



Major Developments in Indian Healthcare

National Medical Commission (NMC) approves 4,201 new PG seats for 2025-26

- The medical regulator approved 4,201 new postgraduate medical seats in broad specialties at private medical colleges for the academic year 2025-26.
- This expansion aims to increase availability of specialised doctors — potentially easing doctor-shortage, especially in underserved areas.

Rise in child and early-onset diabetes alarming — growing “hidden epidemic”

- There’s a noticeable surge in diabetes among children, teenagers and young adults in India. Around 60% of young patients have a family history, and about 70% are overweight/obese at diagnosis.
- Experts warn early detection and lifestyle changes (diet, exercise) are critical to avoid long-term complications.

India positioning itself as an “innovation-led pharma nation” over next 5 years

- According to the Central Drugs Standard Control Organization (CDSCO), reforms like streamlined regulatory processes and a proposed ₹1,00,000 crore hospital-finance scheme aim to shift India from a “pharmacy of the world” to a hub of pharmaceutical innovation.
- This could help boost domestic research and development — with potential impact on availability and affordability of advanced medicines.

Push for AI-powered disease surveillance to strengthen outbreak detection

- The National Centre for Disease Control (NCDC) is upgrading its disease-surveillance systems using artificial intelligence, real-time data analytics and digital platforms to identify outbreaks before they escalate.
 - Experts say such predictive models could greatly improve public health response times and save lives.
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Health Challenges & Public-Health Alerts

Increasing antibiotic resistance — “superbugs” emerging across India

- A recent nationwide surveillance report by the Antimicrobial Resistance Research & Surveillance Network (AMRSN) shows that many common antibiotics are becoming ineffective in treating routine infections.
- This rising antimicrobial resistance underscores urgent need for stricter antibiotic stewardship, improved infection control, and accelerated development of new drugs.

Vulnerable groups advised to get vaccinated as winter fuels respiratory illnesses

- With onset of winter, cities like Kolkata report a spike in pneumonia and influenza cases — especially among the elderly and those with chronic respiratory conditions.
- Demand for pneumonia and flu vaccines has surged. Doctors recommend timely vaccination for individuals over 50 and people with pre-existing conditions.



Public Health & Policy Updates

New focus on combining traditional and modern medicine to tackle lifestyle disorders

- A two-day conference in Bengaluru is exploring integrative approaches that combine traditional (e.g. Ayurvedic) knowledge with modern biomedical research to address obesity and metabolic syndrome — a growing concern in India.
- Such interdisciplinary initiatives may pave the way for more holistic, accessible strategies for chronic disease prevention and management.

Attention to quality healthcare — appointment of new board member at accreditation body

- Dr Shuchin Bajaj has been appointed to the board of National Accreditation Board for Hospitals & Healthcare Providers (NABH), which oversees quality standards in Indian hospitals.
- His inclusion signals an ongoing effort to improve accessibility, equity, and quality of care — especially for underserved populations.