

GIST OF Kurukshetra MAGAZINE

FEBRUARY 2022 EDITION



Important Articles
Simplified!

- NFHS-5 •
- Health Through Yoga •
- e-Health Services & Technology Interventions •
- Rural Healthcare Infrastructure •
- POSHAN Abhiyan •
- Ayushman Bharat •



Download
Our App
Now!

Analysis of Kurukshetra Magazine- February 2022

Index

1. NFHS-5	3
2. "Health Through Yoga"	5
3. e-Health Services and Technology Interventions	7
4. Rural Healthcare Infrastructure	9
5. "POSHAN Abhiyan"	11
6. Ayushman Bharat.....	13



- NFHS survey results also provide internationally comparable results. That's because the questions and the methodology is internationally valid.

What do experts say on states?

- On several parameters, the number of states worsening over the last round — NFHS-4 (2015-16) — is not only high but often more than the number of states improving.
- What is most troubling is that on child malnutrition parameters — such as infant and child (under 5 years of age) mortality, child stunting (low height for one's age), child wasting (low weight for one's height) and proportion of underweight children — several states have either been stagnant or worsened.
- In other words, children born between 2014 and 2019 (that is, 0 to 5 years of age) are more malnourished than the previous generation.
- The reversal in the proportion of children who are stunted is the most worrisome because unlike wasting and being underweight (which can be due to short term reasons and represent acute malnutrition), stunting represents chronic malnutrition. Reversals in stunting are unheard of in growing economies with stable democracies.

Conclusion

As NFHS is representative on a national and subnational (at the state and district levels) level, its findings on a range of indicators pertaining to health and nutrition, among others, from over 6 lakh sample households can assist policymakers in identifying crucial areas where better policy can provide course correction.



- The discipline of fasting, austerity, penance, etc help in cleansing the body and the mental domains and help in enhancing self-control.

Advantage of Yogasanas on other exercises

- Asanas are scientifically advised modes of physical exercises that work on the mind-body system in a natural way.
- For example, the stretching and compression of the muscles, these practices regulate the blood flow in a balanced manner, inducing energetic freshness in the body components; it also increases the flexibility of the muscles.
- The other fitness exercises e. g. Danda- baithaka and some of the aerobics might give rapid results but these usually harden the muscles and there is a risk of wear and tear into them due to excessive pressure.
- Another advantage of yoga asanas is that if any asana corresponds to forward bending, there is also another in the same set of asanas, which requires backward bending and thus it makes a perfect sequence in terms of biomechanics as well.
- Yoga is a simple way of life which is loaded with all components or determinants (Ashtanga yoga) of health in the form of different practices which yield better outcomes in all planes of being when practised together in its original sense.

Conclusion

In conclusion, it is evident that the holistic approach of yoga therapy targets total integrated treatment or management of an individual at all levels of being. It is, therefore, the best way to achieve optimal health at a multi-dimensional level. In order to achieve the perfect harmonious state of the mind and body, yoga must not only be used as a therapy, rather it must be adopted as a way of life.



3. e-Health Services and Technology Interventions

Relevance

"GS 2: Government Policies & Interventions, Central Sector Schemes"

"GS 3: Health, Human Resource"

Introduction

- After the advent of the COVID-19 pandemic across the world, e-health services have become increasingly useful.
- The government has undertaken the implementation of the National Telemedicine Network (NTN) that provides telemedicine services to the country's most remote areas by upgrading existing government healthcare facilities in all states.
- This service aims to overcome existing challenges like the lack of specialists and inaccessibility of doctors in rural areas by using information technology in delivering healthcare services.
- The Government of India also manages the eSanjeevani portal, a doctor-to-patient telemedicine system under Ayushman Bharat Scheme. Through e-Sanjeevani OPD (Outpatient Delivery), any individual may seek medical advice and medication through audio and video.

About National Telemedicine Network (NTN)

- It has been envisaged to provide Telemedicine Services to the remote areas by upgrading existing Government Healthcare Facilities (MC, DH, SDH, PHC, and CHC) in States.
- Telemedicine nodes across India are being created interconnecting SDH/PHC/CHC, District Hospital and Medical College in every State for providing Citizen-centric services.

3 Key areas of e-Health as per WHO

- Delivery of health information and records, for both the professionals as well as the consumers.
- Using the power of information technology and e-commerce platforms to improve the public health infrastructure.
- Use of e-commerce and e-business practices in health management systems.

Popular e-Health Services

1. Telemedicine/Telehealth

It can be described as the remote delivery of healthcare services including medical examinations and consultations using telecommunication services.

2. mHealth (mobile health)

mHealth refers to the practice of medicine and welfare using mobile smart devices.

3. Electronic Health Records (EHR)

EHR is a systemised collection of patient history stored electronically that can be accessed across multiple formats.

4. Wearable Sensors

Wearable sensors refer to the health monitors which help in tracking an individual's body functions like heart rate, sleep quality, oxygen levels, etc.

Advantages of e-Health

- **Efficiency**
- **Reduction in cost**
- **Empowerment**
- **Better relations**
- **Equity**
- **Education**

- **Faster decision making**

Some major trends in health in the post-COVID-19 world

Smartphones

These devices can be used to effectively operate digital technology to support healthcare facilities.

Big Data

Big data is expected to be a game-changer in this space by providing lower rate of medication errors.

Virtual Reality

Virtual Reality has already started making its mark in the digital health world by providing support in treating anxiety, post-traumatic stress and stroke, among others.

Wearables

With wearables tracking heart rate, exercise levels, sleep quality etc, these can play a key role in providing up to date monitoring of high-risk patients.

Artificial Intelligence (AI)

The power of artificial intelligence can be seen in areas such as precision medicine, medical imaging, drug discovery and genomics.

Blockchain

Blockchain technology has already been deployed to create digital versions of medical charts.

Conclusion

To empower citizens to participate in the improvement of healthcare service delivery by providing feedback on service quality, facilities etc. at hospitals and ultimately help establish a patient-driven, responsive and accountable healthcare system, e-Health system has been played a very important role in recent years and it's future of health care system in the country.

 adda247

Mission POSHAN 2.0

- It is an Integrated Nutrition Support Programme.
- It seeks to address the challenges of malnutrition in children, adolescent girls, pregnant women and lactating mothers through a strategic shift in nutrition content and delivery and by the creation of a convergent ecosystem to develop and promote practices that nurture health, wellness and immunity.
- Poshan 2.0 seek to optimize the quality and delivery of food under the Supplementary Nutrition Program.
- Mission Poshan 2.0 contribute to the human capital development of the country; address malnutrition challenges; promote nutrition awareness and good eating habits for sustainable health & well-being and address nutrition-related deficiencies through key strategies.
- Under the programme, nutritional norms and standards and quality and testing of THR will be improved and greater stakeholder and beneficiary participation will be promoted besides traditional community food habits.
- Poshan 2.0 brought 3 important programmes/schemes under its ambit, viz., Anganwadi Services, Scheme for Adolescent Girls and Poshan Abhiyaan.

What can India do to improve the nutrition and wellbeing of mothers and children in society?

Year	Policies and Programs Catering to Maternal and Child Health
1975	Integrated Child Health Services Program – includes provisions of nutritious meals, preschool education, primary healthcare, immunisation and healthcare to children under 6 years of age and their mothers.
1993	National Nutrition Policy – includes nutrition specific and sensitive interventions.
2005	National Health Rural Mission – provides accessible, affordable and quality healthcare including nutrition to rural population, especially vulnerable groups.
2007	National Food Security Mission – includes increased production of rice, wheat and pulses through area expansion, productivity enhancement, restoring soil fertility, enhancing farm level economy.
2013	National Urban Health Mission – provides healthcare needs including nutrition to the urban population with a focus on urban –poor.
2013	National Food Security Act – provides subsidised food grains to approximately two thirds of the country's 1.2 billion people.
2017	Pradhan Mantri Matru Vandana Yojana – is a maternity cash incentive scheme to provide conditions for safe delivery and nutrition practices.
2018	POSHAN Abhiyaan – India's flagship program to improve nutrition through inter sectoral convergence – technology and community mobilisation. <i>Anemia Mukht Bharat</i> strategy launched.
2020	POSHAN 2.0 – POSHAN Abhiyaan was merged with existing supplementary nutrition program. Region specific diet charts were introduced for pregnant women by National Institute of Nutrition.

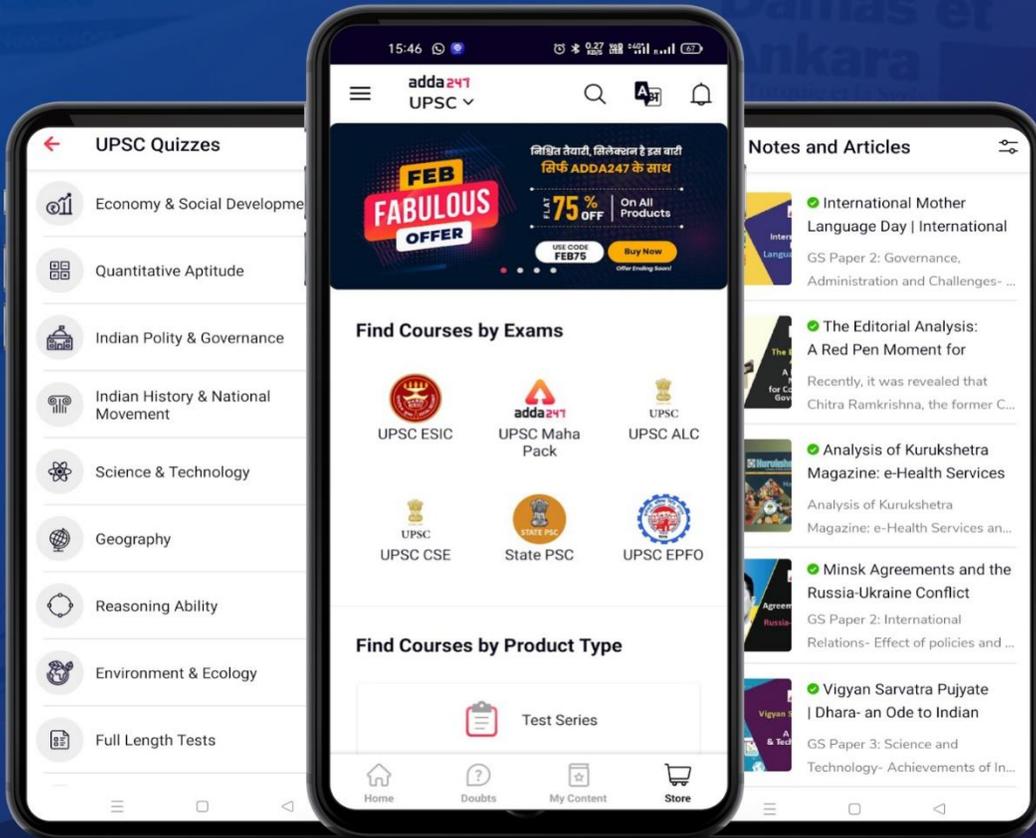
Policy Strengthening

- Adopting and adapting evidence-based success stories in regions that need more support Using financial levers for maximum impact.
- Restricting advertising and marketing of unhealthy and unsustainable foods targeted towards children, youth and other vulnerable groups.
- Applying effective and efficient food labelling laws and regulations
- Push for agricultural policies emphasising quality, nutritious and sustainable food production practices rather than concentrating only on producing greater quantities of food.
- Urgently investing in public policies and innovations that will reduce food loss and food waste.
- Demonstrating leadership and commitment to ensure coherent food system actions.

Improve Education, Research and their Dissemination

- Address logistic Challenges.
- Vacancies and manpower.
- Fund utilisation.
- Better planning and maximal use of data being collected under national programs and schemes.
- Improved monitoring and surveillance with the use of technology must be effectively implemented.

Prepare for
UPSC & STATE PSC EXAMS



UPSC Adda247 App Features

- Daily Top News & Headlines
- Daily Current Affairs Articles
- Daily Editorial Analysis
- General Studies Revision Notes
- Daily Current Affairs Quiz with Detailed Solutions
- Topic Wise GS & CSAT Quizzes
- Monthly Current Affairs Magazine
- Gist of Yojana, Kurukshetra & Down to Earth Magazines
- Analysis of Sansad TV Discussions
- All Content Available in Hindi Medium as well!



Download
Our App Now!

