India records 42,625 Covid cases

India records 42,625 Covid cases and 562 deaths in a day (The Tribune: 20210804)


The number of active cases increase to 4,10,353 and accounted for 1.29 per cent of the total infections, while the national Covid recovery rate rises to 97.37 per cent

With 42,625 people testing positive for the coronavirus infection in a day, India's total tally of Covid cases rose to 3,17,69,132 and the active caseload increased to 4,10,353, according to data updated by the Union Health Ministry on Wednesday.

The death toll climbed to 4,25,757 with 562 fatalities.

The number of active cases increased to 4,10,353 and accounted for 1.29 per cent of the total infections, while the national Covid recovery rate rose to 97.37 per cent, the data updated at 8 am showed.

An increase of 5,395 cases has been recorded in the active caseload in a span of 24 hours.

As many as 18,47,518 samples were tested on Tuesday taking the number of tests conducted so far for detection of Covid in the country to 47,31,42,307.

The daily positivity rate stood at 2.31 per cent, while the weekly positivity rate was recorded at 2.36 per cent, according to the ministry.

The number of people who have recuperated from the disease surged to 3,09,33,022, while the case fatality rate stood at 1.34 per cent, according to the data.

Cumulative vaccine doses administered in the country so far has reached 48.52 crore.
The 562 new fatalities include 177 from Maharashtra and 148 from Kerala.

A total of 4,25,757 deaths have been reported so far in the country, including 1,33,215 from Maharashtra, 36,650 from Karnataka, 34,159 from Tamil Nadu, 25,058 from Delhi, 22,765 from Uttar Pradesh, 18,170 from West Bengal, and 16,299 from Punjab. PTI

**Contract coronavirus**

**1 dies, two contract coronavirus in Amritsar district (The Tribune: 20210804)**


With two more positive cases, the district Covid tally increased to 47,073 on Tuesday. These include two influenza-like illness cases. No contact of positive patient was found.

The district reported one death due to the disease as one Gurjit Kaur, 84, a resident of Sultanwind Road succumbed to the virus.

With the recovery of seven patients, the recovery count has also improved to 45,463. At present, the district has a total of 24 active cases. In the ongoing vaccination drive, 3,973 were inoculated in the district on Tuesday. Of these, 3,869 received their jab at government-run centres, while 104 at private centres. As many as 7,48,049 persons have been jabbed so far.

No death, case reported in Tarn Taran district

No death due to the coronavirus was reported nor any positive case surfaced in the district on Tuesday. Total 373 persons have lost their lives due to the virus in the district so far. Deputy Commissioner Kulwant Singh said the Health Department teams collected 859 samples to be tested for the virus from different places on Tuesday. The number of active cases has reduced to eight, who have been isolated at their respective homes. — OC
Covid R-value,

In eight states, virus spread high; R-factor worrisome in HP, J&K(The Tribune: 20210804)


In what has set alarm bells ringing, the Covid R-value, a critical marker of the disease denoting virus reproduction number, has touched 1.2 in India, up from 0.66 in June-end and 0.88 around mid-July.

The number has crossed 1 in eight states, with Himachal Pradesh and Jammu and Kashmir reporting the highest 1.4 each amid increasing infection trends. Lakshadweep has a value of 1.3; Tamil Nadu, Mizoram and Karnataka 1.2 each and Puducherry and Kerala 1.1 each. The R-value represents the average number of new infections generated by one Covid patient during his entire period of infection.

“The national value has risen to 1.2 from 0.66 recently. It is rising in eight states,” Health Ministry spokesperson Lav Agarwal said, noting the second wave was not over yet. The states having a stable reproduction value of 1 are Haryana, Nagaland, Meghalaya, Goa, Jharkhand, Delhi and Bengal. The government has flagged Kerala, North-East, Himachal and J&K as areas of concern with Kerala leading the infection even as 30,459 daily cases were recorded today, in a major reduction since the last five days that witnessed over 40,000 cases each.

“The cases are now being reported from limited areas with 49.85 per cent of the infections seen last week coming from Kerala. As of today, 47.5% of India’s cases are from 18 districts—Kerala 10, Maharashtra 3, Manipur 2; Arunachal Pradesh, Meghalaya and Mizoram one each. The active cases that were below 4 lakh until July 28 have now crossed the 4 lakh mark,” said VK Paul, Member, Health, NITI Aayog. Kerala and Maharashtra together make for 60% of India’s active cases.

The ministry today said the central team that returned from Kerala found case positivity rate at a high of 17.26 per cent with 91% active cases in home isolation in Mallappuram.

While India’s overall weekly case positivity rate fell below 2% after three months today, 44 districts, including one in Himachal, continued to show 10 per cent plus positivity rate.
Vaccination and normalising of monetary policy

Why increasing pace of vaccination and normalising of monetary policy hold key to economic rebound (The Indian Express: 20210804)


As growth strengthens and the RBI’s inflation-targeting credibility comes under greater scrutiny, a policy pivot would become increasingly likely.

At a vaccination camp in Lucknow (Express Photo: Vishal Srivastava, File)

Within a span of a few months, India has transitioned from facing a shortage of hospital beds to showing off crowded holiday resorts. Fresh out of a deadly second wave, viral videos of clogged roads to hill stations and packed markets are symptomatic of the rapid recovery in economic activity as the worst of the lockdown restrictions have ended.

Growth indicators so far suggest a “Teflon economy” in the short term — a shallow dent in May’s economic activity followed by a recovery in June, back to April’s levels. The external, investment and industrial sectors have been relatively resilient, with consumption and services bearing the brunt. Notwithstanding signs of some fatigue in ultra-high frequency indicators in July, damage from the second wave seems largely limited to April-June 2021.

Nevertheless, a K-shaped recovery means light cracks on the top conceal much larger structural faultlines below. The Pew Research Centre estimates that the pandemic has led to India’s poor rising by 75 million, while the middle and upper-middle class has shrunk by 39 million. A recent survey by the ILO finds that the worst-hit — MSMEs and their informal workforce — have struggled to access the government’s pandemic support programmes. These more structural scars may become blurred in the GDP data in coming quarters as the economy rapidly normalises alongside strong global growth, fiscal activism, and easy financial conditions, but will almost certainly affect the medium-term growth story.

However, in the near term, there are two impending macro pivots to navigate. First, is the vaccine pivot. The “ultimate unlocking” of the economy remains contingent on a critical mass getting vaccinated, which on materialising should trigger a revival in consumer and business sentiment. The vaccine pivot is also an effective insurance policy against a possible third wave — a risk to near-term growth. The lacklustre pace of vaccination in July and fresh information on the vaccine pipeline suggest that there are risks of a delay in the pivot taking place in August, and to our baseline projection of around 50 per cent of the population being vaccinated by end-2021. However, the uptick in the pace of vaccination over the last few days and higher seroprevalence reported in some states are welcome news.
The second pivot is that of policy. When inflation is under control, then flush liquidity and ultra-accommodative monetary policy will help kill two birds with one stone — ensuring easy financial conditions, and helping control borrowing costs of the government’s expansive borrowing programme. However, this strategy is not costless. It effectively uses the central bank’s credibility in controlling inflation as “collateral”. So when inflation flares up and remains sticky, this arithmetic becomes increasingly complicated.

The RBI’s consistent message recently has been to view the current inflation surge as a “temporary hump”. However, CPI inflation is tracking 5-6 per cent on an already high base of 6.6 per cent in 2020, amid elevated inflation expectations, ongoing supply-side shocks and imminent demand-side ones. We believe these factors should have ordinarily led to monetary policy alarm bells ringing. But as Governor Shaktikanta Das recently commented, “It is not like any other year, when inflation goes up, you start tightening the monetary policy”.

But maybe that year is coming to a close, although not at the August policy meeting later this week. Despite our expectation of the RBI revising up its CPI inflation projection higher by 40 basis points, the message is likely to be that this is not a monetary policy game-changer. Instead, we expect a message on the lines of inflation remaining supply-side driven, the economic recovery still requiring policy support, and bond yields still needing to be kept under control.

Much as the current monetary policy stance maintains that the economy is ill-equipped to handle policy normalisation, it is a matter of when rather than if. As growth strengthens and the RBI’s inflation-targeting credibility comes under greater scrutiny, a policy pivot would become increasingly likely. In our baseline projection, we expect a 40 basis point reverse repo rate hike in Q4, and then cumulative hikes of 75 basis points in 2022.

The broader, and probably trickier issue for central banks, governments, and indeed the public is how to live with “long Covid”. Even with widespread vaccinations, future pandemic waves may well be unavoidable. Fiscal, monetary and administrative policies cannot remain in a suspended emergency.

**World Breastfeeding Week**

**World Breastfeeding Week: Things to know about breastfeeding before having a baby(The Indian Express: 20210804)**

After delivery, the mother has hardly any time to recover before the baby has to be put to the breast. These points can help her be more prepared

World Breastfeeding Week, what new moms should know about breastfeeding, preparing to breastfeed before the baby is born, things to plan in advance before breastfeeding, how to ace breastfeeding, how to breastfeed without troubles, preparing to breastfeed, indian express newsBlock out negative emotions and comments by relatives as self doubt and anxiety can hinder milk ejection. (Photo: Getty/Thinkstock)

There are many advantages and health benefits of breastfeeding a child. It is said that when a newborn is breastfed, they receive all the necessary immunity-boosters from the mother’s milk. Sometimes, some mothers may have to switch to formula, in case they produce insufficient breast milk, but that is another discussion.

Did you know that the WHO recommends exclusive breastfeeding within one hour after birth, and upto six months of age? Doctors say breastfeeding decreases the risk of pneumonias, diarrhoea, and ear infections in babies, besides protecting them from allergies and increasing their IQ.

With breastfeeding week being observed around the world, it is important to address an aspect of it that not many people think about: what are the things that a couple, especially the mother-to-be, should know about before having a baby.

Dr Shalini Chico, senior consultant neonatologist at Fortis La Femme Hospital, Richmond Road, Bengaluru says after the gruelling process of delivery, the mother has hardly time to recover before the baby has to be put to the breast. Which is why these points can help her be more prepared for the process before the little one arrives. Read on.

* Learn the basics: Most hospitals hold antenatal classes, or have a lactation consultant, who can offer training on the different ways in which one can feed the baby, the various holds and the proper method of attachment to the breast. It is best to consult your doctor or lactation consultant to examine the breast and nipples, in order to identify issues like flat or inverted nipples, which can be a potential hurdle initially. Your consultant can explain how to overcome these issues so that the first few days are not overwhelming. This could potentially reduce unwanted complications like sore nipples, breast engorgement or ineffective latch.

ALSO READ | World Breastfeeding Week 2021: Ways to prevent sagging breasts

* Stock up: On appropriate and safe clothing to feed the baby comfortably, both in hospital and at home. Breast pads may be required after the first few days, once milk starts coming in. A
breast pump may be required in the first few weeks, especially if the baby is unable to suckle due to prematurity or any other issues.

* Have a plan: Draw up a plan with your doctor to ensure you feed within the first hour after delivery, unless there is any medical issue with the baby or mother, which would be a contraindication for direct breastfeeding. Colostrum — baby’s first natural immunisation — is the first sticky yellowish milk produced at the end of pregnancy, loaded with nutrients and antibodies. Hence, it is vital babies get it in the first hour of life. Ensure skin to skin contact after a normal delivery and as soon as practically possible after a cesarean section; this helps in establishing a better latch to the breast.

World Breastfeeding Week, what new moms should know about breastfeeding, preparing to breastfeed before the baby is born, things to plan in advance before breastfeeding, how to ace breastfeeding, how to breastfeed without troubles, preparing to breastfeed, indian express news

It’s important to delegate responsibilities like the household or routine chores. (Photo: Getty/Thinkstock)

* Enlist help from other family members: It’s important to delegate responsibilities like the household or routine chores or taking care of an older child, if any. This will ensure that the mother can focus only on feeding the baby and getting adequate rest in between.

* Breastfeeding and Covid: Mothers who happen to be diagnosed with Covid infection during or prior to the delivery are also urged to continue breastfeeding, with adequate precautions like wearing a mask and proper hand washing. Lactating mothers can safely take the vaccine and continue to breastfeed.

* Be mentally ready: Breastfeeding is a time consuming, and sometimes exhausting, job. In the first few weeks, babies need to be fed every 2-3 hours, sometimes more frequently at night. So, block out negative emotions and comments by relatives as self doubt and anxiety can hinder milk ejection.

Covid- Cases (The Asian Age: 20210804)

Drastic decrease in Covid-19 cases

India registers 30,549 cases and 422 deaths in a day, active cases fall after 6 days

India’s Covid-19 tally climbed to 3,78,36,007 on Tuesday with 30,549 more people testing positive for the disease while the active caseload declined after six days, according to Union health ministry data. The death toll climbed to 4,25,195 with 422 fresh fatalities, the data updated at 8:00 am showed.

Meanwhile, India’s reproductive number, which denotes the spread of Covid-19, is more than one in eight states, including Himachal Pradesh, Jammu and Kashmir, Tamil Nadu, and Kerala.

The DEATH toll climbed to 4,25,195 with 422 fresh fatalities

Covid-19 recovery rate increased to 97.38 per cent, it showed.

A decrease of 8,709 cases has been recorded in the active Covid-19 caseload in a span of 24 hours. As many as 16,49,285 Covid-19 tests were conducted on Sunday, taking the total number of tests conducted so far in the country to 47,12,94,280.

The daily positivity rate was recorded at 1.85 per cent. The weekly positivity rate stood at 2.39 per cent, according to the ministry. The number of people who have recuperated from the disease surged to 3,68,96,554 while the case fatality rate stands at 1.34 per cent, the data stated.

The total number of Covid vaccine doses administered so far as part of the nationwide vaccination drive has reached 47.35 crore.

So far, 4,25,195 deaths have been recorded in the country. The health ministry stressed that more than 70 per cent of the deaths occurred due to comorbidities.

“Our figures are being reconciled with the Indian Council of Medical Research,” the ministry said on its website, adding that statewise distribution of figures is subject to further verification and reconciliation.

Post Covid Complication (The Asian Age: 20210804)

POST-COVID COMPLICATIONS & CARE

PATIENTS WHO RECOVER FROM EVEN MILD AND MODERATE CASES OF COVID-19 ARE FACING A PLETHORA OF PROBLEMS FOR WEEKS AFTER THE VIRUS HAS LEFT THE BODY

SULOGNA MEHTA

When Vinay Kumar recovered from COVID-19, little did his relieved family members realise that the ordeal was far from over. Sudden bouts of coughing persisted well over a month. Worse, Vinay began getting panic attacks about the possibility of developing other serious ailments. He became obsessed with the pulse oximeter, monitoring his oxygen saturation level every hour.

COVID-19, even the mild and moderate cases, is deadly. The recovered patients are exposed to a plethora of problems for several weeks and months even after the virus leaves the body. Many recovered patients report the emergence of new symptoms, ranging from excessive hair loss, while many others have developed diabetes. Then there are others who’ve been suffering cardiac-arhythmia complications, psychological issues like severe anxiety disorder and panic attacks and fatigue. Dr P V Sathakar, nodal officer for COVID-19 in north coastal Andhra and principal of Andhra Medical College (AMC) reiterates that the viral infection thrives in a multisystem environment, affecting people in a wide variety of ways, irrespective of the severity of the viral attack, usage of steroids, age and presence of comorbidities. Dr Sathakar insists the need for special post-COVID clinics and doctors who can deal exclusively with recovered patients undergoing various immediate health problems. “Importantly, recovered patients need to eat a balanced diet and maintain a positive attitude,” he says.

ADDRESSING THE MULTISYSTEM PSYCHOPHYSIOLOGICAL HEALTH

The impact of the coronavirus has been far from just on the physical, but also at the mental level. The virus’ attack has resulted in most patients suffering from panic attacks and anxiety disorders, especially hypochondriasis and globus pharyngeus, a feeling of some irritant stuck in the throat. Some recovered patients have also been displaying fluctuating depression, aggression, loss of concentration and motivation. Dr C Sudhanakar, professor and head of psychiatric department at NRI Hospital, a consultant psychiatrist at Apollo Hospital, also points out that several patients have been suffering from obsessive-compulsive disorder (OCD) with regards to disabilities.

“They’re constantly washing hands or disinfecting their surroundings even when it is not required,” says the doctor in clarification. “Social phobias and health anxiety disorder (hypochondriasis) have taken

Yoga and pranayama have a rejuvenating effect on post COVID patients along with physiotherapy over some patients; for instance some (irrationally) fear that a cough may be indicative of lung fibrosis. Or they feel a need to use the eyes to block fungus. And those with pre-existing psychiatric problems like depression, migraine and attention deficit hyperactivity disorder (ADHD) show symptoms of their symptoms and require more medication doses.”

POST-COVID CARE NUTRITION, PHYSIOTHERAPY AND WELL-BEING

As post-COVID complications keep adding despite prescribed medication, vitamin supplements and rest, one requires an integrated approach to the post-recovery care. That means incorporating proper diet, yoga and physiotherapy under expert guidance, based on the individual’s health status.

Nutritionists have observed sudden increase in apetite among patients post recovery. There have also been reports of change in digestion patterns and bowel movement among patients. Diet and yoga expert Dr Rukshada adds that household herbs such as turmeric, ginseng, lemon and amla should be incorporated in one’s daily diet as these have immune-boosting and anti-inflammatory properties. Dr Priyalini Sirkar, Andhra Pradesh state coordinator (Women’s Cell) of the Indian Association of Physiotherapists (IAP) points out how COVID infection leaves the multisystematic system highly affected. “It causes muscle weakness and stiffness, fatigue, weakness of bones and breathing issues. However, most recovered patients make the mistake of lifting the gym and try strenuous exercises, which could in further collapse of energy,” adds Dr Sirkar.

YOGA AND MEDITATION

Researcher Ch Laliita and faculty Dr R Kishan from the Department of Yoga and Consciousness, Andhra University (AU) have recently undertaken a study on the efficacy of yoga in the management of COVID effects, by enrolling 40 recovered patients. Laliita says, “We can practice neck, wrist and shoulder rotation asana (hasta pravasana), sankhasktrasana, manahbaha chakras and various prana tes (lying on the abdomen) to improve the oxygen saturation level. Pranayama should be taken up to enhance the lung capacity, which also reduce mental stress and improve concentration.”

Apart from the regular balanced diet, healthy snacking is very important to deal with the frequent cravings for food. We recommend controlled portions of raw or roasted dry fruits and natural protein-based snacks and fresh fruits, rather than sugary snacks, deep fried and processed items from confectionaries – Dr Anjali Dange, founder & chief nutrition consultant at Starlife Nutrition Centre

At this stage, walking and other slow-paced exercises like arm and leg stretches can be carried out under the guidance of fitness experts. To clear the spasm from the airway, patients can practice simple breathing exercises like deep breathing, balloon breathing and blowing a candle regularly. – DR PRIYALINI SARKAR, Andhra Pradesh state coordinator (Women’s Cell) of the Indian Association of Physiotherapists (IAP)

While it affects the pancreas in some, causing diabetes, it causes varied gastrointestinal issues, cardiac and muscular problems, damage to lungs and breathlessness in others. – DR P V DHANAPAL, nodal officer for COVID-19 in north coastal Andhra and principal of Andhra Medical College (AMC)

COMMONLY OBSERVED POST-COVID PROBLEMS AND COMPLICATIONS INCLUDE THE FOLLOWING:

• Cough
• Fatigue
• Headache
• Breathing difficulties like shortness of breath, palpitations or pounding heartbeat, chest pain and tightness
• Muscle and joint pains
• Memory/concentration problems (brain fog)
• Sleep issues
• Severe hair loss (telogen effluvium)
• Gastro-intestinal problems
• Mental health issues like anxiety disorder, depression, hypochondriasis and OCD
• Severe cases show damage to the heart, lungs, nerves and pancreas, leading to heart attacks, lung fibrosis, stroke and diabetes, respectively

DO’S AND DON’TS OF POST COVID RECOVERY

Recovered patients must ensure the following:

• Have a balanced healthy diet, exercise regularly, maintain a positive attitude
• Eat well-cooked natural proteins and vegetables, and consume artificial supplements and tablets only under medical advice
• Do not immediately go back to the gym for strenuous exercises or work lifting, but exercise at a slow and steady pace
• Stay hydrated and monitor their oxygen saturation levels daily especially after workouts
• Try for yoga and pranayama, or breathing exercises, under expert guidance for reinvigorating, de-stressing and improving the lung capacity
Coronavirus live updates

Coronavirus live updates | India has reported a single-day rise of 42,625 COVID-19 infections (The Hindu: 20210804)

https://www.thehindu.com/news/national/coronavirus-live-august-4-2021-updates/article35713682.ece

Most children who develop symptoms of COVID-19 get better after six days and the number who experience symptoms beyond four weeks is low according to a new study conducted in the U.K.

Kerala, Maharashtra, Andhra Pradesh and Tamil Nadu

Health Care Services

Indian-American doctors raise $5 million for COVID-19 relief to India (The Hindu: 20210804)


The fund raised by the American Association of Physicians of Indian-Origin was used to provide 2,300 oxygen concentrators, 100 ventilators and 100 high-flow nasal cannula machines to 45 hospitals in India

Indian-American doctors have raised USD 5 million for COVID-19 relief in India, according to a prominent association of physicians of Indian origin.

Preterm births

Covid not linked to increased preterm births, stillbirths: (New Kerala: 20210804)
researchers have found no increase in preterm births or stillbirths during the first year of the pandemic, alleviating concerns about the impact of the Covid-19 pandemic. 


Covid pandemic

Covid pandemic may have raised older adults' risk of falling (New Kerala: 20210804)


New York, Aug 3: The Covid-19 pandemic may have increased older adults' risk of falling and injuring themselves, due to changes in physical activity, conditioning and mobility, a new US study shows.

Heart health

Cutting 200 calories daily, exercising may improve heart health in obese adults (New Kerala: 20210804)

According to a new study, cutting just 200 calories a day with moderate exercise reaped bigger rewards than exercise alone for older, obese adults.

रई दिल्ली बिहार लखींसागर
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