

# PRAYAS 4 IAS

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# Special Issue

## September (Week 5)

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## All about Digital Health ID

(Source: [Indian Express](#) )

**Context:** Prime Minister Narendra Modi launched the *Ayushman Bharat Digital Mission (ABDM)*, saying it has the “potential of bringing a revolutionary change in India’s healthcare facilities”. The flagship digital initiative involves the creation of not just a unique health ID for every citizen, but also a digital healthcare professionals and facilities registry.

### What is the unique health ID, and how does one get it?

- If a person wants to be part of the ABDM, she must create a health ID, which is a randomly generated 14-digit number.
- The ID will be broadly used for three purposes: unique identification, authentication, and threading of the beneficiary’s health records, only with their informed consent, across multiple systems and stakeholders.
- One can get a health ID by self-registration on the portal or by downloading the ABDM Health Records app on one’s mobile. Additionally, one can also request the creation of a health ID at a participating health facility, which may include government or private hospitals, community health centres, and wellness centres of the government across India.
- The beneficiary will also have to set up a Personal Health Records (PHR) address for consent management, and for future sharing of health records.



### What is a PHR address?

- It is a simple self-declared username, which the beneficiary is required to sign into a Health Information Exchange and Consent Manager (HIE-CM). Each health ID will require linkage to a consent manager to enable sharing of health records data.
- An HIE-CM is an application that enables sharing and linking of personal health records for a user. At present, one can use the health ID to sign up on the HIE-CM; the National Health Authority (NHA), however, says multiple consent managers are likely to be available for patients to choose from in the near future.

### What does one need to register for a health ID?

- Currently, ABDM supports health ID creation via mobile or Aadhaar.
- The official website states that ABDM will soon roll out features that will support health ID creation with a PAN card or a driving licence.
- For health ID creation through mobile or Aadhaar, the beneficiary will be asked to share details on name, year of birth, gender, address, mobile number/Aadhaar.

### Is Aadhaar mandatory?

- No, it is voluntary. One can use one’s mobile number for registration, without Aadhaar.
- If the beneficiary chooses the option of using her Aadhaar number, an OTP will be sent to the mobile number linked to the Aadhaar.

- However, if she has not linked it to her mobile, the beneficiary has to visit the nearest facility and opt for biometric authentication using Aadhaar number.
- After successful authentication, she will get her health ID at the participating facility.

### **Can I delete my health ID and exit the platform?**

- Yes, the NHA says ABDM, supports such a feature. Two options are available: a user can permanently delete or temporarily deactivate her health ID.
- On deletion, the unique health ID will be permanently deleted, along with all demographic details.
- The beneficiary will not be able to retrieve any information tagged to that health ID in the future, and will never be able to access ABDM applications or any health records over the ABDM network with the deleted ID.
- On deactivation, the beneficiary will lose access to all ABDM applications only for the period of deactivation.
- Until she reactivates her health ID, she will not be able to share the ID at any health facility or share health records over the ABDM network.

### **What facilities are available to beneficiaries?**

- You can access your digital health records right from admission through treatment and discharge.
- Second, you can access and link your personal health records with your health ID to create a longitudinal health history.

### **What other features will be rolled out?**

- Upcoming new features will enable access to verified doctors across the country.
- The beneficiary can create a health ID for her child, and digital health records right from birth.
- Third, she can add a nominee to access her health ID and view or help manage the personal health records.
- Also, there will be much inclusive access, with the health ID available to people who don't have phones, using assisted methods.

### **How do private players get associated with a government digital ID?**

- The NHA has launched the NDHM Sandbox: a digital architecture that allows helps private players to be part of the National Digital Health Ecosystem as health information providers or health information users.
- The private player sends a request to NHA to test its system with the Sandbox environment. The NHA then gives the private player a key to access the Sandbox environment and the health ID application programming interface (API).
- The private player then has to create a Sandbox health ID, integrate its software with the API; and register the software to test link records and process health data consent requests.
- Once the system is tested, the system will ask for a demo to the NHA to move forward. After a successful demo, the NHA certifies and empanels the private hospital.

### **Why is this initiative significant?**

- At present, the use of digital health ID in hospitals is currently limited to only one hospital or to a single group, and mostly concentrated in large private chains.
- The new initiative will bring the entire ecosystem on a single platform.
- For instance, if a patient is getting treated at AIIMS, Delhi, and wants to move to another hospital in a different city, and if that hospital is also on the centralised ecosystem, the patient does not have to carry physical health records or files of several years of treatment, as the medical history is readily available.
- The system also makes it easier to find doctors and specialists nearest to you.

- Currently, many patients rely on recommendations from family and friends for medical consultation, but now the new platform will tell the patient who to reach out to, and who is the nearest. Also, labs and drug stores will be easily identified for better tests using the new platform.

## **All about Gandhi's teaching to the millennials on food and fitness**

(Source: [Down to Earth](#) )

**Context:** *Many millennials in India today devote a lot of time and energy to shed their weight. They go to gymnasiums, do zumba, swim and do planks. They also eat exotic food items from foreign lands such as avocados and quinoa. But in the early years of the last century, there was a man who had foreseen the usefulness of all the 'fad diets' that we now partake. That man was Mahatma Gandhi, whose 152nd birth anniversary we will celebrate October 2, 2021.*

### **Details:**

- Just two years ago, two scientists from the National Institution of Nutrition, Indian Council of Medical Research (ICMR), had written a paper on Gandhi's philosophy about nutrition and diet.
- The year 2019 marked 150 years since the birth of Mahatma Gandhi.
- The paper was written "to provide an overview of his (Gandhi's) views on food, diet, nutrition and 'experiments with food' and their relevance." Here are some of its key highlights.

### **On human diet**

- Gandhi believed in a "minimalistic approach to diet", the authors wrote. He believed that food "was energy and even a medicine that is required to keep our body healthy and fit for work and, hence, one should take only what is required in minimum quantity and should refrain from eating to appease taste buds."
- This is reflected in Gandhi's own statements:
  - The body was never meant to be treated as a refuse bin, holding all the foods that the palate demands.
  - Eat sparingly now and then fast; eat on the lower side rather than over eating.
- Gandhi, being a deeply religious man, described the human body as 'the temple of God' in his paper, *Young India*, August 8, 1929:
- Instead of using the body as a temple of god, we use it as a vehicle for indulgences and are not ashamed to run to medical men for help in our effort to increase them and abuse the earthly tabernacle.
- The Mahatma was against the polishing or refining of cereals such as rice and wheat.
- The cereals should be properly cleansed, ground on a grinding stone, and the resulting flour used as it is. Sieving of the flour should be avoided. It is likely to remove the *bhusi* or the pericarp which is a rich source of salts and vitamins, both of which are most valuable from the point of view of nutrition. The pericarp also supplies roughage, which helps the action of the bowels...
- Today, the latest nutritional studies wholeheartedly agree that polishing or refining can result in a loss of nutrition as well as fibre.
- Gandhi was wary of sugars, especially refined sugars, given their potential to being addictive and consequently wreaking havoc on the body.
- However, he made an exception for *gur* (jaggery):
  - ... *Gur* is any day superior to refined sugar in food value and if the villagers cease to make *gur* as they are already beginning to do, they will be deprived of an important food adjunct for their children. They may do without *gur* themselves, but their children cannot without undermining their stamina. *Gur* is



superior to bazaar sweets and to refined sugar. Retention of *gur* and its use by the people in general means several crores of rupees retained by the villagers.

- Gandhi was also in favour of ghee. Today, many Indian nutritionists have advised that taking ghee in moderation helps the body, rather than harm it, as is popularly thought:
  - If ghee can be had, oil becomes unnecessary. It (oil) is difficult to digest and is not so nourishing as pure ghee. An ounce and a half of ghee per head per day, should be considered ample to supply the needs of the body... Those who cannot afford it should take enough oil to supply the need for fat.
- On the other hand, Gandhi was strongly opposed to Vanaspati ghee (hydrogenated vegetable oil), as he wrote in his newspaper *Harijan*:
  - Vanaspati is wholly superfluous. Oils may be refined of injurious property, but they do not need to be solidified nor need they be made to look like ghee... counterfeit coins are heavily punishable. Why not counterfeit ghee?
- He felt pulses were not good for sedentary people. This is what he wrote about them in his book, *Key to Health*:
  - I can say without any hesitation whatsoever that those who follow sedentary occupations as for instance, clerks, businessmen, lawyers, doctors, teachers and those who are not too poor to buy milk, do not require pulses. Pulses are generally considered to be difficult to digest and are eaten in a much smaller quantity than cereals.
- Gandhi turned whole-heartedly to vegetarianism in the 1880s, when he read Henry Salt's book, *Plea for Vegetarianism*:
  - Man was not born a carnivorous animal, but born to live on fruits and herbs that the earth grows.
- Surprisingly though, he also advocated consuming eggs in *Key to Health*:
  - ... in reality, they are not (flesh foods)... sterile eggs are also produced. The hen is not allowed to see the cock and yet it lays eggs. A sterile egg never develops into a chick. Therefore, he who can take milk should have no objection to taking sterile eggs.
- Gandhi believed in making villages self-sufficient to consume locally available foods and fruits to achieve food and nutrition security for health:
  - There are people in the world so hungry, that God cannot appear to them except in the form of bread.

### Walk, walk, walk

- The Father of the Nation used to walk around 18 km every day for nearly 40 years, according to the ICMR paper.
- During his campaign from 1913 to 1948, he walked around 79,000 km, which is equivalent to walking around the Earth twice, the authors note.
- His writings attach great importance to exercise. For instance, he says in *The Story of my Experiments with Truth*:
  - Today I know that physical training should have as much place in the curriculum as mental training.
- He also notes:
  - In the matter of improving one's health, lethargy is a sin. The human body is both a kurukshetra [a field of action/conflict] and a dharmakshetra [a field of doing one's duty and right action]. In so far as it is a dharmakshetra, it is one's duty to keep it in good shape.
  - I hold that where the rules of personal, domestic and public sanitation are strictly observed and due care is taken in the matter of diet and exercise, there should be no occasion for illness or disease. Where there is absolute purity, inner and outer, illness becomes impossible. If the village people could but understand this, they would not need doctors, Hakims or Vaidyas.
- Gandhiji's mantra about food was that it should be simple, non-oily and non-spicy.
- Eat but also retain the strength to digest it.
- Burn calories. His overall message regarding food is simplicity in lifestyle.