

## **1. Study Links Even Light Alcohol Use to Increased Dementia Risk**

A new international study revealed that consuming as little as three alcoholic drinks per week can increase the risk of developing dementia in later life.

- The research found a 15% increase in dementia risk for every three additional drinks consumed weekly.
- Scientists highlighted that even “social drinking” could have cumulative effects on brain health over time.
- The study encourages adults to limit or abstain from alcohol to reduce cognitive decline risk.

Why it matters: India’s rising cases of lifestyle-related dementia may worsen if moderate drinking continues to be socially accepted as safe.

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## **2. Firecracker Noise Triggers Anxiety and Cardiac Scares Among Seniors in Kolkata**

Hospitals across Kolkata reported a significant increase in elderly patients experiencing heart palpitations, elevated blood pressure, and anxiety following intense firecracker activity during festive celebrations.

- Doctors linked the symptoms to noise-induced stress causing overactivation of the sympathetic nervous system.
- Many patients were treated for chest discomfort, arrhythmias, and panic episodes.
- Hospitals advised senior citizens with heart disease to stay indoors during peak celebration hours.

Why it matters: The event highlights the ongoing public-health concern of noise pollution and its underestimated cardiovascular impacts.

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### **3. Indian Student Airlifted After Brain Stroke in Kazakhstan**

A 22-year-old medical student from Jaipur studying in Kazakhstan was airlifted to India after suffering a brain stroke.

- The student was transferred to Jaipur's SMS Hospital for advanced neurological care.
  - Doctors stabilized her condition and reported gradual improvement following prompt medical evacuation.  
Why it matters: The case underscores the importance of accessible international medical evacuation protocols for Indian students studying abroad.
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### **4. National Nutrition Case Competition 'Yukti – Nutrition Nirmaan' Launched**

IIM Nagpur and UNICEF, in collaboration with public health authorities, launched a national case competition titled "Yukti – Nutrition Nirmaan."

- The initiative invites young innovators and students to propose sustainable solutions for combating malnutrition.
  - Themes include school nutrition, fortified foods, and behavioural change communication.  
Why it matters: India continues to face malnutrition challenges, and involving future leaders in solution design can enhance awareness and innovation in nutrition programmes.
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## **5. Surge of MBBS Applicants for Municipal Health Posts in Pune**

The Pune Municipal Corporation received over 250 applications from MBBS doctors for only 22 vacancies at its health centres.

- Each post offers a salary of approximately ₹25,000 per month plus performance-based incentives.
- The overwhelming response indicates rising competition among medical graduates seeking urban primary-care roles.  
Why it matters: This trend challenges perceptions of a doctor shortage, suggesting that employment distribution, not availability, is the real issue in India's medical workforce.