

For my Geetu

Team Aditika for the win

INI-CET PSM / Community Medicine Update

India-focused updates gathered from NHM, ICMR, DGHS, MoHFW/NHA and related official sources.

How to use this PDF

- Learn exact age cut-offs, programme names, screening frequency, and campaign targets.
- For PSM MCQs, what changes matters more than long explanations: programme rename, target population, level of care, diagnostic package, new operational guideline, new mission/action plan.
- Anything with a number is high yield: 30 years, yearly, once in 5 years, 14 diagnostics, 63 diagnostics, Rs 386.86 crore, 90% by 2029.

NP-NCD population-based screening

Theme	High-yield points
NP-NCD population-based screening	<ul style="list-style-type: none"> - Population-based screening under Comprehensive Primary Health Care is offered to all individuals aged 30 years and above. - Screening targets: hypertension, diabetes, oral cancer, breast cancer, and cervical cancer. - Frequency in the 2025 Medical Officer training module: once every year for hypertension and diabetes, and once in five years for common cancers. - Practical pearl: lipid profile is available as a diagnostic test/facility, but lipid screening is not listed as a separate population-based screening target in the cited NP-NCD module.

NP-NCD service architecture

Theme	High-yield points
NP-NCD service architecture	<ul style="list-style-type: none"> - The 2025 module notes that at Ayushman Arogya Mandir Sub-Centre level there are 14 essential diagnostics, while at Ayushman Arogya Mandir PHC level there are 63 essential diagnostics. - The module also documents the programme name change from NPCDCS to NP-NCD in 2023.

National Essential Diagnostics List (NEDL), 2nd edition, 2025

Theme	High-yield points
National Essential Diagnostics List (NEDL), 2nd edition, 2025	<ul style="list-style-type: none"> - ICMR released the 2nd edition of NEDL in July 2025. - The revision aligns nomenclature with Ayushman Arogya Mandirs and aligns human resources/equipment with IPHS 2022. - The list spans village level, Ayushman Arogya Mandir Sub-Centre, PHC, CHC, and SDH/DH levels.

IV iron in pregnancy/lactation: 2025 operational guideline

Theme	High-yield points
IV iron in pregnancy/lactation: 2025 operational guideline	<ul style="list-style-type: none"> - Anemia threshold: Hb <11 g/dL in pregnancy; Hb <12 g/dL in women of reproductive age including lactating mothers. - Ferritin confirmation of iron deficiency: <30 ug/L in pregnant women; <15 ug/L in non-pregnant women. - Oral iron remains first-line, but IV iron can be used for non-response/intolerance or severe anemia as per the guideline. - Indications listed include severe iron-deficiency anemia with Hb 5-6.9 g/dL at 13-34 weeks of pregnancy, Hb 5-7.9 g/dL in lactating mothers, and selected moderate anemia (Hb 7-9.9 g/dL) after oral-iron failure/intolerance/non-compliance. - The guideline discusses both iron sucrose and ferric carboxymaltose; FCM is recommended as a single-dose infusion option for severe and moderate iron-deficiency anemia in pregnant and postpartum women.

STOP Diarrhoea Campaign 2025

Theme	High-yield points
STOP Diarrhoea Campaign 2025	<ul style="list-style-type: none"> - The guidance notes diarrhoeal disease contributed 4.8% of under-five deaths using Cause of Death Statistics 2019-21. - The campaign emphasizes ORS plus zinc, breastfeeding, safe complementary feeding, safe water, handwashing, sanitation, and immunization. - Under the Viksit Bharat mandate, ORS and zinc coverage targets are both fixed at 90% by 2029. - Ultimate campaign goal: zero child deaths due to diarrhoea.

Facility-Based Newborn Care (FBNC) operational update

Theme	High-yield points
Facility-Based Newborn Care (FBNC) operational update	<ul style="list-style-type: none"> - NHM published FBNC Operational Guidelines 2025. - The guideline includes Mother Newborn Care Units (MNCU), described as aiming to ensure 'no separation' of mother and newborn.

One Health / AMR updates

Theme	High-yield points
One Health / AMR updates	<ul style="list-style-type: none"> - The National One Health Mission received approved outlay of Rs 386.86 crore until 2027-28 for interface and coordination activities and strengthening R&D; for One Health. - NAP-AMR 2.0 (2025-2029) was launched in November 2025. - Official messaging emphasizes a multisectoral One Health approach and stakeholder-specific action plans with timelines and budget.

Ayushman Bharat / PM-JAY / AVVY

Theme	High-yield points
Ayushman Bharat / PM-JAY / AVVY	<ul style="list-style-type: none"> - Official MoHFW/NHA material notes the 2024 extension covering senior citizens aged 70 years and above through Ayushman Vay Vandana Yojana. - An April 2025 release stated card distribution would start from 10 April 2025. - NHA material published in January 2026 states that as on 31 March 2025, 35 States/UTs were implementing AB PM-JAY and over 36.50 crore Ayushman cards had been issued.

One-page memorisation strip

- NP-NCD PBS age = 30+
- Yearly = HTN + DM
- Every 5 years = oral + breast + cervical cancer screening
- NP-NCD renamed in 2023
- AAM SHC = 14 diagnostics; AAM PHC = 63 diagnostics
- NEDL 2nd edition = 2025
- IV iron guideline 2025: oral first-line; FCM / iron sucrose discussed
- STOP Diarrhoea 2025: ORS + zinc target 90% by 2029; goal = zero child deaths due to diarrhoea
- FBNC 2025 includes Mother Newborn Care Unit / no separation concept
- One Health approved outlay = Rs 386.86 crore till 2027-28
- NAP-AMR 2.0 = 2025-2029
- AVVY card distribution start note = 10 Apr 2025

Official sources used

Source	URL
FDA novel drug approvals 2025	https://www.fda.gov/drugs/novel-drug-approvals-fda/novel-drug-approvals-2025
FDA novel drug approvals 2026	https://www.fda.gov/drugs/novel-drug-approvals-fda/novel-drug-approvals-2026
CDSCO approved new drugs index	https://cdsco.gov.in/opencms/opencms/en/Approval_new/Approved-New-Drugs/
CDSCO 2026 new drugs PDF	https://cdsco.gov.in/opencms/resources/UploadCDSCOWeb/2018/UploadApprovalNewDrugs/List%20of%20New%20Drugs%20approved%20in%20the%20year%202026%20till%20date.pdf
CDSCO 2025 accessible new drugs PDF snapshot	https://cdsco.gov.in/opencms/resources/UploadCDSCOWeb/2018/UploadApprovalNewDrugs/List%20of%20New%20Drugs%20approved%20in%20the%20year%2020251sep25.pdf
NHM Medical Officer training module for NP-NCD	https://nhm.gov.in/New-Update-2025-26/Whats-new/NCD-Medical-Officers.pdf
ICMR National Essential Diagnostics List 2025, 2nd edition	https://www.icmr.gov.in/icmrobject/uploads/Report/1752588650_nedl2ndedition.pdf
NHM guideline: IV iron in pregnant and lactating women	https://nhm.gov.in/images/pdf/Nutrition/AMB-guidelines/Operational%20Guidelines%20for%20use%20of%20Intravenous%20Iron%20in%20Pregnant%20and%20Lactating%20Women.pdf
NHM STOP Diarrhoea Campaign 2025 guidance	https://nhm.gov.in/New_Updates_2018/NHM_Components/RMNCHA/CH/Schemes/IDCF/IDCF-2025/Guidance_Document_on-STOP_Diarrhoea_Campaign_2025.pdf

Source	URL
NHM FBNC guideline listing page	https://nhm.gov.in/index1.php?lang=1&level;=1&lid;=766&sublinkid;=1409
NHM FBNC 2025 PDF search hit	https://nhm.gov.in/images/pdf/programmes/CH-Programmes/FBNC/FBNC%20Operational%20Guidelines%202025.pdf
MoHFW / PIB One Health budget mention	https://www.pib.gov.in/PressReleasePage.aspx?PRID=2037636
DGHS e-publications: NAP-AMR 2025-2029	https://dghs.mohfw.gov.in/e-publications.php
PIB launch note for NAP-AMR 2.0	https://www.pib.gov.in/PressReleasePage.aspx?PRID=2191165
MoHFW / PIB AVVY rollout April 2025	https://www.mohfw.gov.in/?q=en%2Fpress-info%2F8676
NHA PM-JAY implementation count note Jan 2026	https://nha.gov.in/strapi/uploads/Request_for_Empanelment_of_Beneficiary_Facilitation_Agencies_BFA_For_PM_JAY_72916f7614.pdf
SCCM sepsis definitions	https://www.sccm.org/clinical-resources/sepsis-definitions
SCCM Surviving Sepsis Campaign 2026	https://www.sccm.org/clinical-resources/guidelines/guidelines/surviving-sepsis-campaign-international-guidelines-for-management-of-sepsis-and-septic-shock-2026