



WEEKLY COMPILATION

12 August to 17 August

2024





PRECISION NUTRITION IN SPORTS

Precision nutrition strategies are essential in sports to enhance performance and avoid health risks like disqualification due to weight issues.

The disqualification of Indian wrestler Vinesh Phogat from the Paris Olympics 2024 due to weight issues, emphasizing the need for precision nutrition in sports. It highlights the importance of integrating individual dietary recommendations tailored to an athlete's unique characteristics and circumstances. Precision nutrition involves understanding an athlete's metabolism, microbiome, and other biological factors to make evidence-based nutritional decisions. This personalized approach can help athletes maintain optimal health and performance, avoiding the pitfalls of a one-size-fits-all dietary plan. The role of continuous monitoring using devices like Continuous Glucose Monitors (CGMs), which help track glucose responses and other health parameters in real-time. Such monitoring can assist in making informed dietary decisions during training and competitions, ultimately helping athletes stay within required weight limits and avoid health issues like dehydration and muscle loss.

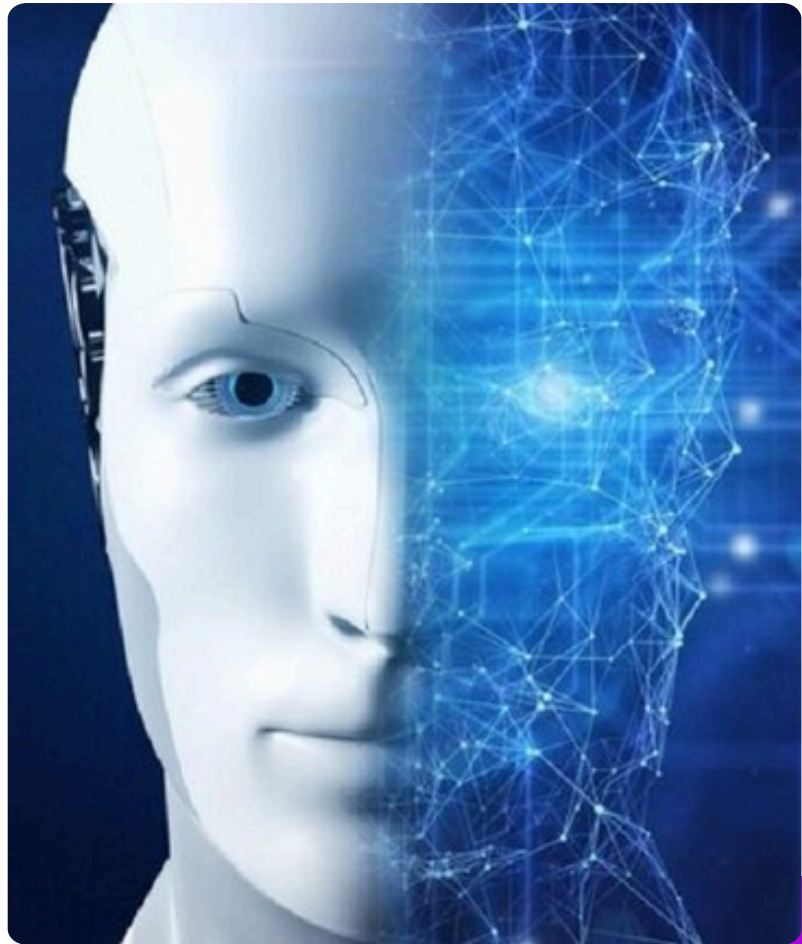
The involvement of sports nutritionists in developing and monitoring tailored nutritional plans for athletes, emphasizing the importance of real-time data to ensure athletes are in peak condition. The case of Phogat is presented as a reminder of the critical role that targeted nutrition plays in high-level sports, stressing the need for a more scientific and individualized approach to athlete nutrition to avoid such setbacks.

DISINFORMATION AND AI THREATS

The growing security threats posed by AI and disinformation, emphasizing the need for vigilance in the face of evolving cyber dangers.

The year 2024 has seen an alarming rise in security threats, particularly from AI-driven disinformation and cyberattacks. The article highlights the increasing concerns of experts worldwide, especially with major global events like the 2024 Summer Olympics, which were potential targets for digital attacks. Although no significant incidents occurred during the Games, the absence of attacks does not eliminate the looming threats. The editorial points to the growing use of AI to create and spread disinformation, manipulate media, and disrupt critical infrastructure, with references to the ongoing conflict in Ukraine as a case study.

A recent preview of such a scenario was the CrowdStrike outage, showing how a minor software glitch could lead to a significant cyberattack affecting millions of devices. The article also revisits past cyber incidents like the WannaCry ransomware attack, emphasizing that current systems may not be equipped to handle the more sophisticated AI-enabled threats of today. The author stresses the urgent need for global cooperation and preparedness to counter these evolving dangers, noting that AI can be both a tool and a weapon in the hands of those seeking to exploit vulnerabilities in digital systems.





South Asia's Tumult

India faces repeated challenges in South Asia, necessitating a pragmatic and inclusive approach to regional diplomacy.

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged.

The series of political upheavals in South Asia, highlighting India's struggles to navigate its relationships with neighboring countries. Events such as the Taliban's rise in Afghanistan, political changes in Sri Lanka and Nepal, and shifts in Bangladesh's governance have put India in a challenging position. India's approach, often seen as supporting one side over another, has led to strained relationships, particularly in Bangladesh where the current government's actions have alienated many. The editorial argues that India must avoid appearing partisan and adopt a more inclusive and pragmatic foreign policy, emphasizing the need to maintain stability, avoid reputational damage, and engage with all political factions in the region. This includes acknowledging the influence of global powers like China and the need for a balanced approach that considers internal and external perspectives. By learning from past mistakes and adopting a more flexible and diplomatic stance, India can better manage the complexities of its neighborhood.

15/08/2024



INDIA'S PATH TO INDEPENDENCE

The rapid progression towards India's independence, highlighting the key events, trials, and political dynamics that catalyzed the country's eventual freedom

Seventy-nine years ago, Britain's global dominance, lasting over three centuries, began to wane following World War II. The Labour Party's victory in 1945 under Clement Attlee marked the beginning of the end for British rule in India. Winston Churchill's reluctance to grant self-governance was overridden by post-war economic challenges and growing Indian resistance. The Red Fort trials, particularly the trial of the Indian National Army (INA) officers, galvanized India's freedom movement, uniting people across religious and regional lines against British rule. The British, desperate to maintain control, sought to exploit religious divisions, but their efforts backfired, igniting widespread protests and a renewed sense of unity among Indians. The editorial also reflects on how these trials, along with increasing global awareness and political pressures, contributed to the rapid movement towards India's independence and partition, culminating in the final transfer of power on August 15, 1947. The trials of the INA officers, in particular, became a symbol of resistance and Indian nationalism, ultimately leading to the collapse of British authority in India.

WELFARE NEGLECT IN BUDGET

The Indian government's persistent underfunding of welfare schemes, highlighting the adverse impact on the marginalized population.



The Union Budget's failure to address the critical needs of India's marginalized population by consistently underfunding key welfare schemes. Despite repeated calls to increase expenditure on welfare, the government has continued to reduce allocations, especially for crucial programs like the Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA) and the National Food Security Act (NFSA). These schemes, which serve as lifelines for the poor, have seen significant budget cuts over the years, leading to a decline in their effectiveness. The National Democratic Alliance (NDA) government's approach has particularly impacted vulnerable groups, including widows, the elderly, and those living below the poverty line. The article also highlights the inadequate funding for nutrition and health programs, which have resulted in high rates of malnutrition and chronic illness among children. While there has been a slight increase in the Budget allocation for health, it is deemed insufficient given the vast needs of the population. The editorial concludes by contrasting the government's focus on fiscal consolidation with the urgent need to address the widening inequality in the country, arguing that a more inclusive and welfare-oriented approach is necessary to support India's poorest citizens.

India's Inflation Challenge



India's inflation control measures, especially regarding food prices, require reevaluation due to their significant impact on the economy and household expenditures.

The critical issue of inflation in India, particularly the role of food prices in shaping inflationary trends. The recent suggestions to exclude food prices from the Reserve Bank of India's (RBI) inflation targets may undermine efforts to control inflation effectively. Food prices have been highly volatile, with a sharp year-on-year increase recently. This has elevated overall inflation to historically high levels, even before the impact of global events like the COVID-19 pandemic and the Ukraine war.

The practice of 'inflation targeting,' where the RBI adjusts its policies to meet a specific inflation target, has faced challenges, especially with food inflation. The ignoring food price fluctuations in inflation measurement is misguided since food comprises a significant portion of household expenditures. It notes that, unlike in other economies where food inflation is less impactful, India's unique economic structure makes food price changes crucial to overall inflation. Moreover, historical data suggests that the RBI's measures have not significantly impacted inflation rates.

The more comprehensive approach to inflation control that considers the broader implications of agricultural production and supply chain dynamics, urging policymakers to address the root causes of inflation rather than merely focusing on monetary policy adjustments.