



Rapid Fire Current Affairs

A-HELP Programme

Recently, the Union Minister for Animal Husbandry and Dairying inaugurated the '**A-HELP**' (**Accredited Agent for Health and Extension of Livestock Production**) programme.

- A-HELP programme is part of the [Azadi Ka Amrit Mahotsav initiative](#), **Pashudhan Jagrati Abhiyaan**, and [Rashtriya Gokul Mission](#)'s goals, fostering livestock enhancement.
 - **Pashudhan Jagrati Abhiyaan** focuses on critical aspects of **livestock health, disease management, and animal infertility**.
 - **Rashtriya Gokul Mission** focuses on enhancing **bovine productivity sustainably using advanced technologies, high genetic merit bulls, and doorstep artificial insemination** while promoting the scientific conservation of indigenous cattle and buffalo.
- The 'A-HELP' programme **enlists trained women agents for disease control, artificial insemination, animal tagging, and livestock insurance**.
- Focuses on critical areas of **livestock health, disease management, and animal infertility**.
- By empowering women and enhancing livestock, the 'A-HELP' program contributes to the **socio-economic progress of rural communities**.

Read more: [Rashtriya Gokul Mission](#)

NIPCCD Organizes a Training Programme on Poshan Bhi Padhai Bhi

The **National Institute of Public Cooperation and Child Development (NIPCCD)** conducted a two-day Training Programme on **“Poshan Bhi Padhai Bhi”** in Madhya Pradesh for State Level Master Trainers.

- The objectives of the program were as follows:
 - Promoting early stimulation during the first thousand days and facilitating [Early Childhood Care and Education \(ECCE\)](#) for children aged **3 to 6 years**.
 - Enhancing the capacities of Anganwadi workers by providing them with a **foundational understanding of ECCE curricula and pedagogical approaches**. This enables them to **deliver high-quality play-based ECCE at the grassroots level**.
 - **Anganwadi** is a type of rural child care center in India. It was established as part of the [Integrated Child Development Services \(ICDS\)](#) program.
 - To enable Anganwadi Workers to focus on the domains of development (**physical and motor, cognitive, socio-emotional-ethical, cultural/artistic**), and the **development of Foundational Literacy and Numeracy (FLN)**, as well as related assessments.
 - To reinforce Anganwadi workers' understanding of nutrition, including [Poshan 2.0](#) and [Saksham Anganwadi](#), innovations in [Poshan](#), [Poshan Tracker](#), **feeding practices, micronutrient deficiencies etc.**

Read more: [Early Childhood Care and Education](#)

Understanding Muscle Cramps

Muscle cramps, also known as muscle spasms, are sudden and involuntary contractions of one or more

muscles. It can occur in any muscle but is most commonly experienced in the legs, especially in the calf muscles.

- It can stem from multiple causes including **metabolic imbalances, extreme cold, reduced blood flow, and [mineral deficiencies](#)**.
 - These triggers **send sensory impulses to the spinal cord**, initiating reflexive muscle contractions that intensify due to a positive feedback loop.
- Massage addresses cramps by employing "**reciprocal inhibition**," effectively **stretching cramped muscles**.
 - This process aids in overcoming cramps by enhancing blood circulation, which helps **eliminate accumulated metabolites causing nerve irritation**.

Navroz

The [Indian Parsi community](#) is garnering attention as they celebrate **Navroz on 16th August**, a festivity that heralds the onset of the **Persian New Year**.

- [Navroz](#), also known as **Nowruz or Parsi New Year**, is a globally celebrated festival that heralds the arrival of spring and the rejuvenation of nature.
- While Navroz is celebrated globally in **March**, India showcases a **unique tradition due to the Parsis' observance of two calendars**. In Maharashtra and Gujarat, states with a substantial Parsi population, **vibrant Navroz celebrations take center stage**.
 - However, the calendar intricacy results in **Navroz being celebrated around 200 days later in India**, specifically during **August**.
 - In India, Navroz is also known as **Jamshed-i-Navroz**, after the Persian King, **Jamshed**.
- Interestingly, India's celebration occurs twice annually: **first according to the Iranian calendar, and secondly, according to the Shahenshahi calendar, also followed in Pakistan**.

Read more: [Navroz](#)

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