



## Rapid Fire Current Affairs

### World Organ Donation Day

- **World Organ Donation Day** is observed every year on **13<sup>th</sup> August** to spread awareness around the importance of **organ donation** and **bust myths** around it.
  - **India's National Organ Donation Day** was celebrated annually on **November 27**, however, from **2023** the day has been **shifted to 3<sup>rd</sup> August** to commemorate the first successful deceased heart transplant in India on **3<sup>rd</sup> August 1994**.
- **Organ donation** involves the **surgical extraction** of an **organ** from a **living donor** or, in the case of a **deceased donor**, their next of kin's consent, for the purpose of **transplantation** into another individual.
  - Organs which can be donated include liver, **kidney, pancreas, lung, heart intestine, cornea, bone, tissues** and many more.
- **Organ donation in India** is regulated by **Transplantation of Human Organs Act 1994**.

**Read More:** [Organ Donation in India](#), [Ethical Concerns of Organ Donation and Transplantation](#), [National Organ Transplantation Guidelines](#)

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### Golden Globe Race

- **Abhilash Tomy, former Commander** in the **Indian Navy** who became the **first Indian** to go around the world on a sailboat solo has now attained another record of completing a **solo circumnavigation** when he made **podium finish** at the **Golden Globe Race (GGR), 2022**.
  - He is currently working with the [Indian Space Research Organisation \(ISRO\)](#) on its **manned space mission, Gaganyaan**, advising on **recovery of astronauts at sea**.
  - He is working to **assist in the recovery of astronauts** once the **capsule splashes** into the **sea** on return.
- The **Golden Globe Race** is a **non-stop, solo, unassisted yacht race around the world** which was held for the **first time** in **1968-69**.
  - The second edition of the race was held 50 years later, in 2018.
  - The sailing is along a stipulated route, rounding the three great capes, **the Cape of Good Hope** in South Africa, **Cape Leeuwin** in Australia and **Cape Horn** in Chile.

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### A Comic Book by NCERT & UNESCO

The Ministry of Education, **unveiled a new comic book, "Let's Move Forward"**, developed jointly by **NCERT and UNESCO** in New Delhi.

- This partnership **marks a step towards advancing the objectives of the School Health and Wellness Programme (SHWP)**.
  - It was **launched in 2018** as part of the [Ayushman Bharat campaign](#) and jointly administered by the MoE and the MoHFW.
  - The aim is to **provide health education, prevent diseases, and improve access to health services**.
- The comic **covers information related to the 11 thematic components** (emotional well-being, interpersonal relationships, gender equality, nutrition and health, prevention of substance abuse, promoting healthy lifestyles, reproductive health, internet safety, and more) **of the SHWP**.

- It is **accessible in multiple languages**; Hindi, English, Assamese, Bengali, Gujarati, Kannada, Malayalam, Marathi, Odia, Tamil, and Telugu.

**Read More:** [Prioritizing Mental Well-being](#)

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## Superfoods

Superfoods are **nutrient-rich foods, primarily plant-based but including some fish and dairy, packed with vitamins, minerals, and antioxidants** beneficial for health.

- According to the American Heart Association, **superfood lacks scientific recognition, with no established criteria to define it.**
- Nevertheless, **certain foods like blueberries** (rich in vitamins), salmon (prevent heart disease), kale (promote digestive health), acai and millets (the energy, proteins, good fats, minerals and vitamins that **millets provide makes them a superfood**) are **exceptionally nutritious compared to less nutrient-dense options.**
- Scientists **claim that the use of the term superfood is largely a marketing tool, with no root in academic research.**

**Read More:** [India's Millet Revolution](#)

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