

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

### Obesity Pandemic & Weight Loss Drugs

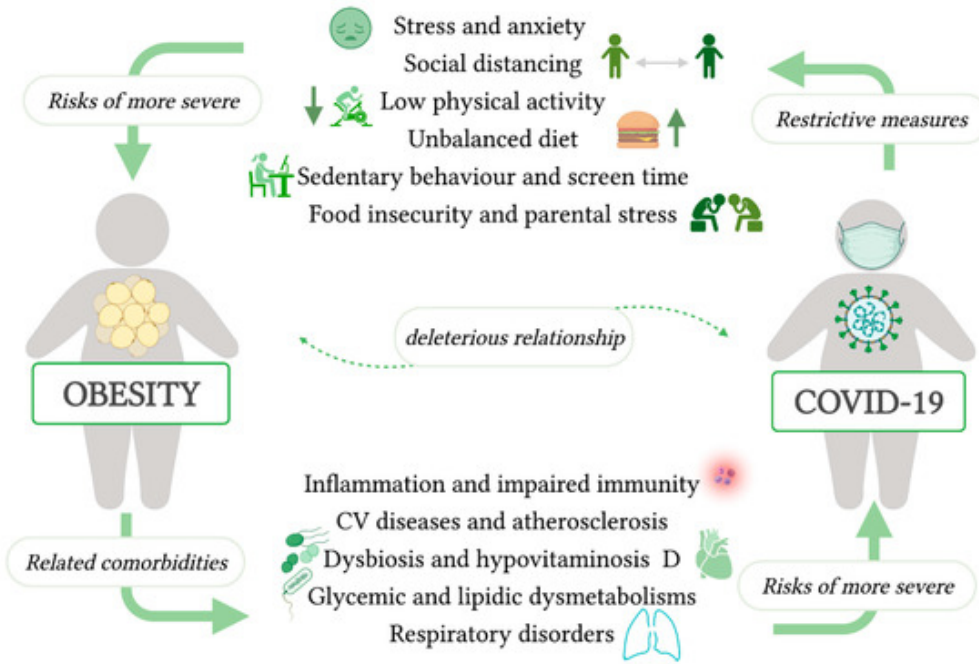
#### Why in News?

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
<b>Infants</b> (under 5 years of age)	Weight-for-height greater than 3 standard deviations above the WHO Child Growth Standards median.
<b>Children</b> (aged between 5-19 years)	Greater than 2 standard deviations above the WHO Growth Reference median.
<b>Adults</b>	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

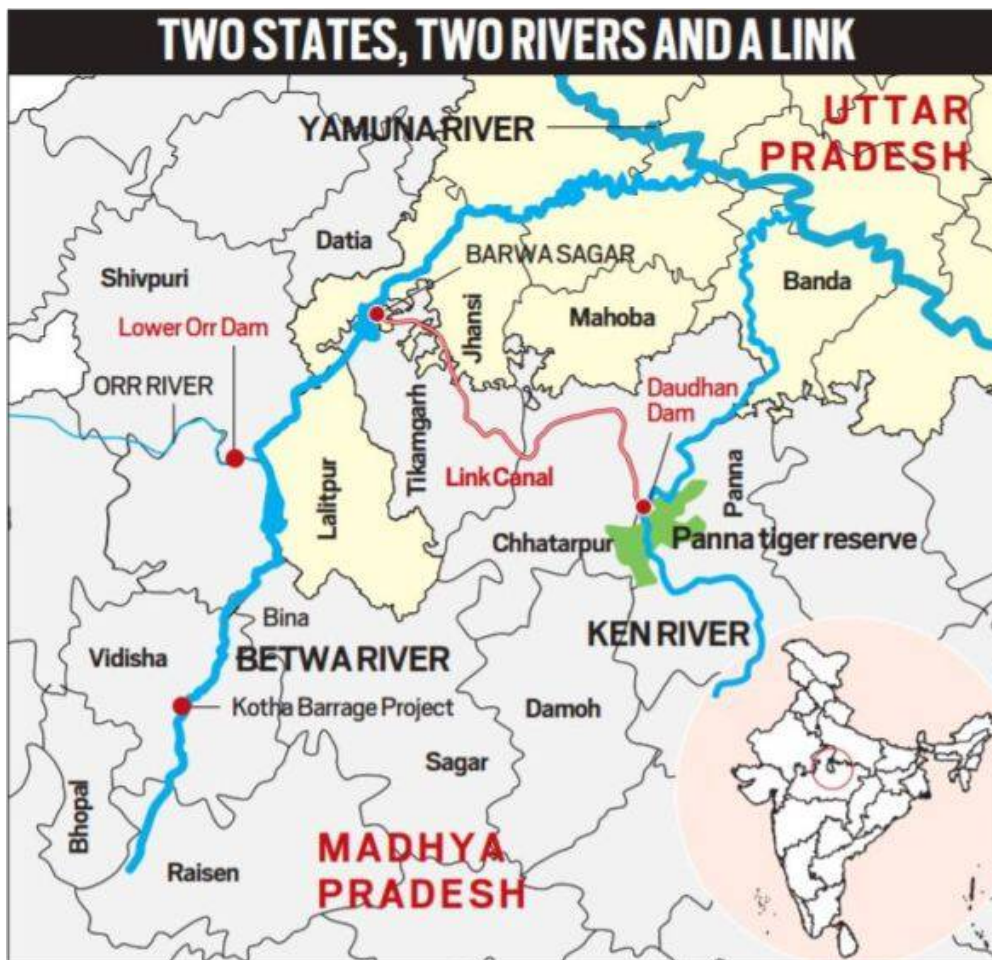
### Why in News?

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.

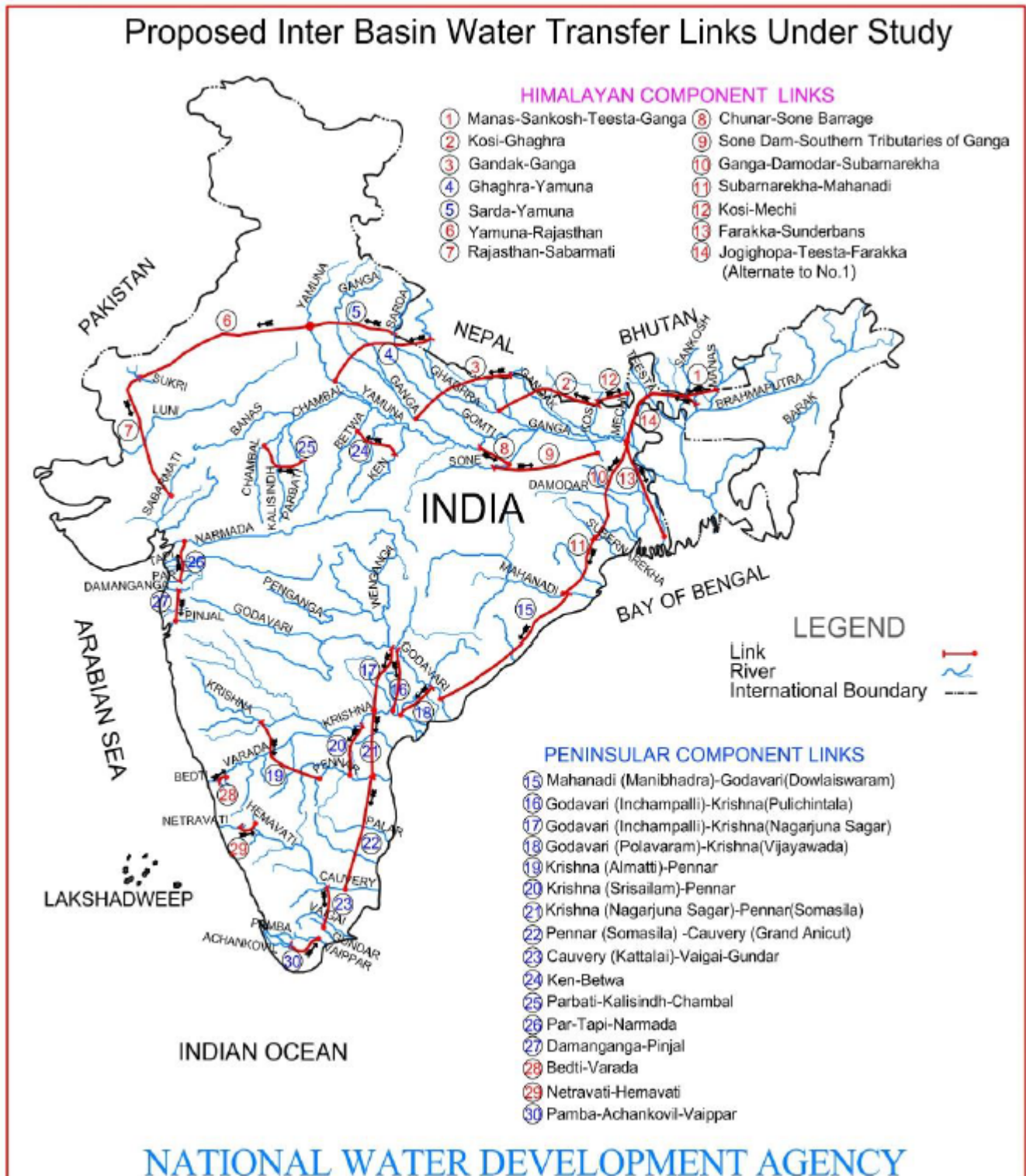
- **Benefits** - The project is expected to
  - Provide annual irrigation to 10.62 lakh hectares (8.11 lakh ha in MP and 2.51 lakh ha in UP) of land in Bundelkhand region.

*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
<ul style="list-style-type: none"><li>• Ayush Services</li><li>• Ayush Health and Wellness Centres</li><li>• Educational Institutions</li><li>• Quality Control of Ayurveda, Siddha, Unani, and Homoeopathy (ASU&amp;H) drugs</li><li>• Medicinal Plants</li></ul>	<ul style="list-style-type: none"><li>• Yoga Wellness Centre</li><li>• Tele Medicine</li><li>• Sports Medicine through AYUSH</li><li>• Innovations on Mainstreaming of information regarding on-going activities</li><li>• Reimbursement Testing Charges</li><li>• Ayush Awareness Program</li><li>• Reorientation Training Program</li><li>• Naturopathy Hospital</li></ul>

- **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	16 <sup>th</sup> 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**

- **PRASHAD** - 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 6<sup>th</sup> largest crude supplier and 4<sup>th</sup> 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.

