



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20210330

Sputnik V vaccine

Dr Reddy's expects Sputnik V vaccine to get approval from Indian regulator in next few weeks' (The Tribune: 20210330)

<https://www.tribuneindia.com/news/coronavirus/dr-reddys-expects-sputnik-v-vaccine-to-get-approval-from-indian-regulator-in-next-few-weeks-232086>

Dr Reddy's has partnered with the Russia Direct Investment Fund (RDIF) to bring the Sputnik V vaccine to India

'Dr Reddy's expects Sputnik V vaccine to get approval from Indian regulator in next few weeks'

Vial labelled "Sputnik V coronavirus disease (COVID-19) vaccine" placed on displayed Sputnik V logo. Reuters photo.

Pharma major Dr Reddy's Laboratories expects the Russian coronavirus vaccine Sputnik V to get approval from the Indian regulator in the next few weeks, a company official has said.

"We expect to get the approval in the next few weeks.

It is a two-dose vaccine. You take the first dose on day zero and the second one on day 21. The peak immunity develops somewhere between day 28 to day 42. So, it is a two-dose vaccine and we expect it to be available in the next few weeks," Deepak Sapra, the company's CEO, APIs and Services, said.

Sapra, who was speaking in a webinar on Sunday evening, was asked as to how soon Sputnik would be available and whether it is a one dose or two doses vaccine.

Dr Reddy's has partnered with the Russia Direct Investment Fund (RDIF) to bring the Sputnik V vaccine to India and other countries, he said.

Observing that trials of the vaccine have been conducted in Russia, India, the UAE and others, he said the vaccine demonstrated an efficacy of 91.6 per cent as published in the reputed journal Lancet.

The data on trials is currently with the Indian regulator and the company expects it to get approved in the next few weeks, he said.

"Now, what we have done in India, in addition to all this, we also conducted trials in India and evaluated the vaccine on the Indian population for both safety as well as for immunogenicity. This data is currently with the Indian regulator and we expect it to get approved in the next few weeks," he said.

The webinar on 'India's vaccination journey and the second wave of COVID-19' was conducted by the All India Professional Congress (AIPC), Telangana.

Former minister J Geeta Reddy, a medical doctor, moderated the event.

Mahima Datla, Managing Director of Biological E, and Nageshwar Reddy, Chairman of AIG Hospitals, spoke on various important issues concerning the COVID-19 surge and the vaccines.—PTI

Special vaccination drive

Special vaccination drive from April 1(The Tribune: 20210330)

<https://www.tribuneindia.com/news/coronavirus/special-vaccination-drive-from-april-1-231846>

Punjab Food, Civil Supplies and Consumer Affairs Minister Bharat Bhushan Ashu today said a special vaccination drive would be started in the district from April 1. - File photo

Punjab Food, Civil Supplies and Consumer Affairs Minister Bharat Bhushan Ashu today said a special vaccination drive would be started in the district from April 1.

He said under the drive, the district administration would organise special camps in different areas of the city for vaccination against Covid-19, while vaccination would continue as before in more than 80 private and 71 government hospitals.

He stated this while chairing a meeting attended by Deputy Commissioner Varinder Kumar Sharma, ADC (D) Sandeep Kumar, Civil Surgeon Dr Sukhjeevan Kakkar, District Immunisation Officer Dr Kiran Gill, members of trade and industrial bodies along with representatives of several NGOs.

Ashu said the vaccine-at-doorstep drive to inoculate a large population in a short period would help break the transmission chain of virus as special camps would be organised in all areas of

the city and elsewhere in the district. He said more and more people were coming forward with requests for vaccination camps in their areas and eight such camps were organised in different parts of the city today.

Deputy Commissioner Varinder Kumar Sharma said under the vaccine-at-doorsteps initiative, people would no longer need to go and stand in queues at the vaccination centres as now health teams would visit different areas, industrial units, residential societies/localities, villages as well as private commercial establishments to vaccinate the people against Covid-19.

Sharma said people ought to accept their social responsibility towards the nation and get vaccinated at the earliest to save the precious lives from the pandemic.

The minister visited the ongoing camps at Gurdwara Shri Guru Singh Sabha, Sarabha Nagar, KDM School on Gaushala Road and Haibowal where he interacted with the residents. — OC

WHO

WHO report says animal's likely source of COVID (The Tribune: 20210330)

<https://www.tribuneindia.com/news/coronavirus/who-report-says-animals-likely-source-of-covid-232067>

The findings offer little new insight into how the virus began to spread around the globe

WHO report says animals likely source of COVID

Transmission of the virus from bats to humans through another animal is the most likely scenario

A joint WHO-China study on the origins of COVID-19 says that transmission of the virus from bats to humans through another animal is the most likely scenario and that a lab leak is “extremely unlikely,” according to a draft copy obtained by The Associated Press.

The findings offer little new insight into how the virus began to spread around the globe and many questions remain unanswered, though that was as expected. But the report did provide more detail on the reasoning behind the researchers' conclusions. The team proposed further research in every area except the lab leak hypothesis.

The report's release has been repeatedly delayed, raising questions about whether the Chinese side was trying to skew the conclusions to prevent blame for the pandemic falling on China. A World Health Organisation official said late last week that he expected it would be ready for release “in the next few days”.

The AP received a copy on Monday from a Geneva-based diplomat from a WHO-member country. It wasn't clear whether the report might still be changed prior to release, though the

diplomat said it was the final version. A second diplomat confirmed getting the report too. Both refused to be identified because they were not authorised to release it ahead of publication.

The WHO did not immediately respond to emails and phone calls seeking comment.

The researchers listed four scenarios in order of likelihood for the emergence of the coronavirus named SARS-CoV-2. Topping the list was transmission from bats through another animal, which they said was likely to very likely. They evaluated direct spread from bats to humans as likely, and said that spread through “cold-chain” food products was possible but not likely.

Bats are known to carry coronaviruses and, in fact, the closest relative of the virus that causes COVID-19 has been found in bats. However, the report says that “the evolutionary distance between these bat viruses and SARS-CoV-2 is estimated to be several decades, suggesting a missing link.” It said highly similar viruses have been found in pangolins, which are another kind of mammal, but also noted that mink and cats are susceptible to the COVID-19 virus, suggesting they could be carriers, too.

The report is based largely on a visit by a WHO team of international experts to Wuhan, the Chinese city where COVID-19 was first detected, from mid-January to mid-February.

Peter Ben Embarek, the WHO expert who led the Wuhan mission, said Friday that the report had been finalized and was being fact-checked and translated.

“I expect that in the next few days, that whole process will be completed and we will be able to release it publicly,” he said.

The draft report is inconclusive on whether the outbreak started at a Wuhan seafood market that had one of the earliest clusters of cases in December 2019.

The discovery of other cases before the Huanan market outbreak suggests it may have started elsewhere. But the report notes there could have been milder cases that went undetected and that could be a link between the market and earlier cases.

“No firm conclusion therefore about the role of the Huanan market in the origin of the outbreak, or how the infection was introduced into the market, can currently be drawn,” the report said.

The market was an early suspect because some stalls sold a range of animals — and some wondered if they had brought the new virus to Wuhan. The report noted that a range of animal products — including everything from bamboo rats to deer, often frozen — were sold at the market, as were live crocodiles.

As the pandemic spread globally, China found samples of the virus on the packaging of frozen food coming into the country and, in some cases, have tracked localised outbreaks to them.

The report said that the cold chain, as it is known, can be a driver of long-distance virus spread but was sceptical it could have triggered the outbreak. The report says the risk is lower than through human-to-human respiratory infection, and most experts agree.

“While there is some evidence for possible reintroduction of SARS-CoV-2 through handling of imported contaminated frozen products in China since the initial pandemic wave, this would be extraordinary in 2019 where the virus was not widely circulating,” the study said.

The report cited several reasons for all but dismissing the possibility the virus escaped from a lab in Wuhan, a speculative theory that was suggested and promoted by former US President Donald Trump among others.

It said such laboratory accidents are rare and the labs in Wuhan working on coronaviruses and vaccines are well-managed. It also noted that there is no record of viruses closely related to SARS-CoV-2 in any laboratory before December 2019 and that the risk of accidentally growing the virus was extremely low. — AP

Now, wellness centres

Now, wellness centres to give jab, says Punjab Health Minister (The Tribune: 20210330)

<https://www.tribuneindia.com/news/coronavirus/now-wellness-centres-to-give-jab-says-punjab-health-minister-231814>

Now, wellness centres to give jab, says Punjab Health Minister

A woman gets inoculated at the Nawanshahr Civil Hospital. Photo: Malkiat Singh

To speed up the vaccination drive, Health and Family Welfare Minister Balbir Singh Sidhu has said that vaccination would now be administered at all health and wellness centres, sub centres, homeopathy and ayurvedic dispensaries.

Also read: Amid surge, hospitality sector sees losses again

The vaccine will also be made available for all persons above 45 years without any condition at all government health centres from April 1.

Sidhu said nearly 7 lakh persons in the state had been vaccinated so far and to provide vaccination services at people's doorstep, such facilities would be provided at all government health centres and dispensaries/hospitals.

He said activities under the campaign were undertaken in full compliance of Covid guidelines such as maintenance of social distancing, use of face masks, maintenance of proper sanitation and hygiene etc.

"All civil surgeons have been instructed to implement the guidelines as soon as possible so that the vaccination process can be expedited in such centres and maximum eligible persons be covered under the drive," he added.

He said as per experts, the new virus was more infectious and intense so it was the moral responsibility of all to get vaccinated.

Ludhiana tops toll chart

Ludhiana reported 10 deaths, Hoshiarpur and Jalandhar eight each, Gurdaspur six, Kapurthala, SAS Nagar, Amritsar and Bathinda four each, Ropar, SBS Nagar, Tarn Taran and Fazilka three each, Ferozepur, Patiala and Sangrur two each, and Faridkot, Fatehgarh Sahib and Moga reported one death each

Vaccines

We have supplied more vaccines globally than having vaccinated our own people, India tells UN (The Tribune: 20210330)

<https://www.tribuneindia.com/news/coronavirus/we-have-supplied-more-vaccines-globally-than-having-vaccinated-our-own-people-india-tells-un-231274>

India was one of the initiators of the 'Political Declaration on Equitable Global Access to Covid-19 Vaccines' that garnered the support of more than 180 UN member states

We have supplied more vaccines globally than having vaccinated our own people, India tells UN

India has supplied more COVID-19 vaccines globally than vaccinated its own people, the country has told the UN General Assembly and cautioned that vaccine inequity will defeat the collective global resolve to contain the coronavirus as the disparity in the accessibility of vaccines will affect the poorest nations the most.

India was one of the initiators of the 'Political Declaration on Equitable Global Access to COVID-19 Vaccines' that garnered the support of more than 180 UN member states.

India's Deputy Permanent Representative to the UN Ambassador K Nagaraj Naidu said at the General Assembly informal meeting on Friday that while the COVID-19 pandemic continues to persist, the year 2021 began on a positive note with the global scientific community coming up with multiple vaccines to contain the pandemic.

“While the vaccine challenge has been resolved, we are now confronted with ensuring the availability, accessibility, affordability, and distribution of COVID-19 vaccines. Lack of global cooperation and disparity in the accessibility of vaccines will affect the poorest nations the most,” Naidu said.

India has been at the forefront of the global fight against COVID-19. Naidu told the General Assembly that India would not only be vaccinating 300 million of its own frontline workers over the next six months but in the process had also supplied vaccines to over 70 nations.

"In fact, as of today we have supplied more vaccines globally than have vaccinated our own people," Naidu said.

Two of India's vaccines, including the indigenously developed Covaxin, have already been granted emergency authorisation, Naidu said, adding that 30 more vaccine candidates are at various phases of clinical trials.

The vaccine Covishield is the version of the AstraZeneca/Oxford vaccine produced by the Serum Institute of India. Covaxin is the indigenously developed vaccine by pharma company Bharat Biotech. PTI

Vaccine-on-doorstep campaign

Vaccine-on-doorstep campaign launched (The Tribune: 20210330)

<https://www.tribuneindia.com/news/coronavirus/vaccine-on-doorstep-campaign-launched-231107>

DC Varinder Kumar Sharma inaugurates a Covid vaccination camp in Ludhiana on Friday.
Tribune Photo

After simplifying the Covid vaccination process and allowing walk-in facility without advance slot booking, the district administration on Friday launched a special vaccine-on-doorstep campaign to inoculate all eligible persons.

The project, a first-of-its-type initiative in this part of the region, was launched by Deputy Commissioner (DC) Varinder Kumar Sharma with a maiden vaccination camp organised at Partap Colony here this morning.

The development assumes significance as Ludhiana was re-emerging as the Covid capital of Punjab with the number of daily fresh cases and deaths witnessing exponential spike since March 13.

Launching the drive, the DC accompanied by area councillor Mamta Sharma, said as per experts, the second wave of Covid was more infectious so it was more significant to provide the shield to the maximum population by vaccinating them.

He said under the initiative, the Health Department teams will visit a particular area/ factory/ village/ residential society or private establishments and hold the vaccination camps. For this, the area residents, councillors, village sarpanch, society office-bearers and private

establishments have to inform the administration for requesting vaccination camp in their respective localities or premises.

The DC said the administration will send the health teams to vaccinate all eligible persons at all places from where it would receive the call.

Urging the people to shun hesitance and embrace the vaccine, Sharma stressed that the scientists have left no stone unturned to develop the vaccine and accepting it as a social responsibility towards the nation, the eligible persons should get the vaccine at the earliest to save the precious lives from the pandemic.

Soliciting wholehearted support of the people, area councillor Mamta Sharma said this was the best system for people as instead of standing in a queue and wasting time, Health teams will vaccinate the people on doorstep.

Dr Bishav Mohan, from DMCH, said there was a need to expedite the inoculation drive amid the sudden spurt in the Covid cases, especially among the younger population. He advised all eligible persons to take benefit of the drive and get themselves inoculated.

Over 1.32 lakh inoculated

Over 1.32 lakh persons have been inoculated in the district till Friday, the DC Varinder Kumar Sharma told The Tribune. He said a total of 5,236 persons were vaccinated today, including 2,750 at government and 2,486 at private facilities.

Till date, of the 36,517 registered healthcare workers, 27,843 have been inoculated, which accounted for 76 per cent, with first dose, and 16,468 of the total targeted 19,902, which accounted for 83 per cent, with the second dose of the vaccine.

Similarly, 91 per cent frontline workers (24,177 out of 26,510) have so far got their first jab while 102 per cent (4,839 out of total registered 4,764) have received a second jab in the district.

Covid-19 cases

Close to 600K Covid-19 cases in March for MahaMarch's tally of 590,448 infections inches closer to September's record of 593,192 cases (Hindustan Times: 20210330)

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

The only silver lining in this second wave is that the death rate is still low, despite the increasing number of cases. The case fatality rate (CFR) in the state has also reduced to 1.98% as of Monday, as per data released by the public health department.

“While the death rate is still comparable to November-December 2020, the absolute numbers are still high,” Dr Pandit said.

Dr Avinash Supe, chairman of the death audit committee, said the late arrival of patients is still a problem being faced by authorities. “While it is a rapidly spreading strain, patients are recovering, however, late arrival is still a problem,” Dr Supe said.

On Monday, Mumbai also recorded more than 5,000 new Covid-19 cases with 5,890 cases and 12 deaths, taking the tally to 404,614 and 11,665 fatalities to date. In a meeting held on Sunday, Maharashtra chief minister Uddhav Thackeray also asked officials to draw up a strategy for a lockdown. The state has already imposed a night curfew wherein more than 5 people cannot be seen together between 8pm and 7am. A day after the CM asked the administration to make preparations for a lockdown, the ruling Nationalist Congress Party (NCP) said it was not in favour of a lockdown and instead, the government should strengthen infrastructure.

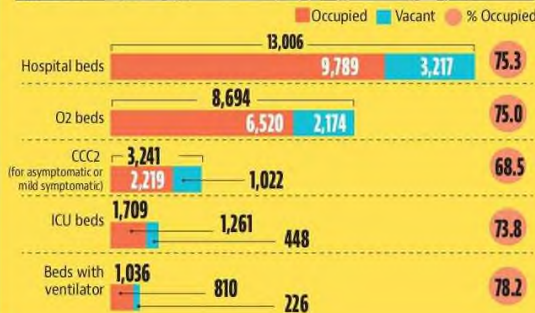
The state has 336,584 active patients currently, with the highest in Pune (59,475), Mumbai (46,248), Nagpur (45,322), Thane (35,264) and Nashik (26,553). Currently, 1,607,415 people in the state are in home quarantine, while 16,614 are in institutional quarantine.

5,890 new Covid cases; active cases now stand

City sees 5,890 new Covid cases; active cases now stand at 46,248 Civic body issues an order to optimise its bed management, and also directs all facilities across the city to activate max available beds for Covid patients(Hindustan Times: 20210330)

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

75% beds occupied: BMC



PLAN AHEAD

BMC on Monday issued guidelines for management of Covid-19 beds at all municipal, government, and private hospitals, reverting to bed allotment methodology used at the beginning of the pandemic last year

- BMC directed all hospitals to strictly follow the decentralised bed management system put in place last year, noting that despite the system, hospitals are directly admitting patients without intimating the ward war room
- All hospital beds will be allotted to Covid-19 patients only via the ward war room, and assistant commissioners at the ward are to take charge of such beds
- All facilities are to activate maximum Covid-19 beds available
- No asymptomatic positive patient will be allotted a bed in a hospital so that these are available for needy patients
- 80% of all hospital beds reserved for Covid-19 patients, and 100% of all hospital ICU beds to be handed over to BMC for centralised management. Allotment of the remaining 20% beds to be done after informing the ward war room
- All private hospitals will charge patients as per rates finalised by the government of Maharashtra
- Structural stability and fire audit of all hospitals and Covid-19 facilities mandatory
- Presently, there are 9373 government and BMC hospital beds, including 931 ICU beds 3218 private hospital beds, including 657 ICU beds (as of March 25)

Gateway of India amid the night curfew. ANSHUMAN POYREKAR/HT PHOTO

Mumbai : Mumbai on Monday recorded 5,890 fresh Covid-19 cases, taking the active cases to 46,248. Mumbai also recorded 12 deaths, taking the toll to 11,665. Following the recent surge in Covid-19 cases in Mumbai, the Brihanmumbai Municipal Corporation's (BMC) dashboard noted that 75% or 9,789 of its 13,006 beds for serious, critical, and symptomatic Covid-19 patients were occupied as of Monday morning, whereas 3,217 beds were vacant.

These include its 1,709 ICU beds, of which 73.8% or 1,261 beds were occupied, and 448 were vacant, as of Monday morning. A total of 226 ventilator beds of the 1,036 total beds are vacant. Among the 3,241 beds in Covid Care facilities meant for mild symptomatic patients, 1,022 were vacant.

On Monday, the BMC issued an order for optimising its bed management, and also directed all facilities across the city to activate maximum available beds for Covid-19 patients. The guidelines in the order mandate strict implementation of decentralised bed management system, put in place at the beginning of the pandemic.

Hospital beds will be allotted to Covid-19 patients only through the ward war room, and not directly via hospitals. Sixty-nine more private hospitals will become operational for Covid-19 patients, adding 1,909 hospital beds, and 360 more ICU beds, according to the order.

After hospitals activated maximum beds for Covid-19 patients, 80% of these beds, and 100% of all ICU beds reserved for Covid-19 patients will be handed over to BMC for management via the ward war room, the order said.

The war rooms will first allot beds at local nursing homes and hospitals. Once these are fully occupied, beds at private hospitals will be allotted to patients, followed by beds at jumbo facilities, then at government hospitals, and lastly at municipal hospitals. A nodal officer will be appointed for every private hospital, for 24x7 coordination with the BMC. Asymptomatic patients will not be allotted beds in hospitals, so these remain vacant for those in need.

The order read, "In view of the current surge in Covid-19 cases, it is necessary to reiterate some of the important guidelines for better management of needy Covid-19 patients. It is observed

that in spite of above orders, patients are directly admitted by the hospitals without information/intimation to the ward war room.”

In a statement last week, municipal commissioner Iqbal Singh Chahal said BMC will increase the city’s bed capacity to a total of 21,000 beds in the next two weeks. According to the statement, BMC projected that these numbers will be able to cater to a situation of up to 10,000 new cases per day, should such a situation arise. Going by the present trend, only about 15% of such patients are critical and need hospital beds.

On Monday, Mumbai conducted 33,966 tests. This brings the positivity rate for the day to 17.2%, as opposed to 12%-14% recorded in the previous week, and 4%-5% recorded in the beginning of March. So far, Mumbai has conducted a total of 4,017,316 tests.

COVID-19 vaccination

Faster, sooner: On the need to accelerate COVID-19 vaccination (The Hindu: 20210330)

India has the wherewithal to sharply accelerate daily vaccination rate

Just three weeks after it rolled out the second phase of the mass vaccination programme for people above 60 years and those above 45 years with comorbidities, India has now undertaken course correction — to vaccinate anyone above 45 years immaterial of comorbidity status from April 1. By following the U.K. model of vaccination based on age bands rather than on comorbidities, millions would become eligible to receive the vaccine and be fully protected. Indeed, people with comorbidities are at greater risk of becoming critically ill and even dying. However, the list of comorbidities that made a person eligible for a vaccine was not only highly restrictive but also focused on multiple comorbidities, and that too of severe nature. Also, the need for a medical certificate meant that vaccinating as many people as quickly as possible was unachievable. Since a vast majority, particularly the poor and those in rural areas, are ignorant of their underlying disease, the decision, though belated, to make comorbidities redundant for a vaccine is commendable. As vaccines are a tool to promote health equity, all attempts should be made to remove any artificial barriers, more so when several States are witnessing a surge in cases.

While hesitancy towards the two available vaccines was partly responsible for the low uptake initially, there is now increasing willingness to get vaccinated. While 0.8 million doses administered on February 25 was the highest before the second phase began, the numbers have been rising steadily thereafter; increasing the gap between two Covishield doses partly addresses vaccine shortage. Yet, the seven-day rolling average crossed two million doses per day only in the last couple of days; only about 50.23 million doses have been administered as

on March 24, or less than four doses per 100 people. The vaccination programme has also been witnessing lukewarm participation by private medical facilities. The reasons for this, besides the slow pace of expansion in some States, need to be fixed. Though the COVID-19 vaccination, which targets adults, is vastly different from the universal immunisation programme, India has the wherewithal to accelerate the daily vaccination rate. What is missing is the political will to achieve that, reflected in absent targets and awareness building exercises, including vaccine safety, vaccine sites and permissibility of walk-ins. Also, unlike the immunisation programme, overreliance on the CoWIN platform has made vaccination into a largely passive, facility-based exercise rather than a public-health initiative. Lack of microplanning and outreach activities are further impacting uptake. Clearly, there is a case for reaching out to people to quickly increase vaccine uptake.

Brest Feeding

No, breast milk is not a superfood for adults too (The Hindu: 20210330)

<https://www.thehindu.com/sci-tech/health/fact-check-breast-milk-not-an-adult-superfood/article34188508.ece>

A subculture of people around the world believes breast milk may help build muscles and immunity, a la Homelander in *The Boys* and Guddu in *Mirzapur*. Experts don't buy the idea

After Netflix's 2020 docu-series, (Un)well's third episode featured people who believed human milk was a superfood (for infants yes, but also for adults), and the women who donated their breast milk to them, Reddit threads on r/breastfeeding were abuzz.

From bodybuilders looking for bulging muscle, people looking to boost their immunity, and a few moms discussing possible business ideas: the question was the same: was breast milk really 'liquid gold' for adults too?

Nutritionists are quick to shut the idea down. "Breast milk is actually much lower in the proteins required for adults, as compared to cow's milk. For every 250 grams, breast milk contains two grams of protein and cow's milk, eight," says Delhi-based sports nutritionist Lovneet Batra.

Yet, a small subsection of people across the world swear by its nutritional benefits. Its supply and storage is made easier by pumps and refrigeration. So a few moms in the US experiment with breast milk in cooking and in making soaps and lotions, to help with eczema.

The main reason, believes Lovneet, is because colostrum — the first form of breast fluid released by any mammal after childbirth — is known for its special properties. "It is the best source of nutrients for an infant for overall growth: immunity, brain function, organ

development. It contains immunoglobulins (antibodies) that can't be found elsewhere," she says.

"But for muscle building and strengthening in adults, you need a whole different set of amino acids," she adds. "Even when it comes to boosting immunity in adults, there is very limited research to back it up."

And then come the food safety issues in the supply chain: how the sample is collected, stored, and transported. "There is a good chance that the mother could be passing on infections, including HIV," she says.

For people looking for alternatives to cow milk, Lovneet suggests goat milk. "It has more protein than cow's milk, so it's better for your skin and nails, and also good for your immune system," she says.

In this column, we decode health trends and decide if it's all just 'hype' or

Bipolar disorder

Living with bipolar disorder by accepting my mercurial mind (The Hindu: 20210330)

<https://www.thehindu.com/sci-tech/health/living-with-bipolar-disorder-five-stages-of-grief/article34188320.ece>

A retired maths teacher and freelance writer talks of the five stages to acceptance of the disorder, from apathy to humour

My mental illness started four decades ago, in the postpartum period, when I developed symptoms of psychosis. I had grown up in a loving home, so this came as a rude shock to my family. As for me, I did not even realise I was sick. Unlike a number of people though, I had the support of my parents, husband, and in-laws.

In somewhat of a role reversal, my son is very aware of my mental health condition and keeps a lookout for signs that I may be 'speeding'. "Mom have you had your medication?" he will ask me or say, "Shouldn't you be in bed?" if he feels I'm getting to be manic. I take such advice from him very well, though not from anyone else.

I also received excellent treatment. This treatment, consisting of very strong pills, did not fully manage the illness, so I had to undergo electro convulsive treatment (ECT, commonly known as electric shock treatment). In time, I could live a normal life, albeit on strong medication with

side effects like muscle spasms and cramps, an extremely dry mouth to the point of not being able to speak, constipation, dizziness, drowsiness.

The weight gain and the fact that some people sleep over 12 hours each night, make many refuse to take medicines. I realised that they were essential, and that I had to manage the side effects.

Over the last four decades, 'Compliance, Compliance, Compliance' has been my mantra. I have been productive, working, managing a home, and furthering my education.

It was not smooth sailing always. As is the case with grief, I have gone through five stages, spread across five years, in my journey through mental illness.

The first stage: Apathy

I did not know how ill I was and did not care. I did bizarre things, like showering with my clothes on, writing to NASA with my resume, and ignoring my sweet child. Only my family knew something was wrong. We saw a leading psychiatrist three months after my son was born and I started treatment.

The second stage: Denial

'Me? Mentally ill? Of course not. I am a member of MENSA, the society of people in the top 2% of intelligence in the population; how can I be mentally ill,' I had thought. But mental illness does not discriminate. In fact, bipolar disorder strikes the creative and intelligent even more than others.

The third stage: Anger

The cliché, 'Why me?' was my leading emotion. This stage lasted a long time till I had to be hospitalised again for a psychotic episode. When I was stabilised, I was determined to learn all I could about my illness and the treatments that were available. Becoming knowledgeable also helped me manage the condition.

The fourth stage: Acceptance

I realised that the condition was not a fault of mine and the best way to handle it was to accept it like any other illness. While I did not 'come out of the closet', I did share my diagnosis with friends I trusted. This gave me the support I needed and I began to live as normal a life as possible. I still have the occasional visit to the hospital for a depressive or manic episode, which cannot be managed at home.

The fifth stage: Acceptance with humour

Just the other day somebody made a remark about me and I retorted, "Hey I'm crazy, not stupid." Being able to laugh at mental illness gives me the ability to develop a self-deprecatory style of humour. I even did a stand-up comedy routine recently and a good bit of it was about my illness.

Higest Cases (The Asian Age: 20210330)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15496212>

COVID-19 SURGING 62,714 new cases, 312 deaths reported in last 24 hours India sees highest jump since Oct.

SANJAY KAW
NEW DELHI, MARCH 28

India clocked in 62,714 new coronavirus cases in the last 24 hours in its sharpest one-day spike in nearly five months. With 312 deaths, the highest surge in about three months, the total number of fatalities due to the deadly disease stands at 1,61,552.

With a steady increase in cases for the 18th day in a row, the fresh infections have taken the Covid tally in the country to 1.19 crore. The last recorded biggest spike was registered on October 16 when 63,371 cases were reported.

Eight states and UTs have reported a weekly positivity rate of coronavirus infection higher than the national average of 5.04 per cent, with Maharashtra topping the



Artists give finishing touches to an effigy based on coronavirus for Holi Dahan on the eve of Holi in Mumbai on Sunday. — PTI

chart at 22.78 per cent. Apart from Maharashtra, the other seven states and UTs with higher positivity rate than national average are Chandigarh (11.85 per cent positivity rate), Punjab (8.45 per cent), Goa (7.03 per cent), Puducherry (6.85 per cent), Chhattisgarh (6.79 per cent), Madhya Pradesh

(6.65 per cent) and Haryana (5.41 per cent).

Maharashtra, Chhattisgarh, Karnataka, Punjab, Gujarat, Madhya Pradesh and Tamil Nadu have also reported high number of Covid daily new cases. These states account for 81.46 per cent of the daily new cases registered in the last 24 hours.

The 312 new fatalities include 166 from Maharashtra, 45 from Punjab, 14 from Kerala, 13 from Chhattisgarh, and 10 from Delhi. A total of 1,61,552 deaths have been reported in the country include 54,073 from Maharashtra, 12,659 from Tamil Nadu, 12,492 from Karnataka, 10,997 from Delhi, 10,322 from West Bengal, 8,783 from Uttar Pradesh, 7,203 from Andhra Pradesh and 6,621

■ Turn on Page 4

Positivity Rate (The Asian Age: 20210330)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15496251>

Over 1,800 Covid cases in Delhi, positivity rate 2.35%

AGE CORRESPONDENT
NEW DELHI, MARCH 28

Delhi reported over 1,800 coronavirus cases on Sunday, the highest in around three-and-half months, while the positivity rate rose to 2.35 per cent, the Health Department said.

Nine more people succumbed to the disease, taking the toll to 11,006, it said.

The 1,881 new infections pushed the tally to 6,57,715, while over 6.39 lakh patients have recovered from the virus.

This is the highest number of cases since December 13 when 1,984 people tested positive for the virus, according to official data.

The city had recorded 1,558 cases on Saturday, 1,534 cases on Friday, 1,515 cases on Thursday, 1,254 cases on Wednesday and 1,101 cases on Tuesday — the first time since December 24 that the number of cases crossed the 1,000 mark. The positivity rate was 1.70 per cent on Saturday, 1.80 per cent on Friday, 1.69 per cent on Thursday, 1.52 per cent on Wednesday, 1.31 per cent on Tuesday, and 1.32 per cent on Monday. The number of active Covid-19 cases rose to 7,545 from 6,625 on Saturday.

A total of 79,936 tests, including 53,422 RT-PCR tests, were conducted a day ago, the bulletin said. The number of people under home isolation rose to 4,237 from 3,708 a day ago. The

Covid-19 vaccination centre set up in Tihar Jail for inmates

AGE CORRESPONDENT
NEW DELHI, MARCH 28

The Delhi Prisons Department has set up a Covid-19 vaccination centre inside Tihar Jail to vaccinate eligible inmates. The official said that the centre was set up on Tuesday in the central jail hospital at jail number 3.

A total of 326 inmates in Delhi's prisons are above 60 years, and over 300 are in the 45-59 age bracket with comorbidities. These two categories are eligible for vaccination in the

ongoing nationwide drive.

According to jail officials, around 70 to 80 inmates of Tihar, Rohini and Mandoli jails have been vaccinated so far.

"If needed, a vaccination centre will be opened at Mandoli Jail too. Our teams from the central jail hospital in jail number 3 will visit the inmates at Rohini and Mandoli Jails to vaccinate them starting next week. If needed, a vaccination centre will also be opened at Mandoli Jail," said Sandeep Goel, the Director General, Prison.

number of containment zones in the city rose to 1,710 from 1,506 on Saturday, it said. The case-load in Delhi on January 1 had stood at over 6.25 lakh and the total fatalities were 10,557.

The number of daily cases had started to come down in February. On February 26, the month's highest daily count of 256 cases was recorded. However, the daily cases have begun to rise again in March and it has been steadily increasing over the past few days.

Health minister Satyendar Jain on Saturday dismissed any possibility of imposing another lockdown in Delhi,

saying it was not a solution to check the spread of the coronavirus that is again surging rapidly. The minister said there were enough hospital beds available for coronavirus patients and it could be increased if the need arises.

Health experts and doctors have attributed this "sudden rise" in cases to people turning complacent, not following Covid-appropriate behaviour and "assuming all is well now".


The next two-three months could be challenging, they said, adding the situation can be kept under control if vaccination is opened up for more people and Covid-19 protocols are strictly adhered to.



Vax Drive (The Asian Age: 20210330)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15496345>

Kishwar Desai
London Diary



India wave hits UK's vax drive, amid adulation for Poonawala

At last, the Sun is shining both literally and figuratively. This is "Happy Monday" as another phase of lockdown comes to an end and we can meet in groups of two families. Or so we were told a while ago. But the Covid situation keeps changing like the London weather, and strict international travel bans come into force.

Earlier last week, India was headlined on the front page — fortunately in a way it was a compliment not a criticism. But now the news that our vaccine supply may be interrupted because the new wave in India will impact vaccine exports to UK has spread gloom. We have had only the fantastic success of the vaccination programme thus far to cheer us. By now, 32 million doses have been delivered catering to 43 per cent of the population. Second only to Israel. All adults were due to be "vaxxed" by end April. Now we are not sure and have to wait.

There is awe and wonder at how the Serum Institute has become the largest supplier of vaccines with special features on Adar Poonawala appearing in the media every day. (Makes a change from debates on farmers' protests being discussed in Parliament.)

And so now we have stories on the "prince of vaccines", with a fortune of 11 billion pounds, hiring a mansion on Mayfair for 50,000 pounds a week. We also know all about his property portfolio including the homes in India and about his fleet of 25 luxury cars which includes a Mercedes redesigned as a batmobile. Of course it may be modelled on the vehicle owned by the fictional superhero, Batman, but with Covid, bats have a special significance, wouldn't you say, hum? But to be honest, while he vaccinates the world, Adar has become a superhero as well — who can grudge him his reported collection of Picasso and Dalí? Well deserved — as lives have been saved, after Adar took a risk and invested in the "Oxford" vaccine, long before anyone else thought of it.

The country remains obsessed by vaccines. On the news channels, in newspapers in daily conversations, Covid and vaccines dominate, as now we await the Covid annual booster jabs just like we have for flu.

We are also eagerly awaiting our final release in end-June. Even so, Boris Johnson keeps on hedging his bets. Twice bitten, three times shy is his story. People are demanding a final decision but no luck. The angry ones want an inquiry into the mistakes made over the last fifteen months but Boris is in no hurry. These inquiries take so long that he may have retired by the time they give their report.

The half-serious speculation is that Boris will quit being Prime Minister — not because he can't win — but because he can't afford it. Compared to what he made as a columnist (at £200 per column) the Prime Minister only gets a low six figure salary. The house at No. 10 Downing Street has just the top floor flat for living purposes. There is no government budget for decoration. So when they moved, his fiancée decided that the place needed redecoration. There was no money from the government kitty. So private donations had to be made to buy a decent sofa and repaint the walls. This created another scandal, which has been running for some time... Where did the quarter million come from? This must be the only country where the citizens don't want their rulers to spend money officially on their homes but also don't approve if they help themselves to their friends' money. So what can a poor Prime Minister do? Unlike in India, no one here gets huge budgets to redecorate their homes when they shift into an "official residence". But in India — politicians to bureaucrats — everyone is entitled to a redecoration spree.

Perhaps the saddest event of the week has been the accidental death of a seal, who had made his home in the Thames, Freddie, as the locals called him, had washed up from colder climes into the river some time back and decided to settle down. He had become a much-loved attraction. Also, the other day, a woman, QC no less, was walking her dog by the river when the dog escaped her control and mauled poor Freddie. Freddie died but there are no guilty parties. The dog owner was helpless, as the dog would not let go. It was as if they had known each other and had a score to settle. Seals may be cute but the English treasure their dogs. After all, we are told that highly placed advisers to the Prime Minister have been transferred for being rude to Dilyn the Number 10 dog.

Kishwar Desai's latest book, The Longest Kiss: The Life And Times of Devika Rani, has just been published and she is the Chair of the Trust that set up the world's first Partition Museum in Amritsar

Speed nutrition

Speed nutrition: Three simple, effective dietary strategies (The Indian Express: 20210330)

<https://indianexpress.com/article/lifestyle/health/speed-nutrition-three-simple-effective-dietary-strategies-7249300/>

A few simple tweaks will help to improve your health and also feel sharper than ever

healthy eating, healthy foods, benefits of saturated fats, benefit of Omega 3, how to stay active, foods for energy, benefits of green vegetable, should you eat carbs, whole grains benefits, healthy living tips Most of us have grown up being told to eat our vegetables... and with good reason. (Photo: Getty Images/Thinkstock)

When it comes to nutrition, the amount of information about the various kinds of diets and weight loss plans along with the myriad do's and don'ts can make anyone feel overwhelmed. "However, it doesn't have to be that complicated," said Ishani Vellodi Reddy, wellness entrepreneur and founder – Ishani Vellodi Wellness.

"A few simple strategies will help to improve your health and also feel sharper than ever — with just a tiny bit of effort through the course of your day," she told indianexpress.com.

Don't let all the anti-carbohydrate talk fool you; your body needs carbs, she said. They're a primary energy source for your organs, essential for hormone stability, to foster good gut health, and can help prevent cravings.

However, it must be noted that not all carbs are created equal. "Those that are 'refined' can wreak havoc on your system, so use some caution when it comes to cakes, white bread, sweets, and processed foods. On the other hand, unrefined carbs, and especially whole grains, are essential. Each day, be sure to include 1-2 servings of whole grains like oats, brown rice, quinoa, millet, or spelt," she said.

healthy eating, healthy foods, benefits of saturated fats, benefit of Omega 3, how to stay active, foods for energy, benefits of green vegetable, should you eat carbs, whole grains benefits, healthy living tips Some great sources of unsaturated fats include avocados, olive oil, and nuts, (Photo: Getty Images/Thinkstock)

Make sure you're getting in your good fats... especially Omega-3s

Like carbs, fats haven't always garnered the best reputation. Trans fats and saturated fats actually aren't so great for you, but there are some fats that are extremely important.

"Unsaturated fats are incredibly beneficial to heart health, and Omega-3s, in particular, play an instrumental role in everything from anxiety management, to reducing inflammation, balancing hormones, and even improving skin. To make sure you're getting enough, add Omega-3 rich foods into your diet a couple of times each day. Some easy ones to add are chia seeds, flax seeds, and walnuts. Salmon and other fatty fish are also good sources," she shared.

Some of the other unsaturated fats that are great to work into your diet are avocados, olive oil, and nuts, but you don't need a whole lot of these. A little, in moderation, on a regular basis will do the trick.

Have at least three cups of greens and other non-starchy vegetables per day

Most of us have grown up being told to eat our vegetables... and with good reason. Not only are vegetables rich in vitamins, minerals, and antioxidants, but the non-starchy ones are an excellent source of fibre as well.

"Fibre is critical to regulating blood sugar levels and is important to gut health as it aids with digestion and preserving the balance of your gut microbiome. One of the best things you can do for your gut (and overall health) is to consistently eat a wide array of greens and other fibre-rich vegetables. Aim to incorporate at least three cups of cooked non-starchy vegetables each day," she said.

While there are certainly lots of other things that are beneficial to your health, the things that really make a difference are the ones that you do most consistently. Start by incorporating these three simple, yet highly effective strategies; if you can make them happen almost every day, then you'll definitely see and feel the difference!

Coronavirus: Can COVID-19 cause diabetes

Coronavirus: Can COVID-19 cause diabetes? Here's what you should know (The Indian Express: 20210330)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/coronavirus-can-covid-19-cause-diabetes-heres-what-you-should-know/photostory/81735594.cms>

Diabetes is considered a comorbidity for COVID-19 patients. For some patients, however, it can result in a diabetes diagnosis!

From what is being increasingly observed, there's been an increase in diabetes cases since the last few months, especially common in those who have a history of COVID-19. This revelation has become a centre of many studies and researches and now, one of the prime reasons many are suspecting it to be yet another way the virus can have scary repercussions on the human body.

02/7What have studies found?

From anecdotal evidence which has emerged so far, a lot of patients have reportedly developed diabetes either during their infection or after recovery.

Over eight studies, involving more than 3700 COVID recovered patients have been surveyed for the same. The findings, according to leading researchers based out of the US observed that as many as 14% of patients went on to develop diabetes.

Similar findings were also found in the UK and China, where over 40,0000 survivors were analyzed.

The studies also observed a startling development- most of the people who developed diabetes after COVID-19 had no history of the disease, which is increasingly seen worldwide.

While the big lingering question- as to how COVID-19 cause diabetes remains unclear. Yet, there are some theories that can point us to the clues, including how the virus spreads in our body.

Recovery after novel coronavirus isn't the easiest. For some, it could result in fateful complications, such as long COVID and many other lingering side-effects which could impact vital functioning. Whether or not diabetes is a symptom of long COVID is unclear yet. However, from what has been observed, scientists and doctors are starting to think that the virus causing COVID-19, SARS-COV-2 has the ability to cause insulin and glucose metabolism malfunctioning, which can cause diabetes.

Now, diabetes is a big risk factor for COVID-19. From severity to mortality, diabetes patients are more susceptible to complications resultant of the virus. Whether or not people who end up developing diabetes face a similar risk is yet to be ascertained. Yet, what experts feel is that the cases of 'post-COVID-diabetes' could be quite profound and put people at the risk of developing other complications as well.

One way the virus impacts your body is by lowering the immunity threshold. How the virus impairs your pancreas could depend on the way the virus interacts with the ACE2 receptors.

The virus interacts with the ACE 2 receptors to infiltrate and attack vital organs, including the pancreas, causing insulin disturbance.

Another way many believe new diabetes cases could be surging is due to cytokine storm-the infamous complication associated with the viral infection which forces the immune system to turn on itself, produce fatal cytokines that attack vital tissues and organs. This could make it difficult for the organs to sustain vital functioning, or produce normal glucose levels.

Another theory suggests that the virus may impair cell linings, including the intestines which may undermine the organs' ability to regulate and break down glucose.

Again, while a lot more clinical evidence shall be required to conclude the link between COVID and new diabetes cases, recovered patients are being increasingly made aware to not ignore signs of deterioration, and be careful.

06/7Can COVID-19 treatment drugs be responsible?

A lot of the drugs used to treat COVID-19 are experimentally used. Some, like steroid drugs used during treatment, can also cause blood sugar flare-up, doctors have warned.

07/7What are the warning signs to check for?

COVID-19 could trigger both Type-1 and Type-2 diabetes in recovered patients. While diabetes remains to be big comorbidity which impacts your health in a major manner and more clinical evidence on the matter is awaited, it is important to watch for early signs and seek attention at the right times. The ones over the age of 40, and at the risk for other diseases should remain doubly careful.

Some of the warning signs and symptoms of blood sugar level flare-up (hyperglycemia), and diabetes are:

Active Patient (Hindustan Times: 20210330)

https://epaper.livehindustan.com/imageview_733608_86441940_4_1_29-03-2021_4_i_1_sf.html

• सर्वाधिक सक्रिय मामले दक्षिणी जिले में, एक हजार के पार पहुंची संख्या • सबसे कम 60 केस उत्तर-पूर्वी जिले में

आधे से ज्यादा सक्रिय मरीज सिर्फ चार जिलों में

सांसत

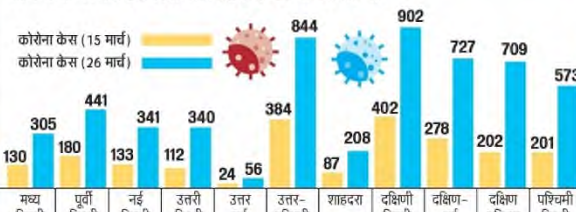
नई दिल्ली | वरिष्ठ सवाहदाता

राजधानी में कोरोना के सक्रिय केस में तेजी से इजाफा हुआ है। दस दिनों में सक्रिय मामले दोगुने से ज्यादा हो गए हैं। उसमें भी दिल्ली के कुल सक्रिय मरीजों में से आधे से ज्यादा मरीज महज चार जिलों में हैं।

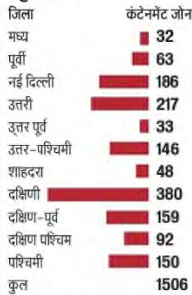
सक्रिय कोरोना मरीजों के मामले में शनिवार को 1073 सक्रिय केस के साथ दक्षिणी दिल्ली जिला सबसे आगे है। सबसे कम 60 मामले उत्तर-पूर्वी जिले में हैं। सक्रिय कोरोना केस मामले में सिर्फ दक्षिणी दिल्ली ही नहीं उससे सटे जिले भी प्रभावित हुए हैं। दक्षिणी दिल्ली से सटे दक्षिणी पूर्वी जिले में 727, दक्षिणी-पश्चिमी में 709 और इससे सटे उत्तर-पश्चिमी जिले में 844 सक्रिय मामले हैं। इस हिसाब से कुल सक्रिय मामले में से इन चार जिलों को अकेले 58 फीसदी से अधिक का भागीदारी है।

संक्रमण की चेन को तोड़ने के लिए सरकार ने फिर तेजी से कंटेनमेंट जोन बनाने पर जोर दिया है। यही वजह है कि जहां भी एक से दो केस आ रहे हैं वहां पर कंटेनमेंट जोन बनाया जा रहा है। दिल्ली में कुल सक्रिय केस में 65 फीसदी के करीब केस कंटेनमेंट जोन के अंदर हैं। दिल्ली में अभी 1506 कंटेनमेंट जोन हैं। 15 से 26 मार्च के बीच 600 से अधिक कंटेनमेंट जोन बनाए गए हैं।

राजधानी में जिलेवार कोरोना के सक्रिय मरीजों की संख्या



राजधानी में 1500 के पार पहुंच गए कंटेनमेंट जोन



(स्रोत : दिल्ली सरकार, जिलावार सक्रिय कंटेनमेंट जोन की स्थिति 26 मार्च तक की है।)

कोरोना की वर्तमान स्थिति

6625 सक्रिय कोरोना केस है दिल्ली में
1073 सक्रिय केस दक्षिणी दिल्ली में हैं सबसे अधिक
3708 मरीज होम आइसोलेशन में
1506 कंटेनमेंट जोन हैं राजधानी दिल्ली के अंदर अभी

सर्विलांस से संक्रमण रोकने की तैयारी

कोरोना के बढ़ते मामलों को देखते हुए उसे रोकने के लिए भी सरकार ने कदम उठाना शुरू कर दिया है। इसमें वलस्टर सर्विलांस को सबसे आगे रखा गया है, जिसमें ऐसे इलाके शामिल हैं जहां पर लगातार कोई न कोई कोरोना केस आ रहे हैं। ऐसे इलाकों को चिह्नित करके वहां रेडम कोरोना जांच शुरू कर दी गई है। लोगों को जागरूक भी किया जा रहा है।

होम आइसोलेशन वालों की हो रही निगरानी

जनवरी में वाई स्तर पर हुए सीरो सर्वे के दौरान जिन 129 वाई में 50 फीसदी से कम लोगों के अंदर एंटीबॉडी मिली थी उन इलाकों में सरकार की नजर है। वहां पर कोरोना जांच व सर्विलांस भी बढ़ाया गया है। इसके अलावा होम आइसोलेशन में रहने वाले कोरोना संक्रमित लोगों पर निगरानी बढ़ाने के लिए एसडीएम स्तर पर टीम बनाई गई है।



आनंद विहार बस टर्मिनल पर रविवार को कोरोना जांच करती टीम। • सत्र के रात

एक अदालतकर्मि कोरोना पॉजिटिव

नई दिल्ली (प्र.सं.)। कड़कड़ूमा अदालत के सुविधा केंद्र पर कार्यरत एक महिला कर्मचारी कोरोना पॉजिटिव पाई गई है। प्रशासनिक विभाग की तरफ से इस महिला कर्मचारी को एकांतवास में भेजने के निर्देश दिए गए हैं। महिला कर्मि को कहा है कि वह अपने स्वास्थ्य को लेकर विभाग को सूचित करती रहे। साथ ही संबंधित विभाग को सैनेटाइज करने के निर्देश दिए गए हैं। यह महिला कर्मचारी 25 मार्च को कोरोना पॉजिटिव पाई गई थी। कर्मचारी 22 मार्च को ड्यूटी पर आई थी। उसके बाद तबीयत खराब होने पर कर्मचारी ने अपना कोरोना टेस्ट कराया तो वह पॉजिटिव पाई गई।

जागरूकता के लिए अभियान चला रहे

नई दिल्ली (व.सं.)। दिल्ली भाजपा टिकाकरण के लिए लोगों को जागरूक करने का एक विशेष अभियान चला रही है ताकि अधिक से अधिक लोग टिकाकरण केंद्रों पर पहुंच सकें। यह बात भाजपा प्रदेश अध्यक्ष आदेश गुप्ता ने रविवार को प्रधानमंत्री का मन की बात कार्यक्रम सुनने के बाद कही। पार्टी की ओर से प्रधानमंत्री नरेन्द्र मोदी के 'मन की बात 2.0 का भाग-22' सुनने के लिए 17 विभिन्न स्थानों पर कार्यक्रमों का आयोजन किया गया था। इन कार्यक्रमों में प्रदेश अध्यक्ष आदेश गुप्ता, विधानसभा में नेता प्रतिपक्ष रामवीर सिंह बिधूड़ी सहित अन्य पदाधिकारी मौजूद रहे।

Health Care Services (Hindustan: 20210330)

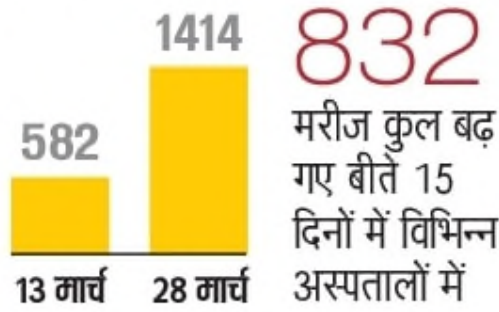
https://epaper.livehindustan.com/imageview_733608_86465406_4_1_29-03-2021_4_i_1_sf.html

संकट

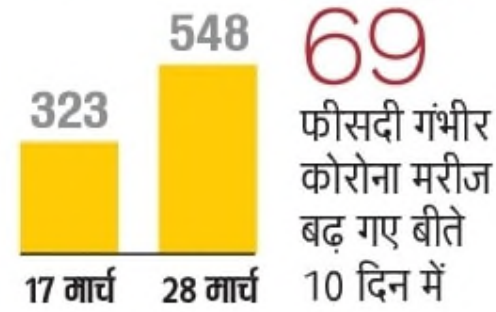
अस्पतालों में भर्ती कोरोना मरीज ढाई गुना तक बढ़े

संक्रमण के लगातार बढ़ते मामलों के कारण अस्पतालों में भर्ती कोरोना मरीजों की संख्या भी तेजी से बढ़ रही है। पिछले 15 दिनों में अस्पतालों में भर्ती कोरोना मरीजों की संख्या बढ़कर लगभग ढाई गुना हो गई है।

अस्पतालों में भर्ती



गंभीर मरीज भी बढ़ रहे



बिस्तर

कुल 5760
भरे 1414



वेंटिलेटर

कुल 785
भरे 225



आईसीयू

कुल 1212
भरे 323



Infection ((Hindustan: 20210330))

https://epaper.livehindustan.com/imageview_733609_86271862_4_1_29-03-2021_5_i_1_sf.html

महाराष्ट्र-पंजाब समेत आठ राज्यों में मरीज मिलने की दर पांच फीसदी से ज्यादा

चिंताजनक: दिल्ली में तेजी से बढ़ रही संक्रमण की दर

नई दिल्ली | हिन्दुस्तान ब्यूरो

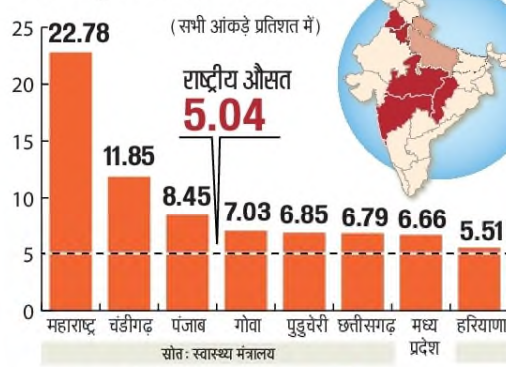
कोरोना के नए मामलों में इजाफे के साथ ही संक्रमण दर भी तेजी से बढ़ रही है। महाराष्ट्र-पंजाब समेत आठ राज्यों में यह पांच फीसदी से ज्यादा तक पहुंच गई है। दिल्ली में भी रविवार को संक्रमण दर 2.35% तक पहुंच गई। इतना ही नहीं, 1881 नए मरीज मिले जो 13 दिसंबर के बाद एक दिन में सबसे ज्यादा हैं। यहां बीते 10 दिनों में 12,083 नए मामले दर्ज किए गए हैं।

ढाई गुना बढ़ोतरी: केंद्रीय स्वास्थ्य मंत्रालय ने बताया कि रोजाना होने वाले जांच में दैनिक पॉजीटिविटी रेट बढ़ रहा है। 27 फरवरी को जांच किए गए नमूनों में से महज 1.98 फीसदी ही पॉजीटिव निकले थे जबकि 28 मार्च को यह 5.04 फीसदी रहा। आठ राज्यों में यह राष्ट्रीय औसत से काफी ज्यादा है।

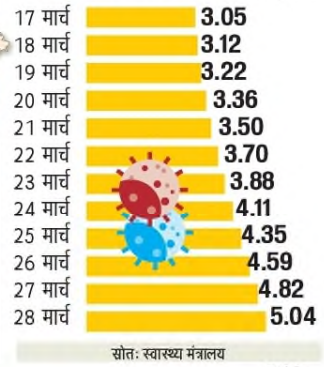
मौतें भी ज्यादा: कोरोना से होने वाली मौतों में भी बढ़ोतरी होने लगी है। रविवार को 312 लोगों ने वायरस की वजह से जान गंवाई। इनमें 83% मौतें छह राज्यों महाराष्ट्र, पंजाब, केरल, छत्तीसगढ़, दिल्ली और मध्य प्रदेश में दर्ज की गईं। हालांकि, शहत की बात है कि 14 राज्यों में रविवार को एक भी मौत नहीं हुई।

तीन राज्य संवेदनशील: मंत्रालय ने बताया कि नए मामलों में 81.46% सिर्फ सात राज्यों महाराष्ट्र, छत्तीसगढ़, कर्नाटक, पंजाब, गुजरात, मध्य प्रदेश

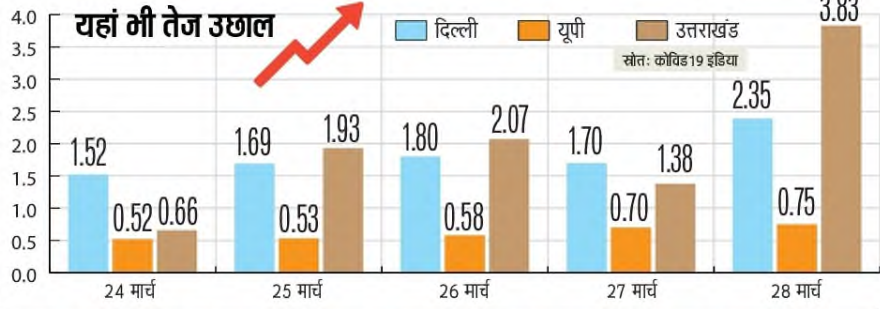
यहां राष्ट्रीय औसत से ज्यादा



देश में पॉजीटिविटी रेट बढ़ा



यहां भी तेज उछाल



एवं तमिलनाडु में आए हैं। दिल्ली, हरियाणा तथा राजस्थान में भी स्थिति संवेदनशील बनी हुई है। इन राज्यों में भी नए संक्रमणों में बढ़ोतरी का रुझान है।

दिल्ली में 80 हजार जांच: दिल्ली में रविवार को 79,936 लोगों की जांच

हुई। इनमें 53422 आरटीपीसीआर और 26514 रेपिड एंटीजन टेस्ट किया गया और 2.35 फीसदी मरीज मिले।

सक्रिय मरीज बढ़े: देश में सक्रिय मामलों की संख्या बढ़कर 486310 पहुंच गई है। दिल्ली में भी इसमें तेज

बढ़त देखी जा रही है। 1881 नए मामले मिलने के बाद राजधानी में सक्रिय मरीजों की संख्या बढ़कर 7545 हो गई है। रविवार को 952 मरीजों को छुट्टी दी गई जबकि नौ मरीजों ने दम तोड़ दिया।

➤ आधे मरीज चार जिले में पेज 02