Along with 45-plus, allow younger population too

As the vaccination drive opens for all above 45 today, it calls for a reinforcement of the infrastructural facilities necessary to cater to the huge mass of beneficiaries now eligible for the jabs along with the 60-plus, who would also start queuing up duly for their second shot as their four-to-eight week period between the two doses closes in. The authorities — including in Punjab, which is in a vice-like grip of the deadly coronavirus — have done well to energise the inoculation campaign by expanding the vaccination sites and easing the bottlenecks in the process.

Hassle-free vaccination camps planned in such places as the police lines, educational institutions, prisons, offices and industrial complexes and allowing people to register themselves with any photo ID proof should help the targeted groups shed hesitancy and improve the vaccination rate. So should taking mobile vaccination centres to densely crowded marketplaces, bus stands, railway stations, etc. With Covid-positivity rising among the younger population — which is up and about and no longer confined to their homes — the government would do well to include them for the shots. It must seriously consider allowing all above 18 who are willing to take the jab. For, crucial to tackling the pandemic is making the largest numbers immunogenic to the virus in the shortest possible time so as to break the chain of transmission.

Simultaneously, the authorities need to stay focused on and constantly review the efforts to check the spread of the rapidly escalating cases of Covid-19 infections and deaths. Driven largely by the highly transmissible UK variant of the coronavirus that has struck the country,
the surge has given rise to a grave situation. Any laxity or complacency in following the Covid-appropriate behaviour at both the individual and institutional (both government and private) levels is fraught with serious repercussions. Irresponsible actions have the potential to spin our hard-pressed health system out of control. Ramping up sampling and testing of random people in crowded places and contacts of Covid patients is urgently needed to contain the virus. Only then can we avoid another lockdown.

Covid

Covid surge worsens, curbs intensify, lockdown back (Hindustan Times: 20210405)

https://epaper.hindustantimes.com/Home/ArticleView
The Maharashtra government on Sunday announced a partial lockdown of the state from 8pm on Monday till April 30, in view of the alarming rise in Covid-19 cases. The state also recorded its highest one-day spike of 57,074 fresh infections.

Besides a complete lockdown on weekends (see box), a strict night curfew of 11 hours and prohibition of gatherings of more than five people during the day, the state has announced shutting down of shops and establishments dealing in non-essential commodities, restaurants, eateries, malls, theatres, multiplexes and religious places.
The state government has imposed three-fold restrictions from 8pm on April 5. The night curfew, which has been in place since last week, has been made stringent by allowing only people engaged in essential services and those with a valid reason to step out of their homes from 8pm to 7am. There will be complete lockdown on weekends between 8pm on Friday and 7am on Monday. Assembly of more than five people from 7am to 8pm has also been prohibited as per provisions of section 144 of CrPC, the notification issued by the government has stated.

Chief minister Uddhav Thackeray convened an urgent meeting of his council of ministers on Sunday to deliberate on stricter curbs. The partial lockdown was allowed after the cabinet meeting and the detailed SOP was issued later in the day. Before the cabinet meeting, Thackeray spoke to leader of opposition Devendra Fadnavis and Maharashtra Navnirman Sena (MNS) chief Raj Thackeray held meetings with key industrialists and producers of TV serials and films. Thackeray, in his address to the people of Maharashtra on Friday, had hinted at stricter curbs by the weekend. He also warned that the state was on the verge of a lockdown if the surge continued for another 15 days as there could be a serious shortage of beds and health services.

Maharashtra reported its highest ever one-day spike of 57,074 cases, which led to breaching of the 3 million mark of cases, which stand at 3,010,597. Mumbai city remained the highest contributor to the daily caseload with 11,206 new infections, pushing the tally to 452,681. The active cases in the state stands at 430,503, including the highest number (81,317) in Pune and (66,803) in Mumbai.

The surge in cases has resulted in a shortage of beds and oxygen in many cities and districts, forcing the state government to shut industrial units consuming oxygen in large quantities to shut.

Under the new phase of Break the Chain, shops, establishments operating in non-essential commodities, hotels, multiplexes, theatres, water parks, clubs, salons and beauty parlours have been shut. Religious places across faiths have been shut down, though the priests attached to them have been allowed to carry out daily rituals at them.

Private offices, too, have been instructed to go on work-from-home mode, while government offices are allowed to work at 50% of their work force. The private offices in essential services, including banking, insurance, pharmaceuticals, water-power supply are allowed to operate from offices, while government offices dealing with the Covid-19 pandemic will operate at 100% of their workforce.

“We are not touching the industrial sector as it is directly linked with the financial health of the state. The industrial units, construction sites are allowed to operate, while the shooting of films and TV serials can go on by adhering to the Covid-19 protocol,” Nawab Malik, minority affairs minister, said after the cabinet meeting. He said that the public transport, including trains, buses, auto-taxis, flights can continue to operate by adhering to revised norms, Taxi and autos can operate at 50% of their capacity, while no standing passengers are allowed in buses and long-distance trains.

The government has not reduced the timings of commuting in the local trains for the general public in the Mumbai Metropolitan Region (MMR). The state expects the crowding to reduce as private offices, shops, establishments in non-essential services are not allowed to operate. Similarly, the e-commerce sector has been allowed to operate with home deliveries allowed between 7am and 8pm. The vaccination of delivery boys has been made mandatory, though the notification is silent on how they will be vaccinated if they are below 45 years of age.
The housing societies with more than five active patients will now be declared as mini containment zones, with not outsiders allowed to visit premises, according to the state notification. Fadnavis announced full cooperation with the state government. “We are going through a scary stage of the second wave of the Covid-19 pandemic. The transmission of the virus is faster and proving fatal, leading to a rise in the mortality rate. We have appealed to BJP workers and leaders to cooperate with state authorities and actively participate in the vaccination drive. But at the same time, the state government should undertake awareness drive to apprise people with the fatal nature of the new strain. The state government should also stop the disconnection of the electricity supply for non-payment of bills,” he said.

State health minister Rajesh Tope said that besides stepping up health care infrastructure, the state government is aiming at ramping up the vaccination drive. “After vaccinating 462,000 citizens on Saturday, we are now aiming to increase the daily numbers to more than 600,000 people per day by increasing vaccination centres and operating them 24X7. Our entire focus will be breaking the chain of transmission. Similarly, districts administrations have also been directed to increase the number of beds. To overcome the shortage of oxygen supply, which we have been facing even after reserving 90% of the production for medical purposes ,we have decided to shut down the industrial units consuming oxygen in large quantities,” he said.

Tope said a decision about Class 10 and 12 exams will be taken after due deliberation with state board, central boards and experts form the education sector. “School education minister Varsha Gaikwad told the state cabinet that they have prepared various options in relation to Class 10 and 12 exams and the decision will be taken after due deliberation. She will discuss the issue with chief minister Uddhav Thackeray, officials from state board, other boards including CBSE, ICSE before arriving at a certain decision. They tapping the option of promoting students to a certain extent,” he said.

Tope said the state was taking strict action against black marketing related to a few crucial medicines like Remdesivir.

**Rare diseases**

**A good start: On rare diseases and government support for treatment (The Hindu: 20210405)**


Fund support from government is vital for continual treatment of those with rare diseases
Delhi Capitals player Axar Patel tests positive for COVID-19; Tokyo-bound archers’ second dose of vaccine next week

India recorded the highest single-day rise in coronavirus cases in six months

Kerala adds 26 deaths; Hyderabad cases equal Telangana’s early March peak; cases soar in Karnataka

Andhra Pradesh reported four new deaths and 1,184 COVID-19 infections on Wednesday, the highest single-day number since November 21 last year.
93K new cases, 513 deaths in 24 hrs
Community awareness is key: Modi

As Covid cases rise, PM holds high-level meet

VINEETA PANDEY
NEW DELHI, APRIL 4

With fresh cases of coronavirus now reaching alarming levels, Prime Minister Narendra Modi on Sunday called for a meeting to review the pandemic situation and vaccination programme in the country. The Prime Minister said that a five-fold strategy of testing, tracing, treatment, Covid-appropriate behaviour and vaccination, if implemented with utmost seriousness and commitment, would be effective in timely curbing the spread of the virus.

India on Sunday recorded 93,249 fresh cases, the highest single-day rise since September 19, and 513 new deaths in last 24 hours with the highest numbers coming from Maharashtra. The state will now see weekend lockdowns from Friday 8 pm to Monday 7 am during which only essential services and transportation, including buses, trains and taxis, will be permitted, but gathering of more than five persons is prohibited and government offices will work at 50 per cent capacity.

"In the coming days, there is a possibility of a lockdown-like situation on Saturdays and Sundays. There will be a restriction on visiting open spaces, including garden, beaches, Gateway of India and other places on Saturdays and Sundays," Maharashtra minister Aslam Shaikh said.

Karnataka, too, has issued guidelines for gyms saying occupancy at any time cannot exceed 50 per cent of the capacity, and equipment and premises should be sanitised regularly after each use. During the meeting the PM directed that for

Turn to Page 4
As Covid cases rise, PM holds high-level meet

Continued from Page 1 sustainable Covid-19 management, awareness of the community and its involvement needed for which a special campaign for Covid appropriate behaviour with emphasis on 100 per cent mask usage, personal hygiene and sanitation at public places, workplaces and health facilities will be organised from April 6-14. Mr Modi directed officials to continue with the mission-mode approach in the States and districts reporting high cases so that the collective gains of Covid-19 management in the country in the last 15 months are not squandered.

Mr Modi called attention of health authorities to avoid mortality under all circumstances by ramping up healthcare infrastructure, through availability of oxygen, ventilators besides required logistics, and ensuring that clinical management protocols are followed across all hospitals as well as for those in-home care. He also highlighted the need to ensure effective implementation of containment measures and urged states to take stringent measures with comprehensive restrictions in places witnessing high surge to curb the spread. The PM directed that Central teams, consisting of public health specialists and clinicians, should be sent to Maharashtra in view of high case load and deaths, and to Punjab and Chhattisgarh because of the disproportionate number of deaths being reported there.

During the meeting, a detailed presentation was made highlighting alarming rate of growth of Covid-19 cases and deaths in the country with 10 states contributing to more than 91 per cent of cases and deaths. It was noted that the situation in Maharashtra, Punjab and Chhattisgarh is of serious concern.
**Food and nutrition**

**Ripe or unripe: Which banana should you eat and when? (The Indian Express: 20210405)**


Bananas are extremely healthy and are a great way to satiate those unwanted hunger pangs

Bananas contain healing phytochemicals such as potassium. (Photo: Pixabay)

Bananas are one of the best foods to have to not only satiate hunger pangs but also for an instant boost of energy. But did you know which type of banana should you have and at what time?

If ayurvedic practitioner Dr Dixa Bhavsar is to go by, it is always good to be aware of the type of banana you are having and the best time to consume the same.

As a general rule, bananas should be eaten alone and not with any other fruit or meals, or milk.

**Coronavirus Infection (Hindustan: 20210405)**

https://epaper.livehindustan.com/imageview_744897_86745208_4_1_05-04-2021_0_i_1_sf.html
सहे रिकॉर्ड घटस, इससे पहले 17 सितम्बर को देश में 97894 संक्रमित मिले थे

चिन्ताजनक: पहली बार एक लाख कोरोना मरीज मिले

वर्तमान में संक्रमण के स्तर बढ़कर आए हैं। जहां बार
एक दिन में एक लाख से ज्यादा नए मरीज मिले। देश में संक्रमण को नियंत्रित करना अब ठीक नहीं हो रहा है।

महाराष्ट्र में हर साताहांत लॉकडाउन के एलान

महाराष्ट्र में हर साताहांत लॉकडाउन के एलान दिल्ली-कोर्स के वेबसाइट पर ली मिली 21 संक्रमितियों की मौजूदगी के साथ।

इसका उल्लिखित कारण प्रचार-प्रसार के इस एलान के उपायों के लिए स्वास्थ्य सेवा और संरक्षण नहीं है।

इसके अलावा, लगातार ज्यादा लोगों की संख्या में वृद्धि हो रही है।

इसके अलावा, सबसे अधिक संक्रमित हुए लोगों के संख्या में वृद्धि हो रही है।

इसके अलावा, सबसे अधिक संक्रमित हुए लोगों के संख्या में वृद्धि हो रही है।
Infection (Hindustan: 20210405)

https://epaper.livehindustan.com/imageview_744899_86738468_4_1_05-04-2021_2_i_1_sf.html

Plasma Therapy (Hindustan: 20210405)
कोरोना के मरीज बढ़ने से प्लाज्मा की मांग बढ़ी

राजधानी में कोरोना के मामले बढ़ने पर अस्पतालों में मरीजों के लिए प्लाज्मा की मांग भी बढ़ गई है। नियमों के अंतर्गत प्लाज्मा बैंकों से तबी प्लाज्मा लिया जा सकता है जब किसी डोनर को बदले में प्लाज्मा दान करने लाए जो पहले संक्रमण से ठीक हो चुका है। ऐसे में लोगों को प्लाज्मा के लिए अटकना पड़ रहा है। हेमवती नदिन राजौरी का रिपोर्ट...

<table>
<thead>
<tr>
<th>इकाई प्लाज्मा लोकनायक के ब्लड बैंक में उपलब्ध है</th>
<th>75</th>
</tr>
</thead>
<tbody>
<tr>
<td>हजार इकाई प्लाज्मा उपलब्ध है आईएलबीएस के प्लाज्मा बैंक में</td>
<td>02</td>
</tr>
<tr>
<td>गुना तक प्लाज्मा की मांग बढ़ गई है लोकनायक में</td>
<td>04</td>
</tr>
</tbody>
</table>

यहां ये हाल

रोज औसतन चार लोग अस्पताल पहुंच रहे

लोकनायक अस्पताल के चिकित्सा अधीक्षक डॉ. सुरेश कुमार ने बताया कि एक माह होते ही औसतन रोज एक व्यक्ति के लिए प्लाज्मा की मांग उनके ब्लड बैंक को मिल रही थी। लेकिन, अब रोजाना औसतन चार लोग प्लाज्मा लेने आ रहे हैं। उन्होंने कहा कि अस्पताल के ब्लड बैंक में अभी 75 इकाई प्लाज्मा है जो लोगों के लिए उपलब्ध हैं।

आईएलबीएस में 10 गुना मांग बढ़ी

आईएलबीएस अस्पताल में देश का सबसे पहला और बड़ा प्लाज्मा बैंक उपलब्ध है। आईएलबीएस के निदेशक डॉ. एस के सरीन ने बताया कि कोरोना के मामले बढ़ने पर प्लाज्मा की मांग 10 गुना तक बढ़ गई है। उन्होंने कहा कि पहले हर दिन औसतन एक व्यक्ति प्लाज्मा लेने के लिए आईएलबीएस आ रहा था।