Global Nutrition Targets

For Prelims: **Malnutrition**, **Anaemia**, **Global Nutrition Targets**, **Obesity**, **Midday Meal Scheme**, **hypertension**, **Mission Poshan 2.0**, **Integrated Child Development Services (ICDS) Scheme**

For Mains: Global Nutrition Targets and India's progress, Double burden of malnutrition, Policy interventions for nutrition in India.

Source: TH

Why in News?

A recent *Lancet* study evaluating **global progress on Global Nutrition Targets (GNTs) from 2012 to 2021** showed **slow progress** in tackling maternal and **child malnutrition,** undernutrition, and **overweight**.

- The findings raise concerns about policy design and the need for innovative strategies to address these ongoing issues.

What are Global Nutrition Targets (GNTs)?

- **World Health Assembly Resolution, 2012:** Endorsed a Comprehensive Implementation Plan on **maternal, infant, and young child nutrition,** setting six global nutrition targets for 2025.
- **Global Nutrition Targets:**
  - Achieve a **40% reduction in the number of children under-5** who are stunted.
  - Achieve a **50% reduction in anaemia** in women of reproductive age.
  - Achieve a **30% reduction in low birth weight.**
  - Ensure that there is **no increase in childhood overweight.**
  - Increase the **rate of exclusive breastfeeding in the first 6 months to at least 50%.**
  - Reduce and **maintain childhood wasting to less than 5%.**

Key Terms

- **Malnutrition:** It is an **imbalance between the nutrients the body needs** and the **nutrients it receives**.
  - It encompasses both **undernutrition** (including **stunting** (low height for age), **wasting** (low weight for height), and **underweight** (low weight for age)) and **overnutrition** (overweight and **obesity**), posing a **dual burden on public health.**
- **Anaemia:** Anaemia is a condition of low red blood cells or **haemoglobin**, reducing oxygen supply to tissues, mainly affecting women and children.

What are the Key Findings of the Study?

- **Slow and Insufficient Progress**: Across 204 countries, there has been slow and insufficient progress in meeting the **GNTs from 2012 to 2021,** with projections up to 2050 showing limited success.
    - Few countries are expected to meet the targets for **stunting** in children under 5.
    - None of the countries are projected to meet the targets for **low birth weight**, **anaemia**, and **childhood overweight** by 2030.
- **Anaemia and India**: Anaemia in India has **remained static for two decades.**
    - **Iron deficiency** is assumed to be the cause **but accounts for only one-third of anaemia cases,** unknown causes contribute to the other significant third.
    - Anaemia prevalence increased during the **Covid-19 lockdown** when school meals (**Midday Meal Scheme**) stopped, highlighting the need for a broader nutrition approach.
    - The study found discrepancies in **anaemia measurements,** in India, **venous blood-based** (blood is drawn from a vein) **anaemia prevalence** (as recommended by **WHO)** was half that of **capillary blood-based** (blood is taken from a fingertip) **prevalence** in national surveys.
- **Stunting**: Stunting often develops within the **first two years of life,** increasing from 7–8% at birth to 40% by age two in India.
    - Overfeeding children after age **2 years may lead to being overweight rather than correcting stunting.**
    - Poor children in India consume only **7 grams of fat per day**, against the required 30–40 grams .
- **Childhood Overweight**: Overweight among children is increasing globally, including in India, contributing to **"metabolic overnutrition,"** which could lead to **chronic health problems** such as non-communicable diseases.
    - A significant portion of **Indian children (50%)** face **metabolic overnutrition,** which contributes to non-communicable diseases.
- **Recommendations: Diversify diets to address anaemia,** as it's not solely caused by iron deficiency.
    - Focus on **prevention of stunting in the first two years of life.**
    - Improve **energy intake, particularly fat intake,** for children under 3.
    - Adopt **more accurate and context-specific methods** for measuring anaemia and stunting.
        - Address both **undernutrition and overnutrition in policy** to prevent **non-communicable diseases.**

What are the Challenges for Achieving GNTs?

- **Global:**
    - **Persistent Anemia:** The global prevalence of anemia among women of reproductive age **has remained largely unchanged**.
        - Anaemia burdens **low-income countries, especially rural, poor, and uneducated populations**, due to **insufficient awareness and targeted policies.**
    - **Slow Progress on Stunting:** Despite efforts, the number of stunted children is projected to reach **127 million by 2025**, missing the target of 100 million, due to a **lack of early policies targeting the initial days of a child's life.**
    - **Rising Overweight and Obesity:** The rising prevalence of overweight and obesity, affecting **37 million children under 5 and over 390 million children and adolescents aged 5–19 in 2022,** is driven by factors such as urbanization, changing dietary patterns, and reduced physical activity.
    - **Childhood Wasting:** Childhood wasting affects an estimated 45 million children under 5 globally.
        - Childhood wasting prevention faces challenges like **food insecurity, limited healthcare, and poor sanitation,** especially in South Asia.
- **India:**
    - **Limited Dietary Diversity:** Diets in India are often dominated by **rice, wheat, and cereals**, with insufficient intake of **fruits, vegetables, dairy, and proteins,** leading to poor nutrition.
        - The lack of dietary diversity, especially among **lower-income households,** limits

- access to essential micronutrients.
    - The **National Family Health Survey (NFHS)-5** found that only **11.3% of children aged 6 months to 2 years** receive a 'minimum acceptable diet' as per WHO standards, highlighting significant gaps in both food quality and feeding frequency.
  - **Economic Barriers:** A significant portion of the population **struggles to afford a nutritious diet** due to low incomes and **high food prices**, contributing to **malnutrition.**
  - **Inadequate Data**: The absence of **comprehensive national surveys** on dietary diversity hampers targeted nutrition interventions.
    - While the **NFHS** provides some insights, it lacks detailed data on the quantities of food consumed, limiting its utility in addressing nutrition gaps.
  - **Non-Communicable Diseases (NCDs):** The rising diet-related **NCDs like obesity, diabetes, and hypertension** is increasing the burden on public health systems, requiring more focus on addressing both **under- and over-nutrition.**
  - **Food Systems Constraints: Climate change and extreme weather events** further threaten food security, impacting crop yields and the availability of diverse foods.

India's Initiatives Related to Nutrition

- **Mission Poshan 2.0**
- **Integrated Child Development Services (ICDS) Scheme**
- **Pradhan Mantri Matru Vandana Yojana (PMMVY**
- **Mid-Day Meal Scheme**
- **Scheme for Adolescent Girls (SAG)**
- **Mother's Absolute Affection (MAA)**
- **Poshan Vatikas**

Way Forward

- **Policy Realignment:** Incorporate flexible and region-specific dietary solutions in national programs like **POSHAN Abhiyaan** and promote initiatives like **National Millets Mission (NMM).**

  - Address systemic gaps in the **Public Distribution System (PDS)** to include nutrition-dense food items.
- **Set National-Level Targets:** Establish baselines and annual reduction goals specific to country contexts.
- **Strengthen Resource Allocation:** Mobilize **financial and human resources to implement nutrition-specific** and nutrition-sensitive programs.
- **Integrate Nutrition Across Sectors:** Incorporate nutrition outcomes into health, food systems, and **water, sanitation, and hygiene (WASH)** policies.
  - Strengthen **primary healthcare for effective maternal and child nutrition** services.
- **Develop Monitoring Mechanisms:** Enhance surveillance systems to track progress on selected nutrition indicators.

> **_Drishti Mains Question:_**
>
> Discuss the Global Nutrition Targets endorsed by the World Health Assembly and the challenges in achieving them.

UPSC Civil Services Examination, Previous Year Question (PYQ)

Q. Which of the following is/are the indicator/indicators used by IFPRI to compute the Global Hunger Index Report? (2016)

1. Undernourishment
2. Child stunting
3. Child mortality

Select the correct answer using the code given below:

(a) 1 only

(b) 2 and 3 only

(c) 1, 2 and 3

(d) 1 and 3 only

Ans: (c)

Q. How do District Rural Development Agencies(DRDAs) help in the reduction of rural poverty in India? (2012)

1. DRDAs act as Panchayati Raj Institutions in certain specified backward regions of the country.
2. DRDAs undertake area-specific scientific study of the causes of poverty and malnutrition and prepare detailed remedial measures.
3. DRDAs secure inter-sectoral and interdepartmental coordination and cooperation for effective implementation of anti-poverty programmes.
4. DRDAs watch over and ensure effective utilization of the funds intended for anti-poverty programmes.

Which of the statements given above is/are correct?

(a) 1, 2 and 3 only

(b) 3 and 4 only

(c) 4 only

(d) 1, 2, 3 and 4

Ans: (b)

Mains:

Q. Can the vicious cycle of gender inequality, poverty and malnutrition be broken through microfinancing of women SHGs? Explain with examples. **(2021)**

Q. Despite Consistent experience of high growth, India still goes with the lowest indicators of human development. Examine the issues that make balanced and inclusive development elusive. **(2019)**

World Braille Day 2025

World Braille Day, celebrated on 4th January, commemorates the birth of **Louis Braille,** the inventor of **Braille, a tactile code** that empowers **blind and visually impaired** individuals to **access written information.**

- **Louis Braille:** Louis Braille (1809–1852) was born in France, and lost his sight at the age of three.
    - At ten, he received a scholarship to the Royal Institute for Blind Youth in Paris, where he developed the **Braille system** after being inspired by an army captain's **"night writing" system.**
        - The "night writing" system, created by **Charles Barbier de la Serre** in 1815, used **12 raised dots** and was designed for soldiers to communicate silently in the dark.
- **Braille System:** It uses 6 raised dots in a **3 × 2 matrix** to form characters, distinguishable by their arrangement.
    - Braille can be written with various tools, including slates, braille writers, and electronic devices.
    - Despite the rise of **Artificial Intelligence (AI)** and voice technologies, Braille remains crucial for independence, especially for those congenitally blind.

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Read more: World Braille Day

Department of Scientific and Industrial Research

The **Department of Scientific and Industrial Research (DSIR)** celebrated its 40th Foundation Day on **4th January 2025,** marking four decades of contributions to India's scientific and industrial development.

- **DSIR:** It was established on 4th January 1985, under the **Ministry of Science and Technology** through a **Presidential Notification** under the **164th Amendment of the Government of India (Allocation of Business) Rules, 1961.**
    - DSIR focuses on promoting **indigenous technology development, utilization, and**

- **transfer.**
  - DSIR oversees the **Council for Scientific and Industrial Research (CSIR), National Research Development Corporation (NRDC)** and **Central Electronics Ltd (CEL).**
  - DSIR supports the **Asian and Pacific Centre for Transfer of Technology (APCTT)** under **United Nations Economic and Social Commission for Asia and the Pacific (UN-ESCAP),** advancing scientific and industrial progress in India.
- **DSIR Key Schemes:**
  - **PRISM**: **Promoting Innovations in Individuals, Start-ups and MSMEs (PRISM) scheme** supports innovators and MSMEs fostering inclusive development as outlined in the **12th Five-Year Plan (2012-2017).**
  - **PACE**: The **Patent Acquisition and Collaborative Research and Technology Development (PACE)** supports industries in developing and commercializing innovative technologies.
  - **CTRDH**: **Common Research and Technology Development Hubs (CRTDHs)** provides shared infrastructure and technology support for MSMEs.
  - **A2K+**: **Access to Knowledge for Technology Development and Dissemination (A2K+)** promotes the dissemination of tech and innovation information to industries and research bodies.
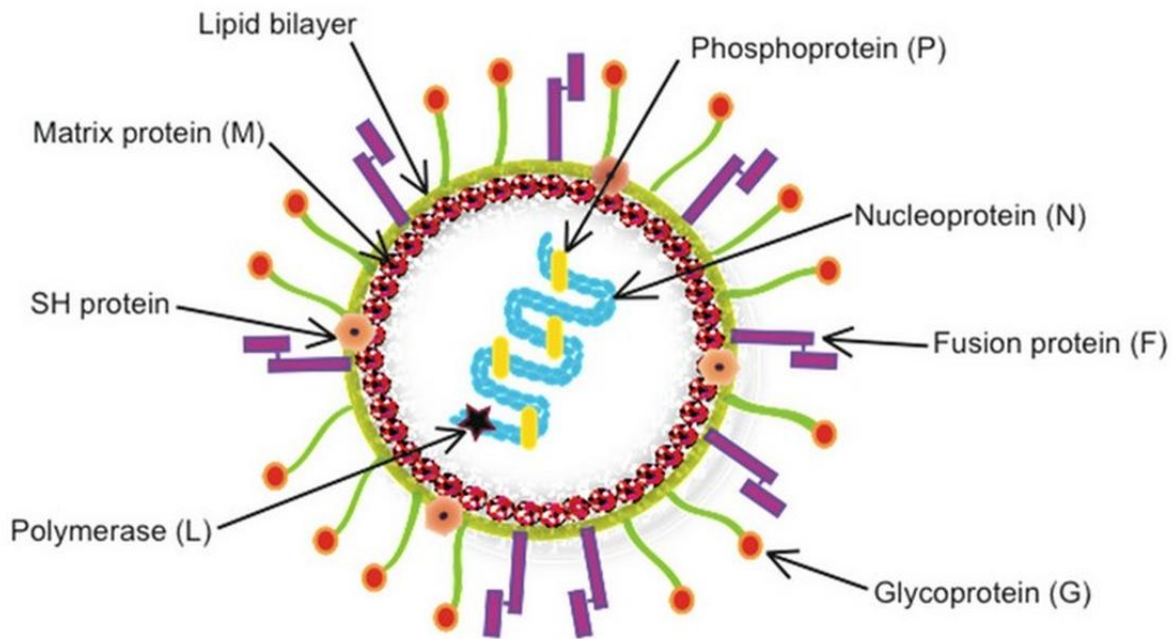
Read more: Council of Scientific & Industrial Research (CSIR)

HMPV Virus

Source: HT

The recent surge in **respiratory illnesses in China**, linked to **Human Metapneumovirus (HMPV)**, has sparked fears of another pandemic.

- However, the **World Health Organization (WHO)** has **not** reported a **new pandemic,** issued emergency warnings, or declared a health crisis related to HMPV.
- **About HMPV:**
  - **Discovery**: It was **discovered in 2001** by researchers in **the Netherlands. It** causes acute respiratory infections, similar to **flu and Covid-19.**
  - **Presence:** It is not limited to **China** and is found **all over the world**. It is clubbed as a **common respiratory pathogen**. It does **not** have a **vaccine.**
  - **Symptoms**: **Cough, fever, sore throat, runny nose**, and **wheezing**, which typically resolve within **2-5 days.**
  - **Vulnerable Groups: Children, the elderly,** and those with **weakened immune systems** are most at risk of complications like **pneumonia.**
  - **Transmission:** HMPV spreads through **close contact** or by **touching contaminated surfaces**.
  - **Seasonality:** It commonly circulates during **winter and spring**, along with other respiratory infections like **Respiratory Syncytial Virus (RSV)** and **influenza**.
    - HMPV belongs to the **Pneumoviridae family**, which includes **RSV**, **measles,** and **mumps viruses.**
  - **Severity**: While most HMPV cases are mild, a **small percentage (5-16%)** may develop into severe conditions like **bronchiolitis or pneumonia.**

Read More: [Impact of Covid-19 on Human Capital](#)

CBI Exempt from State Consent for Central Employees

[Source: IE](#)

Why in News?

Recently, the **[Supreme Court](#) (SC)** ruled that **[CBI](#)** can register cases under **Central laws**, like the **[Prevention of Corruption Act, 1988](#)** against **Central government employees in states without state consent.**

- The SC **overturned** an **Andhra Pradesh [High Court](#)** ruling that **quashed two FIRs** against Central government employees due to the **lack of Telangana's consent to prosecute them.**

What is State Consent for CBI?

- **About:** It refers to the requirement for the **CBI to obtain permission** from a state government before investigating cases within that state's territorial jurisdiction.
    - It stems from the **[federal structure](#)** of the Indian Constitution, which delineates the **powers of the central and state governments**.
- **Legal Basis**: **Section 6** of the **[Delhi Special Police Establishment (DSPE) Act, 1946](#)** requires **CBI** to obtain state consent for investigations **unless directed by the judiciary or central government for specific purposes.**
- **Types of Consent**:
    - **General Consent**: States grant **blanket permission** for the CBI to operate within their jurisdiction without seeking case-specific approval.
    - **Specific Consent**: When general consent is not granted, the CBI must seek **case-specific permission** from the state government.

What is CBI?

- **About:** The CBI was established in **1963** by a resolution of the **Ministry of Home Affairs** following recommendations by the **Santhanam Committee on Prevention of Corruption** (1962–1964).
  - It acts as the **nodal police agency** for coordinating investigations with **Interpol** member countries.
- **Functioning:** It derives its investigative powers from the **Delhi Special Police Establishment Act, 1946.**
  - It operates under the **Ministry of Personnel, Public Grievances, and Pensions,** which falls under the Prime Minister's Office.
- **Supervision Over CBI:** The **Central Vigilance Commission (CVC)** oversees the CBI's supervision in investigating offences under the **Prevention of Corruption Act, 1988.**
  - In other matters, it lies with the **Department of Personnel & Training (DOPT)** in the Ministry of Personnel, Pension & Grievances of the Government of India.
- **Appointment of CBI Director:** Under the **Lokpal Act, 2014,** a committee comprising the **Prime Minister, Leader of the Opposition,** and **Chief Justice of India** (or a Supreme Court Judge) recommends the appointment.
  - The Director enjoys a tenure security of **2 years**, **extendable up to 5 years** in the public interest.

UPSC Civil Services Examination Previous Year Question (PYQ)

Prelims

Q. With reference to the Indian judiciary, consider the following statements:

1. Any retired judge of the Supreme Court of India can be called back to sit and act as a Supreme Court judge by the Chief Justice of India with the prior permission of the President of India.
2. A High Court in India has the power to review its own judgement as the Supreme Court does.

Which of the statements given above is/are correct?

(a) 1 only

(b) 2 only

(c) Both 1 and 2

(d) Neither I nor 2

Ans: (c)

193rd Birth Anniversary of Savitribai Phule

Source: ET

Recently, the **Prime Minister** paid tributes to **Savitribai Phule** on her **193rd birth anniversary** on **3rd January 2025.**

- Savitribai faced strong **opposition from orthodox society**, enduring physical and social

assaults, including being **stoned and abused**.

- **About Savitribai Phule:**
  - **Born:** She was born **on 3rd January 1831**, in Satara, Maharashtra, to a marginalized **Mali community**. She was married to **Jyotiba Phule** who took charge of her education.
    - She was enrolled in **two teacher's training programs**: one with **American missionary Cynthia Farrar** in Ahmednagar and the other at a **Normal School, Pune**.
  - **Contributions:**
    - **Education for Women:** Established the first school for girls in **1848** in **Pune**. The couple started and ran **18 schools in total**.
    - **Efforts for Downtrodden:** Started educational trusts like the **Native Male School, Pune** and **Society for Promoting the Education of Mahar, Mangs** to uplift the Dalit community.
    - **Combating Gender Issues:** In **1863,** Jyotirao and Savitribai founded **Balhatya Pratibandhak Griha**, India's first home to combat **female infanticide** and support **pregnant Brahmin widows and rape victims.**
    - **Literature: Authored two famous works** namely *Kavya Phule* **(1854)** and *Bavan Kashi Subodh Ratnakar (1892)* in, along with the poem **Go, Get Education.**
- **Jyotirao Phule**, a 19th-century **social reformer,** critiqued social oppression in his **book Gulamgiri** and founded the **Satyashodhak Samaj** in **1873** to promote education, equality, and **abolish untouchability.**

Read More: Savitri Bai Phule

Dinosaur Highway

Source: TH

Recently, hundreds of **dinosaur footprints**, dating back to the **Middle Jurassic Period** (around 166 million years ago), were discovered at **Dewars Farm Quarry in Oxfordshire, UK**, earning the site the nickname **"dinosaur highway"** due to the large number of footprints found.

- The footprints include **Sauropods, large herbivores like Cetiosaurus** (up to 60 ft), and **Megalosaurus, a 30-ft carnivore** with triple-claw prints.

DINOSAURS

Dinosaurs were reptiles that roamed Earth during the Mesozoic Era, also known as the "Age of Reptiles."

THE TYRANNOSAURUS REX (T. rex) is the **most famous dinosaur.**

The word "dinosaur" combines the Greek words *deinos* (meaning "terrible") and *sauros* (meaning "lizard").

ROAR!

Dinosaurs lived for about **165 million years.**

NATIONAL DINOSAUR DAY is celebrated on **May 15** (and also June 1).

The Argentinosaurus was **the largest dinosaur.** It was more than 100 feet long and about 50 feet tall.

BEST

The first dinosaur to be named was the *MEGALOSAURUS* in 1824.

Most dinosaurs were *herbivores* (vegetarians).

The dinosaur with **the longest name** is the *MICROPACHYCEPHALOSAURUS.*
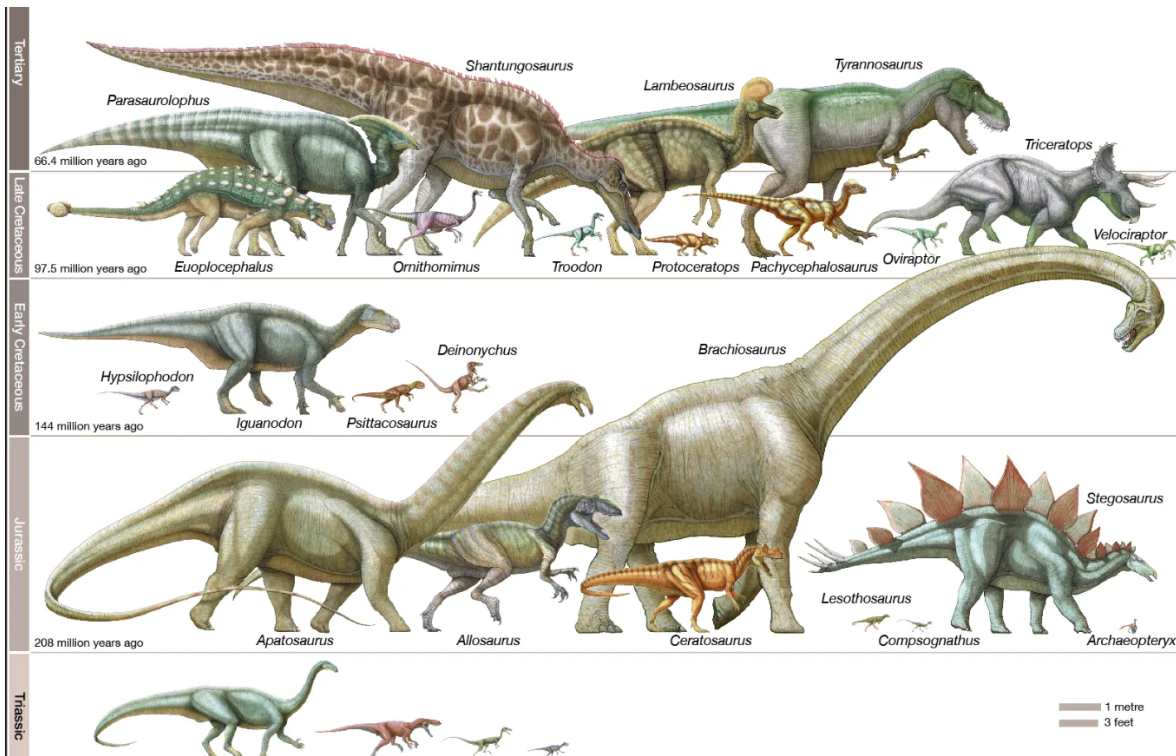
The smallest dinosaur was the **Oculudentavis**. It was the size of a bee hummingbird, today's smallest bird, which measures about 2½ inches long.

GETTY IMAGES/ISTOCKPHOTO, HAN ZHIXIN /LOS ANGELES NATURAL HISTORY MUSEUM

- **Dinosaurs**: **Dinosaurs** were **prehistoric reptiles** that lived from about **245 million years ago** to **66 million years ago** during the **Mesozoic Era** (Triassic, Jurassic, Cretaceous periods).
  - Modern birds are descendants of non-avian dinosaurs.
- **Classification:**
  - **Ornithischia:** Beaked plant-eaters (e.g., Stegosaurus, Triceratops).
  - **Sauropodomorpha:** Long-necked herbivores (e.g., Diplodocus).
  - **Theropoda:** Carnivores (e.g., T. rex, Velociraptor), ancestors of birds.
- **Size:** Dinosaurs ranged from massive species like **Argentinosaurus (110 tons)** to small ones like the **bee hummingbird.**
- **Diet and Movement:**
  - **Meat-eaters**: Two-legged, hunted alone or in groups.

- **Plant-eaters:** Two or four-legged, grazed on plants.
- **Distinctive Feature:** The key feature distinguishing dinosaurs from other reptiles is the **hole in the hip socket, allowing upright walking.**
- **Extinction:** Dinosaurs went extinct around, likely due to an **asteroid impact** in the **Cretaceous period**, creating a crater in the **Yucatan Peninsula (Mexico).**

Read More: [Connection Between Dinosaurs and Birds](#)