

# FINDER

15<sup>th</sup>

April

2026



## FORTUNE IAS NEWS DAILY EXPLAINER

### The alarming rise of medicalisation in India

**Prelims:** General Studies Paper - 1  
Current events of national and international importance

**Mains:** General Studies - 2  
Issues relating to development and management of Social Sector/Services relating to Health, Education, Human Resources

#### 1. Context: Air India Policy and Anti-Obesity Drug Expansion

- Air India has indicated possible **pay cuts or de-rostering** for crew with higher BMI (Body Mass Index), citing **fitness and operational safety**.
- This coincides with **patent expiry of semaglutide**, after which **nearly 40 products entered the Indian market**, expanding access.
- Earlier, **tirzepatide** became **one of the highest-selling drugs**, showing strong demand.
- Reflects a shift toward **medicalisation of obesity**, with growing reliance on pharmaceutical solutions.

#### 2. Rising Obesity Burden and Structural Causes

- Nearly 25% of Indians are overweight/obese; 1 in 10 has diabetes, 1 in 3 hypertension**, with high prevalence of **fatty liver disease**.
- Childhood obesity is rising rapidly**, increasing future health risks.
- Causes include **ultra-processed foods, sedentary lifestyles, urban stress, alcohol use, and poor sleep**.
- Indians show **"thin-fat" phenotype** (higher fat despite lean appearance).
- Earlier **undernutrition** made weight gain a sign of prosperity, delaying concern.
- The ultra-processed food sector grew **about 13% annually (2011–2021)**.

#### 3. Pharmaceutical Expansion, Marketing, and Risks

- Anti-obesity drugs have created a **large, lucrative market**, boosted by cheaper semaglutide.
- Companies use **surrogate advertising** (ads, influencers, sponsored content) despite restrictions; regulation came **with delay (~1 year)**.
- Messaging blurs **science and commercial promotion**, overstating benefits.
- Drugs can cause **sarcopenia (muscle loss)**, with **25–40% weight loss from muscle**, affecting long-term health.
- Risks often **underemphasized**, and prevention needs **protein intake and resistance training**.
- A **treatment cascade** is emerging: obesity drugs → side effects → new drugs for those effects.

#### 4. Ethical Concerns, Policy Gaps, and Way Forward

- Frequent guideline updates** and rapid drug adoption raise concerns about **limited long-term evidence**.
- Medical bodies may be influenced by **market forces**.
- Root causes (ultra-processed foods)** receive less attention; policies like **front-of-package labels are delayed**.
- A **paradoxical system** exists: unhealthy food → drugs → drugs for side effects.
- Need to prioritise **diet, physical activity, sleep, and stress management**.
- Medicines should be **adjuncts, not substitutes**.
- Requires **greater transparency, ethical regulation**, and a shift away from **over-medicalisation of health**.

## Mapping the legislative vacuum in India's heat crisis

**Prelims:** General Studies Paper - 1  
Economic and Social Development-Sustainable Development, Poverty, Inclusion, Demographics, Social Sector Initiatives, etc.

**Mains:** General Studies - 2  
Issues relating to development and management of Social Sector/Services relating to Health, Education, Human Resources.

### 1. Changing Nature of Heatwaves in India

- **Heatwaves** have shifted from **seasonal events** to a **systemic national crisis**.
- Spread beyond **arid regions** to **coastal and temperate areas**.
- Over **57% of districts** are now **heat-prone**.
- Impact is unequal, divided by **class, caste, and gender**.
- For the **poor**, heat becomes a matter of **survival**, not discomfort.

### 2. Impact on Workers and 'Thermal Injustice'

- Around **400-490 million informal workers** face **extreme vulnerability**.
- **No access to cooling** means workers must **choose between staying healthy and earning money**.
- **Sanitation workers** face **toxic heat exposure** and even **physical burns**.
- **Gig workers can't take breaks** because **app rules push them to keep working**.
- **Construction workers & vendors** suffer **income loss + health risks**.
- Leads to **"thermal injustice"** especially on vulnerable groups.

### 3. Legal and Institutional Gaps

- **Factories Act, 1948** excludes most **outdoor workers**.
- **Occupational Safety, Health and Working Conditions (OSHC) Code 2020** lacks **mandatory heat safety standards**.
- Heatwaves are **not in the National Disaster list**, limiting **state funding**.

- States face the **"10% fund restriction"** for relief.
- From a worker's view, this is about **workplace safety**, not just a **disaster issue**.

### 4. Solutions and Policy Recommendations

- Include **heatwaves in the National Disaster list** (Finance Commission recommendation).
- Adopt **Heat Index (temperature + humidity)** for accurate assessment.
- Enforce **heat safety rules**:
  - **Work-rest cycles**
  - **Protective equipment (PPE)**
- Recognise **"Right to Cool"** under **Article 21**.
- Create **cooling shelters & water kiosks** in cities.
- Regulate **gig platforms** (no penalties during heat alerts).
- Introduce **income compensation & heat insurance models**.
- Shift to **"thermal safety as a constitutional right"**.

## What are the legal consequences of piracy?

**Prelims:** General Studies Paper - 1  
Current events of national and international importance

**Mains:** General Studies - 3  
Role of media and social networking sites in internal security challenges, basics of cyber security; money-laundering and its prevention.

### 1. Context

- The unreleased film starring Vijay was leaked online in high quality while awaiting censor certification.
- The nature of the leak suggests **involvement of someone with authorized access, indicating possible mishandling or intentional distribution**.
- While piracy is common, full high-resolution leaks before official release are uncommon, making this incident significant.

## 2. Film Piracy Laws in India & Their Enforcement

- The **Copyright Act, 1957** governs piracy, covering **films and other creative works**.
- **Sections 63 & 63A of the Act prescribe up to 3 years imprisonment and ₹2 lakh fine**, including for repeat offences.
- The **Cinematograph Act, 1952** (amended 2023) allows **fines up to 5% of a film's budget**.
- Pre-release leaks, like *Jana Nayagan*, are **treated more seriously due to higher financial damage**.
- **Enforcement in India is often weak**, with piracy cases rarely pursued strongly.
- **Liability extends beyond original leakers to distributors and even individuals** sharing links.

## 3. Film Leaks & Anti-Piracy Measures

- **High-quality leaks usually happen after a film is released** on platforms like Netflix or Amazon Prime Video.
- Despite strong Digital Rights Management (DRM) protections, hackers find loopholes to record or decrypt streams, leading to HD piracy copies.
- Studios **use watermarking to trace the exact source of a leak**.
- **Each copy is uniquely tagged** for different recipients.
- **Access is tightly controlled** during distribution stages.
- Leaks attract strict punishment under Copyright Act, 1957.

## 4. What happens if a movie has already been leaked?

- It is **very difficult to completely remove a leaked movie** from the internet.
- **Piracy websites keep changing domains** to escape blocking.
- **Movies spread rapidly through platforms** like Telegram and torrent networks.
- Anti-piracy firms like AiPlex send takedown notices to platforms.
- Courts **issue dynamic injunctions to block newly emerging piracy links**.

## Balancing faith and ecology: are rivers taking the brunt?

**Prelims:** General Studies Paper - 1  
Current events of national and international importance

**Mains:** General Studies - 3  
Conservation, environmental pollution and degradation, environmental impact assessment.

### 1. Context

- A **21-day religious ceremony at Pataleshwar Mahadev Temple** ended with 11,000 litres of milk being poured into the Narmada River as a sacred offering.
- The ritual aimed to “purify” the river and seek blessings for Narmada Parikrama pilgrims.
- The **act triggered debate over religious practices vs environmental concerns**, especially regarding **potential river pollution**.
- Critics highlighted the contrast with **malnutrition issues in Madhya Pradesh, arguing the milk could have supported thousands of children** under nutrition schemes.

### 2. Impacts of Ritual Offerings on Aquatic Ecosystems

- **Increases Biochemical Oxygen Demand (BOD), consuming dissolved oxygen in water and creating stressful or uninhabitable conditions** for aquatic organisms.

**Biochemical Oxygen Demand (BOD):** It is the amount of dissolved oxygen required by microorganisms to break down organic matter in water, indicating the level of water pollution.

- Oxygen depletion leads to aquatic life loss.
- **Decomposing offerings increase microbial activity**, worsening pollution and reducing water quality.
- **Excess nutrients cause algal blooms (eutrophication)**, blocking sunlight and harming aquatic life.
- **Idol immersions release toxic metals and chemicals**, increasing river pollution (noted by Central Pollution Control Board and National Green Tribunal).

### 3. India's Environmental Legal Framework and Regulation of Religious Practices

- **Article 21 of the Indian Constitution** guarantees the right to a clean and healthy environment.
- The **Water (Prevention and Control of Pollution) Act, 1974** regulates water pollution and empowers authorities to act
- **Article 25 of the Indian Constitution** allows religious freedom but **permits restrictions for public health and environmental protection.**
- **Courts and National Green Tribunal** apply the **precautionary principle** and “polluter pays” doctrine to enforce accountability.
- **While guidelines (e.g., by Central Pollution Control Board) exist, there is no specific law for ritual offerings,** and enforcement remains inconsistent.

### 4. Effectiveness of Per Capita Limits on Ritual Offerings

- Even small offerings add up to large pollution. At Varanasi Ghats, daily waste becomes massive.
- Per capita limits alone are insufficient.
- Sustainable management requires **combined measures like site-specific caps, proper waste collection,** and diversion, while respecting faith.

## KEYWORDS

#### National Programme for Health Care of the Elderly (NPHCE)

- The National Programme for Health Care of the Elderly (NPHCE) was **launched in 2010–11 by the Ministry of Health and Family Welfare** as a **Centrally Sponsored Scheme.**
- It aims to **provide accessible, affordable, and dedicated healthcare services to people aged 60 years and above** at Primary, Secondary, and Tertiary levels.
- The programme **emphasizes preventive and promotive care,** including regular health check-ups, awareness, and domiciliary visits for elderly care.

- It **provides infrastructure through Primary Health Centres (PHCs) with weekly geriatric clinics, Community Health Centres (CHCs) with bi-weekly clinics,** and District Hospitals with dedicated wards.
- It **strengthens tertiary care through National Centres of Ageing (NCAs) and Regional Geriatric Centres (RGCs),** along with rehabilitation services for bedridden elderly.

#### Bohag Bihu/Rongali Bihu

- **Bihu** is an **important festival of Assam,** celebrated with **great joy across the state.**
- There are **three Bihu festivals-Bohag Bihu in Baisakh (April), Magh Bihu in January,** and **Kati Bihu in October.**
- **Bohag Bihu (Rongali Bihu)** is a **joyful festival** that marks the **Assamese New Year** and the **arrival of spring.**
- The **first day,** known as **Goru Bihu,** involves **bathing cows and bulls with turmeric,** feeding them **gourds and brinjals,** and giving them **new ropes.**
- The **second day,** called **Manuh Bihu,** is celebrated by **men, women, and children** who wear **new clothes,** prepare **special dishes,** and make different varieties of **pithas.**
- It is a time of **celebration and social bonding,** where people **visit friends and relatives,** exchange **food and gifts,** and present **hand-woven scarves 'Gamucha'** as a mark of **respect and honour.**