

6. Short News

Polyendocrine Metabolic Ovarian Syndrome (PMOS)

Context – A global medical consensus published in The Lancet has officially renamed Polycystic Ovary Syndrome (PCOS) as Polyendocrine Metabolic Ovarian Syndrome (PMOS).

About the Renaming of the PCOS to PMOS

1. PMOS is the same condition previously called PCOS; only the terminology has changed, not the diagnostic criteria.
2. Reason for Renaming – Experts found the term Polycystic Ovary Syndrome (PCOS) misleading because many women with the condition do not actually have ovarian cysts.
Arrested Follicles – Immature or arrested follicles fail to mature properly and appear cyst-like on ultrasound scans.
3. Significance of Renaming – The term PMOS promotes better awareness and highlights the condition as a whole-body endocrine-metabolic disorder.

What is Polyendocrine Metabolic Ovarian Syndrome?

1. PMOS is a hormonal and metabolic disorder affecting women, characterised by irregular ovulation, hormonal imbalance, insulin resistance, and reproductive complications.
2. Meaning of PMOS –
 1. Polyendocrine – Multiple hormonal systems of the body are affected.
 2. Metabolic – The condition is strongly linked with insulin resistance, obesity, diabetes, and metabolic syndrome.
 3. Ovarian – It affects ovulation, menstruation, and fertility.
 4. Syndrome – It represents a group of interconnected symptoms and long-term health risks.
3. Common Symptoms – Irregular periods, acne, excess facial hair, weight gain and infertility are common symptoms.
 1. Mental Health – PMOS is associated with anxiety, depression, emotional stress, and reduced quality of life.
 2. Long-Term Risks – Women with PMOS face increased risk of diabetes, hypertension, cardiovascular disease, fatty liver disease, and sleep disorders.
4. Treatment Approach – Management includes lifestyle changes, exercise, balanced diet, stress reduction, hormonal therapy, and insulin-sensitising medicines.
5. Global Prevalence – The disorder affects nearly one in eight women globally.
6. India-Specific Concern – Renaming carries special significance for India, where experts estimate that around 16–18% of women may be affected by the condition.
7. India has rising PMOS prevalence due to sedentary lifestyles, obesity, processed food consumption, stress, and poor sleep patterns.

National Florence Nightingale Awards 2026

Context – The President of India presented the National Florence Nightingale Awards 2026 at Rashtrapati Bhavan on International Nurses Day.

About the National Florence Nightingale Awards 2026

1. Purpose – The awards recognise the meritorious and dedicated services rendered by nursing professionals to society.
2. Awardees – A total of 15 nurses and Auxiliary Nurse Midwives (ANMs) were honoured with the Awards for their outstanding contribution to healthcare services.
3. Instituted By – The awards were instituted in 1973 by the Ministry of Health and Family Welfare.
4. Significance – The awards honour nurses for their compassion, commitment, and contribution to quality healthcare delivery.
5. Occasion – The awards are presented annually on International Nurses Day, observed on May 12.

6. Role of Nurses – Nurses are essential frontline healthcare workers contributing to preventive, promotive, curative, and rehabilitative healthcare services.

Florence Nightingale

1. Florence Nightingale was a British nurse and social reformer and recognised as the foundational philosopher of modern nursing.
2. Crimean War Service – She gained global recognition during the Crimean War (1853–1856) by treating wounded soldiers and improving sanitation in military hospitals.
3. “Lady with the Lamp” – She became popularly known as the “Lady with the Lamp” for visiting injured soldiers at night carrying a lamp.
4. Public Health Reforms – Nightingale introduced scientific sanitation, hygiene, and hospital management practices that significantly reduced mortality rates.
5. Legacy – International Nurses Day is observed on May 12 every year to mark her birth anniversary and honour contributions of nurses worldwide.

Kimberley Process Intersessional Meeting 2026

Context – Recently, India hosted the Kimberley Process Intersessional Meeting 2026 in Mumbai under its Chair.

About the Kimberley Process (KP)

1. The Kimberley Process is an international initiative to prevent the trade of “conflict diamonds” or “blood diamonds”.
 1. Conflict diamonds are rough diamonds mined in war zones and sold to finance armed conflict against governments.
2. Purpose – Its purpose is to safeguard peace and security, protect communities in diamond-producing regions, and strengthen the integrity of the natural diamond supply chain.
3. Permanent KP Secretariat – Gaborone, Botswana.
4. Global Membership – The KP comprises 60 Participants, representing 86 countries, with the European Union and its Member States counting as a single Participant.
 1. Civil society and industry participate as Observers.
 2. The World Diamond Council (WDC) is the official representative of the global diamond industry.

Governance –

3. KP Chair – The KP is governed by the KP Chair, a representative of a Participant government, who serves a one-year term beginning on January 1.
4. The KP Vice Chair, who is chosen and approved by Participants, and who automatically becomes KP Chair the following year.
5. Meetings – Two official gatherings are held annually – The Intersessional Meeting and Plenary Meeting.

About Kimberley Process Certification Scheme (KPCS)

1. The Kimberley Process Certification Scheme (KPCS) was established to prevent conflict diamonds from entering the mainstream rough diamond market.
2. Established – It was established in 2003 pursuant to UN General Assembly Resolution 55/56 (2000).
3. Certification-Based Trade Mechanism – Under KPCS, participating countries certify that rough diamond exports are conflict-free.

India and Kimberley Process 2026

1. India Assumes Chairship – India assumed the Chairship of the Kimberley Process on 1 January 2026.
2. Theme of India’s Chairship – India’s 2026 Chairship theme is based on the 3Cs – Credibility, Compliance and Consumer Confidence.

Key Highlights of the Mumbai Intersessional Meeting 2026

1. Focus Areas of Deliberations – Discussions focus on monitoring and compliance mechanisms, strengthening the Kimberley Process Certification Scheme, artisanal and alluvial diamond production, trade statistics and trust in the natural diamond value chain.
 1. Artisanal Diamonds – Diamonds mined manually or with simple tools by small-scale miners, often with limited technology and investment. These mines are labour-intensive and common in developing countries.
 2. Alluvial Diamonds – Diamonds found in riverbeds, beaches, or sediment deposits after being naturally eroded from original rock sources (kimberlite pipes) and transported by water over time.

Significance for India

1. Major Role in Diamond Industry – India is one of the world's leading centres for diamond cutting and polishing.
2. Promotion of Responsible Diamond Trade – India's Chairship reinforces its commitment to responsible sourcing, transparency and sustainability in the global diamond sector.

Samagra Shiksha and PM Poshan Schemes

Context – The Union Ministry of Finance has granted a temporary extension to the centrally sponsored schemes– Samagra Shiksha and PM POSHAN till 30 September 2026.

About Samagra Shiksha

1. Background – It was launched in 2018 as an integrated centrally sponsored scheme for school education.
2. It was formed by integrating – Sarva Shiksha Abhiyan (SSA), Rashtriya Madhyamik Shiksha Abhiyan (RMSA) and Teacher Education (TE)
3. Coverage – Covers education from pre-school to Class 12, Applicable to both government and government-aided schools.
4. Vision – Treat school education holistically without segmentation from pre-primary to senior secondary level.
5. Ministry – Implemented by the Ministry of Education (MoE).
6. Focus Areas – Foundational literacy and numeracy, Experiential learning, Teacher availability, Skill exposure and Basic infrastructure in schools

About PM POSHAN (Pradhan Mantri Poshan Shakti Nirman)

1. Former Name – Earlier known as the Mid-Day Meal Scheme, renamed as PM POSHAN in 2021.
2. Objective – Provides cooked nutritious meals to children in government and aided schools.
3. Ministry – Implemented by the Ministry of Education.
4. Major Goals – Improve nutrition levels, increase school enrolment and attendance, reduce drop-out rates

Key Features

1. Inclusion of millets (Shree Anna) in meals.
2. Promotion of nutrition gardens and local food items.
3. Social audits and community participation.
4. Use of DBT/Food Security Allowance during emergencies such as school closures.