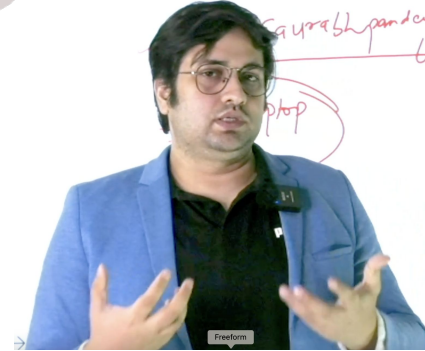


Topics - MINDS MAPS included



- Hormones Role
- Northern Bald Ibis 
- Public Health Emergency of Continental Security (PHECS)
- Care economy
- ROLE OF SEBI
- Overview of OPEC+
- YOLO GENERATION

Mains



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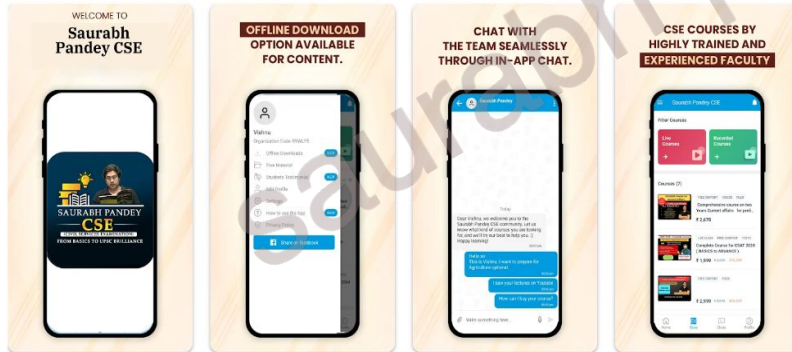
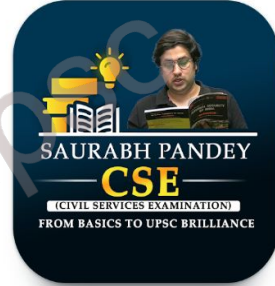
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Topic- Hormones Role



(i) The brain: The hypothalamus, a small part of the brain, produces two kinds of hormones: orexigenic hormones increase appetite and anorexigenic hormones lower appetite and increase satiety. Hormones are molecules produced in one part of the body that exert their effects on a different and often distant part.

The orexigenic and anorexigenic hormones are produced in the hypothalamus and show their effects on other parts of the brain and in the gut.

(ii) The bowels: The gut produces hormones that can directly communicate with the brain to regulate appetite; it also regulates the rate at which food flows through the gut, which affects body weight.

(iii) The brawn: “The brawn refers to the physical build of the body,”. It has two kinds of hormones that he called “burners” and “builders”. Burners, including hormones produced by the thyroid, increase metabolism and lead to weight loss. Builders, like insulin, help incorporate glucose from the bloodstream into liver and fat cells and skeletal muscles, leading to weight gain

Topic- Northern Bald Ibis



Overview

Species: Northern bald ibis (*Geronticus eremita*)

Habitat: Open areas like grasslands and rocky mountains

Status: Critically endangered with fewer than 1,000 left in the wild



Characteristics

Appearance:

Blackish feathers, bare red face, and throat

Unique raggedy mane

Behavior:

Monogamous, lifelong mates

Communicate using croop calls

Conservation Efforts

Reintroduction Programs:

Initiatives in Europe to reintroduce the species

Threats:

Hunting pressure historically led to extinction in Central Europe

Climate change and habitat loss

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Topic- Public Health Emergency of Continental Security (PHECS)



Defining PHECS

- **Definition and Significance:** PHECS refers to a public health emergency that poses a significant threat to the health and security of an entire continent. It requires a coordinated and rapid response to mitigate its impact and prevent further spread.
- **Triggers and Criteria:** PHECS is declared based on specific criteria, such as the severity of the health threat, its potential to cross borders, and the need for a unified continental response, ensuring that resources and expertise are mobilized effectively.
- **Historical Context:** Understanding the historical context of PHECS declarations, including previous instances and their outcomes, provides valuable insights into the current challenges and response strategies.

Key Characteristics of PHECS

- **Scope and Complexity:** PHECS encompasses a wide range of health threats, including infectious diseases, environmental disasters, and other crises that require a continent-wide response due to their scale and complexity.
- **Interconnectedness and Vulnerabilities:** Exploring how interconnectedness and vulnerabilities contribute to the emergence and spread of PHECS helps students understand the broader context of global health security.
- **Role of Continental Organizations:** Highlighting the roles of continental health organizations in addressing PHECS, such as the Africa CDC, demonstrates the importance of collaborative efforts in managing such emergencies.

Preparedness and Mitigation Strategies



- **Risk Assessment and Early Warning Systems:** Highlighting the importance of risk assessment and early warning systems in identifying and responding to potential PHECS events emphasizes the proactive approach to public health.
- **Capacity Building and Resource Allocation:** Understanding the need for capacity building and resource allocation in preparation for PHECS enables students to appreciate the logistical and organizational challenges involved.
- **Community Engagement and Communication:** Emphasizing the role of community engagement and effective communication in PHECS preparedness fosters an understanding of the importance of public participation in emergency response.



Overview

Definition: A coordinated response to health threats affecting multiple countries in Africa.

Focus: Addressing the outbreak of Mpox and other infectious diseases.

Purpose: Mobilizing resources and strengthening health systems across the continent.

This comes on the heels of the Africa Centres for Disease Control and Prevention's (AfricaCDC) declaration of a Public Health Emergency of Continental Security (PHECS), marking the first instance where both regional and global health emergencies have been declared concurrently for the same disease



Key Components

Detection & Surveillance:

Early identification of outbreaks.

Continuous monitoring of disease spread.

Response Strategies:

Rapid deployment of health resources.

Coordination among countries and health organizations.

Awareness & Education:

Public health campaigns to inform communities.

Training healthcare professionals on emerging threats.

Collaboration:

Partnerships with WHO and other international organizations.

Engagement with local governments and NGOs.

Challenges

Resource Allocation:

Ensuring equitable distribution of medical supplies.

Funding for health initiatives.

Public Compliance:

Overcoming vaccine hesitancy and misinformation.

Encouraging adherence to health guidelines.

Infrastructure:

Improving healthcare access in remote areas.

Strengthening laboratory and diagnostic capabilities.

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Future Directions

Innovation in Health Technologies:

Utilizing AI and data analytics for outbreak prediction.

Developing new vaccines and treatments.

Strengthening Health Systems:

Investing in healthcare infrastructure.

Enhancing training for health professionals.

Global Partnerships:

Collaborating on research and development.

Sharing best practices and resources among nations.

Topic- Care economy

Overview of Care Economy

Definition: Economic sector focused on providing care services (childcare, eldercare, healthcare).

Importance: Critical for social well-being, workforce participation, and economic stability.

Challenges: Underfunding, workforce shortages, and lack of recognition.

Key Components



Policy Advocacy:

Importance of laws supporting care workers.

Government initiatives to improve care services.

Workforce Development:

Training programs for caregivers.

Fair wages and benefits for care workers.

Community Engagement:

Role of community organizations.

Involvement of families in care decisions.

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Economic Impact

Job Creation:

Increase in demand for care services leads to more jobs.

Support for Women:

Women are disproportionately represented in care jobs.

Economic empowerment through stable employment.

Support for Families:

Accessible care services help families thrive.

Reduction in stress and increase in productivity.

Future Directions

Innovative Solutions:

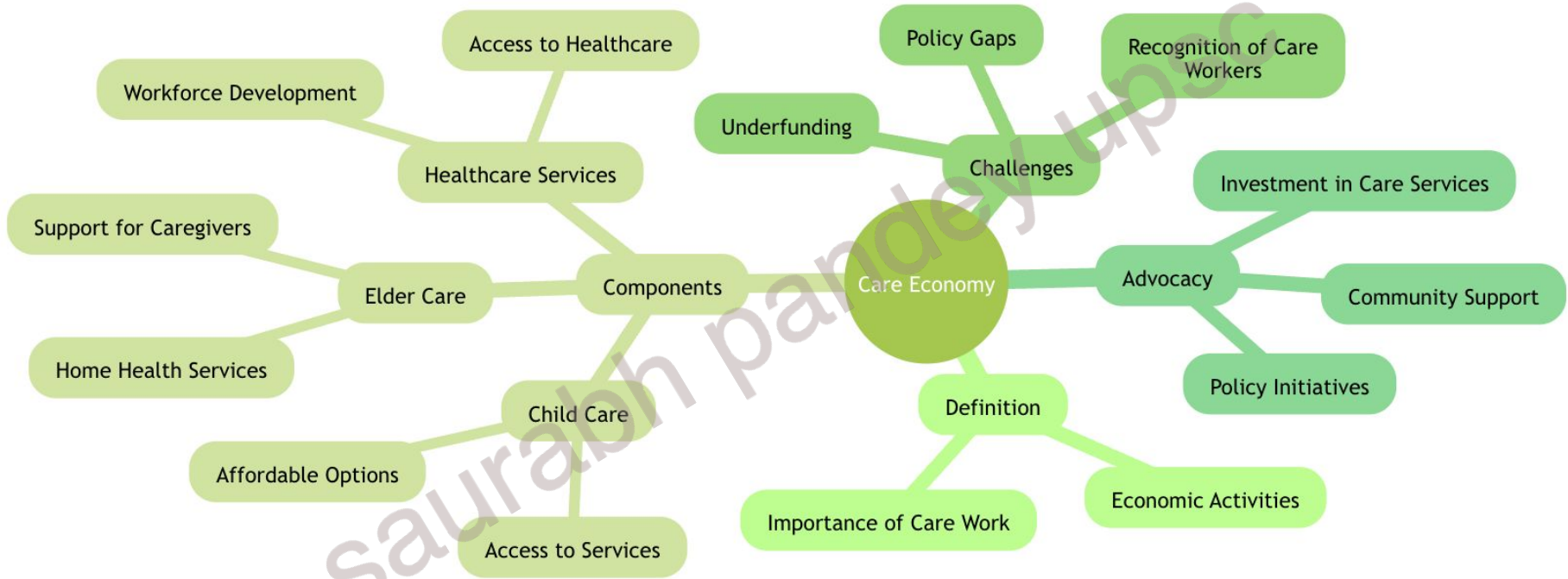
Technology integration in care services.

Flexible work arrangements for caregivers.

Public Awareness:

Campaigns to highlight the value of care work.

Education on the importance of care economy.





Topic- ROLE OF SEBI

Overview

SEBI: Securities and Exchange Board of India

Established: 1992

Purpose: Regulate the securities market in India

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Key Functions of SEBI



Market Regulation

Ensures transparent trading practices

Protects investor interests

Investor Protection

Educates investors about market risks

Addresses grievances and fraud

Market Development

Promotes and develops the securities market

Encourages innovation in the financial sector

Regulatory Framework

Sets rules for market participants

Monitors and enforces compliance

Recent Developments

Crypto Regulation

SEBI's evolving role in cryptocurrency regulation

Divergence from RBI's approach

Hindenburg vs Adani Probe

Investigative role in major market events

Ensuring accountability in corporate governance

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Importance of SEBI

Market Confidence

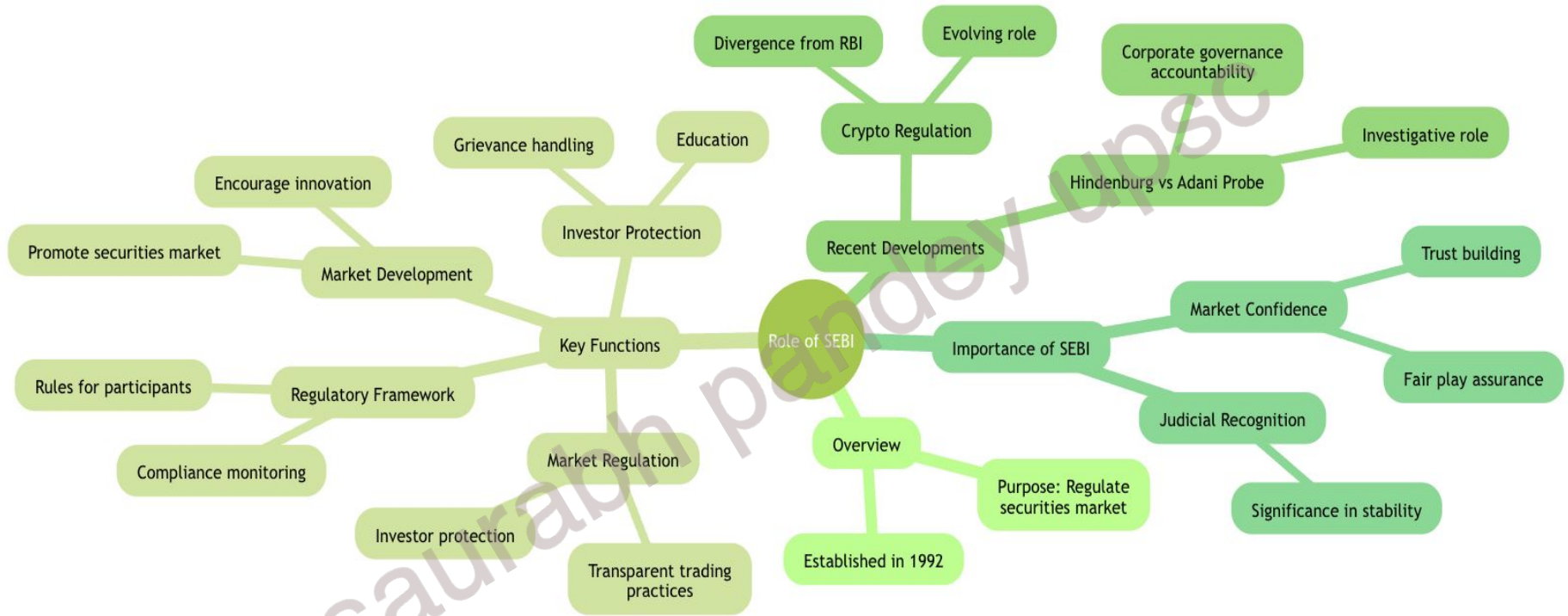
Builds trust among investors

Ensures fair play in the market

Judicial Recognition

Highlighted by judicial authorities for its significance in market stability

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Topic- Overview of OPEC+



Definition: OPEC+ is a coalition of oil-producing countries that includes OPEC members and other major oil-exporting nations.

Purpose: To coordinate and manage oil production levels to influence global oil prices.

Key Topics

Members:

OPEC Countries (e.g., Saudi Arabia, Iraq, UAE)

Non-OPEC Partners (e.g., Russia, Kazakhstan)

Goals: Stabilizing oil prices, managing supply, and ensuring a sustainable market.

OPEC Member Countries

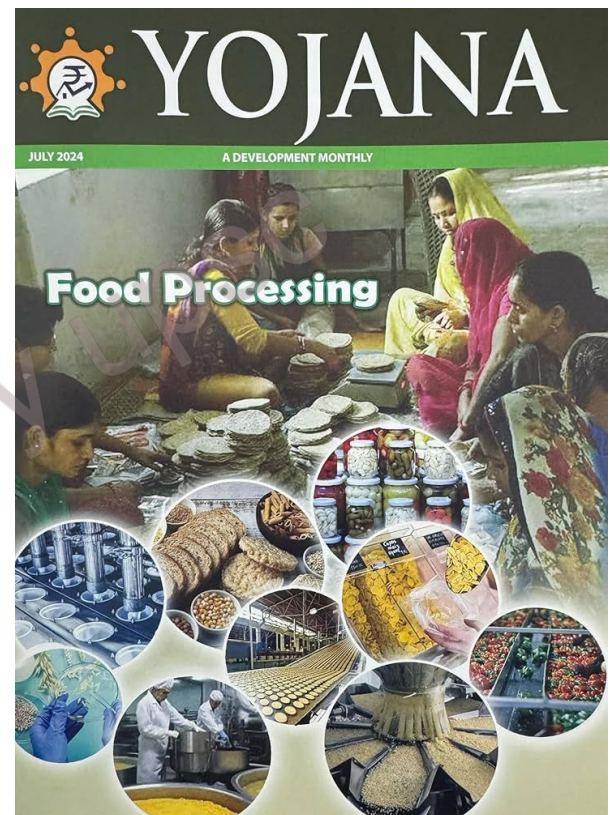


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Current Trends

Production Cuts: OPEC+ has extended production cuts into 2025 to stabilize oil prices.

Market Risks: Recent outlooks indicate potential risks affecting oil prices, with predictions dropping below \$80 per barrel.

Global Inventory: There is a noticeable shrinkage in global oil inventories as OPEC's decisions loom

Market Dynamics:

Influence of U.S. and Guyana oil supply on OPEC+ strategies.

Current oil price trends and forecasts.

Challenges:

Balancing production cuts with rising global demand.

Risks from fluctuating supply and geopolitical factors.

Topic- YOLO GENERATION

- **As South Korea scrambles to halt the sharp decline in its birth rate, policymakers are having a hard time convincing many in their 20s and 30s that parenthood is a better investment than stylish clothes or fancy restaurants.**
- **Asia's fourth-largest economy plans to launch a new government ministry dedicated to demographic challenges after years of incentives failed to ease the baby crisis.**

- **“I’m all about YOLO (you only live once),”**
- **“They are status hunting. Their high spending habits show young people are working on their own emblems of success online rather than focusing on the impossible goals of settling down and have children,**

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Overview of the YOLO Generation

- The term "YOLO" stands for "You Only Live Once"
- Represents a lifestyle of spontaneity and enjoyment
- Associated with the younger demographics, primarily Millennials and Gen Z

Key Characteristics

- Emphasis on experiences over possessions
- Willingness to take risks
- Preference for luxury and unique products
- Resistance to traditional norms such as marriage and homeownership

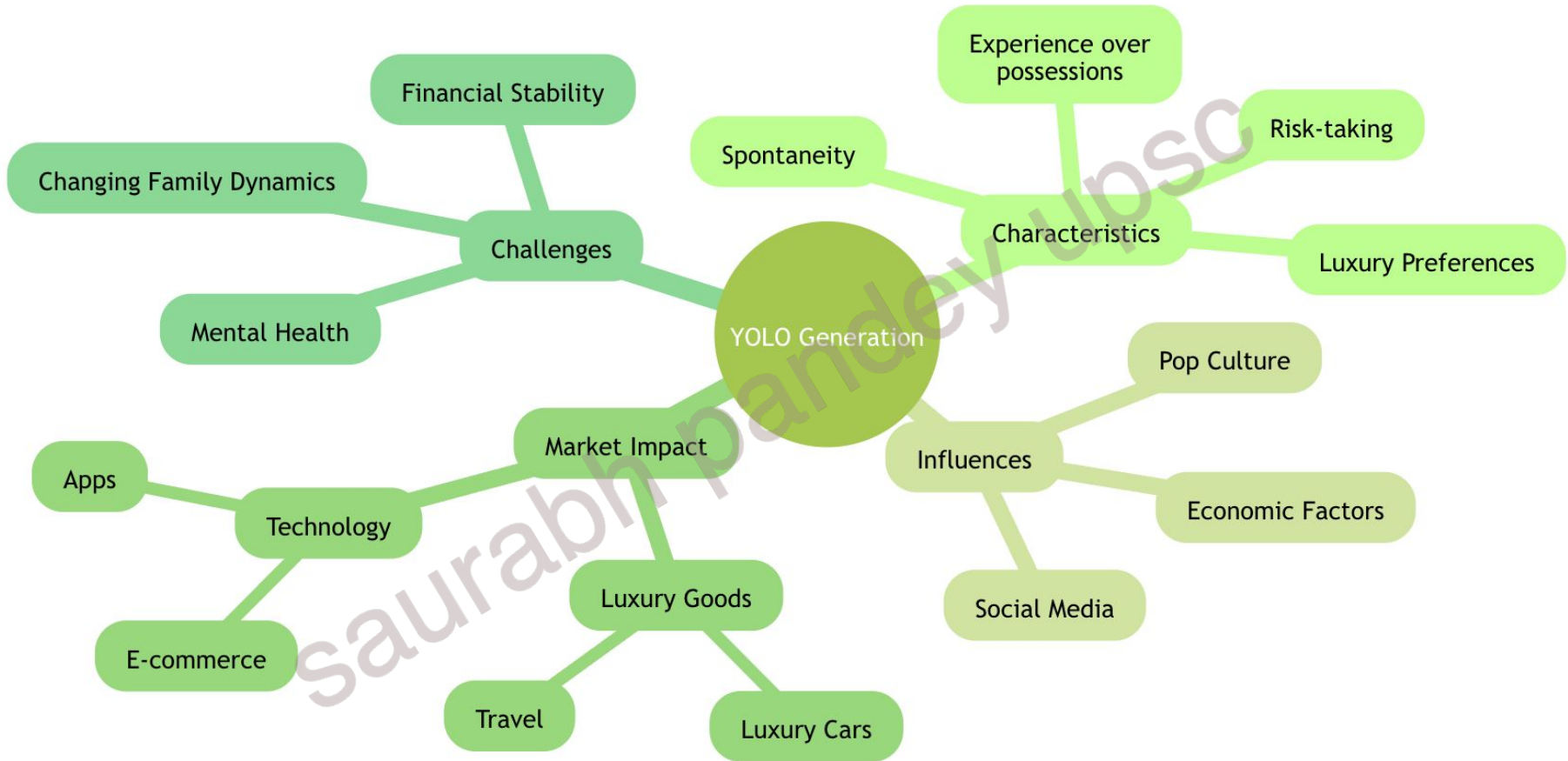


Figure 1.2: Table

Topic- Pacific Islands Summit Overview

--- >> Pacific islands summit in Tonga

Key Themes

Climate Change 🌍

Geopolitical Rivalry 🌍

Economic Development 💰

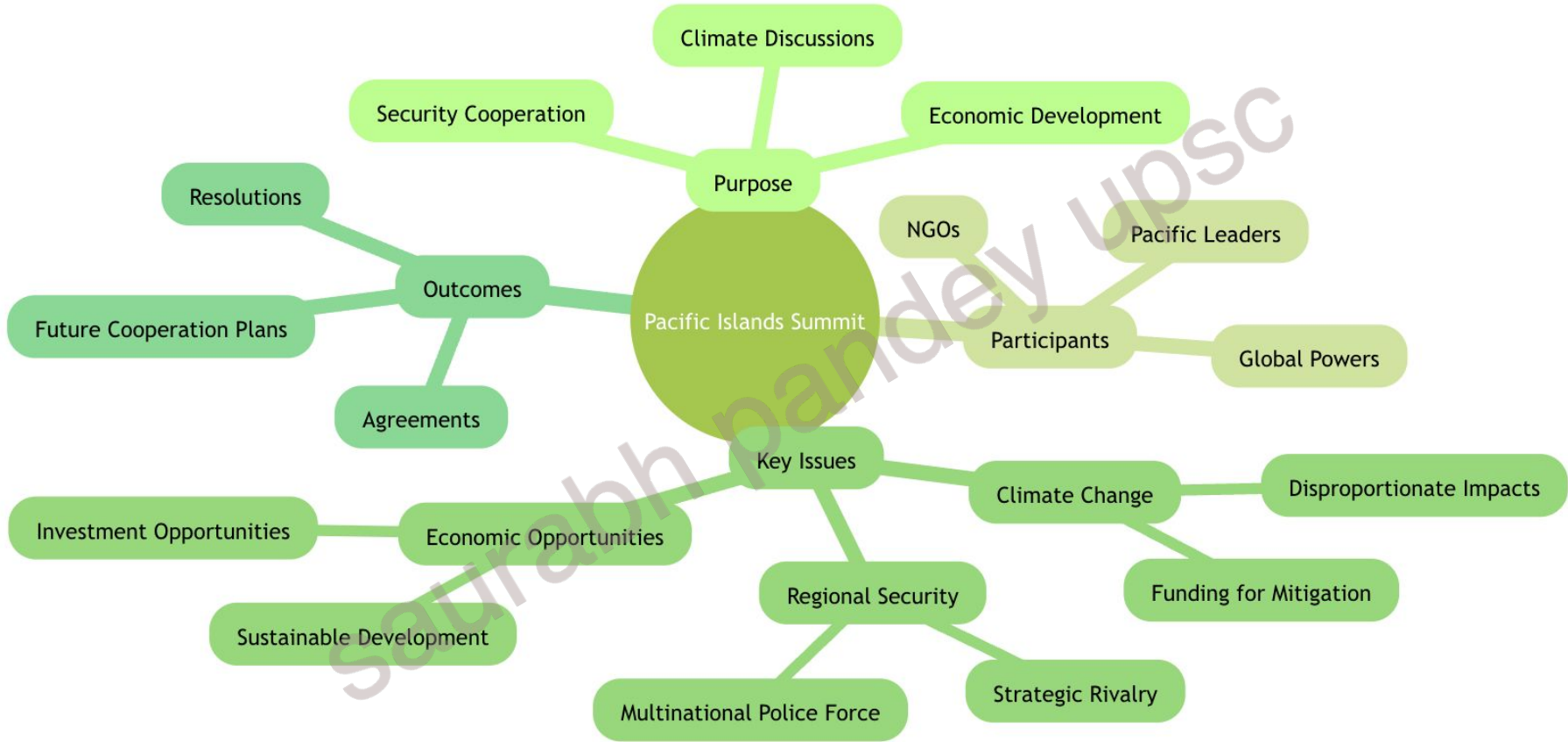
Regional Security 🔒

Climate Change

Disproportionate impacts on Pacific islands.

Urging big polluters to take responsibility.

Focus on sustainable practices and renewable energy.



Geopolitical Rivalry

- **Strategic interests of world powers in the Pacific.**
- **Influence from China, U.S., and other nations.**
- **Concerns over sovereignty and local governance.**

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Economic Development

Opportunities for trade and investment.

Sustainable tourism as a growth sector.

Support from international organizations.

Regional Security

Discussion on multinational Pacific police force.

Collaboration on maritime security.


Response strategies for natural disasters

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