

# **Prelim Bits 10-05-2024 | UPSC Daily Current Affairs**

## **Share of Religious Minorities (1950-2015)**

A recent working paper by the Economic Advisory Council to the Prime Minister (EAC-PM) pointed out that India witnessed a reduction in the share of the majority religious denomination by 7.82%.

- About The paper is a cross-country descriptive analysis of the <u>status of minorities</u>
  <u>around the world</u> measured in terms of their changing share in a country's
  population over 65 years <u>between 1950 and 2015</u>.
- **Baseline year** For the 167 countries analysed, the average value for the share of the majority religious denomination in the baseline year of **1950** is 75%.

## **Key findings**

Religion	% of population in 1950	% of population in 2015	Changes
Hindus	84.68%	78.06%	Decrease in population
Jains	0.45%	0.36%	<b>Decrease</b> in population
Parsis	0.03%	0.004%	<b>Decrease</b> in population
Muslims	9.84%	14.09%	Increase in population
Christians	2.24%	2.36%	Increase in population
Sikhs	1.24%	1.85%	Increase in population

- **Global trends** In keeping with the global trends of declining majority, India too has witnessed a *reduction* in the share of the majority religious denomination by 7.82%.
- Trends in South Asian Countries The share of the *majority religious denomination*has increased and minority populations have shrunk alarmingly across countries like Bangladesh, Pakistan, Sri Lanka, Bhutan and Afghanistan.

Majority Religion	Country	relig	ority gion are	Change in share (as %)
		1950	2015	(43 70)
Hindu	India	84.68	78.06	-7.82
Hindu	Nepal	84.30	81.26	-3.61
Muslim	Maldives	99.83	98.36	-1.47
Muslim	Afghanistan	88.75	89.01	0.29
Muslim	Pakistan	77.45	80.36	3.75
Muslim	Bangladesh	74.24	88.02	18.55
Buddhism	Myanmar	78.53	70.8	-9.84
Buddhism	Sri Lanka	64.28	67.65	5.25
Buddhism	Bhutan	71.44	84.07	17.67

#### Reference

The Hindu | Share of Religious Minorities: A Cross-Country Analysis (1950-2015)

#### The Dietary Guidelines for Indians

Indian Council of Medical Research (ICMR) released 17 dietary guidelines to meet the requirements of essential nutrients and prevent non-communicable diseases (NCDs) such as obesity and diabetes.

- Issued by *National Institute of Nutrition (NIN), Hyderabad*, which works under the Indian Council of Medical Research (ICMR).
- The guidelines has been drafted by a multi-disciplinary committee of experts led by  $\underline{\textbf{\textit{Dr}}}$   $\underline{\textbf{\textit{Hemalatha R}}}$  (Director of ICMR-NIN).
- 17 guidelines have been listed in the DGI.
- **Balanced diet** A balanced diet should provide not more than 45% calories from cereals and millets and up to 15% of calories from pulses, beans and meat.
- Rest of the calories should come from nuts, vegetables, fruits and milk.

### ICMR DIETARY GUIDELINES



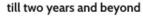
GUIDELINE 1 Eat a variety of foods to ensure a balanced diet



GUIDELINE 2 Ensure provision of extra food and healthcare during pregnancy and lactation

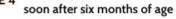


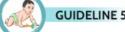
Ensure exclusive breastfeeding for the first six months and continue breastfeeding **GUIDELINE 3** 



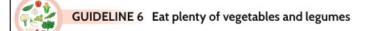


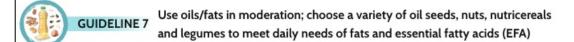
Start feeding homemade semi-solid complementary foods to the infant **GUIDELINE 4** 

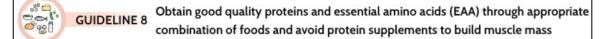


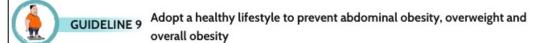


Ensure adequate and appropriate diets for children and adolescents both in **GUIDELINE** 5 health and sickness









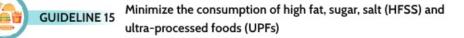
GUIDELINE 10 Be physically active and exercise regularly to maintain good health



GUIDELINE 12 Consume safe and clean foods

GUIDELINE 13 Adopt appropriate pre-cooking and cooking methods





GUIDELINE 16 Include nutrient-rich foods in the diets of the elderly for health and wellness



## Disease burden in India

- $\bullet$  Estimates show that 56.4% of the total disease burden in India is due to unhealthy diets.
- Healthy diets and physical activity can reduce a substantial proportion of coronary heart disease (CHD) and hypertension (HTN) and prevent up to 80% of type 2 diabetes.

	l-4 yrs	5-9 yrs 10	0-19 yrs
DISEASES OF	FOVERN	UTRITION	(%)
Overweight		3.7	4.9
Obesity		1.3	1.1
Pre-diabetes		10.3	10.4
Diabetes		1.2	0.6
Hypertension			4.9
High total cholesterol		3.2	3.7
DISEASES OF	FUNDER	NUTRITIO	N(%)
Anaemia	40.6	23.5	28.4
MICRONUTR	IENT DEF	FICIENCIE	S(%)
Iron	32.1	17.0	21.5
Vitamin D	13.7	18.2	23.9
Vitamin A	17.5	21.5	15.6
Vitamin B12	13.8	17.2	30.9
Zinc	19.0	16.8	31.7

## **References**

- 1. The Hindu | ICMR releases 17 dietary guidelines
- 2. ICMR | Dietary Guidelines

# Trichoderma asperellum

Punjab Agricultural University has developed a biocontrol agent Trichoderma asperellum to manage 'foot rot' disease, in Basmati rice crops.

- **Biocontrol agent** Ludhiana Punjab Agricultural University has developed Trichoderma asperellum and registered it with the Central Insecticides Board and Registration Committee (CIBRC).
- **Purpose** To manage *foot rot disease* in Basmati rice crops.
- **Foot rot disease** It is caused by *Fusarium verticillioides*, a soil-seed borne pathogen which spreads the infection through the root of the plant, and eventually leads to the colonisation of the stem base.
- **Occurrence** It affects basmati rice at the seedling stage and can lead to crop rejection. The infected seedlings first turn pale yellow, then elongate and dry up, and eventually (usually) die.
- **Eco-friendly** The new agent offers a *non-chemical alternative* to pesticides, reducing environmental harm and avoiding toxic residues.
- **Trichoderma asperellum** It is a *species of fungus* that belongs to the genus Trichoderma, which is well-known for its biocontrol properties against plant pathogens.
- **ACCD enzyme-** <u>ACC deaminase enzyme</u> produced by Trichoderma asperellum influences plant defense mechanisms and development.

#### **Quick facts**

## **Central Insecticides Board and Registration Committee**

- **About**-It is an Indian regulatory authority responsible for the registration and regulation of insecticides in the country.
- Admintration- Ministry of Agriculture and Farmers Welfare, Government of India.
- Governance- Insecticide Act, 1968
- **Objective-** To ensure the safety and efficacy of insecticides used in agriculture, public health, and other sectors, while also promoting the sustainable use of these chemicals.

#### Reference

- 1. Indian Express- A new biocontrol agent
- 2. Science Direct-Trichoderma asperellum

#### **FLiRT**

New COVD-19 strains KP.2 and KP1.1 known as FLiRT variants causing a surge in cases in the U.S., U.K., South Korea and New Zealand.

- **FLiRT group of variants** KP.2 and KP1.1 are recent descendants of the JN.1 variant of the SARS-CoV-2 virus. These mutations confer greater invasive properties to the virus.
- **Symptoms-** It is similar to other Omicron subvariants, including sore throat, cough, nausea, congestion, fatigue, headache, muscle or body ache, loss of taste or smell.'
- **KP.2-** It is considered the 'great-grandson' of JN.1 and is more prevalent across countries which accounts for about 25% of new cases in the U.S. and U.K.

- **JN.1-** It is a descendant of the Pirola variant (BA.2.86), which itself stems from the Omicron sub-variant. It was classified as Variant of Interest.
- **Immunity evasion** Research indicates that the FLiRT variants, especially KP.2, can evade immunity from vaccines and previous infections, posing challenges for COVID-19 management.
- **India's status-** INSACOG has detected cases of FLiRT variants in India with a rise in COVID-19 cases, emphasizing the need for updated vaccinations and continued precautions.

INSACOG is an Indian SARS-CoV-2 Genomics Consortium, a network of genomic laboratories.

• **Cyclical disease**- COVID-19 is described as a cyclical disease with periodic spikes, rather than an endemic one, necessitating sustained surveillance and universal protection measures.

#### Reference

Indian Express- All about FLiRT

