



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Wednesday 20210714

## Zika virus

### Doctor, two others test positive for Zika virus in Kerala (The Tribune: 20210714)

<https://www.tribuneindia.com/news/coronavirus/doctor-two-others-test-positive-for-zika-virus-in-kerala-282539>

The samples were tested at the virology lab at the government medical college here and at the Coimbatore-based laboratory respectively

A doctor of a private hospital here tested positive for Zika virus besides two others on Tuesday, taking the total number of infections in the state to 22.

A Coimbatore-based lab confirmed that the 38-year-old doctor was infected with the virus after testing his samples, health minister Veena George said here.

Two more persons, including a woman, tested positive earlier in the day. The affected persons were identified as a 35-year-old man, hailing from nearby Poonthura and a 41-year-old woman, native of Sashtamangalam here, the minister said.

The samples were tested at the virology lab in the government medical college here and at the Coimbatore-based laboratory respectively.

The minister urged people to be vigilant as the number of those testing positive for Zika virus has increased in the State.

The testing for Zika virus began at the government medical college here on Monday, she said, adding that 15 samples had been tested on the initial day.

One of the persons, whose sample was tested, was found positive for dengue and all the other 13 samples tested negative for any virus, the minister said. — PTI

## **Post-Covid complications**

### **Post-Covid complications: ‘Use of steroids a double-edged sword’ (The Tribune: 20210714)**

<https://www.tribuneindia.com/news/coronavirus/post-covid-complications-use-of-steroids-a-double-edged-sword-282449>

Experts warn of avascular necrosis among people recovering from Covid

Doctors have been witnessing various post-Covid complications among patients. Dr Shubhang Aggarwal, an orthopaedic and robotic joint replacement surgeon, NHS Hospital, has raised a concern saying that many patients have been reporting pain in joints, hips, shoulder and knees after having recovered from Covid-19. He said this condition is medically known as avascular necrosis (AVN) and if not managed well, could lead to another devastating post-Covid complication like mucormycosis.

“Though there has been no government data regarding this as an emerging trend, hospitals in many parts of the country have confirmed such cases,” he said.

“The use of steroids during the treatment of Covid-19 is the suspect behind this unnatural bone damage. The excessive use of steroids causes marrow edema at bone ends that cuts off its own blood supply. The cases of avascular necrosis that are being reported now are definitely more in frequency and they seem to be induced by steroids. In our hospital also, we have seen 8-10 cases so far. The condition, which comes into light after three months of the Covid-19 infection, needs immediate medical intervention. If the pain persists, then patients are advised to undergo an MRI which will detect whether it is a case of bone death or not. We suggest surgery in the form of joint replacement in an advanced stage,” said Dr Aggarwal.

However, orthopaedic surgeons are of the opinion that bone deaths are not new. But, the incidences of such conditions have gone up as a side-effect in the patients, who had Covid. “People suffering from shoulder and hip problems shouldn’t ignore this condition and seek medical help on an urgent basis. Ideally, the whole procedure takes nearly three years to treat the disease completely if we have to protect the natural joint, but if the patients respond to the treatment, the pain begins to subside within 3-6 weeks,” the doctor advised.

“Patients, who have been given steroids for improved lung function affected due to Covid-19, are more prone to get AVN of the hip,” Dr Aggarwal added.

## **Six infected with coronavirus in Mohali, no death**

### **Six infected with coronavirus in Mohali, no death(The Tribune: 20210714)**

<https://www.tribuneindia.com/news/coronavirus/six-infected-with-coronavirus-in-mohali-no-death-282622>

Mohali: Six fresh Covid cases have been reported from the district during the past 24 hours, taking the tally to 68,379. No death was reported while 13 patients were cured of the disease. — TNS

One fresh case in Panchkula dist

Panchkula: One case of Covid-19 surfaced in the district, taking the overall tally to 30,615. No death was reported on Tuesday. Meanwhile, 2,643 persons were vaccinated at 10 government and five private vaccination centres across the district. — TNS

## **Amid pandemic**

### **Students indulge in art amid pandemic (Hindustan Times: 20210714)**

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

Students are making the most of their time at home with studies and hobbies. They are creating beautiful art and poetry with wonderfully written verses and colourful paintings. Here are some such works.

## **Pregnancy**

### **Six questions to ask your gynaecologist if you are trying to get pregnant (The Indian Express: 20210714)**

<https://indianexpress.com/article/lifestyle/health/six-questions-to-ask-your-gynaecologist-if-you-are-trying-to-get-pregnant-7399509/>

From lifestyle changes to Covid-19 vaccine, find out everything about improving your chances of getting pregnant

pregnancy, trying to get pregnant, seeing a gynaecologist, when to see a gynaecologist for pregnancy, gynaecologist appointment, questions to ask a gynaecologist, reproductive health, indian express news If you are 30 years or older, gynaecologists will start evaluating your fertility after 6 months of unsuccessful attempts at pregnancy. (Photo: Getty/Thinkstock)

While not many women do it, a routine visit to the gynaecologist is of utmost importance, so as to rule out possible risks of diseases and infections, or to find out about underlying medical conditions.

While it may seem a tad daunting to many — having to open up about intimate details of their life — doctors insist check-ups happen periodically, especially for women who are considering having a baby. A routine visit can answer many questions about fertility and infertility, and help the couple be better prepared to welcome a child into their life.

If you are thinking of visiting your gynaecologist soon, Dr Vivek Kakkad, MCh Reproductive Medicine and Surgery, consultant at ART Fertility Clinics suggests you ask them these basic questions. Read on.

1. Are there any lifestyle changes I can make to improve my fertility?

Excessive stress can have a negative impact on sperm and egg production. It is imperative to bring an effective lifestyle change — practise yoga, meditation or physical exercise (moderate intensity) — that can help promote positive effect on reproductive health of both men and women. Obesity can lead to pregnancy complications like increased risk of miscarriage, high blood pressure and other gestational diabetes, hence a change in eating habits can have profound effects. Men should avoid activities that cause excessive heat exposure around genitals like sauna/steam baths, cigarette smoking and excessive drinking.

ALSO READ | Four sexual health problems for which you need to pay a visit to your andrologist

2. Have I been trying long enough to get pregnant?

If you are 30 years or older, gynaecologists will start evaluating your fertility after 6 months of unsuccessful attempts at pregnancy. If you are having a normal menstrual cycle, you are probably ovulating regularly. The most fertile period in your cycle is between the periods when you release an egg. You and your partner should have regular unprotected sex on a number of days in the middle of the cycle. Also use an over-the-counter fertility kit to find out about your ovulation.

3. How can sexually transmitted infections (STI) affect my ability to conceive?

All sexually-active women should undergo a routine screening with their gynaecologist every year. It is important to diagnose if you have any STDs like chlamydia or gonorrhoea which can cause inflammation and scarring of fallopian tubes and potentially block them. Early detection

could prevent you from transmitting or receiving an STI. A PAP smear test every three years is recommended to detect precancerous cells in the cervix or early stage of cervical cancer, especially when it is curable. Genital tuberculosis can also be a cause of concern when trying to conceive.

ALSO READ |Covid jab in pregnancy: Things expectant mothers should know before, during and after the vaccine

pregnancy, trying to get pregnant, seeing a gynaecologist, when to see a gynaecologist for pregnancy, gynaecologist appointment, questions to ask a gynaecologist, reproductive health, indian express news A PAP smear test every three years is recommended to detect precancerous cells in the cervix or early stage of cervical cancer, especially when it is curable. (Photo: Getty/Thinkstock)

#### 4. Will my health conditions affect my fertility?

It is pertinent to seek help if one is experiencing ovulation disorders including PCOS, thyroid that can affect the menstrual cycle. If one experiences irregular bleeding between cycles, it could be an indication of uterine fibroids which can lower pregnancy success rates. Similarly, one should also get checked for endometriosis in case of pain or menstrual irregularities.

#### 5. What tests should I undergo if I am unable to conceive?

Before opting for advanced treatment, a gynaecologist does a thorough check on information related to puberty and menstrual cycle, contraceptives used, previous pregnancy, abortions or miscarriages. The initial physical examination will likely focus on the hormonal system and reproductive organs. Your gynaec may also:

- Assess and track egg production and measure the consequent changes in body temperature.
- Conduct a sperm analysis for men.
- Check fallopian tubes in case of any blockages.
- Analyse cervix mucus to determine if sperm can travel.
- Check the uterus lining through a hysteroscope to see if it is adequate for an embryo implant.

#### 6. Will Covid-19 vaccine affect my pregnancy plans? If I am thinking of conceiving in the next 3-4 months, what should I do?

No, the vaccine will not affect your pregnancy plans and women should not delay until after completing their dosages. It is even more advisable that since Covid-19 takes the form of a severe disease in pregnant women, they should get themselves vaccinated at the earliest.

## **Covid-19:**

### **Covid-19: Here's everything you need to know about 'cytomegalovirus' (The Indian Express: 20210714)**

<https://indianexpress.com/article/lifestyle/health/covid-19-cytomegalovirus-symptoms-causes-7402637/>

It usually affects those who are immuno-compromised, like suffering from cancer, AIDS, or those who have recently had transplants, says a doctor

cytomegalovirus, what is cytomegalovirus, the risks of cytomegalovirus, what causes cytomegalovirus, cytomegalovirus and immunity, cytomegalovirus and Covid infection, cytomegalovirus in Covid-19, health, indian express health newsA person can catch CVM infection through contact with an infected person's saliva, blood, urine, semen, vaginal fluids, or breast milk. (Photo: Getty/Thinkstock)

Every day, we are learning about newer risks associated with the coronavirus. As such, it becomes important that we exercise caution when stepping out and follow all Covid safety protocols mandated by the government.

Among the many threats associated with the infection, it has now been learnt that cytomegalovirus (CMV) is steadily on the rise. In fact, some hospitals are already believed to have reported cases of rectal bleeding and abdominal pain in patients around 20-30 days after detection of Covid-19. The reason is the suppression of immunity due to the Covid infection, and excessive use of steroids that gives CMV a chance to attack patients.

Dr Kirti Sabnis, Infectious Disease Specialist at Fortis Hospitals, Mulund and Kalyan, explains that CMV, or Human Herpesvirus 5 (HHV-5) is one of the "most common persistent infections".

"CMV occurs as a natural infection in childhood and remains asymptomatic in patients with normal immunity. Once infected, your body retains the virus for life. Most people don't know they have CMV because it rarely causes problems. It usually affects those who are immuno-compromised, like suffering from cancer, AIDS, or those who have recently had transplants.

"A person can catch CVM infection through contact with an infected person's saliva, blood, urine, semen, vaginal fluids, or breast milk," she says.

ALSO READ |Covid jab in pregnancy: Things expectant mothers should know before, during and after the vaccine

The Covid connection

According to the doctor, the Covid infection itself — and the medicines used for its treatment (steroids) — suppresses the immunity of patients and makes them susceptible to uncommon infections.

“All patients presented with low lymphocyte count (6 per cent to 10 per cent as against a normal of 20 per cent to 40 per cent) indicating Covid-induced suppression of immunity can be predisposed to symptomatic reactivation of CMV infection.”

The symptoms

While most people with acquired CMV have no noticeable symptoms, if they occur, they may include:

- Fever
- Night sweats
- Swollen glands
- Joint and muscle pain
- Low appetite and weight loss

Dr Sabnis also says the symptoms generally go away after two weeks. “Symptoms of recurring CMV, however, vary depending on which organs the virus has affected. Areas likely to be affected are the eyes, lungs, or digestive system.

ALSO READ |Sickle cell anemia and Covid-19: All you need to know

Typical features may include:

- \* Fever
- \* Diarrhea, gastrointestinal ulcerations, and gastrointestinal bleeding
- \* Shortness of breath
- \* Pneumonia with hypoxemia, or low blood oxygen
- \* Mouth ulcers that can be large
- \* Problems with vision, including floaters, blind spots, and blurred vision
- \* Hepatitis, or inflamed liver, with prolonged fever

\* Encephalitis, or inflammation of the brain, leading to behavioural changes, seizures, and even coma

Dr Sabnis cautions that a person “with a weakened immune system, who experiences any of these symptoms, should seek urgent medical attention”. People who have battled severe Covid should be cautious.

## **Ayurveda - prediabetics**

### **Ayurvedic practitioner shares effective tips for prediabetes (The Indian Express: 20210714)**

<https://indianexpress.com/article/lifestyle/health/ayurveda-practitioner-tips-pre-diabetics-7391861/>

Dr Shyam VL also shares foods that must be avoided along with herbal dietary supplements to manage the condition

ayurveda, health benefits of herbs for diabetes, pre-diabetes health managements, ayurveda tips for pre diabetes, indianexpress, indianexpress.com With healthy lifestyle changes, such as eating healthy foods, physical activity in your daily routine and maintaining a healthy weight — you may be able to bring your blood sugar level back to normal. (Source: Getty Images/Thinkstock)

A chronic condition, diabetes is caused when the body either does not produce enough insulin, or when it is unable to effectively use the insulin produced by the pancreas. According to the World Health Organisation, diabetes is a growing challenge in India with “estimated 8.7% diabetic population in the age group of 20 and 70 years.”

But in addition to the those already having diabetes, many young Indians are also on the verge of having diabetes. As such, doctors suggest that the best way to manage the condition is by making lifestyle tweaks that include changes to ones diet and fitness routine.

“Prediabetes is a menace of modern-day sedentary lifestyle. If left unattended, the person might become diabetic,” said ayurvedic practitioner Dr Shyam VL.

What is pre-diabetes?

Prediabetes is a condition in which your blood sugar level is higher than normal, but not high enough to be classified as type 2 diabetes.

### Causes

As per Ayurveda, 'eating at will' is considered the main cause of diabetes.

“Sitting in front of the TV for long hours, no physical activities, and sleeping during day time should be avoided by pre-diabetics,” Dr Shyam mentioned.

According to him, just like all other ailments, pre-diabetes can also be managed with lifestyle changes. “With healthy lifestyle changes, such as eating healthy foods, physical activity in your daily routine and maintaining a healthy weight — you may be able to bring your blood sugar level back to normal,” he advised.

### What can be done?

One should cut down on excessive sweets, junk foods, and oily foods. “Sweets, ice-creams, fruit sugar, cakes, pastries, sweet biscuits, chocolates, soft drinks, condensed milk, cream, jaggery, yogurt should be avoided,” shared Dr Shyam.

Boost your intake of vegetables and fruit with a low glycemic index and low glycemic load. “Try low-fat dairy products and beans. Choose whole grains more often. Choose poultry, and lean meat instead of fatty red meat or processed meat,” mentioned Dr Shyam.

### Ayurvedic herbs that help manage pre-diabetes

#### Turmeric and amla

While turmeric helps in preventing insulin resistance among cells and acts as a channel opener for glucose, amla helps prevent cataracts.

Take ¼ cup fresh amla juice with half a teaspoon of turmeric powder every day or a teaspoon of amla powder with half teaspoon of turmeric powder mixed with warm water.

#### Fenugreek seeds

Fenugreek seeds are also known to help control blood sugar and decrease insulin resistance in mild type 2 diabetic patients.

Take 2-3 grams of soaked fenugreek seeds with your meals, a couple of times a day.

For more lifestyle news, follow us: Twitter: [lifestyle\\_ie](#) | Facebook: [IE Lifestyle](#) | Instagram: [ie\\_lifestyle](#)

## **Obesity is highly misunderstood**

**‘Obesity is highly misunderstood; people usually equate food with weight gain’: Dr Aparna Govil Bhasker(The Indian Express: 20210714)**

<https://indianexpress.com/article/lifestyle/health/post-bariatric-surgery-care-weight-loss-cooking-eating-food-aparna-govil-bhasker-indian-diet-new-book-7389778/>

"Obesity needs to be treated early. Reach out to qualified weight loss professionals and do not get swayed by all the information on the internet," said the bariatric surgeon, who is out with her new book

aparna govil bhaskerBariatric surgeon Aparna Govil Bhasker on how patients can tweak their dietary habits post bariatric surgery. (Source: PR Handout; designed by Abhishek Mitra)

Since obesity is a silent killer and a precursor to many diseases like that of the heart, PCOD, joint-related issues, and more, bariatric operations have seen a rise across the world, said Dr Aparna Govil Bhasker, bariatric surgeon. And just like any other surgery, bariatric surgery — a type of weight loss surgery — requires one to make certain changes in diet and lifestyle habits. But that does not mean one needs to give up on their favourite foods, and that is exactly what the expert has shared in her new book, Bariatric Recipes – A Global Cookbook from India — penned along with her team and co-authored by dietitians Mariam Lakdawala, and Miloni Shah Sancheti.

“Food and diet are an integral part of any culture and the aim of bariatric surgery is not to take away the joy from the diet,” said Dr Aparna while sharing that one can find 85 recipes in the book, including those for gram dal and cabbage pancakes, ragi tikkis, healthy sliders, among others.

“When it comes to post-bariatric surgery diet, a lot of recipe books are available in the western world that can help patients. Till now, no such dietary resource was available for Indian patients. Indian diet is unique and different from its western counterpart. So the recipes in this book will go a long way to help patients to cope with post-surgery requirements,” she added.

Excerpts:

What led to the conceptualisation of the book?

This book is a great resource for patients who have undergone bariatric surgery. There is a big change in diet post the surgery and diet progression involves a liquid diet for 15 days followed by a semi-solid diet for another 15 days and then normal solid diet. With our experience of more than 15 years, we have seen our patients struggle to find interesting meal options for every phase of the diet. Hence, we thought of creating a resource that makes post-bariatric care easier and more enjoyable. These recipes are healthy and can be tried by anyone, even those who have not had surgery.

There is a general misconception that one cannot enjoy food after bariatric surgery. The surgery propels patients towards a healthier diet and lifestyle. Food is an integral part of our culture and the purpose of this book was to provide guidance about a healthy diet and yet not take away the joy from food. It is possible to relish cooking and eating food even after bariatric surgery for weight loss.

On what basis were the recipes chosen for the book?

All recipes were contributed by qualified dieticians from across the world. The recipes are divided into three types- liquid, semi-solid and solid recipes. They were chosen based on their nutritional composition. The focus is on high protein and less fats and calories per serve for every recipe.

Obesity is termed as a ‘silent killer’; can you explain?

Obesity is wrongly perceived as something that is self-inflicted, and often, a person with obesity is considered to be responsible. It still does not evoke the same level of sympathy as other diseases like heart disease or cancer. Obesity affects the body adversely — from head to toe. People with obesity are at higher risk of developing heart disease, diabetes, high blood pressure, dyslipidemia, lung and liver disease, joint issues, PCOD, infertility, gout and so on. Obesity leads to a poorer quality of life and is associated with many mental health issues, too. There is a huge gap when it comes to a deeper understanding of obesity. People still do not view it as a disease and hence they usually delay seeking treatment for the same. As in any other disease, early treatment is the key to success and treatment delayed is treatment denied, thus leading to worse outcomes.

obesity, BMI, body mass index, indian express, indian express news Here’s why obesity is the root cause of other diseases. (Source: Getty Images/Thinkstock)

What is bariatric surgery all about?

Bariatric surgery is presently the only effective therapy for weight loss for people with severe obesity. It also leads to significant improvement in all obesity-associated co-morbidities like diabetes, high blood pressure, heart disease, PCOD, joint issues, and liver disease.

The mere mention of the word “surgery” is enough to instill fear in people. However, surgery in the 21st century is much more advanced and safer. Bariatric surgery is now performed laparoscopically which entails 4 to 5 tiny sub-centimetre cuts. Laparoscopy is one of the kindest innovations of surgery and leads to lesser pain and an earlier recovery. Most patients get discharged within 48 hours of surgery and are back to work within a week. Bariatric surgery is as safe as any other surgery. In fact, the complication rate of bariatric surgery is lesser than other major surgeries.

What role does one's diet play in managing lifestyle disorders like obesity?

Obesity is multi-factorial. An unhealthy diet is one of the factors contributing to weight gain in people who are predisposed to obesity. Out of the 12 or so factors that are known to cause obesity, there are only a few that can be modified by us. We cannot modify genetic factors. However, diet, physical activity, stress management and sleep hygiene are in our control to some extent. Hence, a healthy diet and lifestyle is an important prong of the treatment strategy when it comes to management of obesity.

How important is it to lose weight under expert guidance?

Obesity needs to be treated early. But please do not get swayed by all the information on the internet and reach out to qualified weight loss professionals. Expert guidance is needed for effective treatment.

Also Read |Everything you wanted to know about bariatric surgery, but didn't know whom to ask

How is a post-bariatric surgery diet different from regular homemade meals? Is it possible for everyone to embrace?

After bariatric surgery, diet progression includes- liquid diet for 15 days, semi-solid diet for the next 15 days followed by normal solid diet. However, patients are not able to consume large quantities at one go. Portions are restricted and hence the recipes included in the diet should be more nutrient-dense and at the same time less calorie-dense. In this collection of recipes, we have taken care that these requirements are met.

When it comes to post-bariatric diet, what are the top points to note?

Few important rules of a post-bariatric diet are:

- \*Diet must consist of nutrient dense foods.
- \*Protein and fibre rich foods must be added to every meal.
- \*Hydration must be maintained.
- \*Healthy eating behaviour must be encouraged – Eat slowly, chew well, avoid drinking liquids with meals, do not skip any meals and do not keep long gaps between the meals.
- \*Mindful eating must be encouraged.

Can people looking to lose weight also try these recipes?

Yes, these recipes can be included in the diet of those who want to lose or maintain weight. But following a healthy diet alone is not enough. It definitely has to be accompanied by

physical activity, good sleep quality and stress management techniques in order to keep all lifestyle-related diseases at bay.

What are some myths related to obesity in India?

Myth 1: Obesity is not a disease

Obesity has emerged as one of the biggest killers of this century and urgent actions need to be taken to curtail this pandemic.

Myth 2: Eating less is the only solution to losing weight

Obesity is highly misunderstood and people usually equate food with weight gain. That is only partially true. In the recent years, we have moved away from this doctrine and now we know that obesity is multifactorial and food is just one factor responsible for the disease process. Hence the solution also cannot focus on food and diet alone. Strategy for obesity treatment needs to be multi-pronged.

Also Read |Weight-loss surgery may halve risk of death in adults

Myth 3: A person weighing more is well nourished

Obesity is the other end of the spectrum of malnutrition and most of them have multiple nutritional deficiencies. Excess fat accumulation can lead to multiple deficiencies like vitamin D, iron and also has an undesirable effect on bone health.

Myth 4: A big belly is a sign of happiness and prosperity

A big belly actually signifies poor health. People with a big belly have a higher degree of visceral fat which can make them more prone to developing metabolic diseases, especially type 2 diabetes.

Myth 5: Obesity is the result of a lack of willpower and lethargy

This is one of the biggest myths and in the current scenario, I would say that it displays the lack of understanding about the disease. Obesity has nothing to do with will power or lethargy. More often than not, these are after effects of obesity and not the other way round.

obesity, obesity causes, obesity effects, obesity cures, obesity treatments, obesity diet, food for obesity, obesity latest study, indian express, indian express news It is important to ensure your diet post bariatric surgery is rich in fibre. (Source: Getty Images/Thinkstock)

What are other precautions that a post-bariatric patient should take?

Post-bariatric surgery patients have a very rewarding journey ahead. Some of the things they must take care of are-

\*Focusing on healthy diet

\*Having small portion sizes, chewing their food well and eating slowly.

\*They must not combine food and fluids together

\*They must stay away from sugar and high calorie foods

\*Aerated drinks must be avoided as far as possible

\*They must try to get 40-45 mins of moderate exercise 4 to 5 times a week

\*Be regular with nutritional supplements

\*Maintain a regular follow up with the bariatric team

**Dengue (The Asian Age: 20210714)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15707160>

# After Covid, dengue cases jump in Odisha

State reports highest toll of 68 deaths due to coronavirus

**AKSHAYA KUMAR SAHOO**

BHUBANESWAR, JULY 13

After the Covid-19, Odisha now faces another health crisis — an outbreak of dengue. As many as 55 dengue cases have been detected in the state capital Bhubaneswar in the past few days, director of state health directorate, Dr Bijay Mohapatra, said on Tuesday.

"The number of dengue cases has slightly increased in the state. But there is nothing to panic about. The situation is not that much concern. Till Monday evening, 55 dengue cases have been reported in Bhubaneswar," said the health official, adding, there was no report of any casualty in the mosquito-borne viral infection.

He informed that in view of the dengue outbreak drains in the city will be cleaned followed by a chemical spray. Besides, bushes will be cleared to avoid a further rise in the cases.

On the Covid -19 situation, the director of health said the infection rate had declined overall in the state. In some districts, the infection was gradually decreasing.

"The state government will take a call on unlock process after reviewing the Test Positivity Rate (TPR), caseload and adherence to safety guide-

## India's first Covif patient tests positive again for coronavirus

**Thrissur (Kerala), July 13:**

A woman medico, who was India's first Covid-19 case, has tested positive again for the virus, health authorities said here on Tuesday.

"She is reinfected with Covid-19. Her RT-PCR is positive, antigen is negative. She is asymptomatic," Thrissur DMO Dr K.J. Reena said.

Her samples were tested as she was prepared to go to New Delhi for study

purposes. Then the RT-PCR result turned out to be positive, she said.

The woman is presently at home and "she is OK," the doctor said.

It was on January 30, 2020 that the third year medical student from Wuhan university tested positive for coronavirus, becoming the country's first Covid-19 patient, days after she had returned home following semester holidays. — *PTI*

## Doc, 3 others test positive for Zika

**Thiruvananthapuram, July 13:**

A fourth case of Zika virus was reported from Kerala on Tuesday taking the infection count in the state to 23, the health department said.

"A 16-year-old Thiruvananthapuram native girl was found

infected with the virus after the sample was tested at the Rajiv Gandhi Centre for Biotechnology here," state health minister Veena George said.

The others who tested positive on Tuesday included a doctor of a private hospital here. — *PTI*

lines by the public.

The infection will again rise, if people do not properly follow Covid-appropriate behaviour, he cautioned.

On Tuesday, Odisha reported its highest toll of 68 deaths due to Covid infection taking the overall number of fatalities to 4,730 in the pandemic.

The maximum number

of 17 fatalities was reported from Khurdha district, seven from Ganjam, six each from Bargarh and Mayurbhanj, five from Sundargarh, four from Puri, three each from Angul and Jajpur, two each from Bolangir, Cuttack and Dhenkanal and one each from Balasore, Kandhamal and Nuapada.

## **Child Policy ((The Asian Age: 20210714)**

# THE ASIAN AGE

14 JULY 2021

## Pushing two-child policy: Can it ramp up growth?

**N**ot since the dark days of the Emergency, when the late Sanjay Gandhi became an extra-constitutional authority and ordered a mass sterilisation drive in which the poor were mostly caught up, have we heard of coercive population control policies. The Himanta Biswa Sarma government in Assam kicked off with blatant public announcements last month, asking the Muslim minorities to be “decent” and adopt a two-child norm, the implication being that Muslim couples alone have more than two-children.

The Yogi Adityanath government in UP has hardly lagged behind and has made proposals of a similar nature. Fundamentally, in both Assam and UP, the idea is to deprive families with more than two children of government benefits and subsidies, and to accord benefits to families with no more than two offspring.

While this is not spelt out, the unspoken assumption seems to be to get at the minorities, although it is not yet clear how the issue would pan out in the case of non-Muslim families which have two children or more. So, there is turmoil on the horizon if the policies under consideration are sought to be implemented.

As far as the Hindu Right goes, the idea of population control for Muslims goes back a long way. It is interesting to recall that the Jana Sangh, the precursor of the BJP, tore into Indira Gandhi for the Emergency, but not Sanjay Gandhi — the architect of the sterilisation drive — whose widow afterward found a place of honour in the saffron party.

Indeed, before the Assam and UP state government plans were put on the table in recent weeks, some BJP MPs had moved private member Bills in Parliament along similar lines. One of them, Ajay Bhatt of Uttarakhand, was recently made a minister. Rakesh Sinha, a nominated Member close to BJP, moved a similar Bill, as did Ravi Kishan, a UP MP. Mr Sinha appears to be keen on reviving his Bill in the upcoming Monsoon Session of Parliament.

The idea that large populations dragged down economic growth, and hence practically wiped out prospects of rapid economic development in developing societies, once had a measure of acceptance even in academic literature. But the very fast rise of China has doused enthusiasm for that view. The forcibly implemented one-child policy has had to be abandoned. It led to serious economic consequences with shrinking of the labour force and the rise of older people demanding state support.

Standard economic development theory shows that more children are associated with poor societies as more children translate to more earning members in conditions of poverty. According to the last population census (2011), the rate of growth of population among Muslims was higher than the Hindus. This is consistent with the official finding that Muslims in India are poorer than even the scheduled caste population on average, and have a literacy rate that is well below the national average.

However, it is important to note that, according to the National Family Health Survey-3, fertility is declining at a faster rate among Muslims than among Hindus. This aspect is wholly lost in popular — especially political — discourse as communal agendas are sharpened on the basis of faster (although declining) population growth data. The poverty angle is wholly discounted as higher populations are spuriously co-related to religious teachings, fuelling majoritarian anxieties.

When a comprehensive national effort is needed to fight the pandemic, the present dispensation is expected to have squelched population-related communalism. It has done no such thing.

**Before the Assam and UP government plans were put on the table in recent weeks, some BJP MPs had moved private member Bills in Parliament**

**Third Wave (Hindustan: 20210714)**

# चेताया : मौज-मस्ती तीसरी लहर को बुलावा दे रही : मोदी

नई दिल्ली | विशेष संवाददाता

प्रधानमंत्री नरेंद्र मोदी ने पर्यटन स्थलों पर भीड़ उमड़ने और बाजारों में बिना मास्क लोगों के घूमने पर चिंता जताई है। पूर्वोत्तर राज्यों के मुख्यमंत्रियों के साथ कोरोना पर चर्चा के दौरान उन्होंने कहा कि यह सच है कि पर्यटन और कारोबार बुरी तरह प्रभावित हुआ है पर पहाड़ी पर्यटन स्थलों पर भारी भीड़ का जुटना भी सही नहीं है। इससे तीसरी लहर का खतरा बढ़ेगा।

असम, नगालैंड, त्रिपुरा, सिक्किम, मणिपुर, मेघालय, अरुणाचल प्रदेश और मिजोरम के मुख्यमंत्रियों से मोदी ने कहा, तीसरी लहर रोकने के लिए साथ मिलकर काम करें। टीकाकरण बढ़ाना होगा। बदली परिस्थितियों में संक्रमण की रोकथाम और उपचार बेहद महत्वपूर्ण है। इसके लिए सरकार ने 23 हजार करोड़ का पैकेज मंजूर किया है। सभी राज्य इसकी मदद ले सकते हैं। सूक्ष्मस्तर पर वायरस का प्रसार रोकने के लिये सख्त कदम उठाने की जरूरत है।

मोदी 16 जून को त्रिपुरा



## म्यूटेशन पर नजर रखें

प्रधानमंत्री ने कहा, वायरस बार-बार अपना स्वरूप बदल रहा है, इस पर बारीक नजर रखें। विशेषज्ञ लगातार अध्ययन कर रहे हैं कि म्यूटेशन के बाद वायरस कितना परेशानी वाला हो सकता है, इसलिए सतर्क रहें।

## दुनिया में तीसरी लहर

नीति आयोग के सदस्य वीके पॉल ने कहा कि दुनिया में तीसरी लहर दिख रही है। ऐसे में हमें सुनिश्चित करना होगा कि यह भारत में न आने पाए।

और महाराष्ट्र के मुख्यमंत्रियों से चर्चा करेंगे। इन राज्यों में भी पूर्वोत्तर की तरह देश के अन्य हिस्सों की तरह में कोरोना

## **Population policy**

### **An unproductive idea: On U.P.'s new population policy (The Hindu: 20210714)**

<https://www.thehindu.com/opinion/editorial/an-unproductive-idea-the-hindu-editorial-on-ups-new-population-policy/article35310944.ece>

Socio-economic empowerment is more effective than coercion in cutting fertility rates

Incentives and penalties form an integral component of the measures to

## **COVID-19: Variants**

### **COVID-19: Variants of Concern and Variants of Interest (The Hindu: 20210714)**

<https://www.thehindu.com/sci-tech/health/covid-19-variants-of-concern-and-variants-of-interest/article35301681.ece>

Which variants come under which category?

What began as a pneumonia outbreak in Wuhan, China, in December 2019, has assumed global proportions and claimed countless lives within a span of two

## **Vaccination policy**

### **Data | Daily COVID-19 vaccination slows down in first 10 days of July (The Hindu: 20210714)**

<https://www.thehindu.com/data/data-daily-covid-19-vaccination-slows-down-in-first-10-days-of-july/article35288317.ece>

To vaccinate all adults by December 31, 8.65 million doses need to be administered daily on average in the remaining days

The rate of daily COVID-19 vaccinations in India decreased in the first 10 days of July compared to the last 10 days of June when the new vaccination policy

## **India's vaccination drive**

### **Data | As India's vaccination drive gathers pace, women are being left behind(The Hindu: 20210714)**

<https://www.thehindu.com/data/data-as-indias-vaccination-drive-gathers-pace-women-are-being-left-behind/article35252854.ece>

Himachal Pradesh was the only State where the vaccination rate was higher among adult women

As the vaccination drive picks up pace in India, the gender gap in vaccination rate (people vaccinated per 1,000 individuals) continues to widen. The gap