

1. AIIMS Study Finds Yoga May Improve Tobacco-Cessation Outcomes

- An AIIMS-led study reported that tobacco users who practised yoga had approximately **50% higher odds of achieving short-term abstinence** compared with control groups receiving standard interventions.
- The findings highlight the potential role of yoga as an adjunct to:
 - Tobacco-cessation counselling
 - Behavioural interventions
 - Lifestyle modification

👉 **Clinical Insight:** Integrating structured yoga-based interventions with established tobacco-cessation programmes may improve quit attempts and short-term abstinence outcomes.

2. India's Medical Education Capacity Continues to Expand

- India now has **844 medical colleges**, with **1,39,489 MBBS seats** and **86,360 postgraduate seats**, according to recent government data.
- The expansion reflects a major increase in:
 - Undergraduate medical education
 - Postgraduate training capacity
 - Medical institutions across the country

👉 **Healthcare Workforce Insight:** Increasing medical education capacity may strengthen India's long-term healthcare workforce, although equitable distribution of doctors and specialists remains important.

3. India Strengthens Its Position in Medical Research and Innovation

- India continues to emerge as a major contributor to medical research and healthcare innovation in South Asia.
- Increasing activity is being seen in:
 - Biomedical research
 - Digital health
 - Artificial intelligence
 - Pharmaceutical innovation
 - Translational medicine

👉 **Research Trend:** Growing research capacity can help India develop solutions that are more relevant to its own disease burden and healthcare needs.

4. National Health Authority Reviews Progress of AB PM-JAY and ABDM

- The National Health Authority concluded a national review meeting focusing on:
 - Ayushman Bharat Pradhan Mantri Jan Arogya Yojana
 - Ayushman Bharat Digital Mission
 - Implementation priorities
 - Best practices across States and Union Territories

👉 **Digital Health Insight:** Strengthening both financial protection and digital health infrastructure remains central to the next phase of India's healthcare reforms.

5. Ebola Outbreak in the Democratic Republic of Congo Continues to Escalate

- The Democratic Republic of Congo has reported a significant rise in confirmed Ebola cases and deaths.
- Health authorities are intensifying efforts to:
 - Detect cases early
 - Trace contacts
 - Isolate patients
 - Strengthen infection prevention and control

👉 **Global Health Alert:** The outbreak highlights the continued importance of rapid outbreak detection, healthcare-worker protection, and international preparedness for high-consequence infectious diseases.

6. India's Healthcare Sector Continues Strong Expansion

- India's healthcare sector continues to record strong growth, supported by:
 - Hospital capacity expansion
 - Diagnostic infrastructure
 - Increasing healthcare demand
 - Investment in technology and advanced care

👉 **Healthcare Industry Trend:** Continued expansion is creating opportunities for improved access to healthcare while also increasing the need for strong quality and affordability standards.