. Administering a booster dose will surely increase the level of neutralising antibodies but even that does not guarantee full protection from infection. The prime objective of COVID-19 vaccines, including the booster, is not to prevent infection but to only mitigate disease severity. If this was true even with the virus strain first identified in Wuhan, China, and all the vaccines that have been developed using this strain, the variants which have emerged later have highlighted the limitation of the COVID-19 vaccines currently available. Even if the variants have demonstrated increased ability to cause breakthrough infections among those who have received a booster shot, all the vaccines have been highly effective in stopping the disease from becoming severe and causing death. Till such time as a safe and highly efficacious intranasal vaccine that confers a very high level of protection against infection becomes available, even those who receive the booster shot cannot let their guard down. Since none of the booster doses has been developed using the variants that have emerged, the highly infectious Omicron variant with its high immune escape capability can cause breakthrough infections. Hence, vaccines should not be seen as a silver bullet but must be used in combination with masks and other COVID appropriate behaviour to drastically cut the risk of infection.

COVID-19 vaccination

COVID-19 vaccination | Fewer adverse reactions seen among teenagers, says national advisory group (The Hindu:20210111)

<https://www.thehindu.com/sci-tech/health/fewer-adverse-reactions-among-teenagers-to-covid-19-jab-ntagi/article38173317.ece>

Doctors warn against indiscriminate use of paracetamol post vaccination in children.

Adverse reactions due to COVID-19 vaccination are much lower in teenagers compared to adults, said National Technical Advisory Group on Immunisation (NTAGI) chief, Dr. N.K. Arora, who heads the National Technical Advisory Group on Immunisation (NTAGI) COVID Working Group, on Friday, adding that Covaxin, which is being given to children between 15-18 years in India, is safe and backed by science and data.

“So far over 1.6 crore children have been vaccinated and we have seen local pain as the most common adverse reaction. Painkillers are given only on doctor’s advice. Parents are advised to ensure that children don’t go on an empty stomach to get vaccinated. Also they must wait in the healthcare facility for 30 minutes after the vaccination to ensure that any adverse reaction is immediately addressed,” he said.

New coronavirus variant 'IHU'

New coronavirus variant 'IHU' identified in France (The Hindu:20210111)

<https://www.thehindu.com/news/international/new-coronavirus-variant-ihu-identified-in-france/article38108856.ece>

The B.1.640.2 variant has been linked to travel to African country Cameroon

As the world grapples with the highly mutated Omicron variant of SARS-CoV-2, scientists have identified a new strain of the COVID-19 causing virus in Southern France.

Known as 'IHU', the B.1.640.2 variant has been reported by researchers at institute IHU Mediterranee Infection in at least 12 cases, and has been linked to travel to African country Cameroon.

Covid antiviral drug Molnupiravir

Covid antiviral drug Molnupiravir has major safety concerns: ICMR chief (The Hindu:20210111)

<https://www.thehindu.com/sci-tech/health/covid-antiviral-drug-molnupiravir-has-major-safety-concerns-icmr-chief/article38146837.ece>

ICMR Chief Dr. Balram Bhargava. File | Photo Credit: V.V. Krishnan

ICMR Chief Dr. Balram Bhargava said the World Health Organisation and the U.K. have not included it for treatment

ICMR Chief Dr. Balram Bhargava said on January 5 that Covid antiviral drug Molnupiravir has major safety concerns and has not been included in the national protocol for treatment of coronavirus.

During a press briefing, he said the World Health Organisation (WHO) and the U.K. have not included it for treatment.

“We have to remember that this drug has major safety concerns. It can cause teratogenicity, mutagenicity and it can also cause cartilage damage and can also be damaging to muscles also. Contraception will have to be done for three months for male and female if this drug is given because the child born could be problematic due to teratogenic influence,” he told reporters.

Dr. Bhargava said the U.S. has approved it based on only 1,433 patients in which 3% reduction was observed in symptoms in patients with mild to moderate disease.

He stressed that it is not part of the national treatment protocol for Covid.

“We have concerns about the drug and its use during lactation, in children, soft-tissue injuries, reproductive age group,” he said, adding that they have debated on its usage twice and will further debate over it.

India’s Drug Regulator Central Drugs Standard Control Organisation on December 28 had approved Molnupiravir for restricted use in emergency situations.

“Molnupiravir will now be manufactured in the country by 13 companies for restricted use under emergency situations for treatment of adult patients with COVID-19 and who have high risk of progression of the disease,” Union Health Minister Mansukh Mandaviya had said.

Molnupiravir is an antiviral that inhibits SARS-CoV-2 replication by viral mutagenesis. The U.K. MHRA on December 4, 2021 granted approval for Molnupiravir under special condition for treatment of mild to moderate coronavirus disease 2019 (COVID-19) in adults with a positive SARS-COV-2 diagnostic test and who have at least one risk factor for developing severe illness, an official statement had said.

The U.S. FDA on December 23 granted EUA for Molnupiravir for the treatment of mild-to-moderate coronavirus disease (COVID-19) in adults with positive results of direct SARS-CoV-2 viral testing, and who are at high risk for progression to severe COVID-19, including hospitalization or death, and for whom alternative COVID-19 treatment options authorized by the FDA are not accessible or clinically appropriate.

The CDSCO had received 22 applications for manufacture and market of the drug Molnupiravir in the country.

“Considering the emergency and unmet medical need in Covid, the SEC on December 27 recommended for grant of permission to manufacture and market the Molnupiravir 200 mg capsule with recommended dose of 800 mg twice daily for 5 days for restricted use under emergency situation in the country for treatment of adult patients with COVID-19, with SpO2

over 93% and who have high risk of progression of the disease including hospitalization or death subject to various conditions,” the statement said.

According to the conditions, the drug should be sold by retail only under prescription of medical specialists and the recommended dose should be 800 mg twice daily for five days.

Traditional vaccines

Traditional vaccines just as effective, says U.S. scientist (The Hindu:20210111)

<https://www.thehindu.com/sci-tech/health/traditional-vaccines-simpler-cheaper-and-as-effective-as-mrna-vaccines-us-scientist/article38131875.ece>

mRNA jabs shiny new toys, says Dr. Peter Hotez, Dean of Baylor College of Medicine's Tropical Medicines School and Chair at Texas Children's Hospital.

Vaccines like Biological-E's Corbevax and Bharat Biotech's Covaxin that are made by traditional methods are “just as effective” as the latest mRNA technology based vaccines, says U.S. scientist and vaccine developer Dr. Peter Hotez. He announced last week that his research teams would transfer production technology to companies in India, Bangladesh, Indonesia and Botswana free of patents.

According to Dr. Hotez, who is the Dean of Houston-based Baylor College of Medicine's Tropical Medicines School and Chair at Texas Children's Hospital, the traditional method “protein subunit vaccines” and “live inactivated vaccines” are cheaper and simpler to produce at the scale required for low and middle income countries.

Mild Covid cases

Mild Covid cases can be managed at home, Molnupiravir no magic drug, says AIIMS doctor (The Tribune: 20220111)

<https://www.tribuneindia.com/news/health/mild-covid-cases-can-be-managed-at-home-molnupiravir-no-magic-drug-says-aiims-doctor-360007>

Mild Covid cases can be managed at home, Molnupiravir no magic drug, says AIIMS doctor

A health worker administers a booster dose of Covid-19 vaccine to a beneficiary at RML hospital in New Delhi on Monday. PTI photo

A majority of Covid patients during this Omicron-driven surge of infections have so far shown mild symptoms that can be managed at home with symptomatic treatment, an AIIMS doctor said on Monday and stressed that antiviral pill Molnupiravir is no magic drug for the disease.

There is no specific drug against Covid-19 as of now and the treatment still remains symptomatic, said Dr Neeraj Nischal, an additional professor in the Department of Medicine at AIIMS.

All that is needed is close supervision of patients, especially those who are at risk such as the elderly with comorbidities and those who are still not vaccinated, he said.

Dr Nischal said, “Pandemic does not mean that unless your doctor prescribes multiple drugs or fancy pills you are not going to get okay. At the end of the day, patience, a positivity of mind and paracetamol will see a majority of patients through”.

“A majority of the infected patients during the third wave of Covid so far have shown mild symptoms which can be easily managed at home with symptomatic treatment,” he said.

About the recently approved drug Molnupiravir, the doctor said it is being touted as a magic pill, which is not the case.

“Data of this particular molecule is not that robust as is being claimed. Most importantly, the population in which the trial was conducted and the type of virus variant prevalent at that time is entirely different from today’s scenarios, Dr Nischal said.

A large portion of the population is now vaccinated and the prevalent coronavirus variant is Omicron.

Molnupiravir works by inducing mutation in the virus by substituting one of the components that is also present in human genetic material.

“So, apart from theoretical possibility of selecting a mutant virus which could be more dangerous, it can also affect rapidly dividing cells of human beings like cells of reproductive organs in male, foetus in pregnant women, bone and cartilage of young adults and children,” the doctor explained.

People must remember that this drug has been given restricted emergency use authorisation in a very selective group of patients who are at risk of developing serious disease and have no other therapeutic options, he said.

“So efforts should be made to restrict the use of this drug as the known and unknown harm is much more than the limited benefit it may offer. It should not become an over-the-counter medicine and should be prescribed with due diligence.” Indian Council of Medical Research Director-General Dr Balram Bhargava had last week said Molnupiravir has major safety concerns and has not been included in the national protocol for the treatment of Covid-19.

Another drug that is being prescribed to patients is a cocktail of monoclonal antibodies (casirivimab and imdevimab). It must be remembered that this is not effective against Omicron and its use in the previously infected/vaccinated population is also not clear, Dr Nischal said.

So, in the present context it should not be used irrationally, he underlined.

One should keep faith in their immune response which can be boosted by a healthy lifestyle, vaccination and following covid appropriate behaviour, Dr Nischal said. —PTI

Oxygen preparedness

States must get their act together, fast (The Tribune: 20220111)

<https://www.tribuneindia.com/news/editorials/oxygen-preparedness-360088>

Oxygen preparedness

THE message to the public at large needs reiteration on a daily basis as the Covid-19 cases mount across the country: let's not panic, but let's also exercise utmost caution. - File photo

THE message to the public at large needs reiteration on a daily basis as the Covid-19 cases mount across the country: let's not panic, but let's also exercise utmost caution. As important is the nudge to the states to ensure that the oxygen equipment at all the health facilities is tested and kept in a functional state. The catastrophic scenes witnessed during the second wave had exposed the glaring gaps in the ability of the public and private health infrastructure to provide emergency services that could save lives. As the need for medical oxygen ballooned severely and supply fell way short, much of the damage had already been done before the crisis control measures could help in taking a grip on the situation.

It was to avoid a repeat that the Haryana government had in May last year made it mandatory for all hospitals with 50-plus beds to set up oxygen plants within six months. With the third wave baring its fangs, the state Health Minister has expressed confidence of being prepared to tackle any eventuality. As part of the stocktaking, tough action is likely to be initiated against at least 17 private hospitals in Rohtak, Jhajjar and Mahendragarh districts which are yet to establish oxygen plants on their premises citing issues of funds and space. Haryana's strict approach needs to be emulated.

A vital part of the Centre's policy push after last year's fiasco has been ramping up the production and distribution of medical oxygen, while ensuring that health facilities have their own captive oxygen generation plants and storage tanks. Another key component is the training of operators. The focus at present has to be on the preparedness status of the entire spectrum of oxygen equipment, as also mock drills to ensure that the oxygen flow adheres to purity and there are no leakages. Any non-compliance or misrepresentation needs swift redressal. Covid-19 is a continuing emergency, there can be no room for laxity.

■ As cases explode, ICMR revises its guidelines on testing **Hospitalisations may rise as Covid crisis 'evolving': Govt**

SANJAY KAW
NEW DELHI, JAN. 10

As the daily count of Covid-19 infections rocketed to 179,723 across the country, nearly an eight-fold rise in a week, the Union health ministry on Monday warned the states and Union territories that the situation was "dynamic and evolving" and that the need for hospitalisation may change rapidly.

While the hospitalisation of active cases in the ongoing Covid-19 surge, fuelled by new Omicron variant, has been five to 10 per cent in contrast to the 20-23 per cent in the brutal second wave last year, the ministry advised retired medical professionals or MBBS students could be roped in for teleconsultation services and providing skill training of community volunteers in basic care and management at Covid care centres.

In a fresh set of guidelines on testing of samples, the Indian Council of Medical Research (ICMR)



A health worker administers a booster dose of Covid-19 vaccine to a policeman in Chennai on Monday. — PTI

has said that contacts of Covid-19 patients do not need to be tested unless identified as high-risk based on age or co-morbidities. The top government body said at-risk contacts of patients will be those above 60 and individuals with co-morbidities like diabetes, hypertension, chronic lung or kidney disease, malignancy and obesity.

The ICMR Advisory on Purposive Testing Strategy for Covid-19 said tests may be undertaken

as per the discretion of the treating doctor with certain considerations. It said that asymptomatic patients undergoing surgical or non-surgical invasive procedures, including pregnant women in/near labour who are hospitalised for delivery, should not be tested unless warranted or unless symptoms develop.

The ICMR said no emergency procedure, including surgeries, should be delayed due to the lack of a

■ Turn to Page 4

Rajnath found Covid +ve, is in home isolation

AGE CORRESPONDENT
NEW DELHI, JAN. 10



Defence minister Rajnath Singh said on Monday that he has tested positive for Covid-

19. In a tweet, he said that he has "mild symptoms" and was under home quarantine. "I have tested positive for corona today with mild symptoms," Mr Singh tweeted on Monday. "I request everyone who have recently come in my contact to isolate themselves and get themselves tested," said Mr Singh.

Meanwhile, Bihar chief minister Nitish Kumar also tested positive for Covid-19 on Monday. He isolated himself at his residence on the advice of doctors, his office informed.

Molnupiravir (The Asian Age:20210111)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16093880>

Molnupiravir no magic drug for Covid, says AIIMS doctor

New Delhi, Jan. 10: A majority of Covid patients during this Omicron-driven surge of infections have so far shown mild symptoms that can be managed at home with symptomatic treatment, an AIIMS doctor said on Monday and stressed that antiviral pill Molnupiravir is no magic drug for the disease. There is no specific drug against Covid-19 as of now and the treatment still remains symptomatic, Dr Neeraj Nischal, an additional professor in the Department of Medicine at AIIMS, told PTL.

All that is needed is close supervision of patients, especially those who are at risk such as the elderly

with comorbidities and those who are still not vaccinated, he said.

Dr Nischal said, "Pandemic does not mean that unless your doctor prescribes multiple drugs or fancy pills you are not going to get okay. At the end of the day, patience, a positivity of mind and paracetamol will see a majority of patients through."

"A majority of the infected patients during the third wave of Covid so far have shown mild symptoms which can be easily managed at home with symptomatic treatment," he said.

About the recently approved

Molnupiravir, Dr Nischal said it is being touted as a magic pill, which is not the case. "Data of this particular molecule is not that robust as is being claimed. Most importantly the population in which the trial was conducted and the type of virus variant prevalent at that time is entirely different from today's scenarios, he said.

A large portion of the population is now vaccinated and the prevalent coronavirus variant is Omicron.

Molnupiravir works by inducing mutation in the virus by substituting one of the components that is also present in human genetic material. — PTT



A Covid-19 symptomatic air traveller being taken for isolation on an ambulance at IGI Airport in New Delhi on Monday. — PTT

Medical Education (The Asian Age:20210111)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16093938>

PM to open 11 medical colleges in TN

New campus of Central Institute of Classical Tamil, project cost is estimated at ₹4,000 crore

New Delhi, Jan. 10: Prime Minister Narendra Modi will inaugurate 11 new government medical colleges across Tamil Nadu and the new campus of Central Institute of Classical Tamil in Chennai at 4 PM on January 12 via video conferencing, his office said. The new medical colleges are being established at an estimated cost of about ₹4,000 crore, of which around ₹2,145 crore has been provided by the Union government and the rest by the Tamil Nadu government, the Prime Minister's Office said in a statement. Prime Minister Modi will inaugurate 11 new

government medical colleges across Tamil Nadu and the new campus of Central Institute of Classical Tamil in Chennai at 4 PM on January 12 via video conferencing, it said.

The districts where the new medical colleges are being established are Virudhunagar, Namakkal, Nilgiris, Tiruppur, Tiruvallur, Nagapattinam, Dindigul, Kallakurichi, Ariyalur, Ramanathapuram and Krishnagiri.

Establishment of these medical colleges is in line with the prime minister's constant endeavour to promote affordable medical



Narendra Modi

education and improve health infrastructure in all parts of the country, the PMO said.

The new medical colleges, with a cumulative capacity of 1,450 seats, are being established under the centrally-sponsored

scheme of 'Establishing of New Medical Colleges attached with existing district/referral hospital'.

Under the scheme, medical colleges are established in districts, which do not have either a government or private medical college, the statement said.

The establishment of a new campus of Central Institute of Classical Tamil (CICT) in Chennai is in line with the prime minister's vision to protect and preserve Indian heritage and promote classical languages, the PMO said.

The new campus is fully funded by the Union gov-

ernment and is built at a cost of ₹24 crore, it said.

CICT, which was operating from a rented building so far, will now function from a new three-storey campus.

The new campus is equipped with a spacious library, an e-library, seminar halls and a multimedia hall, the statement said.

An autonomous organisation under the Union Ministry of Education, CICT is contributing to the promotion of classical Tamil by doing research activities so as to establish the ancientness and uniqueness of Tamil language, it said. — PTI

Covid Crisis (The Asian Age:20210111)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16092860>

Covid crisis 'evolving': Govt

■ **Continued from Page 1**
test. Also, patients should not be referred to other facilities for lack of testing facilities. The advisory said individuals undertaking inter-state domestic travel do not need to get tested. The advisory said testing can be undertaken either through RT-PCR, TrueNat, CBNAAT, CRISPR, RT-LAMP, Rapid Molecular Testing Systems or through Rapid Antigen Test (RAT). It said that a positive point-of-care test (home or self-test/RAT) and molecular test is to be considered confirmatory, without any repeat testing, and symptomatic individuals, testing negative on home/self-test or RAT, should undertake the RT-PCR test.

Cautioning the states/UTs on hospitalisations, Union health secretary Rajesh Bhushan said in a letter: "In the present surge, five to 10 per cent of active cases needed hospitalisation so far. The situation is dynamic and evolving. Therefore, the need for hospitalisation may also change rapidly."

Mr Bhushan advised the states/UTs advised to keep a daily watch on the total number of active cases, cases in home isolation, hospitalised cases, cases on oxygen beds, ICU beds and on ventilatory support. He

said the spike in Covid-19 cases in many areas seems to be driven by the Omicron variant as well as the continued presence of Delta, and laid stress on the need to augment human resources, particularly healthcare workers, for Covid management.

The ministry urged the states and UTs to earmark different categories of beds in private clinical establishments for Covid care. "It must also be ensured that charges levied by such health facilities are reasonable and there is a mechanism to monitor and initiate action in cases of overcharging, if any."

The health secretary also suggested requisitioning of more ambulances or private vehicles to improve referral transport and facilitate seamless transfers of Covid-19 cases from home isolation or Covid care centres to Covid dedicated hospitals.

On the vaccination front, India started administering "precautionary" (booster/ third) dose vaccines for Covid-19 to healthcare and frontline workers and people aged above 60 with co-morbidities. The beneficiaries were provided the same precautionary jab that they received as the first two doses. Those who had got Covaxin as

their first two doses were given the same vaccine as their precautionary jab. Those who got two doses of Covishield were also given the same vaccine as their precautionary jab.

Of about six crore eligible beneficiaries — 2.75 crore above 60, one crore healthcare workers and two crore frontline workers — over 10 lakh people were given the precautionary dose on Monday.

The Centre also made it clear that no time limit has been set for the operationalisation of Covid vaccination centres, and states and UTs can run these till 10 pm daily based on availability of human resources and infrastructure. In a letter to states/UTs, health ministry additional secretary Manohar Agnani said there was an impression that the Covid vaccination centres can operate only from 8 am to 8 pm daily, which was not correct.

India on Monday saw a single-day rise of 1,79,723 infections, taking the total tally to 3,57,07,727. The Omicron count has also gone over 4,050 across 27 states and UTs. The number of active cases has increased to 7,23,619, the highest in around 204 days, while the death toll has risen to 4,83,936, with 146 fresh fatalities.



<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16092874>

Covid Affillicts (The Asian Age:20210111)

FM bats on a sticky wicket as Covid afflicts economy



Parsa Venkateshwar Rao Jr

As Union finance minister Nirmala Sitharaman prepares to present her fourth successive Union Budget on February 1, she needs to be applauded for batting on a sticky wicket. It is generally easy to be a finance minister when the going is good. It's not so easy when the going is tough. She has put up a brave face. The year before Covid-19 — 2019 — was not such a great one for the Indian economy. The growth rate of the Gross Domestic Product (GDP) for 2019-20 was four per cent. The odds have been against her.

The Budgets that she will present this year and the next will be difficult ones because of the political imperatives of the looming 2024 general election. It will be naïve to tell her that she should not let politics mess with her Budget announcements, and that she must focus on how to turn the Indian economy around after two years of Covid-19. In the 2020 Budget, she allocated funds for building roads in Tamil Nadu, which was going into the Assembly election. This did not help the BJP, but that is a different story. Similar budgetary allocations were made for Kerala and West Bengal. Politics simply cannot be avoided.

The major flaw of this government, and it is not that of the finance minister alone, is the refusal to accept that these are difficult times, and the economy is struggling to get back on its feet. For political and other reasons, Prime Minister Narendra Modi, the head of the government, and his colleagues have got into the

habit of saying that the Indian economy is doing well and whatever the problems, they have been solved. The government has been clutching at straws as it were in citing the economy's figures.

The policy measures that the finance minister doled out under the new rubric of "Atma Nirbhar Bharat" sounded good, but they could not make for any magical revival. What was needed was a critical review of the effect of the measures taken as in the case of the micro, small and medium enterprises (MSMEs).

In the pre-Budget review meeting that the finance minister held with the public sector banks (PSBs), she was told that the PSBs had registered a net profit of ₹31,820 crores, the highest in five years, and ₹31,145 crores in the first half of 2021-22! It has also been said that from the extended loan limit of ₹4.5 lakh crores for MSMEs, ₹2.9 lakh crores have been sanctioned under the Emergency Credit Line Guarantee Scheme (ECLGS), 13.5 lakh units have survived, ₹1.8 lakh crores worth of loans have been saved from slipping into non-performing assets, and that it had saved the livelihoods of six crore families. This is firefighting at best, though it is an essential thing to do. But this is far from being the real recovery story.

When the 2020-21 Quarter 1 figure showed a contraction of 24.4 per cent, we have been told that there was nothing surprising in it because there was no economic activity during the sudden nationwide lockdown that was imposed from March 25, 2020, to

May 5. When in Quarter 2, the contraction reduced to 7.5 per cent, they saw a glimmer of hope, and claimed that the damage done in the first quarter had been contained. The third quarter of 2020-21 inched out of the negative territory and moved to 0.5 per cent growth, and there was a further improvement in the fourth quarter to 1.6 per cent. But the GDP growth rate for 2020-21 was minus 7.3 per cent, slightly better than the estimated minus eight per cent. 2021 fared better, with Quarter 1 growth of 20.1 per cent, and this at a time when the second wave of the Covid-19 pandemic led by the Delta variant was at its peak. The second quarter figure for 2021-22 was 8.4 per cent.

There was no attempt to make the necessary connections to establish the reason behind the numbers. It is a well-known fact that a low base of the previous year shows up better numbers in the following year, and there is a need to make a realistic assessment of the actual improvement in the situation. This was a job that either the chief economic adviser or the Reserve Bank of India should have done. But they did not. The RBI, in its eagerness to be supportive of the government in this difficult period, forgot to do its basic job of putting out the real picture.

One of the realistic moves by this government was that of the ₹76,000 crore semi-conductor manufacturing

scheme, where the back-end has been worked out for the first time. Information technology minister Ashwini Vaishnaw has reckoned with the need for 77,000 engineers who need to churn out from the Indian Institutes of Technology and the National Institutes of Technology and the 15-year timeframe that is needed to achieve self-efficiency in the manufacture of semi-conductors and display devices. There is an expectation of ₹1.7 lakh crores in investment and generation of 1.35 lakh jobs. This is the only sector where the government has shown a long-term perspective. The usual response has been to convert India into a global manufacturing hub or a global pharmacy virtually overnight. Rhetoric more than planning has driven the economic vision.

There is no need for pessimism about India's economic future. It is bound to grow, if not by leaps and bounds, then in fits and starts. Even without the shadow of the Covid-19 pandemic, this government could not have made much headway on the economic front because there has not been any measured thinking.

The government not only wanted to do many things at once, but it also wanted to do them at a breakneck speed. As a consequence, much that could have been achieved got scattered. India still has to push itself out of the Covid-19-induced economic trough, and it will take time to climb out of it. There is a real need to look into 2023 and 2024 for things to turn around. But the elections that are on the horizon are going to cause a huge diversion.

Launching schemes will be the order of the day. But that is not the way an economy moves forward.

The major flaw of this government, and it is not that of the finance minister alone, is the refusal to accept that these are difficult times, and the economy is struggling to get back on its feet.

The writer is a Delhi-based commentator and analyst

Good Health

Follow this five-step guide to good health in 2022 (The Indian Express:20210111)

With a bit of caution and care, you can have a healthy and stress-free year.

<https://indianexpress.com/article/lifestyle/health/follow-this-five-step-guide-to-good-health-in-2022-7716024/>

health, health and immunity, good health, how to ensure health and immunity, tips for good health in 2022, 2022 health resolutions, indian express news Activities like yoga and meditation provide physical as well as mental well-being. (Photo: Getty/Thinkstock)

As the pandemic rages on, people are continuing to focus on their health and well-being. A large aspect of a healthy lifestyle depends on the kind of food you eat, how physically active you are and if you follow a good sleeping pattern.

Akshay Modi, the managing director of Modi Naturals Ltd, says people usually end up cutting down on their sugar intake after being diagnosed with diabetes, avoiding fried food because of cholesterol, and exercising and gaining a lot of weight.

ALSO READ | Winter health: How to take care of nasal congestion

“With a bit of caution and care, like consuming sugar and oil in moderation and exercising regularly, they can keep themselves from falling prey to these concerns,” he says.

He lists five simple steps that can help a person take a more proactive approach to lifestyle and health; read on.

1. Engaging in a physical activity

Physical activities give flexibility and power to the body to function seamlessly in today's world, where much time is spent in front of screens. Be it a refreshing morning jog or an intensive workout, there are a number of options to choose from. Sports and dancing are great

options, too. Activities like yoga and meditation provide physical as well as mental well-being. Hiking and cycling are some other interesting activities to undertake.

2. Knowing your nutrients and ingredients

It is important to consume different nutrients and vitamins. Making smart swaps for everyday food helps enhance the nutrition values of your meals. Rice can be swapped for quinoa, whole wheat for ragi, sunflower oil for olive oil. It's also important to know your ingredients, especially edible oil which is used in each and every meal. It's also important to buy organic products and to eat at home.

ALSO READ | 'I am focused on staying calm amidst the noise': Sameera Reddy on dealing with Covid 'third wave anxiety'

3. Sleep schedules

A poorly-rested body can't function well physically or mentally. A good night's sleep is crucial for your body to get the much-needed rest and recovery time. Following a sleep schedule and getting enough hours help reduce stress and increase productivity throughout the day. Ideally, an adult should be sleeping for 7-8 hours at a stretch. Too less or too much sleep is not good. Quick power naps during the day can also be considered. The timing is also important. Sleeping at different hours each day is not ideal.

health, health and immunity, good health, how to ensure health and immunity, tips for good health in 2022, 2022 health resolutions, indian express news Making smart swaps for everyday food helps enhance the nutrition values of your meals. (Photo: Getty/Thinkstock)

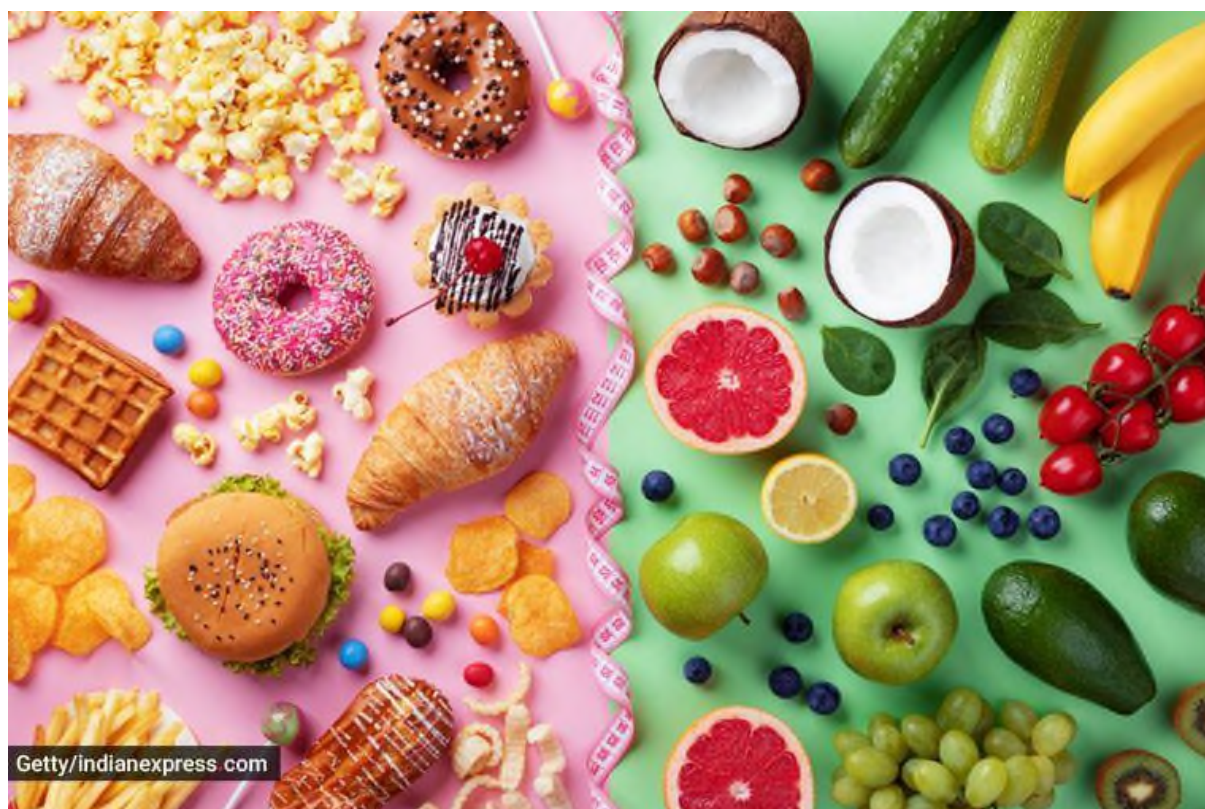
4. Learn stress management technique

Stress causes severe damage to our heart. Stress management is something that one needs to learn for themselves. To-do lists and priority lists are recommended for people with anxiety. Indulging in fun activities, dedicating time for hobbies, going on trips can help give you a break from your everyday routine. Stress can also heighten emotions which can make one lose control, and hence stress management requires maintaining positive relations with people around you.

ALSO READ | From weight loss to diabetes: The best diets for 2022 revealed

5. Break free of bad habits

Smoking and heavy alcohol consumption are known to cause chronic illnesses such as cancer. While an occasional glass of wine may actually promote your health, uncontrolled consumption of alcohol and heavy smoking can lead to many short term and long term health issues.



Getty/indianexpress.com

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Vaccination infection severity (The Indian Express:20210111)

<https://indianexpress.com/article/lifestyle/health/96-per-cent-patients-oxygen-support-unvaccinated-mumbai-covid-19-omicron-7715602/>

Govt appoints new directors for four IITs, including DelhiSC agrees to take up PIL seeking probe into Delhi, Haridwar hate speechesDelhi orders shutdown, restaurants say last blowHours before wrestler's murder, Sushil fired at dogs, assaulted athletes: ChargesheetGitHub case accused got idea from similar app in 2019, say policePrecautionary vaccine jabs rolled out, 9.6 lakh get 3rd dose on Day 1Why soyabean farmers are holding on to their stockGovt appoints new directors for four IITs, including DelhiSC agrees to take up PIL seeking probe into Delhi, Haridwar hate speeches

HomeLifestyleHealthCovid-19: 96 per cent patients on oxygen support unvaccinated; how taking the jab reduces infection severity

Covid-19: 96 per cent patients on oxygen support unvaccinated; how taking the jab reduces infection severity

While vaccination may not provide 100 per cent protection against the virus, it's essential to reduce the severity of the illness

vaccination, covid-19During the second wave of the Covid-19 virus in India, people who had received both doses had less severe illness due to the infection. (Express photo by Praveen Khanna)

As per Brihanmumbai Municipal Corporation, majority of patients who are on oxygen support in the city's hospitals are those who haven't taken a single dose of the Covid-19 vaccine, highlighting the importance of getting vaccinated to reduce the severity of the infection.

This alarming revelation stresses the importance of getting vaccinated to reduce the risk of getting hospitalised in case of Covid-19 infection.

“Vaccination leads to antibody generation in our body. The antibody comes into action once the virus has entered the body. If someone is vaccinated and gets a new infection, the chances of getting severe Covid is dramatically reduced. Also, the only thing that can prevent the virus from entering the body, and hence infection, is a mask,” Dr Ravi Shekhar Jha, Additional Director – Pulmonology, Fortis Escorts Hospital, Faridabad told indianexpress.com.

ALSO READ |Why Paracetamol is not recommended for teenagers post Covid vaccination

While vaccination may not provide 100 per cent protection against the virus, it definitely helps to reduce the severity of the illness. “Vaccination boosts the immune response in the body by the production of IgG antibodies which are protective in nature. Hence, although the protection is not 100 per cent, vaccination is still essential to reduce the severity of the illness if one gets infected,” Dr Jyoti Mutta, Senior Consultant, Microbiology, Sri Balaji Action Medical Institute said.

She added that during the second wave of the Covid-19 virus in India, people who had received both doses had less severe illness due to the infection.

Further, Dr Mutta stressed the need for booster doses. “The duration of protection (by Covid-19 vaccines) lasts for 3-6 months, hence booster doses are essential.”

ALSO READ |Centre says no mix-and-match of vaccines for third ‘precaution dose’; doctors elucidate

While vaccination is important for people of all age groups, it is much more significant for the elderly and people with comorbidities, Dr Jha highlighted. “Maximum risk of progression to severe Covid is in those cases who are elderly or have comorbidities. Therefore, this is the age group which benefits maximum from vaccination,” he said.

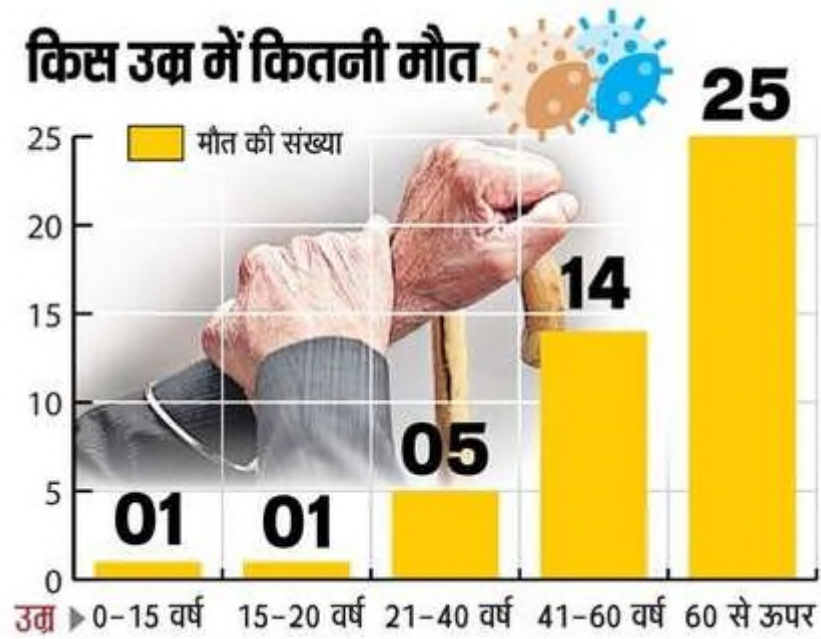
Agreed Dr Mutta and said, “Everyone should get vaccinated whether healthy, young, elderly, people with comorbidities and children. Vaccination is more important for the elderly group and comorbid patients in order to reduce the severity of illness if they get the infection.”

“However, even if vaccinated, one should continue to wear masks and follow Covid essential precautions,” she concluded.

Coronavirus Infection (Hindustan:20210111)

दिल्ली में पांच से नौ जनवरी के बीच जान गंवाने वालों की डेथ ऑडिट रिपोर्ट जारी। कोरोना संक्रमण से मरने वालों में सबसे ज्यादा बुजुर्ग

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



राजनाथ, नड्डा और नीतीश भी संक्रमित

रक्षा मंत्री राजनाथ सिंह और भाजपा अध्यक्ष जगत प्रकाश नड्डा कोरोना संक्रमित हो गए हैं। दोनों नेताओं ने सोमवार को ट्वीट कर इसकी जानकारी दी। उधर, बिहार के मुख्यमंत्री नीतीश कुमार की कोरोना रिपोर्ट भी पॉजिटिव आई है। चिकित्सकों की सलाह पर वे घर पर ही आइसोलेशन में हैं।

नई दिल्ली | वरिष्ठ संवाददाता

राजधानी में कोरोना संक्रमण बुजुर्गों के लिए सबसे खतरनाक साबित हो रहा है। बीते पांच दिनों में जिन 46 लोगों की मौत हुई उसमें 60 से अधिक उम्र के 25 लोग शामिल हैं। दिल्ली सरकार द्वारा संक्रमण से जान गंवाने वालों की डेथ ऑडिट रिपोर्ट में यह खुलासा हुआ है।

पिछले पांच दिनों में 46 लोग कोरोना के कारण जान गंवा चुके हैं। इसमें 28 पुरुष और 18 महिलाएं हैं। रिपोर्ट में गंभीर बात यह है कि पिछले पांच दिनों के दौरान कोरोना से जान गंवाने वालों में से 50 फीसदी यानी 23 लोगों की मौत संक्रमित होने के 24 घंटे के भीतर ही हो गई। इनमें 12 लोगों की मौत संक्रमित होने के दिन हुई, जबकि 11 ने अस्पताल में इलाज के दौरान 24 घंटे के भीतर दम तोड़ दिया।

एक अधिकारी ने बताया कि जिन मरीजों की भर्ती के ही दिन या एकदिन के भीतर जान गई, उनमें हृदयाघात एवं फेफड़ों और हृदय के बीच रक्त लाने- ले जाने वाली धमनियों के अवरुद्ध हो जाने के मुख्य कारण थे।

आशंका : अस्पताल बन रहे सुपर स्प्रेडर

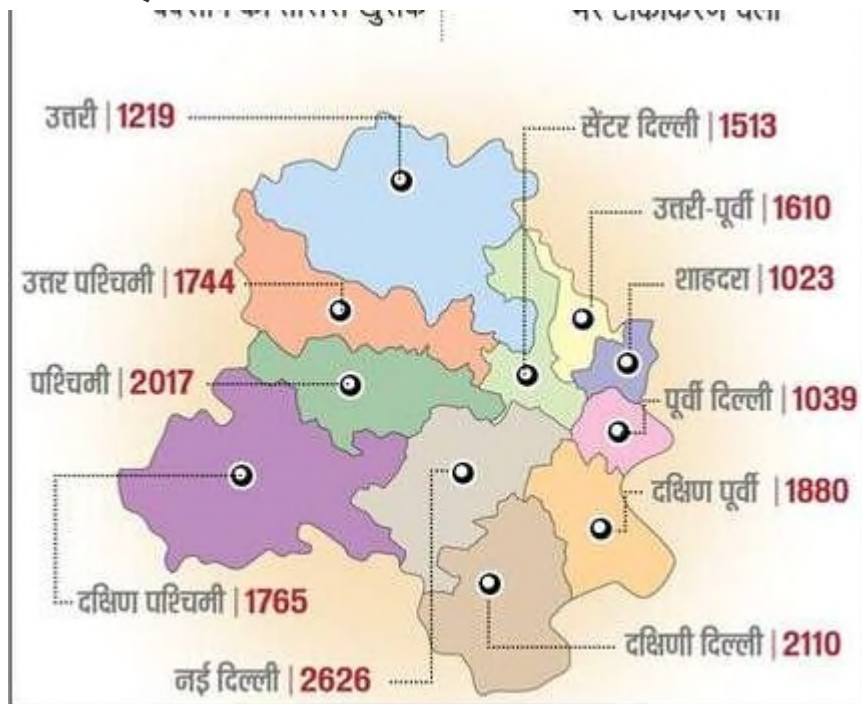
रिपोर्ट के आंकड़े यह सवाल भी उठा रहे हैं कि क्या अस्पताल ही कोरोना संक्रमण के सुपर स्प्रेडर बन रहे हैं। रिपोर्ट बताती है कि पांच दिन में जिन 46 लोगों की मौत हुई, उसमें 21 लोग ऐसे थे जो अस्पताल में किसी दूसरे इलाज के लिए आए थे। वहां संक्रमित होने के बाद उनकी मौत हुई।

आफत : 78 फीसदी ओमीक्रोन संक्रमित

दिल्ली में एक से नौ जनवरी के बीच संक्रमित पाए गए लोगों में करीब 78.7 फीसदी कोरोना के ओमीक्रोन वैरिएंट से संक्रमित हैं। स्वास्थ्य विभाग के मुताबिक 511 कोविड संक्रमितों के सैंपल जिनोम सिक्वेसिंग के लिए भेजे गए थे, जिसमें 402 में ओमीक्रोन की पुष्टि हुई है। 17.4 फीसदी में डेल्टा वैरिएंट मिला है।

Vaccine(Hindustan:20210111)

वैक्सीन के 'तिहरे कवच' से बढ़ी सुरक्षादिल्ली में सोमवार से एहतियात के तौर पर टीके की बूस्टर डोज (तीसरा टीका) लगनी शुरू हो गई। कोरोना के बढ़ते खतरे के बीच बड़ी संख्या में स्वास्थ्यकर्मी और बुजुर्गों ने तीसरी खुराक ली। अधिकतर बुजुर्गों का कहना था कि तीसरी खुराक के बाद बीमारी का खतरा कम हो गया है। यह किसी सुरक्षा कवच से कम नहीं है। हिन्दुस्तान टीम की रिपोर्ट...अपनी बारी के लिए पंक्तिबद्ध दिखे



18 हजार से ज्यादा को मिली वैक्सीन की तीसरी खुराक | 15 सौ से ज्यादा केंद्रों पर दिन भर टीकाकरण चला



बुराड़ी के सरकारी अस्पताल

में सोमवार को तीसरी डोज लगवाते बुजुर्ग।

बुराड़ी अस्पताल

नई दिल्ली में सबसे ज्यादा डोज लगीं

नई दिल्ली जिला में सबसे अधिक लोगों ने तीसरी खुराक ली है। इस जिले में अधिकांश सरकारी अस्पताल, डिस्पेंसरी और क्लीनिक हैं।

बुराड़ी के सरकारी अस्पताल में सोमवार को फ्रंटलाइन वर्कर और बुजुर्गों के लिए वैक्सीन की तीसरी डोज लगाने की व्यवस्था की गई थी। टीकाकरण शुरू होने से पहले ही भीड़ जमा हो गई थी। अस्पताल में मौजूद स्टाफ सोशल डिस्टेंसिंग बनाए रखने पर जोर दे रहे थे। बीच-बीच में अस्पताल प्रशासन व्यवस्था का निरीक्षण कर रहा था।

इस टीकाकरण को लेकर फ्रंटलाइन वर्कर में विशेष उत्साह नजर आया। सुबह से ही फ्रंटलाइन वर्कर पंक्तिबद्ध होकर अस्पताल में खड़े थे। बुजुर्गों की संख्या कम थी। दूसरी डोज के नौ महीने बाद बूस्टर डोज लगाने के नियम से अंजान बहुत सारे बुजुर्गों को अस्पताल से वापस लौटना पड़ा। अस्पताल की डिप्टी डीएमएस शालिनी दुग्गल ने बताया कि इसके लिए पांच सेंटर बनाए गये हैं। सभी पर लंबी कतार थी। लोग बेहद उत्साहित दिखे। कौशिक एंक्लेव निवासी 61 वर्षीय बुजुर्ग अनिल श्रीवास्तव पहले दिन ही वैक्सीन की डोज लेने पहुंचे। उन्होंने कहा कि घोषणा होने के बाद से ही वह इंतजार कर रहे थे। उन्हें तीसरी डोज लगाने के बाद सुरक्षा का अहसास हो रहा है। बूस्टर डोज लेने के बाद आधा घंटा अस्पताल में बैठने की भी औपचारिकताएं लोग पूरी कर रहे थे।

Covid Care Centre

स्कूल, सामुदायिक भवन में स्थान चिह्नित करने का निर्देश सभी विधानसभा क्षेत्रों में कोविड केयर सेंटर बनेंगे (Hindustan:20210111)

निर्देश

1

नई दिल्ली | वरिष्ठ संवाददाता

राजधानी में कोरोना संक्रमण तेजी से फैल रहा है। इसे देखते हुए एहतियातन कई उपाय किए जा रहे हैं। साथ ही आने वाले समय में अगर और मामले बढ़ते हैं तो उसके लिए भी तैयारी की जा रही है। इसी क्रम में स्वास्थ्य विभाग ने सभी 70 विधानसभा क्षेत्रों में कम्युनिटी कोविड केयर सेंटर बनाने का निर्देश दिया है।

इन कोविड केयर सेंटर में 50-50 बेड की सुविधा होगी। इसके लिए स्कूल, सामुदायिक भवन या अन्य स्थानों को चिह्नित करने का निर्देश दे दिया गया है। विशेषज्ञों का अनुमान है कि दिल्ली में अबतक ओमिक्रोन वेरियंट के मरीजों की अस्पताल में भर्ती होने की जो रफ्तार है, वह उम्मीद से कम है। पीक में जब रोजाना एक लाख तक मरीज आए तो उसमें से पांच फीसदी ही अस्पताल में भर्ती होंगे, जिनमें गंभीर लक्षण होंगे। सरकार ने कोरोना के पीक को देखते हुए ऑक्सीजन बेड और आईसीयू की योजना तैयार की है।

एक लाख केस आने के बाद दिल्ली में 18 हजार आईसीयू बेड और 28 हजार ऑक्सीजन बेड की जरूरत पड़ेगी। इसी तरह 40 हजार केस आए तो 7200 आईसीयू बेड, 11200 ऑक्सीजन बेड, 50 हजार केस आए तो 9000 आईसीयू बेड, 14000 ऑक्सीजन बेड की जरूरत पड़ेगी।

सरकार ने अब स्थानीय स्तर पर कम्युनिटी कोविड केयर के लिए जगह चिह्नित करने को कहा है, जिससे जरूरत के वक्त वहां भी ऑक्सीजन बेड तैयार किए जा सकें।

सरकार ने तैयार किए 37 हजार बेड : दिल्ली सरकार यह मानकर तैयारी कर रही है कि अभी पीक आएगा। वर्तमान में दिल्ली सरकार के पास 37 हजार बेड हैं, जिसमें से 10 हजार से अधिक आईसीयू बेड हैं।

आंकड़े बताते हैं कि दिल्ली में 1999 लोग ही अस्पताल में हैं, जिसमें 65 लोग वेंटीलेटर पर हैं। अगर निजी अस्पतालों के बेड को जोड़ लें तो दिल्ली में कुल 14000 कोविड बेड बढ़ जाएंगे।

