

PRABHA IAS IPS COACHING ACADEMY



DAILY DOSE

CURRENT AFFAIRS – 07/04/2026

1. Parkash Purab of Guru Tegh Bahadur:

Recent - PM Modi paid tribute to Guru Tegh Bahadur on the occasion of Parkash Purab.

Parkash Purab or Gurburab marks the birth anniversary of a Sikh Guru; the term “Parkash” signifies the spiritual light entering the world at his birth.

About Guru Tegh Bahadur (1621–1675)

He was the ninth Sikh Guru, born as Tyag Mal in Amritsar to Guru Hargobind and Mata Nanki Ji.

He earned the title “Tegh Bahadur” at 14 for his bravery in the Battle of Kartarpur against Mughal forces.

2. Indian Softshell Turtle (*Nilssonina gangetica*):

Recent - Sixteen Indian Softshell turtles were rescued in Greater Noida from a suspected smuggler.

Indian Softshell Turtle is a large freshwater turtle species native to South Asia.

Distribution: The turtle occurs throughout India, Pakistan, Bangladesh, Nepal, and Afghanistan, mainly in the Indus, Ganges, and Mahanadi basins.

Conservation Status: IUCN: Endangered; CITES: Appendix I; WPA: Schedule I.

3. World Health Day 2026:

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Recent - World Health Day is observed every year on 7 April to focus global attention on major public health priorities.

It commemorates the founding of the World Health Organisation (WHO) on 7 April 1948, with official annual observance starting in 1950.

The day mobilises governments, international agencies, and communities to strengthen health systems.

It is one of WHO's global health campaigns, alongside World Tuberculosis Day and World AIDS Day.

The 2026 theme, "Together for health. Stand with science," emphasises scientific collaboration and a One Health approach to emerging threats.

4. Obstructive Sleep Apnea:

Recent – People with obstructive sleep apnea (OSA) have a 71% higher risk of cardiovascular diseases or all-cause mortality compared to non-OSA individuals.

Obesity significantly amplifies the risk, with a large proportion of OSA patients being overweight or obese.

OSA is a sleep disorder where the upper airway repeatedly gets blocked during sleep, causing interruptions in breathing.

It involves repeated pauses in breathing (apnea) and reduced airflow, leading to disrupted sleep cycles.

Symptoms: Loud snoring, choking or gasping during sleep, and excessive daytime sleepiness.

5. ECINet Platform:

Recent – the Election Commission of India (ECI) has urged voters to make informed choices by using the "Know Your Candidates" (KYC) module available on its ECINet platform.

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It is a single-point digital platform developed by the Election Commission of India (ECI).

It is a new user-friendly digital interface for the electors and other stakeholders such as the election officials, political parties, and civil society.

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