**Mucormycosis cases**

**Mucormycosis cases on decline in Punjab (The Tribune: 20210728)**


In line with the downward trend of Covid cases and deaths, the incidence of mucormycosis — commonly known as black fungus — has also touched a record low in Punjab, the government has confirmed.

In line with the downward trend of Covid cases and deaths, the incidence of mucormycosis — commonly known as black fungus — has also touched a record low in Punjab, the government has confirmed.

The state recorded only 22 cases of the rare fungal infection among the post Covid patients last week from July 13 to 19, which was one seventh than 155 patients registered in the state between May 25 and 31 when the government had notified mucormycosis disease, the official figures have revealed.

The follow-up of cured mucormycosis cases is being done free of cost at GMCs in the state. The expert group has recommended that all such patients having suffered disability due to mucormycosis should be given benefits of existing government schemes as per the nature and degree of the disability.

In Ludhiana, 149 cases of black fungus and 19 deaths due to the disease were reported till Tuesday, of which 65 patients and 11 deceased were from other districts. On Tuesday, only 22 patients of black fungus were under hospitalisation in the district, after a fresh case was reported here on Monday.

The data compiled by the Health and Family Welfare Department, which is available with The Tribune, showed that the black fungus cases have been on a constant decline since May 31. From 155 between May 25 and 31, the cases of mucormycosis dropped to 103 between May 1 and 7, and further dipped to 61 between June 6 and 21.
While the incidence rose to 84 between June 15 and 21, the cases again started declining and were 47 between June 22 and 28, further coming down to 39 between June 29 and July 5 and 27 between July 6 and 12, before touching a record low to 22 between July 13 and 19.

The state-wise break-up of black fungus cases and deaths suggested that Punjab ranked 13th in the country when it comes to total cases, under treatment, cured and deaths. Punjab recorded 654 total cases so far, of which 328 are under treatment, 199 cured and 51 have since died.

Maharashtra topped the country with the highest of 9,406 cases of black fungus, of which 2,654 are under treatment, 5,432 cured and 1,146 deaths; followed by Gujarat 6,772 total cases, 626 under treatment, 4,780 cured and 661 deaths; Tamil Nadu 4,132 cases, 2,207 under treatment, 1,503 cured and 339 deaths; Andhra Pradesh 3,959 cases, 1,010 under treatment, 2,601 cured and 272 deaths; Karnataka 3,590 cases, 2,429 under treatment, 631 cured and 313 deaths; Rajasthan 3,461 cases, 2,598 under treatment, 540 cured and 178 deaths; Telangana 2,559 cases, 2,534 under treatment, 12 cured and 4 deaths; Uttar Pradesh 2,304 cases, 1,284 under treatment, 751 cured and 237 deaths; Madhya Pradesh 2,272 cases, 879 under treatment, 1,247 cured and 142 deaths; Delhi 1,751 cases, 912 under treatment, 538 cured and 265 deaths; Haryana 1,667 cases, 676 under treatment, 673 cured and 245 deaths; and Bihar 772 cases, 94 under treatment, 503 cured and 138 deaths.

Covid New Cases (The Asian Age: 20210728)

India reports under 30,000 Covid cases after 132 days

AGE CORRESPONDENT
NEW DELHI, JULY 27

India recorded less than 30,000 fresh Covid-19 cases after 132 days while its active caseload fell below 4,00,000 after 124 days on Tuesday, according to Union health ministry data.

India recorded 29,689 new coronavirus infections that pushed its tally of Covid-19 cases to 3,14,40,951 while the death toll climbed to 4,21,382 with 415 daily fatalities, the data updated at 8 am showed.

The active cases have declined to 3,58,100 and comprise 1.27 per cent of the total infections. The national COVID-19 recovery rate has improved to 97.29 per cent, it stated.

The number of active cases fell by 13,089 in a span of 24 hours.

As many as 17,20,110 Covid-19 tests were conducted on Monday, taking the total number of tests conducted so far to 45,91,64,121.

The daily positivity rate has declined to 1.73 per cent. The weekly positivity rate was recorded at 2.33 per cent, the ministry data stated.

The number of people who have recuperated from the disease surged to 3,06,21,469, while the case fatality rate stands at 1.34 per cent, it said.

The total number of vaccine doses administered so far has reached 44.19 crore under the nationwide vaccination drive.

India’s Covid-19 tally had crossed the 20-lakh mark on August 7, 30 lakh on August 23, 40 lakh on September 5 and 50 lakh on September 16. It went past 60 lakh on September 28, 70 lakh on October 11, crossed 80 lakh on October 31, crossed 90 lakh on November 20 and surpassed the one-crore mark on December 19. India crossed the grim milestone of 2 crore on May 4 and 3 crore on June 23.

World Hepatitis Day

World Hepatitis Day: Understanding the ABCs of different viruses that cause the disease (The Indian Express: 20210728)


Acute hepatitis is initially characterised by a flu-like illness with symptoms like fatigue, nausea, vomiting, loss of appetite and body aches. After a few weeks, this is followed by jaundice, dark coloured urine and abdominal pain and discomfort caused by a painfully-enlarged liver
A patient with chronic hepatitis can be symptom free for several years but liver damage is ongoing. (Photo: Getty Images)

Viral hepatitis refers to liver damage caused by a viral infection. Very different from each other, the viruses causing hepatitis have been labelled A, B, C, D and E. Hepatitis A and E are spread by contaminated food and water, while Hepatitis B and C viruses are spread by coming in contact with infected blood. Hepatitis B, in addition, can also be sexually transmitted or passed on from mother to her child.

Every year, World Hepatitis Day is observed on July 28 in honour of the birth of Baruch Blumberg, who discovered the Hepatitis B virus. This year, the theme is “Hep can’t wait” i.e. people living with hepatitis can’t wait for testing and treatment and the ongoing pandemic should not take the focus off a disease that kills a person every six seconds.

“Hepatitis A and E usually cause acute or short lived Hepatitis (<6 weeks). Here, the body fights off the infection and the liver recovers fully. Hepatitis B, C and viruses may cause chronic or long lasting viral hepatitis where the virus persists in the liver and gradually damages it over years,” said Dr Vivek Shetty, consultant department of gastrointestinal surgery, Jaslok Hospital.

ALSO READ |Simple tips to protect yourself from Hepatitis E this monsoon

Acute hepatitis is initially characterised by a flu-like illness with symptoms like fatigue, nausea, vomiting, loss of appetite and body aches. After a few weeks, this is followed by jaundice, dark coloured urine and abdominal pain and discomfort caused by a painfully-enlarged liver. At this time the Liver Function Tests (LFT’s) will be abnormal and blood tests can identify the viral infection.

“A patient with chronic hepatitis can be symptom-free for several years but liver damage is ongoing. When extensive liver damage followed by scarring of liver (cirrhosis) occurs the patients develop symptoms of liver failure like jaundice, accumulation of fluid inside the abdomen, and a tendency to bruise and bleed easily. Liver failure can also cause life threatening complications like gastrointestinal bleeding, Hepatic encephalopathy (increased ammonia in blood causing brain dysfunction), damage to the kidneys. Cirrhosis also predisposed the individual to liver cancer,” Dr Shetty told indianexpress.com.

Vaccines are effective in prevention of Hepatitis A, B and D. For those who are already infected, effective drugs are available for treatment of hepatitis B and C infections. When there is already severe damage, a liver transplantation becomes the only hope for survival.

Liver disease and Covid-19
Some patients hospitalised with Covid-19 have shown abnormal liver function tests indicating that the liver may be temporarily damaged due to the infection. As elderly people and those with pre-existing diseases are at higher risk of developing complications, those with liver disease are also more likely to develop severe illness from Covid-19.

“Vaccination for Covid-19 in patients with liver disease has not shown any specific side effects. All the liver disease associations strongly recommend that patients with liver disease should take the Covid-19 vaccine. Even after taking the vaccines continuing precautionary measures like social distancing, practicing hand hygiene and wearing a mask is the best way to keep oneself safe,” said the expert.

Protein Week 2021

Protein Week 2021: Nearly one out of two Indian adults have a poor quality of life, survey finds(The Indian Express: 20210728)
In India, more women have poor QoL than men (50.4 per cent to 42 per cent). In terms of a city-wise breakup, Kolkata recorded the highest percentage of adults (65 per cent) with poor QoL score.

Protein Week 2021, quality of life (QoL), protein-rich diet, survey, protein requirement, healthy living and eating, indian express news

Nearly 98 per cent of the study population was of the opinion that a protein-rich diet is important for a good QoL. (Photo: Getty/Thinkstock)

While the pandemic has pushed most of us to focus on and prioritise our health, the situation remains grim in many parts of the country, with respect to the quality of life led by people. A recent survey has found that nearly one out of two Indian adults — or 46.2 per cent — have a poor quality of life (QoL).

What does it mean?

Danone India, in collaboration with Confederation of Indian Industry (CII), launched the fifth edition of The Protein Week (TPW) — celebrated annually between July 24-30 — to raise awareness about the importance of protein, which is a macronutrient integral to lead a healthy and active life.

According to a press note shared with this outlet, it has been learnt that in India, more women have poor QoL than men (50.4 per cent to 42 per cent). In terms of a city-wise breakup, Kolkata recorded the highest percentage of adults (65 per cent) with poor QoL score, followed by Chennai (49.8 per cent), Delhi (48.5 per cent), Patna (46.2 per cent), Hyderabad (44.4 per cent), Lucknow (40 per cent) and Indore (39.2 per cent). Mumbai had the highest percentage of adults (68 per cent) recording a good quality of life.

Additionally, almost all (99 per cent) respondents across India agreed that physical health and nutrition play an important role in having a good QoL, while nearly 98 per cent of the study population was of the opinion that a protein-rich diet is important for a good QoL.

Per the survey, only 9 per cent of the respondents fulfilled their requirement of protein (recommended dietary allowance). A huge gap also existed in terms of the intake of 10 micronutrients that are important for immune function and overall health.
Speaking about the findings, Himanshu Bakshi, the managing director of Danone India, said: “The Protein Week is a platform to drive conversations and build awareness about protein, making it a part of mainstream public health dialogue. Physical health is one of the factors which one can influence with right nutrition choices and staying active. Although more than 90 per cent of the respondents were aware about the role of physical health and nutrition, only 9 per cent were getting adequate protein in their diet, which is alarming. Through our collaboration with CII and nutrition experts, we endeavour to sensitise Indian adults about the role of nutrition and protein in improving quality of life.”

ALSO READ | Five ways protein intake and healthy lifestyle can impact quality of life

The QoL survey, based on a WHO questionnaire and additional tools, was conducted in May-June 2021 with a sample size of 2,762 adults in cities like Delhi, Mumbai, Lucknow, Chennai, Indore, Hyderabad, Kolkata and Patna, representing four geographical zones: north, south, east and west.

Based on the mean percent scores of the four domains of QoL — physical health, psychological health, social relationships and environment, and the cutoff point arrived to categorise Indian adults into ‘good’ or ‘poor’ QoL — the findings were reported.

**Vax shortage**

**Vax shortage at Rohtak PGIMS (The Tribune: 2-00210728)**


The shortage of anti-Covid vaccines persists at the PGIMS owing to gaps in the supply of Covaxin and Covishield jabs.

Residents who have got the first dose of vaccine, especially Covaxin, have been making rounds of the PGIMS to get the second dose, but they are sent back due to its unavailability.

Sources at the PGIMS concede that it is rare that adequate doses of Covaxin and Covishield are available at the anti-Covid vaccination centre set up on the premises of the institute.

“Today, we got 300 doses of Covaxin, but none of Covishield,” said a healthcare staffer engaged in the anti-Covid vaccination drive at the PGIMS.

Rohtak Civil Surgeon Dr Anil Birla said 3,000 doses of Covishield had been received today and 15,000 more doses were expected to arrive tomorrow. — TNS
Pandemic

How the pandemic and lockdown have hit labour markets (Hindustan Times: 20210728)

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

By Abhishek Jha and Roshan Kishore

The 2019-20 Periodic Labour Force Survey (PLFS), which was released last week by the National Statistical Office (NSO), shows a fall in the unemployment rate from 5.8% in 2018-19 to 4.8% in 2019-20. Since PLFS follows a July-June timeline rather than the fiscal year (April-March) period, the 2019-20 report includes the 68-day-long hard lockdown. Does this mean that there was no distress in labour markets during the lockdown? An HT analysis suggests that the headline employment numbers in the latest report might be misleading, and a careful reading of the report and the unit-level data does show signs of pandemic-driven distress in labour markets.
What do the headline numbers show?

The three most important numbers in the PLFS report are labour force participation rate (LFPR), work participation rate (WPR) and unemployment rate (UR).

LFPR is the share of population in a given age group which is either working or looking for a job. WPR is the share of population which is actually working. UR is the percentage of unemployed persons in the labour force.

There have been three PLFS reports so far, the latest one covering the period from July 2019 to June 2020. A comparison of the three reports shows that LFPR was the highest in 2019-20 and unemployment rate the lowest. But these numbers hide more than they reveal. Here is why.

Covid forced a distress-driven rise in rural jobs

Images of thousands of migrant workers walking back to villages after the lockdown are among the most graphic memories of economic distress during the pandemic. The 2019-20 PLFS offers the first official proof of this distress.

In keeping with established wisdom on economic transformation, the share of agricultural employment in India has been falling gradually. But 2019-20 was an exception to this trend when agricultural employment actually increased from 42.5% in the 2018-19 PLFS to 45.6% in the 2019-20 PLFS. A comparison of absolute number of jobs by sectors shows that agriculture more than compensated for the job losses in all other sectors of the economy in the April-June 2020 period.

Sector-wise change in employment (Between April-June 2020 and April-June 2019)

The picture becomes even clearer once we look at the quarterly numbers for April-June 2020 and April-June 2019. On a year-on-year basis, urban India saw a reduction of 11.05 million jobs in the April-June 2020 period and rural India saw the addition of 14.7 million jobs.

However, the unemployment rate – or the share of people looking for jobs who didn’t find one – increased in both rural and urban areas. As is obvious, unemployment rate increased more sharply in urban areas (from 8.9% to 10.8%) than in rural areas (from 8.2% to 12.2%).

The reason unemployment numbers did not increase on an annual basis despite a sharp rise during the lockdown months is simple. They decreased sharply in the July-September 2019 and the October-December 2019 quarters, and to a lesser degree even in the January-March 2020 quarter.

That there was distress in urban job-markets was obvious from the quarterly PLFS report for April-June 2020, released in March this year which covers only urban areas. Where the annual report really offers an insight is the rise in what seems to be distress-driven rural employment.

People in different status of employment (Between April-June 2020 and April-June 2019)

What happened to wages during lockdown?
On World Chocolate Day

On World Chocolate Day, try melting a bar into your instant noodles (Hindustan Times: 20210728)

https://www.thehindu.com/life-and-style/food/world-chocolate-day-chocolate-dshes-chocolate-lovers/article35187015.ece

Chefs and Instagrammers vie with each other to come up with unusual combinations, from oysters to bacon

During the first COVID-19-driven lockdown in 2020, the avocado-chocolate brownie was tried and tested. This year — hold your breath — chocolate meets Maggi.

The popular noodles, garnished with Cadbury’s Gems or MnMs, created a stir on Social Media. It was not the only one. It inspired another dessert, created by mixing crumbled Oreo cookies with boiled Maggi, much to the delight of meme-makers.

Deepa Reddy, founder of Fonce Chocolates in Hyderabad, says she still has nightmares about an encounter with chocolate dosas. “I saw it on a menu in Hyderabad and felt bad for both the dosa and chocolate. I love both, but cannot imagine putting the two together, even for the sake of experimenting.” She tried chocolate makhana (fox nut) too and was left disappointed, she says.

Nevertheless, Deepa is eager to push boundaries too: At Fonce, she has introduced potato wafers with chocolate (on the lines of popular Royce chocolate potato wafers), and also offers more conventional combinations with fresh fruits like kiwi and pineapple.

Indians are not the only ones experimenting with unexpected combinations; worldwide, there have been experiments like chocolate pasta, chocolate mushroom, chocolate Cheetos, chocolate octopus and more. And then there is the oddly seductive chocolate bacon.

In the meantime, however, many connoisseurs prefer their bars unsullied by distracting ingredients. Ameen Barazandeh, founder of the European style patisserie Feranoz in Hyderabad, says, “What goes for me, might not work for someone else. I wouldn’t want to experiment much with chocolate for my products: I like to stick to the classics.”

Chef Mandaar Sukhtankar, corporate chef at Windmills in Bengaluru, says, “At an official dinner in Italy I had the misfortune of putting oysters in chocolate sauce in my mouth. Though I gulped it down at the dinner table, the rest of the evening had me wondering how the dish was even thought of. Sometimes a dish is made to sensationalise, hence even negative publicity works. The curiosity around an unusual dish or pairing itself is enough to drive diners to the restaurant.”
Undeterred? Try chocolate momo or chocolate idli, both getting startlingly easy to find now. Sheetal Saxena, founder of Colocal Chocolates in Delhi, discusses how she introduced chicken with chocolate and wine sauce, which diners would order that out of curiosity. “We eventually discontinued it because the demand wasn’t meeting the work that went into preparing the sauce. In my next experiment with chocolate bars, I will be introducing lavender chocolate and I am 100% sure it will hit the right note with chocolate lovers.”

**COVID-19 | Vaccination**

**COVID-19 | Vaccination of children likely to start from August (The Hindu: 20210728)**


Nistula HebbarBindu Shajan PerappadanNEW DELHI, JULY 27, 2021 17:00 IST

A health worker administers a dose of coronavirus vaccine, in Chennai on June 7, 2021. | Photo Credit: B. Jothi Ramalingam

“Final trial results are awaited and after due scrutiny, vaccines will be made available for children,” says Health Ministry official.

Vaccination of children against COVID-19 may start as early as August, Union Health Minister Mansukh Mandaviya told a meeting of the BJP parliamentary party on Tuesday.

India was on its way to becoming the largest producer of vaccines as his Ministry would expedite more licences to Indian companies, he stated. He also spoke about the government’s efforts to fight COVID-19 and ramp up vaccination.

The Minister’s statements are in line with what the government told the Delhi High Court in early July that vaccines for adolescents between the ages of 12-18 would be available soon, as trials were under various stages and that a policy to regulate the vaccination programme would be spelt out soon.

‘Two vaccines being looked into’

Giving more details about this, Lav Aggarwal, Joint Secretary, Health Ministry, said at a press conference that both Bharat Biotech’s Covaxvin and Zydus Cadila’s DNA vaccines for the 12-18 age group were being looked into. “Final trial results are awaited and after due scrutiny, the
vaccines will be made available for children. We hope to make the vaccine available in the near future,” he added.

A senior Health Ministry official said that while the Pfizer-BioNTech mRNA vaccine had been tested and approved in the European Union for use in adolescents aged 12-15, India was looking at an indigenous vaccine. “The exact timeline for this vaccine’s procurement and the quantity available is still not certain, so details can be given out only after the fine print has been decided upon,” he stated.

All India Institute of Medical Sciences head Randeep Guleria had advocated the resumption of physical classes of primary schools if vaccination was successfully able to cover those associated with school activities. He had said that while vaccination of children will be a milestone, children mostly have mild infections and some even are asymptomatic.

“They, however, can be carriers of the infection, which is dangerous for the medically compromised section of society. Currently, while Zydus has already done the trials, Covaxin trials should be over by August or September, and by that time, we should get an approval and roll out the vaccine for children,” he noted.

The U.S. Food and Drug Administration (FDA) previously gave Pfizer-BioNTech vaccine emergency use authorisation for children. This vaccine requires two injections given 21 days apart. The European medicines’ watchdog has also approved the use of Moderna’s vaccine for children aged 12 to 17.

Suresh Kumar Panuganti, consultant paediatric critical care, Yashoda Hospitals, Hyderabad, said prevention is better than cure and various diseases could be prevented in children by using vaccines.

Dr. (Maj.) Manish Mannan, HoD, Paediatrics and Neonatology, Paras Hospitals, Gurgaon, pointed out that vaccines have a great role in preventing the severity of illness, comorbidity and mortality.

“Vaccination would be very helpful for the safety of the children and is very necessary. As announced, first the vaccination will be given to 12-18 year old kids and then it will followed with other age group of kids depending upon the effectiveness, adverse effects and reaction, if any. In this pandemic, if vaccination is available, one should surely get it,’’ he asserted.

Dr. Mannan noted that the vaccines which were made available underwent a lot of process before being made available to the public. “All the vaccines’ efficacy are tested and all of them will play a great role in reducing the severity of conditions. It is not correct to say that a 3rd wave will effect kids largely. Most of the children are already exposed to the disease but vaccination would be helpful,’’ he added.

Vaccine supply to States

The Union Health Ministry on Tuesday said vaccine doses were supplied to the States and Union Territories as per advance allocation and advance information to them.
“Vaccines are supplied in various schedules throughout a month. A cumulative total of 457 million doses have been supplied to the stakeholders from January 2021 till date and an additional 60.3 million doses are expected to be supplied by 31st July,” it added.

**Gender inequality in health**

**COVID-19 | The Lancet article highlights gender inequality in health (The Hindu: 20210728)**


According to a article published in The Lancet, during the coronavirus pandemic, women have been at the receiving end of domestic violence and ante-natal care has suffered a setback due to the pressure on health care delivery. | Photo Credit: Illustration: Satheesh Vellinezhi

Gender-sensitive response and data are imperative for safeguarding the hard-fought gains for women, says Lancet commentary

A recently published article in The Lancet highlights how COVID-19 has exacerbated gender inequalities and warns against a damaging roll back in women's rights unless governments focus on sex-disaggregated data across key health indicators.

Data | Domestic violence complaints at a 10-year high during COVID-19 lockdown

The article that appeared under the comment section assumes importance because it is jointly authored by global heads of six UN agencies along with 11 other feminist scholars and health experts from across the world, who have reiterated their commitment to obtain gender-disaggregated data from all member States and their priority health programmes.

The byline names in the article "COVID-19: The turning point in gender equality", are also the key members of a high-profile advisory committee to the United Nations University International Institute for Global Health, Kuala Lumpur.

The coming together of WHO, UNICEF, UNDP, UNAIDS, UNFPA and UNWomen chiefs to write a paper is "unusual", said Prof.Gita Sen, who is one of the two co-chairs of the advisory group. "It is indicative of an urgent need for recovery efforts as the COVID-19 pandemic has impacted much beyond just the disease, " she told The Hindu over a phone call.

Prof. Sen, who is also the Director, Ramalingaswami Centre on Equity & Social Determinants of Health, at the Public Health Foundation of India, said the committee members took cognizance of the fact that the pandemic was not only profoundly disturbing the social and
economic structure but also compounding the gender disparities, that several women’s organisations and activists had tried to bridge through their hard work over the years.

When the pandemic hit, multiple field groups working with communities began assessing the effect of COVID-19 on women and girls and have been crying hoarse ever since. Incomplete and inconsistent gender data precipitated the need for concrete recovery plans by the 17-member advisory group.

The article talks about the global vaccine inequity that currently defines the global pandemic response. "It is a moral and public health failure that 75 per cent of the 3.47 billion COVID-19 doses were administered in only the top 10 rich countries," it says. "In rest of the world, the vaccination drive is found wanting while the poor nations are lagging miserably. Any shortage affects the vulnerable at the lower end of power hierarchy, the most," remarked Prof.Sen.

Citing India’s example, she said the government data reveals women have been left behind men by over three crore doses. Till June, 14.99 crore doses were administered to women while 17.8 crore doses were given to men. The gender gap in the country’s vaccination drive (870 women/1000 men) is higher than the population sex ratio of 940 women/1,000 men (as per 2011 Census data).

‘Women continue to self-sacrifice’

The pandemic, according to the article, has exposed structural inequalities in every sphere, from health and economy to security and social protection. During these times of limited resources, women continue to be self-sacrificing and suffer disproportionately. There is a digital divide, income divide, increased work load that are further amplified in conflicts, domestic abuse and violence. Girl children have been pulled out of education due to lack of income in poor families, and forced into child marriage; Women have been at the receiving end of domestic violence and ante-natal care has suffered a setback due to the pressure on health care delivery.

The committee, slated to meet in October again, will advise on mitigating the long-term impacts of the pandemic on women’s livelihoods and well-being. These, according to The Lancet article, include ensuring adequate core financial resources, reinforcing institutional capacity, promoting gender expertise and improving political partnerships.

"Keeping data undercover is the easiest way of pre-empting any concrete action later. Gender data has to be a priority commitment, said Prof.Sen. But only 48 per cent and 36 per cent of 199 countries reported sex-disaggregated data on COVID-19 cases and deaths, according to the article.
स्वास्थ्य विशेषज्ञ हड़ इम्युनिटी पाने की उस निश्चित संख्या का अभी अनुमान नहीं लगा पाए हैं। लेकिन हड़ इम्युनिटी के लिए कोई जादुई आंकड़ा बताने से कई विशेषज्ञ फिलहाल झिंझक रहे हैं।

कोरोना महामारी पर काबू पाने के लिए दुनियाभर में टीकों से हड़ इम्युनिटी (सामूहिक प्रतिरक्षा) पैदा करने का उपाय किया जा रहा है। ऐसे में काफी लोग यह जानने को उत्सुक हैं कि कितनी आबादी को टीके लगाकर हम हड़ इम्युनिटी का लक्ष्य हासिल कर सकते हैं। ताकि लॉकडाउन का अंत हो और सब बेरिक्वी से अपना जीवन जीने लगें। देश-विदेश घूम सके और अपने प्रयजनों के साथ युक्तक समय बिताये सकें।

सिडनी यूनिवर्सिटी के प्रोफेसर जूल लाक और पिलक हेथ एकेडमक, यूएनएसडयू के जेस वुड के मुताबक, इसके पीछे तीन बड़ी वजह हैं...  

1) महामारी के बदनते स्वरूप और टीकों में अंतर <br>

लेकिन टके पाने के लिए दुनियाभर में टीकों से हड़ इम्युनिटी का अनुमान नहीं लगा पाए हैं। लेकिन हड़ इम्युनिटी के लिए कोई जादुई आंकड़ा बताने से कई विशेषज्ञ फिलहाल झिंझक रहे हैं।

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सिडनी यूनिवर्सिटी के प्रोफेसर जूल लाक और पिलक हेथ एकेडमक, यूएनएसडयू के जेस वुड के मुताबक, इसके पीछे तीन बड़ी वजह हैं...  

1) महामारी के बदनते स्वरूप और टीकों में अंतर <br>

लेकिन टके पाने के लिए दुनियाभर में टीकों से हड़ इम्युनिटी का अनुमान नहीं लगा पाए हैं। लेकिन हड़ इम्युनिटी के लिए कोई जादुई आंकड़ा बताने से कई विशेषज्ञ फिलहाल झिंझक रहे हैं।

कोरोना महामारी पर काबू पाने के लिए दुनियाभर में टीकों से हड़ इम्युनिटी (सामूहिक प्रतिरक्षा) पैदा करने का उपाय किया जा रहा है। ऐसे में काफी लोग यह जानने को उत्सुक हैं कि कितनी आबादी को टीके लगाकर हम हड़ इम्युनिटी का लक्ष्य हासिल कर सकते हैं। ताकि लॉकडाउन का अंत हो और सब बेरिक्वी से अपना जीवन जीने लगें। देश-विदेश घूम सके और अपने प्रयजनों के साथ युक्तक समय बिता सकें।

सिडनी यूनिवर्सिटी के प्रोफेसर जूल लाक और पिलक हेथ एकेडमक, यूएनएसडयू के जेस वुड के मुताबक, इसके पीछे तीन बड़ी वजह हैं...  

2) अभी पूरी आबादी को टीके लगाना संभव नहीं
ऑस्ट्रेलिया का उदाहरण ले तो वहां अब जाकर 12 से 15 साल के बच्चों को टीका लगाने की अस्थायी मंजूरी दी गई है। अगर इस आयु वर्ग के लिए नियमित मंजूरी दी जाए तो भी उन्हें टीका लगाने में काफी समय लगेगा।

ऐसा होने पर भी छोटे बच्चों की सुरक्षा में अंतर बना रहेगा। लिहाजा, बच्चों को वयस्कों को टीकाकरण से ही कुछ हद तक लाभ मिलना चाहिए। मसलन, ब्रिटेन में 48.5 फीसदी लोगों को दोनों खुराकें लग गई हैं। शुरुआत में वहां दस साल से कम उम्र के बच्चों के संक्रमण में गिरावट आई थी। यह वयस्कों को मिली सुरक्षा के कारण ही आंशिक रूप से संभव हो पाया था।

3) समय और स्थान के आधार मिन्न होगी सामूहिक प्रतिरक्षा

मौजूदा टीका की क्षमता एक समय के बाद कमजोर पड़ जाएगी। कोरोना के नए स्वरूप के आगमन के साथ हमें निश्चित रूप से बूस्टर डोज की जरूरत पड़ेगी।

इनफ्लूएंजा टीकाकरण को लेकर हमने शायद ही कभी सामूहिक प्रतिरक्षा की बात की होगी, क्योंकि इन टीका से सुरक्षा की अवधि ही बहुत कम होती है। वहीं, इन वायरसों के खिलाफ सुरक्षा भी इलाकों और आबादी में अलग-अलग हो सकती है। हड़हड़ी मजबूती जनसंख्या घनत्व पर भी निर्भर करती है।

इन कारकों को समझने हुए ही विशेष अकसर सामूहिक प्रतिरक्षा का तय आंकड़ा देने से बचते हैं। खासतौर पर डेल्टा की संक्रमणक्ता को देखते हुए तो हमें टीकाकरण दर आत्में तेजी से बढ़ानी होगी। इसके बाद ही जीवन थोड़ा सामान्य दिखाई देने लगेगा। हालांकि, कोरोना के प्रकोप आते रहेंगे लेकिन तब वह कम जोखिम भरे होंगे।

Vaccine (Hindustan: 20210728)
कोरोना में फिर आया तेज उछाल, एक दिन में 43,654 मामले, आधे से ज्यादा केस केंद्र के (Hindustan: 20210728)

भारत में पिछले 24 घंटे के अंदर कोरोना संक्रमण के नए ममालों में भारी बढ़ोतरी दर्ज की गई है। स्वास्थ्य मंत्रालय के ताजा आंकड़ों के मुताबिक, बीते एक दिन में देश के अंदर कोरोना के 43 हजार 654 नए केस दर्ज किए गए हैं। इसमें से आधे से ज्यादा केस सिर्फ एक राज्य केरल से हैं। वहां, इस दौरान कोरोना से हुई मौतों का आंकड़ा भी बढ़ गया है और इस अवधि में 640 लोगों का नए संक्रमण से जान गंवाई है।

हालांकि, कोरोना के इलाजरत मरजे का आंकड़ा अभी भी चार लाख में नीचे बना हुआ है। फिलहाल देश में कोरोना के 3 लाख 99 हजार 436 एक्टिव मरीज हैं। वहां, पिछले 24 घंटे में कोरोना के 41 हजार 678 मरीज ठीक भी हुए हैं।

देशभर में अब तक कोरोना से कुल 4 लाख 22 हजार से ज्यादा जाने जा चुकी है। वहां, 3 करोड़ 6 लाख 63 हजार 147 लोग अब तक इस बीमारी से जंग जीत चुके हैं। देश में कोरोना से ठीक होने वालों की दर फिलहाल 97.39 फीसदी पर है। वहां, दैनिक संक्रमण दर 5 फीसदी से नीचे है।

केरल ने बनाया अनचाहा रिकॉर्ड
मंगलवार को राय ने केरल के 22 हजार 129 नए ममाल आए हैं। पिछले 51 दिनों में पहली बार किसी राज्य में कोरोना के 20 हजार से ज्यादा ममाल एक दिन में मिले हैं। राज्य में जांच संक्रमण दर (टीपीआर) फिर से 12 फीसदी के पार हो गई है। केरल राज्य में संक्रमण के नए ममालों के रिकॉर्ड में एक बार फिर से चिंता बढ़ा दी है। ताजा आंकड़ों के मुताबिक, राज्य में एक दिन के अंदर 156 लोगों की कोरोना से जान गई है।

Dengue 9 Dainik Gagaran : 20210728

मानसून में डेंगू, मलेरिया और चकनगुनया से बचने के लिए ये हैं 6 टिप्स (Hindustan: 20210728)

https://www.jagran.com/business/biz-these-6-tips-including-reliance-general-insurance-health-insurance-policy-is-important-to-fight-dengue-21872011.html?itm_source=website&itm_medium=homepage&itm_campaign=p1_component

नई दिल्ली, ब्रांड डेस्क। भारत एक ऐसा खूबसूरत देश है, जहां हर तरह का मौसम देखने को मिलता है - सरदी, गर्मी और बरसात। पहले दोनों मौसम की अपनी ही खासियत है, लेकिन बरसात में बारिश की बुंदों का अपना ही आनंद है। कोई इसे देखकर खुश होता है, तो कोई इसमें भीग कर इसका स्वागत करता है। हालांकि, यह जरूरी नहीं है कि
मानसून हर किसी के लिए एक जैसा अनुभव लेकर आए। इस मौसम में हमने कई लोगों को वायरल से बीमार होते हुए भी देखा है। सबसे ज्यादा खतरा डेंगू और मलेरिया बीमारी से है, जिससे भारत में लोगों लोग प्रभावित होते हैं। इसे हम वेटर ज्यादा वायरल रोग कहते हैं, जो एडीए एजिइटी नामक मच्छर से फैलता है। यह मच्छर घरेलू वातावरण में एवं आसपास इकट्ठे सफ पानी में उत्पन्न होता है।

विशेषज्ञ मानते हैं कि अगर साथीय बसती जाते तो किसी भी रोग से छुटकारा पाया जा सकता है। यह सही है कि मानसून में वेटर ज्यादा वायरल रोगों का खतरा रहता है, ऐसे में इससे बचने के लिए हमें कुछ जरूरी बातें पर ध्यान देना चाहिए। साथ ही, यह भी ध्यान दें कि अगर कोई बीमारी भी जाती है, तो आपके पास एक हेल्थ इंडियोर पॉलिसी करना चाहिए। क्योंकि डेंगू और मलेरिया ऐसी बीमारियों के लिए हमें अपनी वातावरण के प्रभाव को भी साफ रखा जाना चाहिए। इसलिए समझदारी यही है कि आप एक हेल्थ इंडियोर पॉलिसी भी रख लें।

अब आइए जानते हैं कि मानसून में वेटर ज्यादा वायरल रोगों से कैसे बचें?

सूर्यास्त से पहले खिड़कियों और दरवाजों को बंद कर ले।

बारिश होती है तो घर की खिड़कियों और दरवाजों को हमें खोल देते हैं, ताकि बारिश का भरपूर आनंद ले सकें, लेकिन इस बात का ध्यान रखें कि सूर्यास्त से पहले या जब दिन ठंड लगे तो घर के सभी खिड़कियों और दरवाजों को बंद कर दें क्योंकि देखा गया है कि मच्छर आमतौर पर सूर्यास्त के दौरान और बाद में अधिक सक्रिय होते हैं।

फुल साइज के कपड़े पहनें。

एडीए एजिइटी नामक मच्छर कभी भी हमला बोल सकते हैं, इसलिए हमेशा सतर्क रहना बहुत जरूरी है। आप चाहें घर पर हो या फिर बाहर अपने शरीर को जितना ज्यादा हो सके कपड़ों से ढककर रखें। आप पूरी बाजू की शर्ट, कूटना, जैकेट, पनामा आदि पहनकर रखें। साथ ही, बांधों को भी फुल साइज के कपड़े पहनें। महिलाएं भी इस बात का पूरा ध्यान दें। जितना शरीर ढका रहेगा, उतना ही हम मच्छरों से सुरक्षित रह सकते हैं।

सोते समय मच्छरदानी का इस्तेमाल करें।

बरसात के मौसम में पानी इकट्ठा होता है, जिसमें मच्छर भी पैदा होते हैं। इन मच्छरों से बचने के लिए आप हमेशा मच्छरदानी का इस्तेमाल करें। मच्छरों और अन्य बीमारियों को पैदा करने वाले कीड़ों से बचने के लिए यह एक आसान, प्रभावी और प्राकृतिक तरीका है। हां, यह ध्यान देना है कि आपकी मच्छरदानी कहीं से फटी हुई न हो। मानसून में सोते समय आप इसका जरूर इस्तेमाल करें, आपके परिवार के लोग मच्छरों से सुरक्षित रहेंगे।

आसपास वातावरण को रखें गर्म.

ऐसा देखा गया है कि जो व्यक्ति खुद को सफ रखना तथा अपने आसपास के वातावरण को सफ रखना हैं, बीमारियां उससे दूर रहती हैं। वेटर ज्यादा वायरल रोगों से बचने के लिए यह जरूरी है कि आप खुद के साथ-साथ
अपने घर को भी साफ करें। यह ध्यान दें कि कहीं आसपास पानी तो इकट्ठा नहीं हो रहा है। वर्तमान कूलर या छत पर कहीं पानी इकट्ठा हो रहा है, तो उसे नियमित रूप से साफ करें। साथ ही अपने आसपास दवाईयों का भी छिड़काव करवाएं।

अपने खानपान पर दे ध्यान

बीमारी कोई भी हो, ये उस समय अपना ज्यादा असर दिखाती है जब हमारे शरीर का इम्यून सिस्टम कमजोर होता है। इसलिए आप शरीर की इम्यूनिटी को मजबूत रखने पर ध्यान दें। आप पॉष्टिक आहारों का सेवन कीजिए। आपके आहार में ताजे फल और सपन्धियों की मात्रा ज्यादा होनी चाहिए। इसके साथ-साथ आप पानी भी भरपूर मात्रा में पिएं।

एक हेल्थ इंश्योरेंस प्लान भी है जरूरी

वेक्टर जनित वायरल रोग जैसे डेंगू, मलेरिया और चिकनगुनिया हर साल मानसून के समय आते हैं। गांवों के साथ-साथ छोटे बड़े शहरों में भी इनका प्रभाव देखने को मिलता है। ये बीमारी बड़ी है, इसलिए हमें ज्यादा सतर्क और सावधान रहने की जरूरत है। इसमें उपर बताए गए टिप्स आपके बहुत काम आएंगे। इसके अलावा बीमारी की स्थिति का सामना करने के लिए आप अपने पास हेल्थ इंश्योरेंस प्लान जरूर रखें। इसमें होस्पिटल केयर इंश्योरेंस (Hospi Care Insurance) आपके बहुत काम आएगा। यह रिलायंस जनरल इंश्योरेंस (Reliance General Insurance) की अच्छी रणनीति है, जो इस तरह के रोगों में आपके मेडिकल और अस्पताल के खर्चों को कवर करती है। इस पॉलिसी के तहत मरीज को डेली हॉस्पिटल इंडेशन कैश बेनिफिट मिलता है। इसमें डेली केयर ट्रीटमेंट कैश, साधिक रेडियो, हॉस्पिटल डेली कैश शामिल है। इसमें यदि मरीज डेंगू, मलेरिया या चिकनगुनिया के कारण अस्पताल में तीन दिनों से अधिक समय तक बच्चा रहता है, तो उसे ₹20,000 की एकमुखी राशि का भुगतान किया जाता है। आप रिलायंस जनरल इंश्योरेंस की वेबसाइट पर जाकर इसके और फायदों के बारे में जान सकते हैं।

वर्ल्ड हेपेटाइटिस डे,

आज है वर्ल्ड हेपेटाइटिस डे, ये हैं इसके लक्षण, कारण और बचाव के उपाय (Hindustan: 20210728)

आज दुनियाभर में वर्ल्ड हेपेटाइटिस डे मनाया जा रहा है। यह खास दिन हर साल 28 जुलाई को हेपेटाइटिस को लेकर लोगों को बीच जागरूकता फैलाने के लिए मनाया जाता है। वर्ल्ड हेपेटाइटिस डे अमेरिकन जेनेटिसिट बरूच सैम्प्युअल ब्लूमबर्ग के याद में मनाया जाता है। उन्होंने हेपेटाइटिस B पर काफी महत्वपूर्ण रिपोर्ट किए थे। दरअसल, हेपेटाइटिस लीवर से जुड़ी सबसे गंभीर बीमारियों में से एक है। इस बीमारी के चलते लीवर के टूटने के चलते लीवर के बीस साल में इलाज करने लगता है और इलाज न होने की सूचना यह स्पष्ट है कि इसे चकर केस जैसी गंभीर बीमारियों का रूप ले लेती है। आज इस खास दिन जानते हैं आखिर क्या है ये बीमारी, इसके लक्षण और बचाव के उपाय।

क्या है हेपेटाइटिस?

हेपेटाइटिस लीवर की सूजन है, ये लीवर कोशिकाओं को नुकसान पहुंचाता है। इस वायरस के 5 स्ट्रेंज होते हैं जिन्हें Hepatitis A,B,C,D,E नाम से पहचाना जाता है। इनमें से ए A और E संक्रमित खाने और पानी से फैलते हैं। जबकि हेपेटाइटिस B सेक्युअल कॉन्टेक्ट से फैलता है। इसके अलावा संक्रमित खून चढ़ाने से भी हेपेटाइटिस का खतरा बना रहता है। हेपेटाइटिस C संक्रमित ब्लड ट्रांसफर्जन के जरिए होता है। जब किसी व्यक्ति को हेपेटाइटिस B का संक्रमण होता है उसी को D का संक्रमण भी हो सकता है। दुनियामें सबसे ज्यादा मौतें हेपेटाइटिस B से होती हैं।

हेपेटाइटिस के लक्षण:

- पेट के ऊपर दादा और आंख का रंग पीला होना।
- मूंत का रंग गहरा पीला हो जाना।
- अत्यधिक थकान, उलटी आना।
- पेट के ऊपर हिस्से में दरद।
- भूख कम लगना, बुखार आना।

घुटनों और जोड़ों में दरद की पूंछ कॉमन वजह, घरेलू इलाज करने से पहले एक बार जरुर जान लें।

घुटनों और जोड़ों में दरद की पूंछ कॉमन वजह

हेपेटाइटिस से बचाव के उपाय:

- साफ-सफाई का विशेष ध्यान रखें।
- तैदू के लिए स्टारलाइज नीडल का इस्तेमाल करें।
- सुरक्षित शारीरिक संबंध बनाएं।
- अपने टूंडब्रश और रेजर किसी के साथ साझा न करें।
- विशेषकर टॉयलेट से आने के बाद सफाई का ध्यान रखें।

- दूषित पानी पीने से बचें।

- डॉक्टर की दी हुई दवाइयों का ओवर-डोज न लें।

- शराब, तंबाकू और धूमपान की लत से बचें।

- पौष्टिक और सुपारी आहार लें, वजन नियंत्रित रखें।

- किसी बीमारी का ट्रीटमेंट ले रहे हैं तो लिवर का भी ध्यान रखें।

- योग, त्यायाम और टहलने की आदत डालें।