



Rapid Fire Current Affairs

Debunking the Health Claims of the Paleo Diet

The paleo diet has recently garnered attention in the news due to ongoing debates surrounding its health claims and efficacy. Supporters of the paleo diet claim that **imitating the way our ancestors ate** can help people **lose weight** and **lower their chances of getting long-term illnesses**. However, critics argue that scientific evidence supporting these claims is lacking. This diet emphasizes the **consumption of whole, unprocessed foods such as vegetables, fruits, nuts, and lean meats, while excluding dairy, grains, legumes, and processed sugars**. The current version of the paleo diet reflects a **lower carbohydrate and higher protein intake** compared to **conventional dietary guidelines**. Studies comparing the paleo diet to conventional recommended diets for weight loss found **no significant difference in effectiveness** after two years. Similar inconclusive results were observed regarding the **diet's impact on type 2 diabetes**. Furthermore, a study revealed that the paleo diet led to a higher abundance of **gut bacteria** associated with **cardiovascular disease**, **contradicting claims of disease prevention**.

The paleo diet is an eating plan that tries to mimic the diet of ancient humans who lived in the **Paleolithic Era**. The paleo diet is based on the assumption that **our genes are adapted to the diet of our ancestors** and that **modern diets are mismatched with our biology**. However, genetic research contradicts this notion. **Studies on lactase** (This enzyme helps to digest lactose, found in dairy products) **persistence and adaptations in metabolizing alcohol** show that evolution can occur within **much shorter timeframes than the paleo diet assumes**. This challenges the fundamental rationale behind adopting the paleo diet.

Read more: [INDIA'S NUTRITION PROBLEM](#)

India's First International Cruise Vessel MV Empress

The Union Minister of Ports, Shipping & Waterways and Ayush, flagged off India's **first international cruise vessel, MV Empress, from Chennai to Sri Lanka**. This significant event marked the inauguration of the **international cruise tourism terminal in Chennai**, which is a testament to the government's commitment to enhancing **cruise tourism and maritime trade opportunities**. The **MV Empress will sail to three Sri Lankan ports: Hambantota, Trincomalee, and Kankesanturei**.

The cruise service is the result of a Memorandum of Understanding (MoU) signed between **Chennai Port and M/S Waterways Leisure Tourism Pvt Ltd** during the first **Incredible India International Cruise Conference in 2022**. The government plans to develop **three new international cruise terminals in Andamans, Puducherry, and Lakshadweep**, which are expected to be operational by 2024. The government envisions an increase in the number of **cruise ships from 208 in 2023 to 500 in 2030 and up to 1100 by 2047**, with the number of **passengers rising from 9.5 lakhs in 2030 to 45 lakhs in 2047**.

Read more: [Ganga Vilas Cruise](#), [Potential of Cruise Tourism in India](#)

India's IT Growth: Pillars, Opportunities, and Future Tech Ecosystem

The **Software Technology Parks of India (STPI)**, under the **Ministry of Electronics and**

Information Technology (MeitY), celebrated its **32nd Foundation Day** by hosting a seminar on "**Growth avenues for the [Indian IT industry](#) and emerging tech ecosystem.**" The six pillars that contribute to India's IT development were highlighted in the event. These pillars include **connectivity, low-cost data, affordable devices, people-friendly policies**, future-ready talent, and cybersecurity. Additionally, an agritech report titled "**Innovations through [Agritech](#): A study on the adoption and impact of technology on agri and agri-allied sectors**" was released. The report aimed to provide insights into the current state of Agritech in India, the challenges faced by the sector, and the opportunities for growth and innovation.

STPI was set up in 1991 as an autonomous society under the MeitY. STPI's main objective has been the promotion of software exports from the country. STPI has been implementing the **Software Technology Park (STP) scheme and the Electronics Hardware Technology Park (EHTP) scheme** for the promotion of IT/ITES industry.

Read more: [Indian IT industry](#). [Agritech](#).

Nyaya Vikas Portal

The **Nyaya Vikas Portal** is part of the Department of Justice's implementation of the [Centrally Sponsored Scheme \(CSS\) for the Development of Infrastructure Facilities for Districts and Subordinate Judiciary](#), which has been in operation since 1993-94. It has been developed to provide stakeholders with seamless access to crucial information related to **funding, documentation, project monitoring, and approval**.

This **CSS aims to support State Governments and Union Territory Administrations in constructing court halls and residential units for Judicial Officers, Judges of District and Subordinate Courts**. Over time, the scheme has evolved to include additional features such as **Lawyers Halls, Toilet complexes, and Digital computer rooms** to enhance convenience for lawyers and litigants, in addition to court halls and residential units. The funding pattern under the scheme follows a ratio of **60:40 between the Central Government and State Governments (excluding North Eastern and Himalayan States)**. For North Eastern and Himalayan States, the ratio is 90:10, while Union Territories receive 100% funding. The Nyaya Vikas Portal plays a crucial role in monitoring the implementation of this scheme, ensuring transparency and accountability.

Read more: [Centrally Sponsored Scheme \(CSS\) for the Development of Infrastructure Facilities for Judiciary](#)

PDF Reference URL: <https://www.drishtias.com/printpdf/rapid-fire-current-affairs-135>