

7. Short news

1. Pandemic Preparedness and Emergency Response Site

WHO inaugurated a Pandemic Preparedness and Emergency Response site at AIIMS, New Delhi, to strengthen rapid global health emergency capabilities.

Pandemic Preparedness and Emergency Response Site

Introduction – The site is part of WHO's expanding global network designed to improve readiness for pandemics and epidemics.

Origin – Pandemic Prevention, Preparedness and Response Agreement was launched by the World Health Assembly in December 2021.

Objective – It aims to enable swift investigation, data collection, and research during outbreaks to support timely public health decision-making.

Role – The site will operate continuously even in non-pandemic periods to maintain a robust, trained, and responsive health system for future emergencies.

Pandemic – A pandemic is defined by the World Health Organization (WHO) as the worldwide spread of a new disease. An example is an influenza pandemic, which happens when a new influenza virus emerges, spreads globally, and most people lack immunity to it. The last pandemic was declared by WHO for COVID 19 in 2020.

2. World Diabetes Day

World Diabetes Day is observed on 14 November, and the 2025 theme highlights how diabetes affects individuals across all life stages, requiring integrated and lifelong care.

World Diabetes Day

Introduction – World Diabetes Day is a global WHO-supported initiative aimed at raising awareness about diabetes, its prevention, and the need for accessible, quality care.

2025 Theme – Diabetes Across Life Stages

The 2025 theme emphasizes that diabetes impacts people from childhood to old age, requiring age-specific diagnosis, prevention, and management strategies.

Diabetes – Diabetes is a chronic condition where the body fails to regulate blood sugar due to inadequate insulin production or insulin resistance, leading to long-term organ damage.

Types of Diabetes

Type 1 – Autoimmune destruction of insulin-producing cells, usually diagnosed young, requiring lifelong insulin therapy.

Type 2 – Caused by lifestyle factors and insulin resistance, most common, managed with diet, exercise, or medication.

Type 3 – Associated with brain insulin resistance and linked to Alzheimer's disease, currently under scientific study.

Type 4 – Age-related insulin resistance, typically affecting elderly individuals.

Type 5 – Stemming from early-life undernutrition with low BMI, presenting as "lean diabetes" and poorly responsive to standard treatments.

India's Diabetes Burden

India has seen diabetes cases rise from 32 million in 2000 to nearly 90 million adults by 2024, with prevalence reaching around 10.5%. Current estimates suggest 1 in 9 adults lives with diabetes, with undiagnosed cases and preventable complications posing a severe challenge to India's health system.

3. Garuda Air Exercise

An Indian Air Force contingent has reached France to participate in Garuda-2025.

About the Garuda Air Exercise

Introduction – Garuda is a bilateral air exercise conducted between the Indian Air Force (IAF) and the French Air and Space Force, reflecting the long-standing and deep defence partnership between India and France.

Scope and Objectives – The exercise aims to improve air-combat interoperability, facilitate the exchange of best operational practices, and enhance joint mission planning and execution in a high-intensity, simulated combat environment. It also strengthens defence ties under the broader India–France strategic partnership covering defence, technology, and security cooperation.

Venue – Garuda-2025 is being held at the Mont-de-Marsan Air Base in France, a major operational hub of the French Air and Space Force.

2025 Operational Focus – Su-30 MKI fighter jets of the IAF will operate alongside French Rafale aircraft. The exercise will emphasise combined air operations, advanced air-combat manoeuvres, and mission simulation drills. It showcases the professionalism, tactical skills, and operational capabilities of both air forces while reinforcing mutual trust and cooperation.

