UPSC Daily Current Affairs| Prelim Bits 26-12-2024

Obesity Pandemic & Weight Loss Drugs

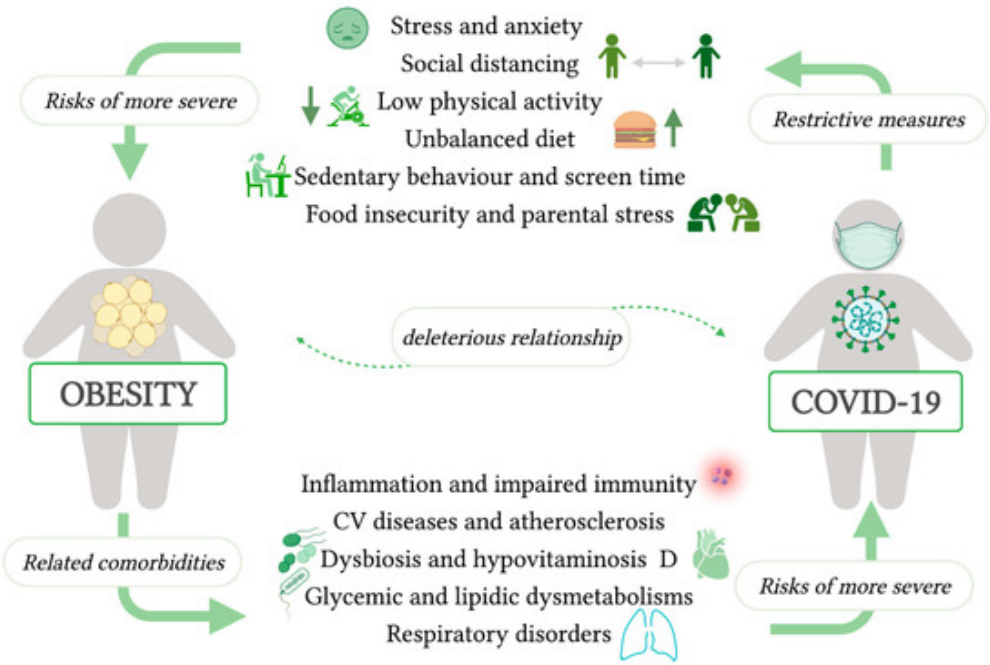
Why in News?

Recently, the World Health Organisation (WHO) scientists have endorsed a weight loss drugs for controlling obesity.

- **Obesity** – It is a chronic complex disease defined by ***excessive fat deposits*** that can impair health.
- **Diagnosis** – It is made by measuring people's weight and height by *calculating the Body Mass Index (BMI)*.
- **BMI categories** – For defining obesity vary by age and gender,

Gender and Age	BMI categories
Infants (under 5 years of age)	Weight-for-height greater than 3 standard deviations above the WHO Child Growth Standards median.
Children (aged between 5-19 years)	Greater than 2 standard deviations above the WHO Growth Reference median.
Adults	Greater than or equal to 30.

- Globally, *1 in 8 people* were living with obesity in 2022.
- In India, there were *44 million women and 26 million men* living with obesity in 2022.
- **Impacts** – It *increase the risk of type 2 diabetes and heart disease*.
- It affects bone health and reproduction and it increases the risk of certain cancers.
- **Globesity** – An escalating *global epidemic of overweight and obesity* called as "globesity" is taking over many parts of the world.
- It elevated to greater levels during the times of COVID Pandemic.



Glucagon-like peptide-1 (GLP-1) receptor agonists

World Health Organization (WHO) have endorsed a new class of medicines known as GLP-1 receptor agonists.

- **Role** – A class of medications ***utilized to treat type 2 diabetes mellitus (T2DM) and obesity***.
- **Composition** – It includes drugs such as *Semaglutide and Tirzepatide*, which have the potential to be transformative.
- **Working** – It mimics a hormone that regulates appetite and blood sugar levels.
- It lowers serum glucose levels and thereby manage metabolism in affected patients.
- **Objectives** – Identify the mechanism of action of GLP-1 receptor agonists.
- Assess the potential adverse effects of GLP-1 receptor agonists.
- Differentiate the proper administration techniques for GLP-1 analogs and the clinical monitoring necessary for patients prescribed GLP-1 receptor agonists.

WHO is currently in the process of drafting guidelines for the use of GLP-1 receptor agonists in adults with obesity, likely to be published in July 2025.

References

1. The Indian Express| Obesity Pandemic & Weight Loss Drugs
2. World Health Organization (WHO)| Obesity and its Symptoms
3. National Library of Medicine| GLP-1 receptor agonists

Ken-Betwa River linking project

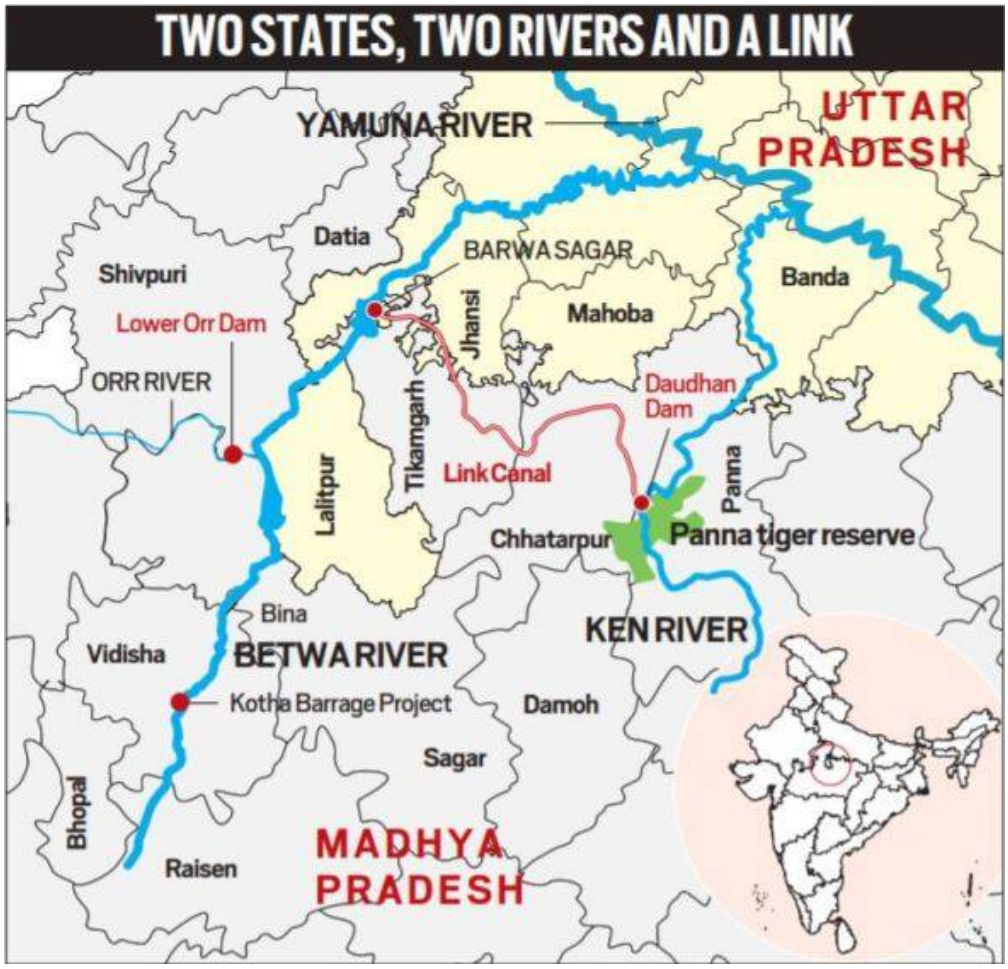
Why in News?

Recently , Foundation for Ken-Betwa river-linking project has been laid.

- **Ken-Betwa Link Project (KBLP)** - It involves transferring surplus water from the Ken River in Madhya Pradesh to the Betwa river in Uttar Pradesh , both the river are tributaries of Yamuna.
- It is the first project under the National Perspective Plan for interlinking of rivers.

In 2021, a memorandum of agreement was signed among the Ministry of Jal Shakti and the governments of Madhya Pradesh and Uttar Pradesh to implement the Ken-Betwa Link Project.

- **States concerned** – Uttar Pradesh and Madhya Pradesh.



- **Phases**- The project has two phases, with four components.
- **Phase I** - It involves construction of Daudhan Dam, Ken-Betwa Link Canal and power houses.
    - **Ken-Betwa Link Canal** – It will be 221 km in length, including a 2-km tunnel.
    - **Daudhan dam irrigation project** - The project involves building a 77-metre tall and a 2-km wide Dhaudhan dam.
    - It will be constructed inside the Penna Tiger Reserve.
- **Phase-II** – It consists of Lower Orr Dam, Bina Complex Project and Kotha Barrage.
- **Special Purpose Vehicle** - An SPV called Ken-Betwa Link Project Authority (KBLPA) will be set up to implement the project.
- **Time period** - KBLP project is proposed to be implemented in eight years.

- **Benefits** - The project is expected to
  - Provide annual irrigation to 10.62 lakh hectares (8.11 lakh ha in MP and 2.51 lakh ha in UP) of land in Bundelkhand region.

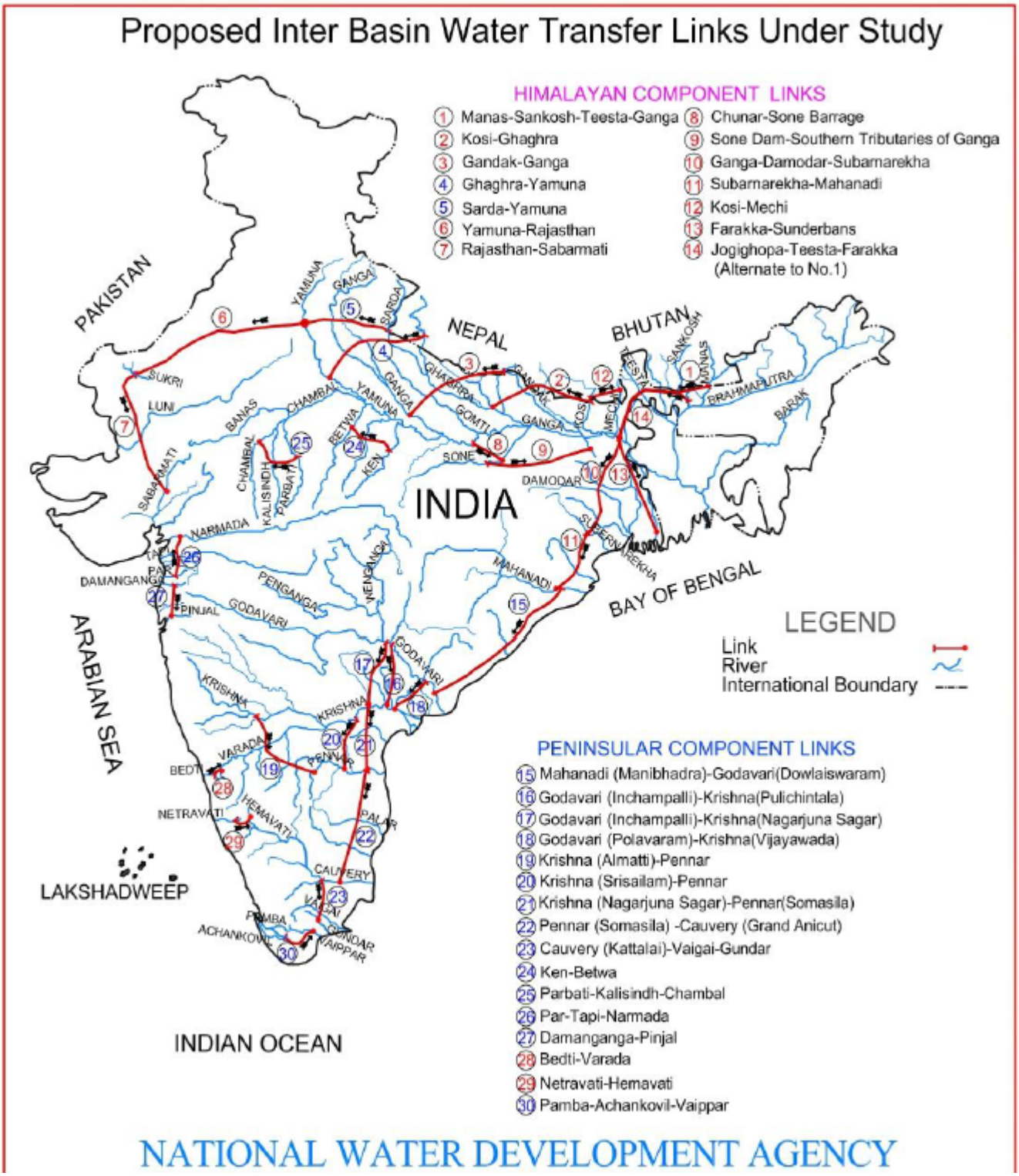
Bundelkhand region spreads across 13 districts of Uttar Pradesh and Madhya Pradesh.

  - Supply drinking water to about 62 lakh people.
  - Generate 103 MW of hydropower and 27 MW of solar power.
- **Issue** - Submergence of around 98 sq. km of Panna national park.
- Felling of about two to three million trees.

National Perspective Plan for interlinking of rivers

• National River Linking Project was conceived in 1980 for transferring water from water surplus basins to water-deficit basins.

• **2 components**
  - Peninsular component - 16 projects.
  - Himalayan rivers - 14 links.



Reference

[The Indian Express | Ken Betwa Project]

National Ayush Mission (NAM)

Why in News?

Recently, the Ministry of Ayush launched a film series titled "Ayush for All: Holistic Health Care through National Ayush Mission" on National Ayush Mission (NAM).

- **National Ayush Mission (NAM)** – It is a ***Centrally Sponsored Scheme*** launched in ***2014*** for implementing through States/UTs.
- **Aim** :
  - To strengthen Ayush healthcare services.
  - Promote preventive care through Ayushman Arogya Mandir.
  - Integrate Ayush systems into mainstream public health.
  - Development of Ayush educational institutions.

Components of NAM	
Mandatory Components	**Flexible Components**
• Ayush Services • Ayush Health and Wellness Centres • Educational Institutions • Quality Control of Ayurveda, Siddha, Unani, and Homoeopathy (ASU&H) drugs • Medicinal Plants	• Yoga Wellness Centre • Tele Medicine • Sports Medicine through AYUSH • Innovations on Mainstreaming of • information regarding on-going activities • Reimbursement Testing Charges • Ayush Awareness Program • Reorientation Training Program • Naturopathy Hospital

- **Funding Pattern**
  - For North Eastern States and Himalayan States of Uttarakhand, Himachal Pradesh and Union Territory of Jammu & Kashmir - Centre 90% and State 10%
  - For the rest of the States and UTs - Center 60% and State 40%.
- **Performance-based budgeting** - In order to incentivize good performing States/UTs, performance-based budgeting has been made.
- **Achievements** - Supported for the establishment of,
  - 167 Integrated Ayush Hospitals
  - 416 upgraded Ayush Hospitals
  - 5036 dispensaries
  - 16 new Ayush educational institutions
  - 3883 Yoga Wellness Centres
  - 1055 Ayush Grams
  - 12,500 Ayushman Arogya Mandir (Ayush).
- Essential Ayush medicines were supplied to 996 hospitals and 12,405 dispensaries each year.
- **Significance** – It is a significant initiative in revolutionizing healthcare delivery in distant corners of the country.
- It is bridging the gap in healthcare access, promoting a holistic wellness model and continues to transform lives.
- These initiatives are transforming public health and improving access to preventive and promotive care across the nation.

References

1. PIB| Film Series on National Ayush Mission (NAM)
2. NAM| About National Ayush Mission (NAM)

Mehrauli Archaeological Park

Why in News?

The Archaeological Survey of India (ASI) has told the Supreme Court that two structures inside the Mehrauli Archaeological Park bear religious significance.

- **Mehrauli Archaeological Park** - It is an archaeological area spread over 200 acre in the Mehrauli neighbourhood of the South Delhi district of Delhi.
- It is Located adjacent to the Qutub Minar (a World Heritage Site) and the Qutb complex.
- It houses over 50 historically significant monuments built by different rulers of Delhi.
- **Uniqueness** – It's the *only area in Delhi that has seen 1,000 years of continuous occupation*.
- From the Tomar Rajputs to the Khaljis, Tughlaqs, Lodhis, Mughals, and even the British Raj.

Architectural landmarks of Mehrauli Archaeological Park	
Monuments	**Significance/Uniqueness**
Lal Kot (1060 AD)	Oldest surviving fort in Delhi.
Tomb of Balban (1287 AD)	Country's first true arch and dome.
Jamali Kamali Mosque and Tomb (1526-1535 AD)	Blend of Indo-Islamic architecture.
Rajon Ki Baoli	16th century stepwell of the Masons.
Dargah of Qutab Sahib	A serene white marble shrine.
Hijron ka Khanqah	A Sufi hospice, shelter and spiritual solace to the transgender community.
Jahaz Mahal / Ship Palace	Boat-like shape and arched openings.
Ashiq Allah Dargah	Tomb of Shaikh Shahibuddin
Chillagah of Baba Farid	Baba Farid was the revered 13th century Sufi saint.

References

1. The Hindu| Structures inside Mehrauli Archaeological Park
2. Incredible India| Mehrauli Archaeological Park

One Liners 26-12-2024
History, Art and Culture

Swadesh Darshan Scheme

• **Launched in** – 2014-15
• **Nodal agency** – Ministry of Tourism
• **Aim** – For the integrated development of *theme-based tourist circuits.*

PRASHAD

• **PRASAD** - Pilgrimage Rejuvenation and Spiritual Heritage Augmentation Drive' scheme.
• **Launched in** – 2014-15
• It is a Central Sector Scheme
• **Nodal agency** - Ministry of Tourism
• **Aim** – To provide *financial assistance to the State governments* and union territories for development of tourism infrastructure at the pre-identified pilgrimage destinations.

International Relations and Issues

India-Kuwait trade

• Kuwait India's 6th largest crude supplier and 4th largest LPG supplier, meeting 3% of its energy needs.

Science

CSIR-Jigyasa platform

• It is a flagship outreach program that *connects school students to scientists* at CSIR labs.
• **Outreach** – So far from 2017 onwards about 10 lakhs school students have participated in the program.

DNA Isolation by School Students

• Around 830 School Students across the country performed DNA isolation at 33 CSIR Labs.
• **Coordinated by** - Institute of Genomics and Integrative Biology (IGIB), Council of Scientific & Industrial Research (CSIR)
• **Activity** – Students isolated DNA from their own saliva.

Neoantigen proteins

• **Observation** – They are found *only on cancerous cells*.
• **Recognition** – Immune cells could continue to recognise these neoantigens even up to 12 years after the tumour had been removed.

Cholera in Yemen

• **Cholera** – It is a *bacterial disease* causing severe diarrhoea and dehydration, usually spread in water.
• **Caused by** – *Vibrio cholera*
• **WHO data** – Yemen accounts for 35% of worldwide cholera cases and 18% of related deaths this year (2024).

Miscellaneous

Sample

'Veer Baal Diwas' programme

• **Celebrated on** – 26th December, 2024
• **Conducted by** - Ministry of Women and Child Development
• **Focus** – To highlights the vital role of children as the foundation of India's future.

Pradhan Mantri Rashtriya Bal Puraskar (PMRBP)

• **Recipient** – To children for exceptional achievements in 7 categories (Art & Culture, Bravery, Innovation, Science & Technology, Social Service, Sports, and Environment.)
• **2024** – 17 children (7 boys and 10 girls) from 14 States/UTs have been conferred on 26 December,2024
• **Awards** – They will receive a medal, certificate and citation booklet.

Suposhit Gram Panchayat Abhiyan

• **Launched in** – 2024, on the day of Veer Baal Diwas Programme
• **Focus** – To *improve nutrient sources* and overall welfare in rural areas.
• **Aim** – To strengthen nutrition-related infrastructure and actively engage communities to tackle malnutrition.

SHANKAR IAS PARLIAMENT
Information is Empowering