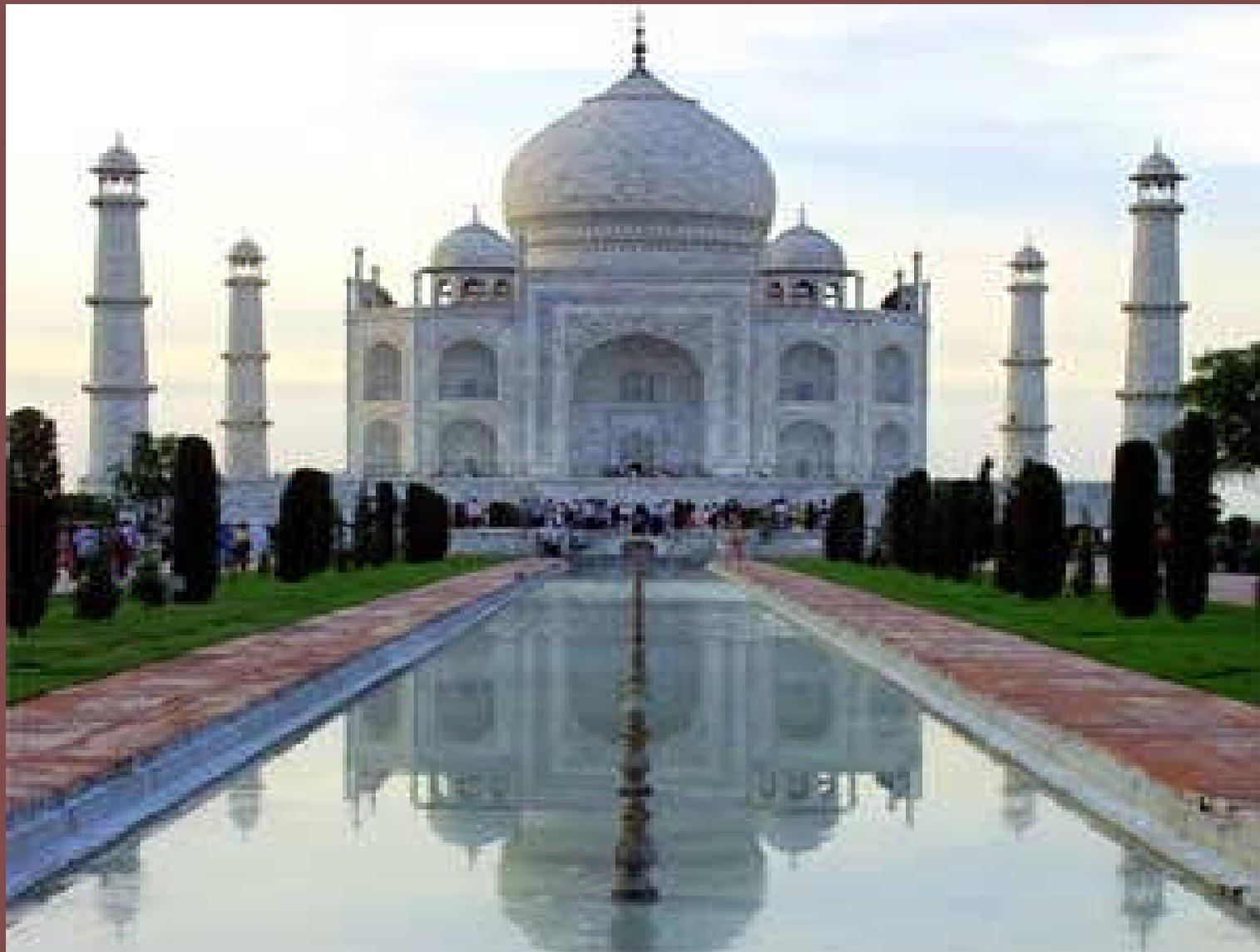


Important Information - I - Compiled

manzoor@ndf.vsnl.net.in

Institute of Objective Studies

**162, Jogabai Main Road,
Jamia Nagar, New Delhi - 110025**



The Taj Mahal is reflected in a pool in Agra, India, June 25, 2003. [© AP Images]

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UN at a Glance

The United Nations is an international organization founded in 1945 after the Second World War by 51 countries committed to maintaining international peace and security, developing friendly relations among nations and promoting social progress, better living standards and human rights.

The UN has 4 Main Purposes:

- 1. To keep peace throughout the world;**
- 2. To develop friendly relations among nations;**
- 3. To help nations work together to improve the lives of poor people, to conquer hunger, disease and illiteracy, and to encourage respect for each other's rights and freedoms;**
- 4. To be a centre for harmonizing the actions of nations to achieve these goals.**

<http://www.un.org/en/aboutun/index.shtml>

UN – Main Bodies

- **General Assembly**
- **Security Council**
- **Economic & Social Council**
- **Trusteeship Council**
- **International Court of Justice**
- **Secretariat**

<http://www.un.org/en/aboutun/index.shtml>

Secretary-Generals of the United Nations

S. No.	Secretary-General	Dates in office	Country of Origin
1	Gladwyn Jebb	24 October 1945 – 1 February 1946	United Kingdom
2	Trygve Lie	1 February 1946 – 10 November 1952	Norway
3	Dag Hammarskjöld	10 April 1953 – 18 September 1961	Sweden
4	U Thant	30 November 1961 – 31 December 1971	Burma
5	Kurt Waldheim	1 January 1972 – 31 December 1981	Austria
6	Javier Pérez de Cuéllar	1 January 1982 – 31 December 1991	Peru
7	Boutros Boutros-Ghali	1 January 1992 – 31 December 1996	Egypt
8	Kofi Annan	1 January 1997 – 31 December 2006	Ghana
9	Ban Ki-moon	1 January 2007– present	South Korea

At last, World Heritage Tag for Western Ghats

The Western Ghats have finally got the UNESCO world heritage site status. The tag came late on Sunday at the 36th session of the World Heritage Committee (WHC) which is meeting in St Petersburg in Russia. Altogether 39 sites that dot the Western Ghats landscape will be part of the region designated as WHS.

The WHC decision reportedly came after intense lobbying by the Indian government. The Western Ghats almost did not make it to the WHS list after the International Union for the Conservation of Nature (IUCN), which assesses proposals for sites of natural significance, asked UNESCO to defer granting the WHS tag to the Ghats in May.

Had the WHC abided by the IUCN's recommendations, the Western Ghats would have had to wait for another three years before it could apply for the status again. Even last year, the proposal of the Ministry of Environment and Forests (MoEF) was almost shot down. India, however, managed to keep the proposal afloat.

http://www.dnaindia.com/india/report_at-last-world-heritage-tag-for-western-ghats_1709771

Differences between Jan Lokpal Bill and Draft Lokpal Bill (2010)

Jan Lokpal Bill (Citizen's Ombudsman Bill)	Draft Lokpal Bill (2010)
<i>Lokpal</i> will have powers to initiate <i>suo moto</i> action or receive complaints of corruption from the general public.	<i>Lokpal</i> will have no power to initiate <i>suo moto</i> action or receive complaints of corruption from the general public. It can only probe complaints forwarded by the Speaker of the <i>Lok Sabha</i> or the Chairman of the <i>Rajya Sabha</i> .
<i>Lokpal</i> will have the power to initiate prosecution of anyone found guilty.	<i>Lokpal</i> will only be an Advisory Body with a role limited to forwarding reports to a "Competent Authority".
<i>Lokpal</i> will have police powers as well as the ability to register FIRs.	<i>Lokpal</i> will have no police powers and no ability to register an FIR or proceed with criminal investigations.
<i>Lokpal</i> and the anti corruption wing of the CBI will be one independent body.	The CBI and <i>Lokpal</i> will be unconnected.
Punishments will be a minimum of 10 years and a maximum of up to life imprisonment.	Punishment for corruption will be a minimum of 6 months and a maximum of up to 7 years.

<http://www.sify.com/news/difference-between-jan-lokpal-bill-and-draft-lokpal-bill-news-news-lixm9Gebjci.html>

One World, One Heart

Cardiovascular diseases remain the world's main killers, claiming about 17 to 18 million lives each year. Heart Foundation of Malaysia (Yayasan Jantung Negara) director Datuk Dr Khoo Kah Lin shares his views on the matter on the eve of World Heart Day tomorrow.

The human heart is really the most amazing organ in the body. It beats even before you are born into this world, continuing to do so until you take your last breath. For as long as you are alive, your heart is hard at work. There is no other muscle in your body that works in such an astonishing way.

The human heart is tasked with pumping oxygen-rich blood and nutrients to the whole body. The heart's other function is also to "carry away" your body's waste products such as carbon dioxide, from the tissues. The heart is "connected" to every part of the body through blood vessels.

According to Dr Khoo, 65% of people with diabetes die from some form of heart disease or stroke.

Despite the importance of our heart, it is often the most neglected organ in our body, as the rising prevalence of heart disease in the nation illustrates.

Also, after a heart attack, the damage done to your heart is irreparable. As such, it is of utmost importance that we prevent heart disease well before it strikes. This can be done if we eliminate the risk factors of heart disease, and this has to begin from childhood itself.

Prevention of heart disease from childhood is what I wish to stress upon. I term this loosely as the "modifiable risk factor", which largely co-relates to the diet and lifestyle of the child.

Under the umbrella of modifiable risk factor, we have five separate and equally important issues to deal with: high cholesterol levels, obesity, diabetes, high blood pressure and of course, a sedentary lifestyle.

Salt intake should not exceed 5gm (one teaspoon) a day.

<http://thestar.com.my/health/story.asp?file=/2011/9/28/health/9555311&sec=health>

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One World, One Heart

High Blood Pressure

Also known as hypertension, it often has no symptoms. You will not know that you are suffering from it unless you check your pressure regularly. High blood pressure increases your heart's workload, causing the heart muscle to be enlarged as it forces your heart to work harder than necessary. This would increase the risk of a heart attack or heart failure, as in the long run, this causes the heart muscle to weaken and work less effectively.

High blood pressure can be easily controlled by limiting daily salt intake. Try cultivating healthier habits by avoiding foods such as processed food, fast food, or even try to limit eating out. Home-cooked meals are always healthier and more nutritious. According to the Malaysian Dietary Guidelines 2010, salt intake should not exceed 5gm (or one teaspoon) a day.

High Cholesterol

Cholesterol is a waxy substance and is needed by the body to perform its primary functions. In fact, your liver produces almost 75% of your body's cholesterol (also known as endogenous cholesterol) and the balance comes from the food you eat (dietary cholesterol).

It is important to understand the two different types of cholesterol – the good and the bad cholesterol.

➤HDL-cholesterol (high-density lipoprotein): The “good” cholesterol is needed by your body to carry cholesterol away from cells back to the liver, where it is then broken down and passed out as waste products. Generally, high HDL-cholesterol levels may protect you from heart disease. Research has shown that regular physical activity can increase your levels of HDL-C.

➤LDL-cholesterol (low-density lipoproteins): The “bad” cholesterol causes an accumulation of “deposits” on the artery walls, leading to blockage in the blood vessel (known as atherosclerosis). Progressive atherosclerosis with deposition of the LDL cholesterol in the walls of the arteries causes a build-up known as plaque.

When the plaque ruptures, this causes a formation of blood clot, which then obstructs blood flow to the heart, and this causes a heart attack.

➤Triglycerides: This is a form of fat made in the body, brought on by obesity/overweight problems, lack of exercise, smoking and excessive alcohol consumption. High levels of triglycerides, especially in conjunction with low HDL cholesterol levels, also predispose to coronary heart disease.

To control high cholesterol, it is important to note that cholesterol comes mainly from animal products. Limit your children's consumption of cholesterol-rich food or saturated and trans fats, which increase the amount of bad cholesterol in your body. Consume oil sparingly, and always opt for healthier options such as fat-free products or rapeseed oil.

<http://thestar.com.my/health/story.asp?file=/2011/9/28/health/9555311&sec=health>

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One World, One Heart

Diabetes

Diabetes is generally known as the mother of all diseases and is often linked to a host of other diseases that fast-tracks individuals to suffer from heart disease. It is reported by the American Heart Association that heart disease and stroke are the main causes of death and disability among people with type 2 diabetes.

In fact, 65% of people with diabetes die from some form of heart disease or stroke. Contrary to popular belief, diabetes also affects the young. In fact, in Malaysia, children as young as 10 years old have been diagnosed with type 2 diabetes.

Diabetes amongst adults and children can be easily managed by controlling sugar intake from young. It is advised that sugar intake should not exceed 50g daily (Malaysian Dietary Guidelines 2010).

Obesity

Approximately 43% of Malaysians are either overweight or obese, an increase of a staggering 250% over a 10-year period from 1996, according to the National Health and Morbidity Survey III (2006).

Obesity is simply defined as having excess body fat. It is generally caused by consuming more calories than your body can burn up. Nowadays, kids generally are more prone to obesity as they spend most of their time in front of their computers, being a couch potato or consuming too much unhealthy snacks or foods.

According to a study conducted by Segal and Sanchez (2001), after an obese child reaches six years of age, the probability the obesity will persist into adulthood exceeds 50%, and 70% to 80% of obese adolescents will remain so as adults.

According to the WHO, an estimated 17.6 million children under five are overweight.

Sedentary Lifestyle

Essentially, our children lack much needed exercise. According to a study reported in *Business Week*, children spend almost eight hours daily watching TV, playing video games or surfing the Internet.

How often do we see kids running around in the playground or in the park these days? Parents should try to encourage regular physical activity amongst family members. It is not only good for everyone's heart-health, but encourages bonding among the family members too. As the saying goes, a family that plays together stays together.

For children with parents who suffer from heart diseases, physical activity is even more crucial. By exercising, you can increase your levels of HDL-C (good cholesterol) and also eliminate other risk factors such as obesity and high blood pressure.

Four Major Medical Systems of India

Today the country has four major medical systems as well as dozens of localized and tribal ones that depend on herbal treatments.

The **oldest of the four** systems is still widely followed under the name of *Ayurveda*, meaning "science of long life".

***Sidda* is a distinct tradition that developed in south India** and follows principles of physiology close to those of Ayurveda. Diagnosis depends on a careful reading of the pulse. Treatment is mostly herbal and psychological.

A third medical tradition is called *Unani*. This system came to India with Muslim travelers and was developed under the patronage of the Mughals. It emphasizes holistic diagnosis and treatment, but the theory of human physiology is distinct.

All three of these systems attribute disease to an imbalance between underlying constituents.

The fourth and most widely favored system is biomedicine, or scientific medicine. It has been used in the cities for three centuries and is practiced in the best hospitals and training colleges. India has about 140 medical colleges.

<http://www.everyculture.com/Ge-It/India.html>

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Four Major Medical Systems of India

India has a tradition of medical healing, teaching, and research that goes back more than two thousand years to the two basic medical treatises written by Charaka and Sushruta. Today the country has four major medical systems as well as dozens of localized and tribal ones that depend on herbal treatments. The **oldest of the four** systems is still widely followed under the name of *Ayurveda*, meaning "science of long life". It is highly developed, with its own hospitals, clinics, pharmaceutical factories, and medical textbooks. It depends primarily on non invasive herbal treatments. The diagnosis and treatment emphasize a holistic approach. ***Siddha* is a distinct tradition that developed in south India** and follows principles of physiology close to those of Ayurveda. Diagnosis depends on a careful reading of the pulse. Treatment is mostly herbal and psychological. **A third medical tradition is called *Unani*. This system came to India with Muslim travelers and was developed under the patronage of the Mughals.** It emphasizes holistic diagnosis and treatment, but the theory of human physiology is distinct. All three of these systems attribute disease to an imbalance between underlying constituents. **The fourth and most widely favored system is biomedicine, or scientific medicine.** It has been used in the cities for three centuries and is practiced in the best hospitals and training colleges. India has about 140 medical colleges.

<http://www.everyculture.com/Ge-It/India.html>

Ten Best Intelligence Agencies of World

Intelligence Agency is an effective instrument of a national power. Aggressive intelligence is its primary weapon to destabilize the target. Indeed, no one knows what the intelligence agencies actually do so figuring out who the best intelligence service is can be difficult. The very nature of intelligence often means that the successes will not be public knowledge for years, whereas failures or controversial operations will be taken to the press. It's a thankless situation. Still, from what little has emerged, one can have an idea of some of the better intelligence services out there, with the understanding that this is based on incomplete data.

- 1. ISI – Pakistan**
- 2. Mossad – Israel**
- 3. M1-6 – United Kingdom**
- 4. CIA – America**
- 5. MSS – China**
- 6. BND – Germany**
- 7. FSB – Russia**
- 8. DGSE – France**
- 9. RAW – India**
- 10. ASIS – Australia**

<http://www.smashinglists.com/10-best-intelligence-agencies-in-the-world/>

The Demand-wise Position of Allocation in the Budget Estimates and Revised Estimates for the year 2008-09 and Budget Estimates of 2009-10 - India
(Rupees in crores)

S. No.	Demand	BE 2008-09	RE 2008-09	BE 2009-10
1	Army (Revenue expenditure of Army, NCC and DGQA)	37678.25	49877.91	60270.83
2	Navy (Revenue expenditure of Navy and Joint Staff)	7503.05	8116.05	8404.11
3	Air Force (Revenue expenditure of Air Force)	11288.86	12633.25	14911.1
4	Defence Ordnance Factories (Revenue expenditure of Ordnance Factories)	1109.99	2825.75	2496.95
5	Research & Development (Revenue expenditure of R &D)	3413.59	3874.78	4787.67
6	Capital Outlay on Defence Services (Capital expenditure of all Services/Departments)	48007.00	41000.00	54824.00
Total (Gross)		109000.74	118327.74	145694.66
Receipt/Recoveries		3400.74	3727.74	3991.66
Total (Net)		105600.00	114600.00	141703.00

Source: Standing Committee on Defence, (2009-2010), M/o Defence

Cold Start Doctrine of Indian Army

Cold Start is a military doctrine developed by the Indian Armed Forces in 2004. It involves joint operations between India's three main services Army, Navy, and Air Force and integrated battle groups for offensive operations. A key component is the preparation of India's forces to be able to quickly mobilize and take offensive actions. Keeping in view the perceived inability of the Indian military to leverage its conventional superiority to end Pakistan's proxy war in Kashmir, the Cold Start doctrine is intended to allow it to mobilize quickly and undertake limited retaliatory attacks on Pakistan, without crossing nuclear threshold.

This doctrine marks a significant change in defensive doctrine that India has followed since 1947. Requiring combined arms operating jointly with the Indian Air Force, Cold Start represents a significant advance in India's conventional military capabilities. Military exercise aimed at reducing mobilization time and rapid thrust, combined with advances in the area of network-centric warfare are undertaken to facilitate it, though the doctrine remains in the experimental stage.

[http://en.wikipedia.org/wiki/Cold_Start_\(military_doctrine\)](http://en.wikipedia.org/wiki/Cold_Start_(military_doctrine))

Scientists discover Genetic Hotspot of Diabetes

In a breakthrough, scientists have discovered a clutch of genes that dramatically increase the risk of diabetes, paving way for cheap drugs to tackle the disease that affects millions across the world.

The 10 latest genes discovered take the total linked to the condition to more than 60 and provide a fuller picture of the biological processes underlying Type 2 diabetes.

Scientists, led by researchers from the University of Oxford, the Broad Institute of Harvard, MIT and the University of Michigan, examined variations that commonly occur in our DNA and may have some connection to Type 2 diabetes.

The findings are published in the journal *Nature Genetics*.

“It is hard to come up with new drugs for diabetes without first having an understanding, of which biological processes in the body to target. This work is taking us closer to that goal,” principal investigator Professor Mark McCarthy at Oxford, said.

“The ten gene regions we have shown to be associated with Type 2 diabetes are taking us nearer a biological understanding of the disease,” McCarthy said.

<http://www.thehindu.com/health/medicine-and-research/article3763200.ece>

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Scientists discover Genetic Hotspot of Diabetes

Left untreated, diabetes can cause many different health problems, including heart disease, stroke, nerve damage and blindness. Even a mildly raised glucose level can have damaging effects in the long-term.

Type 2 diabetes is by far the most common form of the disease.

It occurs when the body does not produce enough insulin to control the level of glucose in the blood, and when the body no longer reacts effectively to the insulin that is produced.

The researchers analysed DNA from almost 35,000 people with Type 2 diabetes and approximately 115,000 people.

Two of these showed different effects in men and women, one linked to greater diabetes risk in men and the other in women.

With over 60 genes and gene regions now linked to Type 2 diabetes, the researchers were able to find patterns in the types of genes implicated in the disease.

“By looking at all 60 or so gene regions together we can look for signatures of the type of genes that influence the risk of Type 2 diabetes,” McCarthy said.

<http://www.thehindu.com/health/medicine-and-research/article3763200.ece>

PTI - August 13, 2012

India Witnesses Sharp decline in HIV Cases

NEW DELHI, Aug. 14 (Xinhua) -- India Tuesday announced that the country had witnessed a sharp decline in the number of new HIV cases -- a 56 percent drop -- in the past 10 years.

"HIV infections have declined by 56 percent during the last decade from 2.7 lakh in 2000 to 1.2 lakh in 2009 in our country," Indian Health and Family Welfare Minister Ghulam Nabi Azad said in the national capital.

"This has been possible due to political support at the highest levels to the various interventions under National AIDS Control Programme, including Parliamentarians and elected leaders at the state and local levels and cooperation received from NGOs, civil society, etc." the minister said while addressing an international HIV vaccine symposium.

Expressing similar sentiments, Minister of Science and Technology and Earth Sciences Ashwani Kumar said that the government believes that the new HIV infections could be significantly reduced if effective prevention programs are expanded and reach those at greatest risk of HIV infection.

In fact, HIV -- which causes AIDS -- was detected in India nearly 25 years back.

Though more than 2 million people are affected by the virus, India is said to be one of the few countries which has actually made significant reductions in HIV infections. The country's HIV- AIDS prevention model has been even lauded by United Nations Secretary General Ban-Ki Moon.

http://news.xinhuanet.com/english/health/2012-08/14/c_131784346.htm
English.news.cn - 14-08-2012

California Law bars Discrimination against Sikhs, Muslims

Brown himself declined to wear a turban, saying, "I've worked hard to get my head cleared," but honoured the thousands of Sikhs who have given their lives in a long history of struggle for religious freedom both in India and the United States, the Bee said.

Brown also signed Senate Bill 1540, sponsored by Democrat Loni Hancock changing how history and social sciences are taught in schools so that students learn about the history, tradition and theology of California Sikhs.

Education can blunt hatred, prejudice and fatal misunderstandings, such as the massacre of Sikhs outside a Wisconsin temple, Brown said.

"Both bills represent landmark achievements that will increase protections for all religious observers in the workplace and expand awareness of the 100-year history of Sikhs in California," said Balbir Dhillon, president of the Sacramento Sikh Temple.

Calling it "a historic win for civil rights," [Sikh Coalition](#) said "This achievement ranks among the most far-reaching victories in the Sikh Coalition's history. It will protect the civil rights of millions of Americans."

<http://timesofindia.indiatimes.com/world/us/California-law-bars-discrimination-against-Sikhs-Muslims/articleshow/16333786.cms>

Child Deaths around the World below 7 Million in 2011

The number of children under the age of five who die annually fell to less than 7 million in 2011, but around 19,000 boys and girls around the world are still dying every day from largely preventable causes, the UN said.

A report by the United Nations Children's Fund said that four-fifths of under-five deaths last year occurred in sub-Saharan Africa and South Asia. More than half the pneumonia and diarrhoea deaths – which together account for almost 30 per cent of under-five deaths worldwide – occur in just four countries: Congo, India, Nigeria and Pakistan, it said.

"Given the prospect that these regions, especially sub-Saharan Africa, will account for the bulk of the world's births in the next years, we must give new impetus to the global momentum to reduce under-five deaths," UNICEF Executive Director Anthony Lake said in the report.

He said children from disadvantaged and marginalised families in poor and fragile nations are the most likely to die before their fifth birthday, but their lives can be saved with vaccines, adequate nutrition and basic medical and maternal care.

"The world has the technology and know-how to do so," Lake said. "The challenge is to make these available to every child."

UNICEF said the rate of decline in under-five deaths has drastically accelerated in the last decade, from 1.8 per cent per year during the 1990s to 3.2 per cent per year between 2000 and 2011.

http://www.telegraph.co.uk/health/children_shealth/9540335/Child-deaths-around-the-world-below-7-million-in-2011.html

The Girl who must eat Every 15 Minutes to stay Alive

Lizzie Velasquez weighs just four stone and has almost zero per cent body fat but she is not anorexic. In fact, the 21-year-old from Austin, Texas, must eat every 15 minutes to stay healthy.

Miss Velasquez has a rare condition which prevents her from gaining weight even though she eats up to 60 small meals a day. Despite consuming between 5,000 and 8,000 calories daily, the communications student, has never tipped over 4st 3lbs.

"I weigh myself regularly and if I gain even one pound I get really excited," said 5ft 2 ins Miss Velasquez, who wears size triple zero clothes.

"I eat every 15-20 minutes to keep my energy levels up. "I eat small portions of crisps, sweets, chocolate, pizza, chicken, cake, doughnuts, ice cream, noodles and pop tarts all day long, so I get pretty upset when people accuse me of being anorexic."

She was born four weeks prematurely weighing just 2lb 10oz. Doctors found there was minimal amniotic fluid protecting her in the womb. "They told us they had no idea how she could have survived," said Miss Velasquez's mother Rita, 45, a church secretary.

<http://www.telegraph.co.uk/health/healthnews/7858664/The-girl-who-must-eat-every-15-minutes-to-stay-alive.html>

Hindus and Muslims - Least Likely to engage in Premarital Sex

Hindus and Muslims are less likely than Christians and Jews to have premarital sex, and Muslims are least likely among people of these religious groups to get involved in extramarital sex, a new study has revealed.

Co-authored by Amy Adamczyk, Associate Professor of Sociology at John Jay College of Criminal Justice, and Brittany Hayes, Ph.D. student in John Jay's Criminal Justice program, the study, 'Religion and Sexual Behaviors: Understanding the Influence of Islamic Cultures and Religious Affiliation for Explaining Sex Outside of Marriage,' analysed data on premarital and extramarital sexual behaviours in over 30 developing countries around the world.

According to the researchers, Muslims' lower likelihood of premarital and extramarital sex is related to their commitment to and community support for, strict religious tenants that only permit sex within marriage.

Adamczyk and Hayes also found that national Islamic cultures influence the sexual behaviors of all residents, even people who do not identify themselves as Muslim.

The authors posit that religion tends to have a more powerful effect than restrictions on women's movement in many Muslim countries.

"One of the most surprising findings was that religious affiliations have a real influence on people's sexual behaviors," Adamczyk said.

"Specifically, Muslim and Hindus are significantly less likely to report having had premarital sex than Christians and Jews. One of the novelties of our study is our analysis of behaviors, rather than attitudes.

"While a lot of research attention has been given to understanding differences between the major world religions in adherents' attitudes, much less attention has been given to understanding differences based on behaviors," she said.

<http://www.indianexpress.com/news/hindus-and-muslims-least-likely-to-engage-in-premarital-sex/1018549/>

Smoking and Tobacco

- **Mortality from TB is about four times as great among smokers as among non-smokers**
- **Risk of death from TB at ages 25-69, smoker versus non-smoker is 12% versus 3% in rural India, and 8% versus 2% in urban India**
- **About half of the deaths caused by smoking are from TB and other respiratory disease, about one third are from heart and other vascular disease, and smaller numbers are from mouth and lung cancer**
- **About one in four of all persistent smokers in India are killed by tobacco at ages 25-69**
- **In India smoking caused about 700,000 deaths in the year 2000, mostly among middle-aged men (35-69)**

http://www.kayaguru.com/DataStats_Default.aspx?NavName=Smoking and Tobacco&filename=Data And Statistics/Data And Statistics by Topics/Smoking And Tobacco.htm&id=782

Smoking killed 100 Million in 100 Years - India

- Nearly 45 trillion bidis and cigarettes manufactured over the past 100 years in the country are expected to be responsible for nearly 100 million deaths of adult Indians, a recent study has found.
- "Our calculations are derived from using the most conservative estimates and yet present mortality estimates which are significant and alarming," researchers Pranay G Lal, Nevin C Wilson and Prakash C Gupta said in a study published in Current Science.
- While Lal and Wilson are associated with the South-east Asia office of the International Union Against Tuberculosis and Lung Disease, Gupta is with the Healis-Sekhsaria Institute for Public Health, Navi Mumbai.
- The study concluded that of the estimated 100 million deaths due to tobacco use, smoking bidis alone contribute to 77 million deaths.
- They said since it takes three to four decades for a smoker to die after he starts smoking, the current tobacco use was expected cause deaths only in the coming decades.
- "For consumption in the last four decades, the mortality may be partially realised and some of the deaths will occur in near future", they said.
- "Since the bulk of manufacturing and consumption occurred in the latter part of the last century, the early deaths of these smokers will happen in the first half of this century."
- The study has estimated that there were about 190 million and 41 million lifetime bidi and cigarette smokers, respectively, in the country from 1910-2010.
- "So in effect, if we were to cease all production and consumption in 2010, deaths would continue to take place. Less than one-fourth of the deaths from 100 year of smoking (from 1910-2010) have already taken place, and the three-fourths of the deaths will take place in the next 40 years", the study said.

<http://www.indianexpress.com/news/smoking-killed-100-million-in-100-years/1036155/>

Nutrition Statistics - India

S. No.	Items	Percentage
1	% of infants with low birth weight, 1998-2005*	30
2	% of children (1996-2005*) who are: exclusively breastfed (<6 months)	37
3	% of children (1996-2005*) who are: breastfed with complementary food (6-9 months)	44
4	% of children (1996-2005*) who are: still breastfeeding (20-23 months)	66
5	% of under-fives (1996-2005*) suffering from: underweight, moderate & severe	47
6	% of under-fives (1996-2005*) suffering from: underweight, severe	18
7	% of under-fives (1996-2005*) suffering from: wasting, moderate & severe	16
8	% of under-fives (1996-2005*) suffering from: stunting, moderate & severe	46
9	Vitamin A supplementation coverage rate (6-59 months), 2004	51

http://www.kayaguru.com/DataStats_Default.aspx?NavName=Nutrition Statistics India&filename=Data And Statistics/Data And Statistics by Topics/Nutrition Statistics

Infertility rises at Alarming Pace in India

- Medical case studies, anecdotal evidence as well as the rising number of infertility clinics in urban areas of the country are pointing to the fact that infertility is becoming a health challenge in the country.
- According to a report conducted by the International Institute of Population Sciences, infertility is growing at an alarming pace, especially in the cities.
- Out of around 250 million individuals estimated to be attempting parenthood at any given time, 13 to 19 million couples are likely to be infertile.
- Although the national census does not head count infertile couples, this study, which takes into account the national census reports of the past three decades, viz, 2001, 1991 and 1981, showed that infertility has risen by 50 percent in the country.
- The report said that in India, 13 percent of ever-married women aged 15-49 years were childless in 1981 (rural 13.4 percent and urban 11.3 percent) which increased to 16 percent in 2001 (rural 15.6 percent and urban 16.1 percent). Over half of married women aged 15-19 years were childless in 1981, which increased to 70 percent in 2001.
- Nearly 30 million couples in the country suffer from infertility, making the incidence rate 10 percent. Earlier childlessness in a couple used to be talked about in hushed tones, with the problem, without doubt, being attributed to the women.
- Today, infertility is no longer recognized as only a female problem. In fact, the term infertility is a broad term, often loosely used. It actually refers to a range of disorders some of which affect the male, and some the female, and contribute to childlessness in a couple.
- There is also something called unexplained infertility, where doctors fail to come up with a medical explanation for the couple' s inability to conceive.
- Study reports suggested that male infertility is almost as high as female infertility. One in every five healthy young men between the age from 18 to 25 suffer from abnormal sperm count.
- In every 100 couples, 40 percent of the males suffer from infertility compared to 50 percent women. In the remaining 5 percent, the causes are common to both men and women.

http://news.xinhuanet.com/english2010/world/2010-07/16/c_111963155.htm

Thanks

