

## Cerebral Palsy

*Prelims: Current events of national and international importance*

### Why in news?

Recently, the World Cerebral Palsy Day were organized to raise awareness about Cerebral Palsy (CP) among the people with great enthusiasm and inclusivity.

- Cerebral Palsy (CP) is a **group of disorders** that affect a person's ability to move and maintain balance and posture.
- "Cerebral" means having to do with the brain; "Palsy" means weakness in or problems with using the muscles
- **Causes** - It is caused by **abnormal brain development** or damage to the developing brain that affects muscle control.
- It can happen before birth, during birth, within a month after birth, or during the first years of a child's life, while the brain is still developing.
- **Types of CP** - Depending on which areas of the brain are affected -
  - Spasticity (Stiff muscles);
  - Dyskinesia (Uncontrollable movements);
  - Ataxia (Poor balance and coordination) and
  - Mixed cerebral palsy.
- **Symptoms** - Its symptoms vary from person to person includes poor coordination, balance, and muscle tone, uncontrolled movements or tremors, etc.
- The associated symptoms includes seizures, learning disabilities, and intellectual disabilities.
- **Treatment** - There is **no cure** for CP, but early identification and treatment can improve the lives of those who have the condition.

### Quick Fact

**World Cerebral Palsy Day**

- It is celebrated annually on **October 6**.
  - **1<sup>st</sup> declared in** - 2012 by Cerebral Palsy Alliance.
  - **Aim** - To raise awareness and to highlight the challenges faced by people living with CP worldwide.
  - The day serves as a platform for individuals, families, and organizations to share experiences and promote understanding.
  - **Theme for 2025** - “Unique and United”.
  - **In India** - Jointly observed by
    - Department of Empowerment of Persons with Disabilities (DEPwD),
    - Ministry of Social Justice and Empowerment along with
    - National Institutes and Composite Regional Centers (CRCs).
- The estimated prevalence of CP in India is around 2.1 to 3 cases per 1,000 live births.*

## References

1. [PIB | World Cerebral Palsy Day](#)
2. [Center for Disease Control and Prevention | Cerebral Palsy](#)

