



## Maha Kumbh 2025 | Uttar Pradesh | 06 Jan 2025

### Why in News?

The upcoming [Maha Kumbh Mela](#) in **Prayagraj**, scheduled from **13<sup>th</sup> January to 26<sup>th</sup> February, 2025**, is set to transcend its **traditional spiritual significance** by incorporating extensive **health, educational, and environmental initiatives**.

### Key Points

#### ▪ Initiatives Taken For Maha Kumbh 2025

- **Netra Kumbh (Eye Camp):**
  - 'Netra Kumbh' has been inaugurated, spanning nine acres.
  - Over **500 doctors** from more than **150 hospitals** aim to treat **five lakh (500,000) eye patients**.
  - The camp plans to distribute **three lakh (300,000) free spectacles** and perform **50,000 cataract surgeries**.
  - During the **2019 Kumbh**, the initiative earned a place in the [Limca Book of World Records](#) by distributing **1.5 lakh (150,000) spectacles** and **screening three lakh (300,000) individuals**.
  - Patients requiring further treatment will receive referral cards for surgeries at hospitals near their residences.
- **Dant Kumbh (Dental Camp):**
  - For the first time, a 'Dant Kumbh' will be organized by the **Vishwa Hindu Parishad (VHP)**.
  - Running from 10<sup>th</sup> January to 26<sup>th</sup> February, the camp will feature **five dental chairs**.
    - Each chair is expected to handle 500 dental examinations per day, providing free treatments and distributing complimentary oral care products to devotees.
- **Gyan Kumbh (Knowledge Confluence):**
  - The **Shiksha Sanskriti Utthan Nyas** is organizing the 'Gyan Mahakumbh' in bringing together over a thousand prominent **educators, university vice-chancellors, education ministers, and secretaries** from both central and state governments.
  - The event will focus on the implementation of the [National Education Policy, 2020](#) with sessions scheduled from **7<sup>th</sup> to 9<sup>th</sup> February**.
  - Discussions will cover topics such as the **role of private educational institutions, women's education, student engagement, traditional Indian knowledge systems, and the significance of Indian languages**.
- **Green Kumbh Initiative:**
  - In a bid to promote environmental consciousness, volunteers associated with the **Shiksha Sanskriti Utthan Nyas** and the [Rashtriya Swayamsevak Sangh's \(RSS\)](#) **environmental activities** have launched the 'Ek Thaila, Ek Thali' (**One Bag, One Plate**) initiative.
    - The campaign aims to distribute **1.5 million steel plates** and **two million cloth bags** to pilgrims, reducing the use of disposable items and encouraging sustainable practices.
  - As of the third week of December, over 150,000 steel plates have been distributed

to organizations operating food services within the mela area.

- Additionally, a '**Harit Mahakumbh**' (**Green Kumbh**) event is scheduled for 31st January at the **Gyan Mahakumbh**.
- **Vidya Kumbh:**
  - Children from **laborer families**, along with their families, will have the opportunity to participate in **Vidya Kumbh**, enabling them to experience the **cultural and educational** aspects of the **Maha Kumbh**.
  - **Free books, pens**, and other **educational materials** will be distributed to children to help them progress in their studies.
  - **Awareness sessions** will be held for the parents of laborer families to help them understand the importance of education and encourage them to support their children's learning.
- **Outreach to Underprivileged Children:**
  - Volunteers from **Vidya Bharati**, an organization linked to the **RSS**, plan to facilitate visits to the **Maha Kumbh** for children living in **slums**, along with their families, ensuring inclusivity and broader participation in the **cultural and spiritual festivities**.
  - These multifaceted initiatives reflect a holistic approach to the Maha Kumbh Mela 2025, intertwining spirituality with **health, education**, and **environmental stewardship**, thereby enriching the experience for millions of participants.

## Maha Kumbh

- Kumbh Mela comes under [United Nations Educational, Scientific and Cultural Organization \(UNESCO\)'s Representative List of Intangible Cultural Heritage of Humanity](#).
- It is the largest peaceful congregation of pilgrims on earth, during which participants bathe or take a dip in a sacred river.
- It takes place on the banks of the [Godavari river](#) in **Nashik**, the [Shipra river](#) in **Ujjain**, the **Ganges** in **Haridwar**, and the confluence of the **Ganges, Yamuna, and the mythical Saraswati river** in Prayagraj. The confluence is referred to as the '**Sangam**'.

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## Alarming Rise of Hypertension in Uttar Pradesh | Uttar Pradesh | 06 Jan 2025

### Why in News?

Recent data from the [National Family Health Survey \(NFHS\)-6](#) reveals a worrying trend in **Uttar Pradesh**, where **one in every four individuals** is at risk of [hypertension](#).

- This health condition, often referred to as the ["silent killer,"](#) poses a significant threat due to its potential to cause severe complications such as **strokes** and [heart attacks](#).

### Key Points

- The [All India Institute of Medical Sciences \(AIIMS\)](#) has observed that among patients seeking treatment, approximately **25%** are at risk of **hypertension**.
- Alarming, many of these individuals are unaware of their condition, increasing their vulnerability to severe health complications such as **brain strokes** and **heart attacks**.
- In response, AIIMS has initiated **comprehensive data collection** on patients and their caregivers to facilitate early detection and management of hypertension.

- The distinction between general **blood pressure** fluctuations and hypertension.
  - While a **normal blood pressure** reading for young adults is typically around **120/80 mm Hg**, readings of **140/90 mm Hg or higher** are indicative of hypertension.
- Regular monitoring is crucial, as even slight increases can lead to significant health issues.
- To combat this growing health concern, AIIMS is collaborating with the **Indian Council of Medical Research (ICMR)** and the **World Health Organisation (WHO)**.
- This partnership aims to gather comprehensive data on patients and their families, focusing on the prevalence of blood pressure issues, hypertension, and **diabetes**.
  - The goal is to identify patterns and risk factors, enabling targeted interventions to prevent and manage hypertension effectively.
- The **NFHS report** serves as a critical reminder of the escalating risk of hypertension in Uttar Pradesh.
  - It underscores the necessity for increased awareness, regular health screenings, and prompt medical attention to mitigate the adverse effects associated with this condition.

## Hypertension

- **About:**
  - **Hypertension (high blood pressure)** is when the pressure in your **blood vessels** is too high (**140/90 mmHg or higher**). It is common but can be serious if not treated.
  - Blood pressure is written as two numbers:
    - The **first (systolic) number** represents the pressure in blood vessels when the heart contracts or beats.
    - The **second (diastolic) number** represents the pressure in the vessels when the heart rests between beats.
  - **World Hypertension Day** is celebrated on **17th May every year** to promote awareness about hypertension and encourage people to prevent and control this silent killer.
- **India's Hypertension Burden**
  - India alone has an estimated **188.3 million adults aged 30-79 years** grappling with hypertension.
  - The prevalence of **high blood pressure** in India is slightly lower than the **global average of 31%**.
  - To reach a **50%** control rate, India needs to ensure that an additional **67 million people** with hypertension receive effective treatment.
    - If the progress scenario were achieved, **4.6 million deaths** due to high blood pressure would be averted by **2040**.