

**GOVERNMENT OF INDIA  
MINISTRY OF HEALTH AND FAMILY WELFARE  
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**LOK SABHA  
UNSTARRED QUESTION NO. 2093  
TO BE ANSWERED ON 12<sup>TH</sup> DECEMBER, 2025**

**SUDDEN DEATHS AMONG YOUTHS**

**2093. ADV DEAN KURIAKOSE:**

Will the **Minister of HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) the number of sudden death cases reported due to collapse or cardiac arrest among youth, year-wise and State-wise (2021–till now);
- (b) the primary factors identified as contributing to such incidents, including lifestyle risks, genetic predispositions, environmental triggers and potential long-term effects of COVID-19 infections or vaccinations;
- (c) whether the Government has initiated any study on sudden deaths among young adults to investigate COVID-19 linkages and if so, the key findings thereof and if not, the reasons therefor; and
- (d) whether the Government has taken or proposed any preventive measures to address such incidents and if so, the details thereof?

**ANSWER  
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND  
FAMILY WELFARE  
(SHRI PRATAPRAO JADHAV)**

(a) to (c): The data regarding cases of heart attack is not maintained centrally. Indian Council of Medical Research (ICMR) has informed that in order to understand the reasons for heart attack, ICMR-National Institute of Epidemiology (ICMR-NIE) conducted a multicentric matched case-control study in 25 hospitals across India. Cases were patients aged 18-45 years admitted in the study hospitals with newly diagnosed Acute Myocardial Infarction (AMI) between October 2021 and January 2023. Controls were patients aged 18-45 years admitted in the same hospital for other causes, matched for time of hospitalization. Information was collected regarding the various risk factors. The study observed that hospitalization with AMI was associated with presence of any known comorbidity, family history of thrombotic events and ever been smoker. COVID-19 vaccination did not increase the risk of unexplained sudden death among young adults in India

(d): National Health Mission (NHM) provides technical and financial support to the States and Union Territories under the National Programme for Prevention and Control of Non-Communicable

Diseases (NP-NCD). Cardiovascular disease is an integral part of NP-NCD. Under the programme, 770 District NCD Clinics, 6410 Community Health Center NCD Clinics and 233 Cardiac Care Units have been set up. Further, a population-based initiative for prevention, control and screening for common NCDs including cardiovascular diseases has been rolled out in the country under National Health Mission (NHM) as a part of Comprehensive Primary Health Care. Under the initiative, persons more than 30 years of age are targeted for their screening.

To manage acute cardiac events a hub-and-spoke model has been implemented. District hospitals and Community Health Centers (spokes) are equipped to provide initial thrombolysis and stabilization, while tertiary hospitals and medical colleges (hubs) offer advanced interventions. Ambulance services, telemedicine platforms and streamlined referral pathways further enhance access, especially in rural areas.

Government of India also provides support for awareness generation activities for Non-Communicable Diseases (NCDs) including cardiovascular diseases to be undertaken by the States and Union Territories. The preventive aspect is strengthened under Comprehensive Primary Health Care through Ayushman Arogya Mandir, by promotion of wellness activities and targeted communication at the community level. Furthermore, the Eat Right India movement, led by the Food Safety and Standards Authority of India, promotes reduced salt, sugar, and trans-fat consumption. Fit India movement is implemented by Ministry of Youth Affairs and Sports, and various Yoga related activities are carried out by Ministry of AYUSH.

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