



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY

Monday

20210929

## Vaccination

### **Aug saw max vaccination, Sept heading for new record in Punjab (The Tribune: 20210929)**

<https://www.tribuneindia.com/news/coronavirus/aug-saw-max-vaccination-sept-heading-for-new-record-in-punjab-317275>

Over 40.55 lakh inoculated last month, 41.63 lakh coverage target this month in state

The ongoing Covid vaccination drive has been picking up pace as August saw maximum jabs during a month, while September was heading to set a new record, the government has confirmed.

While 40,55,207 eligible beneficiaries were inoculated last month, which was the highest count since the vaccination took off in January, the state has set a target to cover another 41,63,150 persons aged above 18 years during this month, the official figures have revealed.

Ludhiana, being the biggest and largest district in terms of area and population, has been leading the state with the maximum administration of 29,21,711 jabs till September 26. This was almost 80 per cent coverage of the eligible beneficiaries with at least single dose in the district. While almost 21 lakh people have taken a single shot, over 8 lakh recipients have got both the jabs so far.

The month-wise vaccination coverage compiled by the Health and Family Welfare Department, a copy of which is available with The Tribune, revealed that as many as 36,10,009 doses of Covishield and 4,45,198 shots of Covaxin were given in the state during August, while 35,78,580 jabs of Covishield and 5,84,570 doses of Covaxin have been allocated to the state by the Centre for September.

Earlier, the state administered 55,461 doses of Covishield and only 37 of Covaxin in January, 1,44,984 Covishield and 388 Covaxin in February, 7,91,570 Covishield and 77,057 Covaxin in March, 23,14,688 Covishield and 2,32,924 Covaxin in April, 12,73,475 Covishield and

1,45,236 Covaxin in May, 15,63,523 Covishield and 3,63,712 Covaxin in June, and 21,58,933 Covishield and 3,89,080 Covaxin in July.

With this, the state will give 1,54,91,223 Covishield and 31,78,622 Covaxin doses to the eligible population till the end of September.

The age-wise percentage of population vaccinated in the state so far includes 80 per cent persons aged 60 years and above with first dose and 39 per cent with second dose, 66 per cent 45 years and above with first and 27 per cent second jab, 43 per cent 18 years and above with first and 5 per cent with second shot.

The overall coverage comprised 57 per cent with first dose and 18 per cent with second jab.

<b>JAB COVERAGE</b>	
MALE	54.98%
FEMALE	45.01%
OTHERS	0.01%

<b>WASTAGE</b>	
COVISHIELD	0.76%
COVAXIN	0.81%
<b>TOTAL</b>	<b>0.025%</b>

**New Cases (The Asian Age: 20210929)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15866490>



# India sees less than 20K daily Covid-19 cases after 201 days

**AGE CORRESPONDENT**  
NEW DELHI, SEPT. 28

The number of fresh coronavirus cases was recorded below 20,000 (18,795) in India after 201 days on Tuesday, taking the country's Covid-19 tally to 3,36,97,581, while the number of active cases declined to 2,92,206, the lowest in 192 days.

According to the Union health ministry, the number of people who have recuperated from the disease has now gone up to 3,29,58,002, while the case fatality rate stands at 1.33 per cent.

A total 18,795 fresh Covid cases were registered in a span of 24 hours, while the death toll due to the viral disease jumped to 4,47,373 with 179 more fatalities, the lowest in 193 days. The number of daily fatalities due to Covid was recorded at 154 on March 19. The number of active cases has gone down to 2,92,206, accounting for 0.87 per cent of the total number of cases -- the lowest since March 2020 -- while the national coronavirus recovery rate was recorded at 97.81 per cent, the highest since March last year. A decrease of 7,414 cases was recorded in the active Covid-19 caseload in a span of 24 hours.

The ministry said that less than 50,000 daily cases are being reported in the country for 93 consecutive days now. Also, 13,21,780 tests were conducted to detect the infection on Monday, taking the total number of such tests con-

ducted so far in the country to 56,57,30,031.

▶ **A TOTAL 18,795** fresh Covid cases were registered in a span of 24 hours, while the death toll due to the viral disease jumped to 4,47,373 with 179 more fatalities, the lowest in 193 days. The number of daily fatalities due to Covid was recorded at 154 on March 19.

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The daily positivity rate was recorded at 1.42 per cent. It has been less than three per cent for the last 29 days. The weekly positivity rate was recorded at 1.88 per cent. It has been below three per cent for the last 95 days, according to the ministry.

The cumulative number of vaccine doses administered in the country so far under the nationwide Covid-19 vaccination drive has exceeded 87 crore with more than one crore doses administered in a span of 24 hours.

The country's Covid-19 tally crossed the 20-lakh mark on August 7, 2020, the 30-lakh mark on August 23, the 40-lakh mark on September 5 and the 50-lakh mark on September 16. It went past 60 lakh on September 28, 70 lakh on October 11, 80 lakh on October 29, 90 lakh on November 20 and the one-crore mark on December 19 last year.

**V R Therapy (The Asian Age: 20210929)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15865206>




# VR: The new therapist

It's touted to be the next big thing – using virtual reality to diagnose and treat all kinds of medical conditions

SWATI SHARMA

THE ASIAN AGE

 In a recent blog post titled, “Virtual Reality Gave Me My Brain Back”, celebrity entrepreneur Mark Cuban shared his vestibular experience of how virtual reality (VR) helped him get back to balance. Mark had been side-lined by vestibular disorder for months, suffering dizziness, brain fog and an unnerving feeling that something was wrong inside his head.

Welcome to a new wave of psychological research — VR content that's primarily designed to aid exposure therapy. Exposure therapy is a treatment for anxiety disorders, exposing patients to anxiety-inducing stimuli in a safe, controlled environment. During VR therapy, one straps on a headset, sinks into the past, faces one's fears albeit in a controlled manner and overcome the disorders in real life. It aims at making patients eventually learn that the “threats” they perceive are not actually very dangerous.

## SO MANY MENTAL BATTLES TO FIGHT

Post-traumatic stress disorders (PTSD), anxiety attacks and different phobias are battles many fight within themselves. The pandemic has even contributed to worsening these disorders in some. Fear, anger, worry, frustration, etc. keep many on the edge even as they desperately look for solutions to control their mind from going berserk.

VR therapy appears to shine a new ray of hope in ending these mental health issues or helping in controlling the mind from coming unmoored. Doctors across the globe are increasingly suggesting VR therapy to diagnose and treat medical conditions.

The technology, which immerses a patient in a 3D environment mimicking a traumatic memory or other mental health issues, is catching up in India as well and showing promising results.

## VR: THE NEXT BIG THING FOR MENTAL HEALTH

Dr Jaydip Chaudhuri, Senior Neuro Physician at Yashoda Hospitals, Hyderabad, explains how VR and augmented reality (AR), which use computer-generated situations, help mental health patients.

“Patients with anxiety and mental disorders perceive these computer-generated situations using special high-end goggles. It appears to be a potential diagnostic and



**DR JAYADIP CHAUDHURI,**  
Senior Neuro Physician at Yashoda  
Hospitals, Hyderabad

VR-simulated protocols are already being used in treatment of AD in some centres and insightful data have been generated. Creating virtual environments that remind AD patients about their childhood or early adult days (as we know that remote memories are relatively better, preserved in them), using photographs, music relevant to them, etc. may be magical in some patients.



Taking us through the intervention technique, Dr Nirali Bhatia, Cyber Psychologist & Psychotherapist, provides an example of a client who has a fear of height. “What they normally do is to use an intervention technique, called guided imagery, in which clients are asked to visualise the scenario and stimulate that whole experience. They are then guided to work towards it while their bodily changes are closely watched,” she says.



therapeutic tool for treatment of Alzheimer's disease (AD) and other dementias,” he says, adding that studies have shown that VR therapy to definitely benefit patients with dementia and help their care-givers and families to a significant extent.

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## Mental Health (The Asian Age: 20210929)

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15865212>

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"Patients with dementia were found to have reduced aggression and interacted better with their caregivers when they were treated and exposed to VR therapy."

For one, the virtual maze navigation test can identify people with AD quite early and almost identify those subjects who carry the AD susceptibility gene. People carrying the AD susceptibility gene do the virtual maze navigation test differently and with difficulty as compared to normal age-matched controls. Dr Jaydip adds that while VR in therapy is still nascent it has a potential in making a difference in the lives of patients with dementia.

"Standardising the treatment algorithm and making this modality of treatment available in many more centres will make this therapeutic strategy play a bigger role in the future," he adds.

# Virtual reality for mental health

## HOW IT WORKS

Taking us through the intervention technique, Dr Nirali Bhatia, Cyber Psychologist & Psychotherapist, provides an example of a client who has a fear of height "What they normally do is to use an intervention technique, called guided imagery, in which clients

**VR therapy applies a stimulus environment where the client is asked to move to the next floor. At every level, the client's made to notice their feelings, regarding how they were feeling**

are asked to visualise the scenario and stimulate that whole experience. They are then guided to work towards it while their bodily changes are closely watched.

"This process requires the client to be able to cognitively get into that trance. At every level, the client's feelings are monitored," Dr Nirali says, adding that VR's easy and life-like simulation can be applied to every client irrespective of the barriers of language or cognitive ability.

The doctor further describes the process. "VR therapy applies a stimulus environment where the client is slowly asked to move



Photo for representation purpose

**“The technique of cognitive behavioural therapy exposure and response prevention is used to help patients with anxiety disorders. Virtual reality based techniques are used to help patients with post-traumatic stress disorder, like rape victims, accident victims and war veterans. Its use is slowly getting expanded to help patients with personality disorders, for especially who have childhood trauma.”**



— Dr Bharat Kumar Reddy, Senior Consultant Psychiatrist, Apollo Hospitals

tions work with a controlled exposure, which eventually make clients well prepared to handle those scenarios in real life."

## WHAT LIES AHEAD IN VR THERAPY

Doctors describe VR therapy as a "major breakthrough" in treating mental health disorders, calling it the next big thing in the medical field though it's yet to fully enter the mainstream.

Experts, clarify that some clients would need several simulations 'sittings' for better results. For some, each session

could feel as if they were in a fantasy novel. Dr Krishna Sahiti, consultant psychiatrist in Apollo Hospital, says they use audio and visual aids to increase the intensity of stimulus in VR. "Physical symptoms and psychological reaction are assessed slowly. Clients who avoid and are fearful about the stimulus will experience the stimulus with the help of a psychiatrist and in a hassle-free," the doctor informs. "In further sessions the intensity of stimulus is slowly increased so that we can help the patient experience the stimulus without symptoms while helping them."

## World Heart Day 2021

### Expert shares risk factors amid rising prevalence of heart disease among young adults in India (The Indian Express: 20210929)

<https://indianexpress.com/article/lifestyle/health/world-heart-day-2021-risk-factors-symptoms-treatment-young-adults-7537442/>

World Heart Day 2021: With incidences of heart disease deaths rising in India, it is time to be aware of this serious issue and take necessary steps to reduce the burden of cardiovascular diseases

World Heart Day, World Heart Day 2021, heart attack symptoms, common heart ailments Being informed about the risk factors can help people to manage symptoms early and avoid the chances of a sudden heart attack. (Photo: Getty Images/Thinkstock)

India accounts for one-fifth of the total deaths occurring from stroke and ischemic heart disease, especially in younger adults according to the World Health Organization. “Cardiovascular diseases affect Indians a decade earlier than their western counterparts and nearly 3 million people die of stroke and heart attack every year. The most unfortunate part is that 40 per cent of those who suffer a heart attack are below the age of 55,” said Dr Harinder K. Bali, Chairman, Cardiac Sciences, Paras Hospitals, Panchkula.

“With the incidences of heart disease deaths rising in India by 34 per cent over the last 26 years, it is time to be aware of this serious issue and take necessary steps to reduce the burden of cardiovascular disease in the country,” he continued.

What are the major risk factors?

Being informed about the risk factors can help people to manage their symptoms early and avoid the chances of a sudden heart attack.

smoking, smoking and heart attack, world heart day Reports state that 34.6 of adults in India are smokers and India is home to 12 per cent of the world’s smokers. (Photo: Getty Images/Thinkstock)

Smoking

“India has the second-largest number of smokers in the world, second only to China. Reports state that 34.6 of adults in India are smokers and India is home to 12 per cent of the world’s smokers,” Dr Bali said. Smoking can increase heart rate, lead to irregular heart rhythm and tighten the arteries. This can make the heart work harder and eventually result in stroke or heart attack.

Obesity

The expert said that India has the highest number of overweight and obese children who, as adults, are likely to contribute further to a higher burden of cardiovascular disease morbidity and mortality. “Obese people are more likely to suffer from high blood pressure which is one of the biggest causes of heart attacks,” he stressed.

ALSO READ | Childhood obesity is a more serious concern than coronavirus, says Dr Chris van Tulleken

Hypertension



A Harvard University study revealed that hypertension among young adults in India is higher than that of Central and Eastern Europe, the region that previously had the highest numbers for this group. “Hypertension contributes to 10.8 percent of all deaths in India and it has been on a steep rise over the last three decades both in urban and rural areas. Hypertension eventually escalates the risk of developing high blood pressure and diabetes,” he shared.

## Diabetes

diabetes, diabetes heart disease, diabetes causes In India, people under the age of 25 are increasingly at risk of type-2 diabetes. (Photo: Getty Images/Thinkstock)

There’s been an exponential rise in the number of people diagnosed with type 2 diabetes over the last 30 years in India which has significantly contributed to the world burden as well. In India, people under the age of 25 are increasingly at risk of type-2 diabetes and life-threatening complications like heart diseases.

## Ways to prevent heart ailments in young Indians

Young adults are under constant mental and physical stress from intense work demands, family issues, job security and more. Increased periods of stress is often associated with high blood pressure and diabetes. “The concerning fact is that young adults often fall prey to smoking and excessive alcohol consumption to deal with the overburdening stress. Lifestyle modifications are the key reduce these risk and prevent premature heart attacks,” said Dr Bali.

Young people must engage in regular periods of moderate to intense exercises like jogging, cycling, brisk walking, yoga, aerobics, weight training and swimming. Also, one should stay away from excessive alcohol consumption and smoking.

**ALSO READ** |Don’t feel like exercising? Here’s what happens to your body when you don’t

A proper balanced diet is another requirement for healthy heart health. “Instead of munching on junk foods, young people should look for healthy alternatives like fruits, juices, soya products and nuts. It is also important to avoid trans-fatty acids and include plenty of fresh, green vegetables in the diet rich in minerals and calcium. It is also vital that proper attention is paid to the time of the meals. Late lunch and dinner is a strict no,” he suggested

The expert said it has been observed that if a person had a heart attack at a younger age, it increases the likelihood of another heart attack or stroke during the later stages of life. “Spreading awareness about early detection and prevention is the most critical step in the successful prevention and management of this condition. Young adults should also get their cardiac evaluation done every year to stay safe and healthy,” he said.

## **Beat acidity**

### **Beat acidity with these foods, lifestyle tips (The Indian Express: 20210929)**

<https://indianexpress.com/article/lifestyle/health/relieve-acidity-foods-lifestyle-tweaks-banana-basil-coconut-water-7536753/>

"In most cases, acidity is a by-product of poor lifestyle. If you tend to sleep late, eat at odd hours, overeat in most of the meals -- you will surely become a slave to antacids," said nutritionist Juhi Kapoor

acidity, how to avoid acidity, lifestyle tweaks to avoid acidity, indianexpress.com, indianexpress, prevent acidity, indianexpress.com, indianexpress, Here's what you should be doing to have permanent relief from acidity. (Source: Getty Images/Thinkstock)

Food habits, overeating and erratic sleep schedules can all contribute to stomach-related issues like cramping, growling and even acidity. While working on lifestyle habits is a must, one can begin by incorporating some foods that can help.

Nutritionist and Ayurvedic practitioner Juhi Kapoor shared a few foods that she suggests one must have regularly to beat acidity.

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## **New 3D printed vaccine**

### **New 3D printed vaccine patch offers greater protection than jabs (The Hindu: 20210929)**

<https://www.thehindu.com/sci-tech/technology/new-3d-printed-vaccine-patch-offers-greater-protection-than-jabs/article36695264.ece>

The ease and effectiveness of the new vaccine may lead to a new way to deliver vaccines that is painless, less invasive than a shot with a needle and can be self-administered.

Scientists have developed a three-dimensional (3D) printed vaccine patch that provides greater protection than a typical immunisation shot.

## **ECMO turns a life saver during pandemic**

### **ECMO turns a life saver during pandemic (The Hindu: 20210929)**

<https://www.thehindu.com/sci-tech/health/ecmo-turns-a-life-saver-during-pandemic/article36716922.ece>

Several critically ill COVID-19 patients who cannot be put on ventilator support surviving because of machine

A machine that functions as an artificial lung or heart has become a saviour of sorts for critically ill COVID-19 patients who cannot be put on ventilator