

(Please do not write anything except the question number in this space)

कृपया इस स्थान में प्रश्न संख्या के अतिरिक्त कुछ न लिखें।

# UPSC

Answer Questions in NOT MORE THAN the Word Limit specified for each in the Parenthesis.  
Content of the Question is more important than length.  
( Specimen Answer Booklet - For Practice Purpose Only)

उम्मीदवारों को इस हाशिये में नहीं लिखना चाहिए।  
Candidates must not write on this margin

Q. Hunger and malnourishment are two different things. Discuss this in the context of Global Hunger Index 2022. Also, suggest measures to deal with malnourishment in India.

↳ Hunger and Malnourishment

↳ Hunger is associated with food scarcity and starvation.

↳ malnourishment is lack of Proper Nutrition.

↳ Global Hunger Index 2022

1) ↳ Recently GHI released, India ranked 107 out of 121 countries. In response - the Indian Government has raised methodological concerns.

2) ↳ But there is no denying that in India, Nutrition particularly child Nutrition continues to be problem.

3) ↳ National Family Health Survey (NFHS) does a good job of providing comparative state level data, including the main pointers that determine health and nutrition.

↳ Measures to deal with Malnourishment.

1) ↳ Sanitation and hygiene require much more work.

2) ↳ Body mass Index (BMI) test is the



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Best way of identifying both thin and overweight kids and the ongoing poshan Abhiyan there is a need to declutter the current approaches to undernutrition.

3) Advise against a disproportionate focus on anthropometry (Body measurement) instead direct engagement with actual diet and food

4) NHTS says 42% of infants are breastfed it is not enough, infant is denied the benefit of activating antibodies against infection.

5) Diversity in Diet is important

↳ Food distribution Programme to kids like attending anganwadis, schools, adolescent and pregnant & lactating mothers

↳ Conclusion

State should re-examine NHTS finding to steer a new course to improve the poshan practices for the youngest and most vulnerable section of the society