



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20210316

New Covid cases

Nation sees more than 20,000 cases for sixth consecutive day (The Tribune: 20210316)

<https://www.tribuneindia.com/news/coronavirus/nation-sees-more-than-20-000-cases-for-sixth-consecutive-day-225990>

India recorded 24,492 new Covid cases, registering more than 20,000 cases for the sixth day in a row, taking the infection tally past 1.14 crore, the Union health ministry said on Tuesday.

The total cases in the country rose to 1,14,09,831, while the death toll increased to 1,58,856, with 131 fresh fatalities, the ministry data updated at 8 am showed.

Registering a spike in cases for the sixth day in a row, the total active caseload has increased to 2,23,432, which now comprises 1.96 per cent of the total infections. The recovery rate has further dropped to 96.65 per cent, it said.

As many as 26,624 new infections were recorded in a span of 24 hours on December 20.

The number of people who have recuperated from the disease surged to 1,10,27,543, while the case fatality rate dropped to 1.39 per cent, the data stated.

According to the Indian Council of Medical Research, 22,82,80,763 samples have been tested up to March 15, with 8,73,350 samples being tested on Monday. PTI

Vaccination

Over 30 lakh vaccinated against COVID-19 on Monday, highest so far (The Tribune: 20210316)

<https://www.tribuneindia.com/news/coronavirus/over-30-lakh-vaccinated-against-covid-19-on-monday-highest-so-far-225989>

The vaccination of beneficiaries aged over 60 has touched 1 crore within 15 days

More than 30 lakh people were inoculated against COVID-19 on March 15, the highest in a day so far, taking the total number of vaccine doses administered in the country to 3,29,47,432, according to the Union Health Ministry data updated on Tuesday.

The vaccination of beneficiaries aged over 60 has touched 1 crore within 15 days, the ministry said.

Of the total 30,39,394 doses given in a span of 24 hours on March 15, 26,27,099 beneficiaries have been administered the 1st dose and 4,12,295 individuals have been given the 2nd dose, according to the data compiled at 7 am.

Of the cumulative 3,29,47,432 doses which have been administered till now, 2,70,79,484 beneficiaries received the 1st dose and 58,67,948 individuals have taken the 2nd dose. — PTI

Covid patients

Covid patients up from 30 to 100 in one month at PGI (The Tribune: 20210316)

<https://www.tribuneindia.com/news/coronavirus/covid-patients-up-from-30-to-100-in-one-month-at-pgi-225491>

Occupancy at Covid Hospital of the PGI once again reached 100 today as the region started witnessing a surge in cases.

On February 18, the hospital had received 30 patients. A 100 per cent increase was witnessed in just a week with 57 positive patients being admitted to the hospital on February 25. The hospital has 100 severe positive patients at present.

At one point of time, admission had come down to 30. We were mulling increasing OPD services when cases had declined. But now, there is no question of increasing OPD services. If the cases continue to rise, we may have to limit the number of OPD registrations.

A majority of 52 patients are from Punjab, followed by 20 patients from Chandigarh and 15 patients from Haryana.

Prof GD Puri, Head of Covid Co-ordination Committee of PGI, said: “Admission to the Covid-19 ward has increased after the sudden spurt in cases. At one point of time, the number of patients had increased to 200 at the PGI. Such situations limit the resources in the medical institutions as many healthcare workers are engaged in Covid duties. A majority of patients are from Punjab in our hospital. The situation is grim as these patients are severely afflicted with Covid.”

“A lot of people are not following Covid protocols at gatherings and functions, which is leading to the spread of virus. People think there is no need to wear a mask after being vaccinated but it takes time to develop immunity. The fear of transmission is very real till Covid is completely wiped out,” said Dr Puri.

Dr Jagat Ram, Director of PGI, said: “At one point of time, admission had come down to 30. We were mulling increasing OPD services when cases had declined. But now, there is no question of increasing OPD services. If the cases continue to rise, we may have to limit the number of OPD registrations.”

“The reason behind the surge in cases is that a lot of events are taking place where Covid protocol is not being followed,” said Dr Jagat Ram.

Of 1,088 active patients in the city, 96 patients are in the city hospitals. There are 53 patients in the GMCH-32 and 23 more in the GMSH-16. Around six fatalities have taken place in the past two weeks. “Whenever there is a surge, fatalities are reflected after two to three weeks of hospital stay. So, severity of disease cannot be determined now,” said Health Department official.

Vaccine

A moral test: On the vaccine divide (The Hindu: 20210316)

<https://www.thehindu.com/opinion/editorial/a-moral-test-the-hindu-editorial-on-covid-19-vaccine-class-divide/article34055831.ece>

Privileged nations must improve global availability and equitable access of vaccines

A year after the World Health Organisation declared COVID-19 a pandemic, UN Secretary-General António Guterres has criticised “the many examples of vaccine nationalism and hoarding” in the world. Making available vaccines equitably presents the “greatest moral test of our times”, he added. In spite of exhortations by international organisations and efforts to pool resources in a way that all countries could at the earliest begin inoculating at least a fraction of their most vulnerable, several countries were unable to administer a single dose although vaccines were beginning to be stockpiled since November last. In Africa, only 13 countries, according to the Bloomberg tracker, have begun vaccinating. In contrast, over 10% of the U.S. population has been fully vaccinated, or got both doses, as has 3% of the EU. The percentages nearly double when accounting for their populations that have got at least one dose, reaching as high as 34% in the U.K.

India is the third biggest vaccinator among countries, having administered about 26 million doses, or about 1.91 doses per 100 people. But it has fully vaccinated only 0.3% of its population. While India has earned laurels for its ‘vaccine diplomacy’, the fact is that there are several public health centres, villages and districts where no vaccines have been administered. Though vaccination in the second phase appears to have picked up, there were only 1.7 million inoculations on Friday evening as opposed to the planned vaccination capacity of 5.4 million. India aims to inoculate at least 250 million with two doses from March-July — or over 3.3 million doses per day. But at best, India has administered 1.8 million doses per day. There is also an apparent “class divide” with the rich and those better informed disproportionately getting vaccinated as compared to the poor. Thus, along with the global inequity in accessing vaccination, India is seeing a version of it play out three months since vaccinations began. The inequality was expected as like many rich countries, the U.S. contracted with many vaccine companies for several times the doses it needed. It was precisely this that had led to concerns of ‘vaccine nationalism’. The pipeline of supply was largely dependent on India and China. The Serum Institute, Bharat Biotech and several other pharma companies are private entities and bound by contracts to the highest bidders, and not necessarily the Indian government. While the reprieve is that more vaccines are in the pipeline, there will always be the concern that the poor, the old and the digitally naive will be shortchanged. The UN and WHO must continue to exert pressure on the privileged nations to improve global availability as well as bear upon countries to improve equitable access within their territory too.

Coronavirus

Coronavirus | List of comorbidities for priority in COVID-19 vaccination (The Hindu: 20210316)

<https://www.thehindu.com/sci-tech/health/coronavirus-list-of-comorbidities-for-priority-in-covid-19-vaccination/article33950281.ece>

Presence of any one of the 20 listed conditions will prioritise the individual for vaccination.

Private hospitals functioning as COVID-19 vaccination centres can charge up to ₹250 per person per dose, the Union Health Ministry announced on February 27 along with list of 20 medical conditions that will enable those between 45 and 59 years to avail the vaccine.

The certificate to be signed by a registered medical practitioner to identify individuals with comorbidities. Photo: Union Ministry of Health and Family Welfare

The certificate to be signed by a registered medical practitioner to identify individuals with comorbidities. Photo: Union Ministry of Health and Family Welfare

Presence of any one of the following conditions will prioritise the individual for vaccination.

1. Heart failure with hospital admission in the past year
2. Post cardiac transplant/Left Ventricular Assist Device (LVAD)
3. Left ventricular systolic dysfunction (LVEF < 40%)
4. Moderate or Severe Valvular Heart Disease
5. Congenital heart disease with severe PAH or Idiopathic PAH
6. Coronary Artery Disease with past CABG/PTCA/ MI and Hypertension/Diabetes on treatment
7. Angina and Hypertension/Diabetes treatment
8. CT/MRI documented stroke and Hypertension/Diabetes on treatment
9. Pulmonary artery hypertension and Hypertension/ Diabetes on treatment

10. Diabetes (>10 years or with complication) and Hypertension on treatment
11. Kidney/Liver/Hematopoietic stem cell transplant: Recipient/ On wait-list
12. End stage Kidney Disease on haemodialysis/ CAPD
13. Current prolonged use of oral corticosteroids/ immunosuppressant medications
14. Decompensated cirrhosis
15. Severe respiratory disease with hospitalisations in last two years/FEVI <50%
16. Lymphoma/ Leukaemia/ Myeloma
17. Diagnosis of any solid cancer on or after July1, 2020 or currently on any cancer therapy
18. Sickle Cell Disease/ Bone marrow failure/Aplastic Anemia/Thalassemia Major
19. Primary Immunodeficiency Diseases/ HIV infection
20. Persons with disabilities due to Intellectual disabilities/ Muscular Dystrophy/ Acid attack with involvement of respiratory system/Persons with disabilities having high support needs/Multiple disabilities including deaf-blindness.

Coronavirus |

Coronavirus | Comorbidities list for vaccine eligibility seen as too narrow (The Hindu: 20210316)

<https://www.thehindu.com/sci-tech/health/coronavirus-comorbidities-list-for-vaccine-eligibility-seen-as-too-narrow/article33965547.ece>

Focus on severe ailments, combination of diseases excluding many: experts

The Union Health Ministry's list of 20 comorbidities that make people in the 45-59 year age group eligible for a COVID-19 vaccine is seen by some medical professionals as too narrow.

Covid effect? 6.5%

Covid effect? 6.5% more PF a/cs closed between April-December (The Times of India: 20210316)

<https://timesofindia.indiatimes.com/business/india-business/covid-effect-6-5-more-pf-a/cs-closed-between-april-december/articleshow/81522401.cms>

9



The number of accounts closed during the first nine months of 2019-2020 added up to 66.7 lakh. (PTI)

NEW DELHI: The [number](#) of provident fund [accounts](#) closed between April-December of the current financial year has increased by 6.5% to 71 lakh, when the coronavirus-induced lockdown was at its peak and job losses were reported.

The number of accounts closed during the first nine months of 2019-2020 added up to 66.7 lakh. An EPF account is closed for a variety of reasons including retirement, job loss or a change in employment. There are over 5 crore active EPF accounts.

Withdrawals, however, rose by over 33% to Rs 73,498 crore during the nine months of the current financial year compared with Rs 55,125 crore in the corresponding period last year, Labour and employment minister [Santosh Gangwar](#) said in Lok Sabha on Monday, while responding to a question by [Congress](#)' MP Abdul Khaleque.

WITHDRAWALS UP 33% DURING APR-DEC

Month	Accounts closed (2020)	YoY % change	Partial Withdrawals (2020)
April	2,30,593	-70	13,43,278
May	4,62,635	-45	10,52,098
June	6,22,856	-14	12,96,415
July	8,45,755	-3	15,57,853
August	7,77,410	1	11,81,265
September	1,118,517	63	16,66,191
October	1,118,751	82	16,58,037
November	9,54,158	43	14,42,020
December	9,71,254	34	15,74,963
April to Dec	7,101,929	7	1,27,72,120

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No proposal to bring petrol, diesel, ATF, gas under GST: Sitharaman

Amid record-high fuel prices, finance minister Nirmala Sitharaman on Monday said there is no proposal as of now to bring crude oil, petrol, diesel, jet fuel (ATF) and natural gas under the Goods and Services Tax (GST).



No new Rs 2,000 notes printed since 2019: MoS Anurag Thakur

The govt said that no new Rs 2,000 notes have been printed since April 2019, in an attempt to prevent its hoarding and curb the circulation of black money in the economy. the minister of state for finance Anurag Thakur said that printing of banknotes of a particular denomination is decided by the govt in consultation the RBI.

With the coronavirus pandemic throwing up unprecedented challenges, businesses facing closure and unemployment levels rising, partial withdrawals from the [EPFO](#) also surged in 2020. While the number of partial withdrawals in 2019 were pegged at 54.4 lakh, the numbers more than doubled to 1.3 crore partial withdrawals in 2020. The government had opened a special window allowing Employees' Provident Fund (EPF) subscribers to dip into their retirement savings to tide over the corona crisis. In fact, individuals were allowed to withdraw up to 75% of their kitty, a facility which has been availed by many who lost their jobs.

Higher risk of diabetes

People with this blood type are at higher risk of diabetes: Study (The Times of India: 20210316)

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/people-with-this-blood-type-are-at-higher-risk-of-diabetes-study/photostory/81513370.cms?picid=81513386>

With 70 million people suffering from diabetes in the country, India is called the diabetes capital of the world. Diabetes is a lifestyle disease that requires lifetime management. As per the Center for Disease Control and Prevention (CDC), if you are prediabetic, some lifestyle changes can help you delay type 2 diabetes.

But apart from an unhealthy lifestyle, there are many other external factors that can increase your risk of the disease. One such factor is your blood type.

02/6 People with non-O blood type are at higher risk of diabetes

As per a 2014 study published in Diabetologia, the journal of the European Association people with non-O blood type are higher at risk of developing type 2 diabetes as compared to people with O blood type.

For the study, 80,000 women were observed to determine the relationship between blood type and the risk of type 2 diabetes. Among these, 3553 people were diagnosed with type 2 diabetes and the ones with non-O type blood were at higher risk.

04/6 People with B type blood are at the highest risk

As per the study, women with blood type A were 10 per cent more likely to develop type 2 diabetes when compared to women with blood type O. However, women with B blood type were 21 per cent more likely to develop diabetes than women with O blood type.

While comparing every combination with O negative blood type, which is also a universal donor, women with B positive blood type had the highest risk of developing type 2 diabetes.

05/6 Why are people with B blood type at the highest risk?

As per researchers, the association between diabetes risk and blood type is still unknown, but there are a few possible explanations. As per the study, a protein in the blood called non-Willebrand factor is higher in people with non O blood type and it has been associated with elevated blood sugar levels.

The researchers also said that these blood types are also associated with various molecules known to be connected with type 2 diabetes.

06/6Complications related to type 2 diabetes

If someone suffers from type 2 diabetes, it affects the way their body regulates and uses sugar. This raises the blood sugar levels, which if not treated at a time can be highly dangerous.

Green tea vs Black coffee

Green tea vs Black coffee: What is better for weight loss? (The Times of India: 20210316)

<https://timesofindia.indiatimes.com/life-style/health-fitness/weight-loss/green-tea-vs-black-coffee-what-is-better-for-weight-loss/photostory/81513813.cms?picid=81513860>

When it comes to weight loss, green tea and black coffee are the two preferred beverages. Both the drinks are considered better than traditional tea and coffee, which are high in calories and can easily sabotage your weight loss goal.

Both green tea and black coffee are low in calories and rich in antioxidants that can support the weight loss plan by boosting metabolism and enhancing the fat-burning process. But there is the long-standing debate that which out of the two are better for weight loss and overall health. Here in the article, we have tried to clear this confusion.

02/5Green tea for weight loss

Green tea is a favourite drink of weight watchers. Most people drink 3-4 cups of green tea in a day when trying to shed kilos. This drink is not only known for weight loss but has numerous proven health benefits. The potent benefits of green tea are due to the presence of caffeine and catechin (a type of flavonoid). Studies suggest that catechin, which is a type of antioxidant can effectively break down the excess fat in the body. As per another study carried out in 2010, green tea supplements can have a positive impact on people trying to shed kilos and manage their weight.

Apart from weight loss, green tea is also good for people suffering from the problem of high cholesterol, heart issues and type 2 diabetes. The rich nutrient content of the tea also reduces the risk of Alzheimer's disease. The tea contains vitamin B, folate, magnesium and flavonoids, which are missing in traditional milk tea.

Black coffee is another popular beverage that most people prefer when they are trying to shed kilos. Some people even drink black coffee with butter or ghee (known as bullet coffee) in place of breakfast to curb hunger when on a mission to shed kilos.

Black coffee is better than traditional milk coffee as it is not laden with sugar and cream. Just like green tea, coffee also contains caffeine that can increase alertness and lower the risk of diabetes. Black coffee can also increase metabolic activity that can suppress hunger and prevent you from munching on unhealthy foods.

The benefits of drinking black coffee is not only limited to this. This beverage is also loaded with several antioxidants and nutrients like vitamin B2, B3, B5, manganese, potassium and magnesium. Its regular intake can boost memory and performance.

Both the beverages help us in different ways and as per science, both can be included in the weight loss diet plan. They show a similar weight loss result. Only if you will compare them based on their overall health benefits then green tea is a much better option. The tea leaves contain more antioxidants and nutrients which can help your internal system in numerous ways. Whether you opt for green tea or black coffee make sure you are consuming them in moderation. Excessive intake of any beverage can be harmful to health.

05/5The right way to have Green tea and Black coffee

Both these drinks contain coffee and you should not take more than 2 cups in a day. Excessive caffeine intake during day time can disturb your sleep cycle and even hurt your heart health. Also, weight loss is a by-product of overall lifestyle changes. Doing just one thing won't help you much. Eat healthy, exercises and sleep on time for quick weight loss.

Coronavirus India Live Updates

Coronavirus India Live Updates: Over 30 lakh vaccinated on Monday, highest in a day so far

Coronavirus India Live News Updates: India detected 24,492 cases of the novel coronavirus on Monday, of which 15,051 cases were from Maharashtra and 1,818 from Punjab. (The Indian Express: 20210316)

<https://indianexpress.com/article/india/coronavirus-india-live-updates-maharashtra-kerala-punjab-nagpur-lockdown-pm-modi-7230264/>

coronavirus, coronavirus news, india covid 19 news, covid 19 vaccine, covid 19 vaccine registration, coronavirus india, coronavirus india news, corona cases in india, india news, coronavirus news, covid 19 latest news, maharashtra covid 19 cases On Monday, Nagpur became the first city in India to go under lockdown during the second wave of Covid-19.(Express Photo: Dhananjay Khedkar)

Coronavirus India Live Updates: Amid the surge in Covid-19 cases in Maharashtra, the Centre has asked the state to implement 14 specific public health measures to curb the spread of the

disease. The measures, suggested by a central team that was deployed in the state to review the situation, focus on strict and effective containment strategy.

The central team had said the rise in cases in Maharashtra was due to limited contact tracing; lack of effort to map cases and contacts; patients reporting late to hospitals; and a bulk of active cases being in home isolation without proper monitoring.

India detected 24,492 cases of the novel coronavirus on Monday, of which 15,051 cases were from Maharashtra and 1,818 from Punjab. The number of active cases in the country has increased to more than 2.23 lakh. At least 131 deaths were reported on Monday. In view of the rising cases, Prime Minister Narendra Modi may chair a meeting with chief ministers on Wednesday.

Delhi News

Water trolleys in Delhi to get upgrade: Fully automated with sensors

DU teachers march to CM residence over delay in grants: 'Salary our right, shouldn't have to beg'

Delhi's Covid positivity rate below 1%, situation under control: Satyendar Jain

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In other news, the BCCI has confirmed that the remaining three T20I matches between India and England in Ahmedabad will be played without spectators. The three matches are scheduled on Tuesday, Thursday and Saturday.

LIVE BLOG

Coronavirus India Live News Updates: India detected 24,492 cases on Monday, of which 15,051 cases were from Maharashtra and 1,818 from Punjab; India vs England T20I today to be played behind closed doors; PM Modi may speak to CMs on Wednesday. Follow latest news and updates below

11:39 (IST)

16 MAR 2021

Karnataka reports over 900 cases for third consecutive day

With 932 people testing positive for Covid-19 on Monday, Karnataka reported over 900 cases for the third consecutive day. The state now has 8,860 active cases, of which 6,454 are in Bengaluru.

The positivity rate rose to 1.49 per cent with Bengaluru reporting most new cases (550) followed by Dakshina Kanada (65), Mysuru (46), Kalaburagi (43), and Tumkur (40). At the same time, 62,358 samples were tested (including 2559 Rapid Antigen Detection Tests) across the state.

Due to the uptick in cases, the state government has decided to step up checks for mandatory negative RT-PCR report for people entering the state from neighbouring Maharashtra and Kerala. After a meeting ministers and top officials in Bengaluru, Chief Minister B S Yediyurappa said, "We have decided to enhance checks for RT-PCR negative test reports at Maharashtra and Kerala borders. All deputy commissioners have been instructed to enforce the same from Tuesday itself."

11:25 (IST)

16 MAR 2021

India vaccinates over 30 lakh people on Monday, highest in a day so far

Monday saw the highest number of vaccinations against Covid-19 in India, with over 30 lakh citizens being administered shots. Now, 3,29,47,432 people have been inoculated, according to data from the Union Health Ministry. Of the total, 30,39,394 shots were administered on March 15; 26,27,099 beneficiaries were given the first dose and 4,12,295 individuals the second.

11:20 (IST)

16 MAR 2021

Only one active case of Covid-19 in Arunachal Pradesh

Arunachal Pradesh has not reported a single case of Covid-19 for five consecutive days. The state's caseload stands at 16,840, of which 16,783 patients have recovered and 56 have died. This leaves just one active case in the state, State Surveillance Officer (SSO) Dr Lobsang Jampa told news agency PTI. Arunachal's recovery rate is 99.66 per cent and positivity rate is 0.006 per cent, he added.

Meanwhile, State Immunization Officer (SIO) Dr Dimong Padung said 55,652 people have been vaccinated so far. In Arunchal, the inoculation drive is held four days a week - Monday, Thursday, Friday and Saturday.

After concern over AstraZeneca, India to look at data on Covishield, Covaxin vaccine side effects

India's top committee for post-vaccination adverse reactions is expected to review this week data related to side effects of the Covishield and Covaxin Covid-19 vaccines to ensure they are not linked to blood clots. A preliminary review conducted towards the end of last week prima facie reflected no cause for concern, according to the head of one of the Covid-19 task forces of the Indian Council of Medical Research (ICMR). Read Prabha Raghavan's report

Coronavirus in India: Not just Maharashtra, Covid-19 cases rising in many states

Good morning and welcome to our live blog on the Covid-19 situation in India. Maharashtra is currently contributing over 60 per cent to the country's caseload, but infections are also rising in other states like Kerala, Punjab, Delhi, Haryana, Gujarat, Rajasthan and Madhya Pradesh. Follow this blog through the day for the latest news and updates

coronavirus, coronavirus news, india covid 19 news, covid 19 vaccine, covid 19 vaccine registration, coronavirus india, coronavirus india news, corona cases in india, india news, coronavirus news, covid 19 latest news, maharashtra covid 19 cases In Nagpur on Monday. Amid a new wave of Covid infections, with over 2,000 daily cases, the city headed into a weeklong lockdown starting Monday. (PTI)

Maharashtra's new Covid-19 guidelines for movie halls, hotels, offices

The Maharashtra government has said cinema halls, hotels, restaurants, malls and offices flouting Covid-19 regulations will be shut down "until the Covid-19 pandemic stays notified as a disaster by the central government". It also said these establishments, barring health and other essential services, would operate at 50 per cent capacity.

Nagpur city goes under week-long lockdown

Nagpur city and adjoining areas under the city police commissionerate went under a week-long lockdown on Monday, with only essential services remaining open. Nagpur is the first city in the country to go under lockdown during the second wave of Covid-19. Many violators of the lockdown were penalised; a total fine of Rs 1,37,200 was collected from 464 persons who were either not wearing masks or not maintaining social distance.

Domestic violence, trafficking rose in lockdown: House panel

A Parliamentary panel has found that the lockdown led to a spurt in cases of domestic violence and trafficking, and recommended continued cash transfers and moratorium on loan repayments, among other steps, to empower women. The report by Department-related Parliamentary Standing Committee on Home Affairs deals with “atrocities and crimes against women and children”. The committee is headed by Congress Rajya Sabha MP Anand Sharma.

COVID-19 vaccine queries

Here’s a handy guide for all your COVID-19 vaccine queries

Before the jab, make sure you have had a meal and are well-hydrated, suggests a doctor (The Indian Express: 20210316)

<https://indianexpress.com/article/lifestyle/health/heres-a-handy-guide-for-all-your-covid-19-vaccine-queries-7229259/>

COVID-19 vaccine, COVID-19 vaccine guide, COVID-19 vaccine dos and don'ts, COVID-19 vaccine FAQs, everything you need to know about the COVID-19 vaccine, health, immunity, indian express newsCovishield is manufactured by Pune's Serum Institute of India under licence from AstraZeneca and the University of Oxford. (File)

It is understandable that around the country while people have registered for the COVID-19 vaccine, there are some questions and confusions in their minds. We have already entered the second phase of the vaccination drive, which means a sizable chunk of the population has already received the jab.

If you are next in line and are looking for someone to answer your questions and clear your doubts, look no further. Dr Rahul Pandit, Director-Critical Care at Fortis Hospitals Mumbai, and member of Maharashtra’s COVID Taskforce has come up with a guideline for seniors above the age of 60, and those above 45 years of age with comorbidities.

Read on to understand better.

- * All adults should take the COVID-19 vaccine and encourage others to take it as well.
- * You should have had your meals, and should be well-hydrated for your vaccination.
- * Only people with anaphylaxis (allergic reaction) to any of the vaccine contents should avoid taking the vaccine.

- * All approved vaccines, including Covishield and Covaxin have:
 - 100 per cent efficacy in preventing death due to COVID-19.

- Very high efficacy against severe COVID-19.
- High to moderate efficacy (60 per cent-95 per cent) against symptomatic COVID-19.
- Poor efficacy only against asymptomatic COVID-19.

ALSO READ |Here's why the 28-day gap between two COVID-19 vaccine shots is necessary

* Vaccinating the high-risk vulnerable population — above 60 years and above 45 years with co-morbidities — will bring down the mortality rate to 'very low', as currently, this group forms almost 90 per cent of patients who succumb to the disease.

* People with previous COVID-19 infection should take the vaccine only after 8-12 weeks of recovery.

* A person who has received plasma therapy to treat a previous COVID-19 infection should wait for 8-12 weeks before taking the vaccine.

* Vaccine is safe in patients with hypertension, diabetes, renal failure, and heart disease, among those who have undergone bypass, post-angiography, and those on dialysis.

* In pregnant women, if the benefit outweighs the risks of the vaccine, then you may take the vaccine. A frontline pregnant worker should take the vaccine.

* There is no data on how long pregnancy should be avoided post-vaccination. As it is an inactivated or dead virus, it should be safe after 6-8 weeks of vaccination to conceive.

* Vaccine is safe among those with a food allergy, drug allergy (other than the vaccine components) and common allergic conditions like asthma, allergic rhinitis and allergic dermatitis. But consult your doctor before enrolling yourself.

ALSO READ |Coronavirus making you sleepless? Some tips to battle 'coronasomnia'

* People on antiplatelet agents like aspirin and clopidogrel should take the COVID-19 vaccine without stopping their medication.

* Patients on blood thinners like warfarin or newer anticoagulation agents have a small risk of injection site swelling. Patients who are on these newer agents can skip their morning dose, take the vaccine and continue the next regular dose.

* Patients with neurological complications like stroke, Parkinson's, dementia should take the vaccine as it is safe for them.

* Patients on immunosuppressants (patients who've undergone organ transplants) of any type can safely take the vaccine. Immune response, however, may not be complete. Check with your doctor before enrolling.

* It is false that alcohol is not allowed post-vaccine or that vaccine causes impotency or that vaccine will change the DNA of a person.

ALSO READ |Some precautions and measures to take when heading for COVID vaccination

* There are currently no trials available on children, hence vaccination for those below 18 years can be delayed for now.

* Patients with cancer and those undergoing chemotherapy should consult their doctor and seek an appropriate window for vaccination between the chemotherapy cycles. Ideally, the patient should wait for at least four weeks post-chemotherapy to take their vaccine.

* Fever, body ache, dizziness, headaches are common symptoms post-vaccination.

* A simple paracetamol can be taken post-vaccination if required, and most symptoms would be well-controlled.

“The best way to get the right information is to speak with doctors at medical centres. Vaccine-induced immunity is as important as herd immunity,” says the doctor.

Delhi News

Water trolleys in Delhi to get upgrade: Fully automated with sensors

DU teachers march to CM residence over delay in grants: ‘Salary our right, shouldn’t have to beg’

Delhi’s Covid positivity rate below 1%, situation under control: Satyendar Jain

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Coronavirus infection (Hindustan: 20210316)

<https://epaper.livehindustan.com/epaperimages/16032021/16032021-NG1R-DEL-06/85701922.jpg>

महाराष्ट्र, गुजरात, केरल और पंजाब की तुलना में सबसे कम संक्रमण दर दिल्ली में, सरकार ने बना रखी है पैनी नजर

कोरोना की स्थिति नियंत्रण में है: सत्येंद्र



नई दिल्ली | वरिष्ठ संवाददाता

दिल्ली में बीते कुछ दिनों से कोरोना के सक्रिय मरीजों की संख्या बढ़ने पर सरकार ने कहा कि चिंता की कोई बात नहीं है, स्थिति नियंत्रण में है। स्वास्थ्य मंत्री सत्येंद्र जैन ने कहा कि जब तक संक्रमण की दर एक फीसदी से कम है तब तक चिंता की बात नहीं है। अभी दिल्ली में 0.6 फीसदी संक्रमण दर है। उन्होंने कहा कि देश के कई राज्यों जैसे महाराष्ट्र, गुजरात, केरल और पंजाब की तुलना में दिल्ली में सबसे कम संक्रमण दर है।

मास्क जरूर लगाएं: स्वास्थ्य मंत्री ने कहा कि फिर भी हमें मास्क लगाना नहीं छोड़ना चाहिए। कभी भी थोड़ा वाली जरूर जाए तो सामाजिक दूरी का पालन जरूर करें। हमें समझना होगा कि कोरोना एसी बीमारी है जो बार-बार लौटकर आती है। इसलिए सावधान और सचेत रहने की जरूरत है। उन्होंने कहा कि संक्रमण की समस्या से निपटने के लिए सरकार अब भी योजना औसतन 70 हजार जांच का लक्ष्य लेकर चलती है। जैन ने कहा कि एक समय था जब दिल्ली में संक्रमण दर 1.5 फीसदी से ज्यादा था। पिछले दो से दहाई



बॉलीवुड अभिनेता दिलीप ताहिल ने सोमवार को टीका लगवाया। • हिन्दुस्तान

अभिनेता दिलीप ताहिल ने टीका लगवाया

उत्तरी निगम अब लोगों से हाउस टैक्स जमा कराने के लिए फिल्म अभिनेत्री और सांसद हेमामालिनी, अभिनेता दिलीप ताहिल और राजपाल यादव को लोगों के बीच लाने जा रही है। सोमवार को फिल्म अभिनेता दिलीप ताहिल दिल्ली पहुंचे और उत्तरी निगम के हिंदू राव अस्पताल में महावीर जयप्रकाश और स्वामी समिंत अध्यक्ष एन बिलहारी गोस्वामी के साथ कोरोना का टीका लगवाया। वहीं सोमवार को सीलमपुर के पूर्व विधायक चौधरी मतीन ने शासी पदक स्थित जगदवेश शिव अस्पताल पहुंचकर कोरोना टीका लगवाया। उनके साथ मंसिजद के इमाम सहित अन्य मुस्लिम समुदाय के लोग भी थे। इस मौके पर सीलमपुर के एसडीएम अजय अरोड़ा ने टीका लगवाने के बाद पूर्व विधायक सहित सभी को फुल भेंट किए।

महीने से यह एक फीसदी से भी कम है। देश के अन्य राज्यों जैसे महाराष्ट्र में रविवार को 1.6.46 फीसदी संक्रमण दर के साथ कुल 16,620 मामले आए थे। केरल में 3.54 फीसदी, पंजाब में 4.81 फीसदी और गुजरात में 1.78 फीसदी

की संक्रमण दर है। **सूखी होली खेलने की अपील:** होली को लेकर स्वास्थ्य मंत्री सत्येंद्र जैन ने कहा कि सभी लोगों को मास्क का ज्यादा से ज्यादा प्रयोग करना चाहिए। पर्यावरण के साथ-साथ पानी की भी बचत के लिए

107 वर्षीय बुजुर्ग टीका लगवाने खुद आगे आए

नई दिल्ली | कार्यालय संवाददाता

दिल्ली में 107 वर्षीय बुजुर्ग ने सोमवार को वैक्सिन लगवाई। दक्षिणी दिल्ली इलाके में रहने वाले केवल कृष्ण ने खुद आगे बढ़कर सोमवार को फोर्टिस एस्कॉर्ट्स हार्ट इंस्टीट्यूट में वैक्सिन लगवाई। इंस्टीट्यूट का दावा है कि देश के वह सबसे उम्रदराज बुजुर्ग हैं जिन्होंने टीका लगवाया है।

इंस्टीट्यूट के कार्डियोलॉजी इंटरवेंशनल विभाग के चेयरमैन डॉ. अशोक सेठ की निगरानी में उनका टीकाकरण किया गया। दिलचस्प बात यह है कि 100 वर्ष से अधिक उम्र वाले दो बुजुर्ग पहले भी अलग-अलग अस्पतालों में टीका लगवा चुके हैं। इसमें 101 वर्षीय हरबंश लाल मेहरा और 104 वर्षीय तुलसी दास चावला ने कोरोना का टीका लगवाया है।



केवल कृष्ण

39742 लोगों का हुआ टीकाकरण

दिल्ली में सोमवार को शाम छह बजे तक 39742 लोग टीकाकरण के लिए अस्पतालों में पहुंचे। 29690 लोगों को वैक्सिन की पहली डोज दी गई। इसमें 60 वर्ष या उससे अधिक उम्र वाले लोगों की संख्या 21622 थी।

अंदर जलापूर्ति चालू कर दिया है। पंजाब से आने वाले पानी में समस्या को लेकर जैन ने कहा बाखड़ा नहर से आने वाले पानी में चैनल को सफाई में तकरौबन एक महीने लगेगे जिससे दिल्ली में समस्या पैदा हो सकती है।

महाराष्ट्र, गुजरात, केरल और पंजाब की तुलना में सबसे कम संक्रमण दर दिल्ली में, सरकार ने बना रखी है पैनी नजर

कोरोना की स्थिति नियंत्रण में है: सत्येंद्र



नई दिल्ली | वरिष्ठ संवाददाता

दिल्ली में बीते कुछ दिनों से कोरोना के सक्रिय मरीजों की संख्या बढ़ने पर सरकार ने कहा कि चिंता की कोई बात नहीं है, स्थिति नियंत्रण में है। स्वास्थ्य मंत्री सत्येंद्र जैन ने कहा कि जब तक संक्रमण की दर एक फीसदी से कम है तब तक चिंता की बात नहीं है। अभी दिल्ली में 0.6 फीसदी संक्रमण दर है। उन्होंने कहा कि देश के कई राज्यों जैसे महाराष्ट्र, गुजरात, केरल और पंजाब की तुलना में दिल्ली में सबसे कम संक्रमण दर है।

मास्क जरूर लगाएं: स्वास्थ्य मंत्री ने कहा कि फिर भी हमें मास्क लगाना नहीं छोड़ना चाहिए। कभी भी थोड़ा वाली जरूर जाए तो सामाजिक दूरी का पालन जरूर करें। हमें समझना होगा कि कोरोना एसी बीमारी है जो बार-बार लौटकर आती है। इसलिए सावधान और सचेत रहने की जरूरत है। उन्होंने कहा कि संक्रमण की समस्या से निपटने के लिए सरकार अब भी योजना औसतन 70 हजार जांच का लक्ष्य लेकर चलती है। जैन ने कहा कि एक समय था जब दिल्ली में संक्रमण दर 1.5 फीसदी से ज्यादा था। पिछले दो से दहाई



बॉलीवुड अभिनेता दिलीप ताहिल ने सोमवार को टीका लगवाया। • हिन्दुस्तान

अभिनेता दिलीप ताहिल ने टीका लगवाया

उत्तरी निगम अब लोगों से हाउस टैक्स जमा कराने के लिए फिल्म अभिनेत्री और सांसद हेमामालिनी, अभिनेता दिलीप ताहिल और राजपाल यादव को लोगों के बीच लाने जा रही है। सोमवार को फिल्म अभिनेता दिलीप ताहिल दिल्ली पहुंचे और उत्तरी निगम के हिंदू राव अस्पताल में महावीर जयप्रकाश और स्वामी समिंत अध्यक्ष एन बिलहारी गोस्वामी के साथ कोरोना का टीका लगवाया। वहीं सोमवार को सीलमपुर के पूर्व विधायक चौधरी मतीन ने शासी पदक स्थित जगदवेश शिव अस्पताल पहुंचकर कोरोना टीका लगवाया। उनके साथ मंसिजद के इमाम सहित अन्य मुस्लिम समुदाय के लोग भी थे। इस मौके पर सीलमपुर के एसडीएम अजय अरोड़ा ने टीका लगवाने के बाद पूर्व विधायक सहित सभी को फुल भेंट किए।

महीने से यह एक फीसदी से भी कम है। देश के अन्य राज्यों जैसे महाराष्ट्र में रविवार को 1.6.46 फीसदी संक्रमण दर के साथ कुल 16,620 मामले आए थे। केरल में 3.54 फीसदी, पंजाब में 4.81 फीसदी और गुजरात में 1.78 फीसदी

की संक्रमण दर है। **सूखी होली खेलने की अपील:** होली को लेकर स्वास्थ्य मंत्री सत्येंद्र जैन ने कहा कि सभी लोगों को मास्क का ज्यादा से ज्यादा प्रयोग करना चाहिए। पर्यावरण के साथ-साथ पानी की भी बचत के लिए

107 वर्षीय बुजुर्ग टीका लगवाने खुद आगे आए

नई दिल्ली | कार्यालय संवाददाता

दिल्ली में 107 वर्षीय बुजुर्ग ने सोमवार को वैक्सिन लगवाई। दक्षिणी दिल्ली इलाके में रहने वाले केवल कृष्ण ने खुद आगे बढ़कर सोमवार को फोर्टिस एस्कॉर्ट्स हार्ट इंस्टीट्यूट में वैक्सिन लगवाई। इंस्टीट्यूट का दावा है कि देश के वह सबसे उम्रदराज बुजुर्ग हैं जिन्होंने टीका लगवाया है।

इंस्टीट्यूट के कार्डियोलॉजी इंटरवेंशनल विभाग के चेयरमैन डॉ. अशोक सेठ की निगरानी में उनका टीकाकरण किया गया। दिलचस्प बात यह है कि 100 वर्ष से अधिक उम्र वाले दो बुजुर्ग पहले भी अलग-अलग अस्पतालों में टीका लगवा चुके हैं। इसमें 101 वर्षीय हरबंश लाल मेहरा और 104 वर्षीय तुलसी दास चावला ने कोरोना का टीका लगवाया है।



केवल कृष्ण

39742 लोगों का हुआ टीकाकरण

दिल्ली में सोमवार को शाम छह बजे तक 39742 लोग टीकाकरण के लिए अस्पतालों में पहुंचे। 29690 लोगों को वैक्सिन की पहली डोज दी गई। इसमें 60 वर्ष या उससे अधिक उम्र वाले लोगों की संख्या 21622 थी।

अंदर जलापूर्ति चालू कर दिया है। पंजाब से आने वाले पानी में समस्या को लेकर जैन ने कहा बाखड़ा नहर से आने वाले पानी में चैनल को सफाई में तकरौबन एक महीने लगेगे जिससे दिल्ली में समस्या पैदा हो सकती है।

368 नए मरीज मिले, तीन की मौत

नई दिल्ली (का.सं.) कोरोना के बढ़ते मामलों से दिल्ली के लोगों को चार दिन बाद राहत मिली है। सोमवार को कोरोना के 368 नए मरीज मिले और ठीक होने वाले मरीजों की संख्या 306 रही। वहीं, तीन की कोरोना के चलते मौत हो गई। बीते चार दिनों से रोजाना 400 से अधिक मामले सामने आ रहे थे।

स्वास्थ्य विभाग द्वारा जारी बुलेटिन के अनुसार, सोमवार को 62272 सैपल की जांच हुई। इसमें पैपिड एंटीजन टेस्ट से 17746 और आरटीपीसीआर से 44526 लोगों की जांच की गई। इस दौरान जांच संक्रमण की दर 0.59 फीसदी हो गई है। कोरोना का लेकर अनेक 13558365 सैपल की जांच हो चुकी है।

दुकानदारों का पंजीकरण होगा

नई दिल्ली (प्र.सं.) कोरोना वैक्सिनेशन के लिए कर्नाट प्लस के दुकानदारों का पंजीकरण होगा। जिला प्रशासन के सहयोग से नई दिल्ली ट्रेडर्स एसोसिएशन की ओर से मंगलवार को शिफर का आयोजन किया जाएगा।

टीकाकरण अभियान जोर पकड़ने लगा है। दिल्ली में पहली बार किसी बाजार के दुकानदारों या वहां काम करने वाले लोगों के लिए शिफर का आयोजन किया जा रहा है।

368 नए मरीज मिले, तीन की मौत

नई दिल्ली (का.सं.) कोरोना के बढ़ते मामलों से दिल्ली के लोगों को चार दिन बाद राहत मिली है। सोमवार को कोरोना के 368 नए मरीज मिले और ठीक होने वाले मरीजों की संख्या 306 रही। वहीं, तीन की कोरोना के चलते मौत हो गई। बीते चार दिनों से रोजाना 400 से अधिक मामले सामने आ रहे थे।

स्वास्थ्य विभाग द्वारा जारी बुलेटिन के अनुसार, सोमवार को 62272 सैपल की जांच हुई। इसमें पैपिड एंटीजन टेस्ट से 17746 और आरटीपीसीआर से 44526 लोगों की जांच की गई। इस दौरान जांच संक्रमण की दर 0.59 फीसदी हो गई है। कोरोना का लेकर अनेक 13558365 सैपल की जांच हो चुकी है।

दुकानदारों का पंजीकरण होगा

नई दिल्ली (प्र.सं.) कोरोना वैक्सिनेशन के लिए कर्नाट प्लस के दुकानदारों का पंजीकरण होगा। जिला प्रशासन के सहयोग से नई दिल्ली ट्रेडर्स एसोसिएशन की ओर से मंगलवार को शिफर का आयोजन किया जाएगा।

टीकाकरण अभियान जोर पकड़ने लगा है। दिल्ली में पहली बार किसी बाजार के दुकानदारों या वहां काम करने वाले लोगों के लिए शिफर का आयोजन किया जा रहा है।

