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THE HINDU NEWSPAPER

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PCS Special:	06 March
06Mar	Eminent editor, former Rajya Sabha MP H.K. Dua cremated प्रख्यात संपादक और पूर्व राज्यसभा सांसद एच.के. दुआ का अंतिम संस्कार
06Mar	Navy began search, rescue operations after receiving Iranian ship's distress call ईरानी जहाज़ के संकट संदेश के बाद नौसेना ने खोज और बचाव अभियान शुरू किया
06Mar	Webinar on women in tech to share lessons on leadership, resilience, strategic thinking टेक क्षेत्र में महिलाओं पर वेबिनार में नेतृत्व, दृढ़ता और रणनीतिक सोच के सबक साझा किए जाएंगे

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PCS

Eminent editor, former Rajya Sabha MP H.K. Dua cremated

Noted journalist and former Rajya Sabha MP H.K. Dua, who had the distinction of helming several leading newspapers, was cremated at the Lodhi Road crematorium in New Delhi on Thursday afternoon. The last rites were performed by his son Prashant Dua in the presence of his mother Aditya Dua, eminent personalities and senior journalists. Former Jammu and Kashmir Governor N.N. Vohra, former Union Law Minister Ashwani Kumar, former MP Naresh Gujral and editors of several newspapers and news organisations were present at the cremation. PTI

06Mar. Eminent editor, former Rajya Sabha MP H.K. Dua cremated

प्रख्यात संपादक और पूर्व राज्यसभा सांसद एच.के. दुआ का अंतिम संस्कार

• **Noted journalist** and former Rajya Sabha MP H.K. Dua, who had the **distinction** of helming several leading newspapers, was **cremated** at the Lodhi Road crematorium in New Delhi on Thursday afternoon.

प्रसिद्ध पत्रकार और पूर्व राज्यसभा सांसद एच.के. दुआ, जिन्हें कई प्रमुख समाचारपत्रों का नेतृत्व करने का गौरव प्राप्त था, का गुरुवार दोपहर नई दिल्ली के लोधी रोड श्मशान घाट पर अंतिम संस्कार किया गया।

• The **last rites** were performed by his son Prashant Dua in the presence of his mother Aditya Dua, eminent personalities and **senior journalists**.

अंतिम संस्कार की रस्में उनके पुत्र प्रशांत दुआ ने उनकी माता आदित्य दुआ, कई प्रमुख व्यक्तियों और वरिष्ठ पत्रकारों की उपस्थिति में निभाई।

• Former Jammu and Kashmir Governor N.N. Vohra, former Union Law Minister Ashwani Kumar, former MP Naresh Gujral and editors of several newspapers and news organisations were present at the cremation.

पूर्व जम्मू-कश्मीर राज्यपाल एन.एन. वोहरा, पूर्व केंद्रीय कानून मंत्री अश्विनी कुमार, पूर्व सांसद नरेश गुर्जाल तथा कई समाचारपत्रों और समाचार संगठनों के संपादक अंतिम संस्कार में उपस्थित थे।

Navy began search, rescue operations after receiving Iranian ship's distress call

PCS

Saurabh Trivedi
NEW DELHI

The Indian Navy launched search-and-rescue operations after a distress call from the Iranian vessel *IRIS Dena* was received by the Maritime Rescue Coordination Centre (MRCC), Colombo early on Wednesday.

The Indian Navy said the ship was operating about 20 nautical miles west of Galle in the SAR region under Sri Lankan responsibility.

The Sri Lankan Navy initially reported the distress situation, it said. In response, the Indian Navy promptly deployed a long-range maritime patrol aircraft around 10 a.m. on Wednesday to support the search operations being led by the Sri Lankan authorities. Another aircraft



Helping hand: The Navy's sail training vessel *INS Tarangini*, which was operating nearby, was diverted for the rescue efforts. V. RAJU

equipped with air-droppable life rafts was kept on standby for immediate deployment.

The Indian Navy's sail training vessel, *INS Tarangini*, which was operating nearby, was diverted to assist the rescue efforts and reached the designated search area by 4 p.m. the same day. By then, the Sri Lankan Navy and other agencies had already be-

gun rescue operations.

INS Ikshak has sailed from Kochi to further augment the search mission and remains deployed in the area to look for missing personnel as part of humanitarian assistance to shipwrecked crew members. Coordination between the Indian and Sri Lankan authorities continues as search efforts remain under way, it said.



06Mar. Navy began search, rescue operations after receiving Iranian ship's distress call

ईरानी जहाज़ के संकट संदेश के बाद नौसेना ने खोज और बचाव अभियान शुरू किया

- The Indian Navy launched search-and-rescue operations after a distress call from the Iranian vessel IRIS Dena was received by the Maritime Rescue Coordination Centre (MRCC), Colombo early on Wednesday.
भारतीय नौसेना ने खोज और बचाव अभियान शुरू किया जब ईरानी जहाज़ IRIS Dena से आया संकट संदेश समुद्री बचाव समन्वय केंद्र (MRCC), कोलंबो को बुधवार तड़के प्राप्त हुआ।
- The Indian Navy said the ship was operating about 20 nautical miles west of Galle in the SAR region under Sri Lankan responsibility.
भारतीय नौसेना ने बताया कि जहाज़ गाले से लगभग 20 समुद्री मील पश्चिम में श्रीलंका की जिम्मेदारी वाले SAR क्षेत्र में कार्य कर रहा था।
- The Sri Lankan Navy initially reported the distress situation, it said.
बताया गया कि श्रीलंकाई नौसेना ने सबसे पहले इस संकट स्थिति की सूचना दी।
- In response, the Indian Navy promptly deployed a long-range maritime patrol aircraft around 10 a.m. on Wednesday to support the search operations being led by the Sri Lankan authorities.
इसके जवाब में भारतीय नौसेना ने बुधवार सुबह लगभग 10 बजे लंबी दूरी के समुद्री गश्ती विमान को तैनात किया ताकि श्रीलंकाई अधिकारियों द्वारा संचालित खोज अभियान को समर्थन मिल सके।
- Another aircraft equipped with air-droppable life rafts was kept on standby for immediate deployment.
एक अन्य विमान, जिसमें हवाई मार्ग से गिराए जाने वाले जीवन राफ्ट लगे थे, को तत्काल तैनाती के लिए तैयार रखा गया।
- The Indian Navy's sail training vessel INS Tarangini, which was operating nearby, was diverted to assist the rescue efforts and reached the designated search area by 4 p.m. the same day.
भारतीय नौसेना का सेल प्रशिक्षण पोत INS Tarangini, जो पास में संचालित हो रहा था, को बचाव कार्यों में सहायता के लिए मोड़ दिया गया और वह उसी दिन शाम 4 बजे निर्धारित खोज क्षेत्र में पहुंच गया।
- By then, the Sri Lankan Navy and other agencies had already begun rescue operations.
तब तक श्रीलंकाई नौसेना और अन्य एजेंसियों ने बचाव अभियान शुरू कर दिया था।
- INS Ikshak has sailed from Kochi to further augment the search mission and remains deployed in the area to look for missing personnel as part of humanitarian assistance to shipwrecked crew members.
INS Ikshak कोच्चि से रवाना हुआ है ताकि खोज अभियान को और मजबूत किया जा सके, और वह क्षेत्र में तैनात रहकर लापता कर्मियों की तलाश कर रहा है, जो जहाज़ दुर्घटना के शिकार चालक दल के सदस्यों को मानवीय सहायता का हिस्सा है।
- Coordination between the Indian and Sri Lankan authorities continues as search efforts remain under way, it said.
बताया गया कि भारतीय और श्रीलंकाई अधिकारियों के बीच समन्वय जारी है क्योंकि खोज अभियान अभी भी जारी है।



Webinar on women in tech to share lessons on leadership, resilience, strategic thinking

Career Counselling

The Hindu Bureau
CHENNAI

VIT Vellore, in collaboration with *The Hindu Education Plus*, will organise a webinar, titled “From Campus To C-Suite: Women Engineers Leading India’s Tech Boom”, on March 8 as part of the Career Path Series, to mark International Women’s Day.

The special session brings together accomplished professionals and alumni from top institutions to share their career journeys, industry perspectives, leadership experiences and practical guidance for aspiring engineers looking to make their mark in the technology ecosystem. As India strengthens its position as a global technology powerhouse, women engineers



are increasingly stepping into influential roles across startups, multinational corporations, and innovation-driven enterprises. From academic excellence to executive leadership, their journeys reflect resilience, strategic thinking, and a commitment to transforming the tech landscape.

The speakers will highlight the key skills required to excel in competitive tech environments, outline strategies for career progression, and emphasise the importance of mentorship

and professional networking. Participants will gain insights into navigating career transitions, building domain expertise, and developing the capabilities necessary to progress from campus aspirations to corporate leadership roles.

Speakers include Kadambari S. Viswanathan, Assistant Vice-President, VIT, Vellore; Heetarshi Rashesh Kamdar, Chief Executive Officer, Adroit Alliance, Mumbai and a VIT alumnus; and Ami Sampat, Product Design Leader - Agentic Tooling and Quality, B2B SaaS Enterprise Experiences, also a VIT alumnus. The session will be moderated by journalist So-ma Basu. To register, go to newsth.live/THVITWE



06Mar. Webinar on women in tech to share lessons on leadership, resilience, strategic thinking

टेक क्षेत्र में महिलाओं पर वेबिनार में नेतृत्व, दृढ़ता और रणनीतिक सोच के सबक साझा किए जाएंगे

- VIT Vellore, in collaboration with **The Hindu Education Plus**, will organise a **webinar**, titled “**From Campus To C-Suite: Women Engineers Leading India’s Tech Boom**”, on **March 8** as part of the **Career Path Series**, to mark **International Women’s Day**.

VIT वेल्लोर, द हिंदू एजुकेशन प्लस के सहयोग से 8 मार्च को “फ्रॉम कैंपस टू C-सूट: वीमेन इंजीनियर्स लीडिंग इंडिया’स टेक बूम” शीर्षक से एक वेबिनार आयोजित करेगा, जो करियर पाथ सीरीज के तहत अंतरराष्ट्रीय महिला दिवस के अवसर पर होगा।

- The **special session** brings together **accomplished professionals and alumni from top institutions** to share their **career journeys, industry perspectives, leadership experiences and practical guidance** for **aspiring engineers** looking to make their mark in the **technology ecosystem**.

यह विशेष सत्र शीर्ष संस्थानों के सफल पेशवरों और पूर्व छात्रों को एक साथ लाएगा, जो तकनीकी क्षेत्र में पहचान बनाने की इच्छा रखने वाले इंजीनियरों के लिए अपने करियर अनुभव, उद्योग दृष्टिकोण, नेतृत्व अनुभव और व्यावहारिक मार्गदर्शन साझा करेंगे।

- As **India strengthens its position as a global technology powerhouse**, **women engineers** are increasingly stepping into **influential roles** across **startups, multinational**



corporations, and innovation-driven enterprises.

जैसे-जैसे भारत वैश्विक तकनीकी शक्ति के रूप में अपनी स्थिति मजबूत कर रहा है, महिला इंजीनियर स्टार्टअप्स, बहुराष्ट्रीय कंपनियों और नवाचार-आधारित उद्यमों में प्रभावशाली भूमिकाओं में तेजी से आगे आ रही हैं।

- From **academic excellence to executive leadership**, their journeys reflect **resilience, strategic thinking, and a commitment to transforming the tech landscape**.
शैक्षणिक उत्कृष्टता से लेकर कार्यकारी नेतृत्व तक, उनकी यात्राएं दृढ़ता, रणनीतिक सोच और तकनीकी परिदृश्य को बदलने की प्रतिबद्धता को दर्शाती हैं।
- The **speakers** will highlight the **key skills required to excel in competitive tech environments**, outline **strategies for career progression**, and emphasise the **importance of mentorship and professional networking**.
वक्ता प्रतिस्पर्धी तकनीकी वातावरण में सफल होने के लिए आवश्यक प्रमुख कौशल, करियर प्रगति की रणनीतियां, और मार्गदर्शन तथा पेशेवर नेटवर्किंग के महत्व पर प्रकाश डालेंगे।
- Participants will gain **insights into navigating career transitions**, building **domain expertise**, and developing the **capabilities necessary to progress from campus aspirations to corporate leadership roles**.
प्रतिभागियों को करियर परिवर्तन को संभालने, विशेषज्ञता विकसित करने, और कैम्पस की आकांक्षाओं से कॉर्पोरेट नेतृत्व की भूमिका तक पहुंचने के लिए आवश्यक क्षमताओं को विकसित करने के बारे में महत्वपूर्ण जानकारी मिलेगी।
- **Speakers** include **Kadambari S. Viswanathan, Assistant Vice-President, VIT, Vellore; Heetharshi Rashesh Kamdar, Chief Executive Officer, Adroit Alliance, Mumbai and a VIT alumnus; and Ami Sampat, Product Design Leader – Agentic Tooling and Quality, B2B SaaS Enterprise Experiences, also a VIT alumnus**.
वक्ताओं में कदंबरी एस. विश्वनाथन, असिस्टेंट वाइस-प्रेसिडेंट, VIT वेल्लोर; हीतार्थी रशेश कमदार, मुख्य कार्यकारी अधिकारी, एड्रोइट अलायंस, मुंबई और VIT के पूर्व छात्र; तथा अमी संपत, प्रोडक्ट डिजाइन लीडर – एजेंटिक टूलिंग एंड क्वालिटी, B2B SaaS एंटरप्राइज एक्सपीरियंस, जो VIT की पूर्व छात्रा भी हैं, शामिल हैं।
- The **session will be moderated by journalist Soma Basu**.
इस सत्र का संचालन पत्रकार सोमा बसु करेंगी।
- To **register**, go to **newsth.live/THVITWE**.
पंजीकरण के लिए **newsth.live/THVITWE** पर जाएं।

GS Paper 1: Society	
TOPICS COVERED	06 March 2026
06Mar	A.P. introduces incentives for families to have 3 children आंध्र प्रदेश ने परिवारों को 3 बच्चे पैदा करने के लिए प्रोत्साहन योजना शुरू की
06Mar	Mascots Pragati, Vikas to serve as the friendly faces of Census 2027 जनगणना 2027 के मैत्रीपूर्ण चेहरे बनेंगे शुभंकर प्रगति और विकास
06Mar	Transforming representation into real change by 2029 2029 तक प्रतिनिधित्व को वास्तविक परिवर्तन में बदलना
06Mar	Protecting women's rights amid conflict and instability संघर्ष और अस्थिरता के बीच महिलाओं के अधिकारों की रक्षा
06Mar	The systemic invisibility of women's midlife health महिलाओं के मध्य आयु स्वास्थ्य की प्रणालीगत अदृश्यता



A.P. introduces incentives for families to have 3 children

The policy aims at raising TFR from 1.5 to 2.1; ₹25,000 to be given at time of delivery, and ₹1,000 monthly assistance for five years and free education till age 18; policy will come to effect on April 1

GS I: Society

The Hindu Bureau

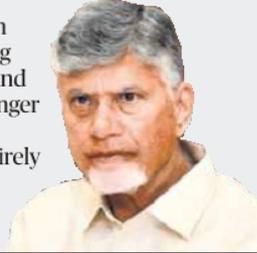
VIJAYAWADA

Andhra Pradesh Chief Minister N. Chandrababu Naidu introduced the Draft Population Management Policy, whose objective is to raise the Total Fertility Rate (TFR) from 1.5 to an optimal level of 2.1, in the Assembly on Thursday, thereby reversing the declining fertility rate and prepare the State for an ageing society by 2047.

To encourage parents to have a third child, he proposed an incentive of ₹25,000, noting that inaction at this stage would cause problems like in Japan, Italy and South Korea with 1.2, 1.2 and 0.7 TFRs they were facing. The new

Andhra Pradesh is now mirroring Tamil Nadu (TFR of 1.4) and Kerala (1.6). We are no longer a high fertility State. The situation requires an entirely new policy playbook

N. CHANDRABABU NAIDU
Andhra Pradesh Chief Minister



policy had been targeted to be implemented from April 1, 2026.

“Andhra Pradesh is now mirroring Tamil Nadu (TFR of 1.4) and Kerala (1.6). We are no longer a high fertility State. The situation requires an entirely new policy playbook,” Mr. Naidu.

The Chief Minister observed that the State’s TFR was well below the re-

placement level of 2.1, and if the trend continued, nearly 23% of the population would be elderly. If the falling TFR was not stopped, the State would have a shrinking workforce and it would cripple the economy, he observed.

The State set the goal to stabilise the TFR at 2.1 and nearly double women’s participation in labour

force to boost Gross State Domestic Product by 15%.

Mr. Naidu said, as part of the efforts to increase the TFR, the government would give a “Poshana - Shiksha - Suraksha” package for the families having a third child, under which the incentive would be paid at the time of delivery and ₹1,000 monthly assistance for five years and free education to the child up to age 18.

Mr. Naidu said as economies grow, birth rates tend to decline, creating workforce shortages and long-term economic challenges. The draft policy document was being placed in the public domain for one month to facilitate deliberations, after which it would be given a final shape, he said.

06Mar. A.P. introduces incentives for families to have 3 children आंध्र प्रदेश ने परिवारों को 3 बच्चे पैदा करने के लिए प्रोत्साहन योजना शुरू की

- The policy aims at raising TFR from 1.5 to 2.1.
इस नीति का उद्देश्य टीएफआर को 1.5 से बढ़ाकर 2.1 करना है।
- ₹25,000 to be given at the time of delivery, and ₹1,000 monthly assistance for five years and free education till age 18.
डिलीवरी के समय ₹25,000, और पाँच वर्षों तक ₹1,000 मासिक सहायता तथा 18 वर्ष तक मुफ्त शिक्षा दी जाएगी।
- The policy will come into effect on April 1.
यह नीति 1 अप्रैल से लागू होगी।
- Andhra Pradesh Chief Minister N. Chandrababu Naidu introduced the Draft Population Management Policy in the Assembly on Thursday.
आंध्र प्रदेश के मुख्यमंत्री एन. चंद्रबाबू नायडू ने गुरुवार को विधानसभा में जनसंख्या प्रबंधन नीति का मसौदा प्रस्तुत किया।
- The objective is to raise the Total Fertility Rate (TFR) from 1.5 to an optimal level of 2.1.
इसका उद्देश्य कुल प्रजनन दर (टीएफआर) को 1.5 से बढ़ाकर आदर्श स्तर 2.1 तक ले जाना है।
- This step aims to reverse the declining fertility rate and prepare the State for an ageing society by 2047.
इस कदम का उद्देश्य घटती प्रजनन दर को उलटना और 2047 तक वृद्ध होती समाज व्यवस्था के लिए राज्य को तैयार करना है।
- To encourage parents to have a third child, he proposed an incentive of ₹25,000.
माता-पिता को तीसरा बच्चा पैदा करने के लिए प्रोत्साहित करने हेतु उन्होंने ₹25,000 का प्रोत्साहन प्रस्तावित किया।
- He noted that inaction at this stage would cause problems like in Japan, Italy and South Korea.



उन्होंने कहा कि इस समय कोई कार्रवाई न करने से जापान, इटली और दक्षिण कोरिया जैसी समस्याएँ पैदा हो सकती हैं।

- These countries are facing TFRs of 1.2, 1.2 and 0.7 respectively.
इन देशों में क्रमशः 1.2, 1.2 और 0.7 की टीएफआर का सामना किया जा रहा है।
- The new policy had been targeted to be implemented from April 1, 2026.
नई नीति को 1 अप्रैल 2026 से लागू करने का लक्ष्य रखा गया है।
- "Andhra Pradesh is now mirroring Tamil Nadu (TFR of 1.4) and Kerala (1.6)," Mr. Naidu said.
नायडू ने कहा, "आंध्र प्रदेश अब तमिलनाडु (टीएफआर 1.4) और केरल (1.6) की तरह हो गया है।"
- "We are no longer a high fertility State."
"हम अब उच्च प्रजनन दर वाला राज्य नहीं रहे हैं।"
- "The situation requires an entirely new policy playbook," Mr. Naidu said.
नायडू ने कहा कि स्थिति के लिए पूरी तरह नई नीति रणनीति की आवश्यकता है।
- The Chief Minister observed that the State's TFR was well below the replacement level of 2.1.
मुख्यमंत्री ने कहा कि राज्य की टीएफआर 2.1 के प्रतिस्थापन स्तर से काफी नीचे है।
- If the trend continued, nearly 23% of the population would be elderly.
यदि यह प्रवृत्ति जारी रही तो लगभग 23% आबादी वृद्ध हो जाएगी।
- If the falling TFR was not stopped, the State would have a shrinking workforce.
यदि घटती टीएफआर को नहीं रोका गया तो राज्य में कार्यबल घट जाएगा।
- This would cripple the economy, he observed.
उन्होंने कहा कि इससे अर्थव्यवस्था कमजोर हो जाएगी।
- The State set the goal to stabilise the TFR at 2.1.
राज्य ने टीएफआर को 2.1 पर स्थिर करने का लक्ष्य तय किया है।
- It also aims to nearly double women's participation in the labour force.
इसके साथ ही महिलाओं की श्रमबल में भागीदारी को लगभग दोगुना करने का लक्ष्य है।
- This would help boost the Gross State Domestic Product by 15%.
इससे सकल राज्य घरेलू उत्पाद में 15% वृद्धि होगी।
- Mr. Naidu said the government would introduce a "Poshana - Shiksha - Suraksha" package.
नायडू ने कहा कि सरकार "पोषण-शिक्षा-सुरक्षा पैकेज" लागू करेगी।
- This package will be for families having a third child.
यह पैकेज तीसरा बच्चा होने वाले परिवारों के लिए होगा।
- Under this scheme, the incentive will be paid at the time of delivery.
इस योजना के तहत प्रोत्साहन राशि डिलीवरी के समय दी जाएगी।
- The government will also provide ₹1,000 monthly assistance for five years.
सरकार पाँच वर्षों तक ₹1,000 मासिक सहायता भी देगी।
- The child will receive free education up to age 18.
बच्चे को 18 वर्ष की आयु तक मुफ्त शिक्षा दी जाएगी।
- Mr. Naidu said as economies grow, birth rates tend to decline.
नायडू ने कहा कि जैसे-जैसे अर्थव्यवस्था बढ़ती है, जन्म दर घटने लगती है।
- This creates workforce shortages and long-term economic challenges.
इससे कार्यबल की कमी और दीर्घकालिक आर्थिक चुनौतियाँ पैदा होती हैं।
- The draft policy document was being placed in the public domain for one month.
नीति का मसौदा दस्तावेज़ एक महीने के लिए सार्वजनिक चर्चा के लिए रखा जा रहा है।
- This is to facilitate deliberations before giving it a final shape.
इसका उद्देश्य चर्चा और विचार-विमर्श के बाद इसे अंतिम रूप देना है।



Mascots Pragati, Vikas to serve as the friendly faces of Census 2027

GS I: Society

Vijaita Singh
NEW DELHI

Union Home Minister Amit Shah on Thursday unveiled two mascots, Pragati and Vikas, for the upcoming Population Census 2027. Mr. Shah also soft-launched four digital tools to be used during the exercise. This will be the first Census that will be digital, and the first to allow self-enumeration and enumeration of caste.

The Centre for Development of Advanced Computing (C-DAC) developed the advanced digital platforms to facilitate enumeration operations across the country. Census 2027 is to be conducted in two phases – Houselisting Operations (HLO), and Population Enumeration.

The mascots Pragati (female enumerator) and Vikas (male enumerator)



Amit Shah launches digital tools and the mascots Pragati and Vikas for Census 2027, in New Delhi. @PIB_INDIA

have been unveiled to serve as friendly faces of the Census 2027, a statement by the Ministry of Home Affairs said.

The four digital platforms soft launched by Mr. Shah are – Houselisting Block Creator (HLBC) web application, HLO mobile app, Self-Enumeration (SE) portal, and Census Management and Monitoring

System (CMMS) portal.

HLBC is web-map application that enables Charge Officers to digitally create houselisting blocks using satellite imagery, ensuring standardised geographic coverage across the country. The HLO app is a secure, offline mobile application for enumerators to collect and upload houselisting data. Only enumera-

tors registered on the CMMS portal can access the application. The SE portal is a secure web-based facility that allows eligible respondents within a household to submit their household information online, prior to field operations. Upon successful submission, a unique Self-Enumeration ID (SE ID) is generated. This SE ID can be shared with the enumerator, on the basis of which the enumerator will be able to verify the information.

The CMMS is a centralised, web-based digital platform designed to plan, manage, execute, and monitor all Census-related activities across administrative levels.

The Population Census 2027 data will be collected using secure mobile applications by going door-to-door.

06Mar. Mascots Pragati, Vikas to serve as the friendly faces of Census 2027 जनगणना 2027 के मैत्रीपूर्ण चेहरे बनेंगे शुभंकर प्रगति और विकास

- Union Home Minister Amit Shah on Thursday unveiled two mascots, Pragati and Vikas, for the upcoming Population Census 2027.
केंद्रीय गृह मंत्री अमित शाह ने गुरुवार को आगामी जनगणना 2027 के लिए दो शुभंकर प्रगति और विकास का अनावरण किया।
- Mr. Shah also soft-launched four digital tools to be used during the exercise.
श्री शाह ने इस प्रक्रिया के दौरान उपयोग के लिए चार डिजिटल उपकरणों का सॉफ्ट लॉन्च भी किया।
- This will be the first Census that will be digital, and the first to allow self-enumeration and enumeration of caste.
यह पहली जनगणना होगी जो पूरी तरह डिजिटल होगी, और पहली बार स्वयं-गणना तथा जाति की गणना की अनुमति देगी।
- The Centre for Development of Advanced Computing (C-DAC) developed the advanced digital platforms to facilitate enumeration operations across the country.
सेंटर फॉर डेवलपमेंट ऑफ एडवांस्ड कंप्यूटिंग (C-DAC) ने पूरे देश में गणना कार्यों को सुगम बनाने के लिए उन्नत डिजिटल प्लेटफॉर्म विकसित किए हैं।
- Census 2027 is to be conducted in two phases — Houselisting Operations (HLO), and Population Enumeration.
जनगणना 2027 को दो चरणों — हाउस लिस्टिंग ऑपरेशंस (HLO) और जनसंख्या गणना में आयोजित किया जाएगा।
- The mascots Pragati (female enumerator) and Vikas (male enumerator) have been unveiled to serve as friendly faces of the Census 2027, a statement by the Ministry of Home Affairs said.
शुभंकर प्रगति (महिला गणनाकर्मी) और विकास (पुरुष गणनाकर्मी) को जनगणना 2027 के मैत्रीपूर्ण चेहरे के रूप में प्रस्तुत किया गया है, ऐसा गृह मंत्रालय के बयान में कहा गया।
- The four digital platforms launched by Mr. Shah are — Houselisting Block Creator (HLBC) web application, HLO mobile app, Self-Enumeration (SE) portal, and Census



Management and Monitoring System (CMMS) portal.

श्री शाह द्वारा सॉफ्ट लॉन्च किए गए चार डिजिटल प्लेटफॉर्म हैं — हाउस लिस्टिंग ब्लॉक क्रिएटर (HLBC) वेब एप्लिकेशन, HLO मोबाइल ऐप, सेल्फ-एन्यूमरेशन (SE) पोर्टल और जनगणना प्रबंधन एवं निगरानी प्रणाली (CMMS) पोर्टल।

- HLBC is a web-map application that enables Charge Officers to digitally create houselisting blocks using satellite imagery, ensuring standardised geographic coverage across the country.
HLBC एक वेब-मैप एप्लिकेशन है जो चार्ज अधिकारियों को सैटेलाइट इमेजरी का उपयोग करके डिजिटल रूप से हाउस लिस्टिंग ब्लॉक बनाने में सक्षम बनाता है, जिससे पूरे देश में मानकीकृत भौगोलिक कवरेज सुनिश्चित होता है।
- The HLO app is a secure, offline mobile application for enumerators to collect and upload houselisting data.
HLO ऐप एक सुरक्षित ऑफलाइन मोबाइल एप्लिकेशन है जिसके माध्यम से गणनाकर्मी हाउस लिस्टिंग डेटा एकत्र और अपलोड कर सकते हैं।
- Only enumerators registered on the CMMS portal can access the application.
केवल CMMS पोर्टल पर पंजीकृत गणनाकर्मी ही इस एप्लिकेशन का उपयोग कर सकते हैं।
- The SE portal is a secure web-based facility that allows eligible respondents within a household to submit their household information online, prior to field operations.
SE पोर्टल एक सुरक्षित वेब-आधारित सुविधा है जो किसी परिवार के पात्र उत्तरदाताओं को मैदानी कार्य शुरू होने से पहले ऑनलाइन अपने परिवार की जानकारी जमा करने की अनुमति देता है।
- Upon successful submission, a unique Self-Enumeration ID (SE ID) is generated.
सफल सबमिशन के बाद एक विशिष्ट सेल्फ-एन्यूमरेशन आईडी (SE ID) उत्पन्न होती है।
- This SE ID can be shared with the enumerator, on the basis of which the enumerator will be able to verify the information.
यह SE ID गणनाकर्मी के साथ साझा की जा सकती है, जिसके आधार पर गणनाकर्मी जानकारी का सत्यापन कर सकेगा।
- The CMMS is a centralized, web-based digital platform designed to plan, manage, execute, and monitor all Census-related activities across administrative levels.
CMMS एक केंद्रीकृत वेब-आधारित डिजिटल प्लेटफॉर्म है जिसे प्रशासनिक स्तरों पर जनगणना से जुड़ी सभी गतिविधियों की योजना, प्रबंधन, क्रियान्वयन और निगरानी के लिए बनाया गया है।
- The Population Census 2027 data will be collected using secure mobile applications by going door-to-door.
जनगणना 2027 का डेटा सुरक्षित मोबाइल एप्लिकेशन के माध्यम से घर-घर जाकर एकत्र किया जाएगा।



A selection of articles on the Editorial and Opinion pages, curated for International Women's Day on March 8

Transforming representation into real change by 2029

GS II: Society

WQB

In 2029, India will have the most gender-representative Parliament in its history. The Women's Reservation Act will reserve one-third of the seats in the Lok Sabha for women – the largest single expansion of political representation this country has ever legislated. This moment has been decades in the making. If the next three years are squandered, it will not deliver what it promises.

There is an immediacy

Representation without an agenda is just presence. The women who walk into Parliament in 2029 will change what gets discussed only if the issues that matter to them have already been named, fought for, and demanded loudly enough to become political priorities. That work cannot begin in 2029. It has to begin now. And there is no issue more urgent, more invisible, or more ready to be addressed than this: India lacks a policy framework for elder care that clearly accounts for women – and there is no political tradition of demanding one.

Gauri is one of millions of women in India for whom this is not a policy abstraction. Her eighty-three-year-old mother lives alone in Lucknow, Uttar Pradesh, ageing the way most Indian women do: quietly, trying to hold on to her innate dignity, with almost no support from the state. Gauri travels back when she can, handling immediate emergencies and worrying about the rest – like so many daughters and daughters-in-law who hold two worlds together simultaneously. What keeps Gauri up at night is not the exhaustion. It is the recognition that she could end up ageing like her mother the same way. And she is done accepting that quietly.

What Gauri wants, for her mother, and for herself, is a state that builds the guardrails for women to age with dignity. She wants elder care



Barkha Deva

works on policy for dignified ageing and elder care

Parliament 2029 must transform women's lives, with its representatives well aware of what guardrails women need to age with dignity

treated as public infrastructure, not private misfortune. And she wants to know that when she votes in 2029 for the most representative Parliament this country has ever elected, its representatives will already know what she needs.

An ageing India

India is ageing faster than its public conversation acknowledges. Over 100 million Indians are already above 60 years; that number will cross 250 million by the year 2040. Women will outlive men by four to five years on average, but those extra years have a compounded disadvantage: lower lifetime savings, broken employment histories, no assets in their own name, and no caregiver when they need one the most. The National Policy for Older Persons (1999) and the Indira Gandhi National Old Age Pension Scheme address the elderly through a lens of poverty and health, with no gender dimension. Ageing women are simply not a category the systems in India are built to recognise.

The cost of that invisibility is written in the numbers. A study, in 2023, in the journal *Alzheimer's & Dementia*, estimates that 8.8 million Indians over the age of 60 are living with dementia today, a number expected to nearly double by 2036 – with women disproportionately affected, more likely to be living alone when cognitive decline sets in, and less likely to have anyone looking out for them. This is what a state that never designed elder care around women actually produces. Parliamentary records reveal why it persists – the Parliamentary Questions database has virtually no questions on ageing women, there are no private member Bills, or

committee attention. What Maharashtra showed recently is that the state can move quickly when it chooses to recognise the realities of women's lives. In January 2026, the State launched menopause clinics across 580 government facilities, backed by decades of advocacy. The result was that over 31,000 women came forward in five weeks.

They had been waiting, in silence, for the State to name their reality. Elder care and dignified ageing wait for the same decision.

The need for insight

Political parties are already preparing candidate pipelines for the reserved seats. But fielding women is not the same as changing what Parliament talks about. The women and men who will make the Parliament of 2029 count are those who arrive having read the room – who understand that representing women means representing the full arc of their lives; not just the years of careers and children, but the decades that follow, when every gap the state

has ignored becomes a daily reality. That understanding must be built into the candidate, the campaign, and the manifesto – through a census that captures age- and gender-disaggregated data, budgets that report elder care spending transparently, and parties that make dignified ageing a political commitment before the election, not after.

When Gauri votes in 2029, she will be thinking about all of this. She will be thinking about her mother, and about herself, and about whether this Parliament, the most representative in India's history, can build the country that women like her were promised. Three years is enough time to get this right. We cannot afford to get it wrong.



06Mar. Transforming representation into real change by 2029 2029 तक प्रतिनिधित्व को वास्तविक परिवर्तन में बदलना

Women's Reservation and the Need for an Elder Care Agenda महिला आरक्षण और वृद्ध देखभाल एजेंडा की आवश्यकता

- In 2029, India will have the most gender-representative Parliament in its history. 2029 में भारत के इतिहास की सबसे अधिक लैंगिक प्रतिनिधित्व वाली संसद होगी।
- The Women's Reservation Act will reserve one-third of the seats in the Lok Sabha for women — the largest single expansion of political representation this country has ever legislated. महिला आरक्षण अधिनियम के तहत लोकसभा की एक-तिहाई सीटें महिलाओं के लिए आरक्षित होंगी — यह देश में राजनीतिक प्रतिनिधित्व का अब तक का सबसे बड़ा विस्तार होगा।
- This moment has been decades in the making. यह क्षण दशकों की प्रक्रिया का परिणाम है।
- If the next three years are squandered, it will not deliver what it promises. यदि अगले तीन वर्ष व्यर्थ चले गए, तो यह अपने वादे को पूरा नहीं कर पाएगा।

There is an immediacy तत्कालता की आवश्यकता

- Representation without an agenda is just presence. एजेंडा के बिना प्रतिनिधित्व केवल उपस्थिति मात्र है।
- The women who walk into Parliament in 2029 will change what gets discussed only if the issues that matter to them have already been named, fought for, and demanded loudly enough to become political priorities. 2029 में संसद में प्रवेश करने वाली महिलाएँ तभी चर्चा का विषय बदल पाएँगी जब उनसे जुड़े मुद्दों को पहले ही नाम दिया गया हो, उनके लिए संघर्ष किया गया हो और उन्हें इतनी जोर से उठाया गया हो कि वे राजनीतिक प्राथमिकताएँ बन जाएँ।



- That work **cannot begin in 2029**.
यह कार्य **2029 में शुरू नहीं हो सकता**।
- It **has to begin now**.
इसे **अभी से शुरू करना होगा**।
- And there is **no issue more urgent, more invisible, or more ready to be addressed** than this: **India lacks a policy framework for elder care that clearly accounts for women — and there is no political tradition of demanding one**.
और इससे अधिक तत्काल, अदृश्य या समाधान के लिए तैयार कोई मुद्दा नहीं है: **भारत में वृद्ध देखभाल के लिए ऐसा नीति ढाँचा नहीं है जो महिलाओं को स्पष्ट रूप से ध्यान में रखे — और ऐसी मांग करने की कोई राजनीतिक परंपरा भी नहीं है।**

Gauri's Story and the Reality of Elder Care गौरी की कहानी और वृद्ध देखभाल की वास्तविकता

- **Gauri is one of millions of women in India** for whom this is **not a policy abstraction**.
गौरी भारत की उन लाखों महिलाओं में से एक है जिनके लिए यह **कोई नीतिगत सिद्धांत मात्र नहीं है**।
- Her **eighty-three-year-old mother** lives alone in **Lucknow, Uttar Pradesh**, ageing the way most **Indian women do**.
उनकी **83 वर्षीय माँ लखनऊ, उत्तर प्रदेश** में अकेली रहती हैं और उसी तरह वृद्ध हो रही हैं जैसे अधिकांश **भारतीय महिलाएँ** होती हैं।
- She is quietly trying to hold on to her innate dignity, with almost no support from the **state**.
वह शांतिपूर्वक अपनी स्वाभाविक गरिमा बनाए रखने की कोशिश कर रही हैं, जबकि राज्य से लगभग **कोई सहायता नहीं है**।
- **Gauri travels back when she can**, handling **immediate emergencies** and worrying about the rest.
गौरी जब भी संभव होता है वापस जाती हैं, तत्काल आपात स्थितियों को संभालती हैं और बाकी चिंताओं के बारे में सोचती रहती हैं।
- She is like **many daughters and daughters-in-law** who hold **two worlds together simultaneously**.
वह उन **कई बेटियों और बहुओं** की तरह हैं जो **एक साथ दो दुनियाओं को संभालती हैं**।
- What keeps **Gauri up at night** is **not the exhaustion**.
जो चीज़ गौरी को रात भर जागने पर मजबूर करती है, वह थकान नहीं है।
- It is the **recognition that she could end up ageing like her mother the same way**.
यह एहसास है कि वह भी अपनी माँ की तरह उसी स्थिति में वृद्ध हो सकती है।
- And she is **done accepting that quietly**.
और वह अब इसे चुपचाप स्वीकार करने को तैयार नहीं है।

Demand for a Dignified Ageing Framework गरिमामय वृद्धावस्था के लिए नीति की मांग

- What **Gauri wants**, for her **mother**, and for **herself**, is a **state that builds the guardrails for women to age with dignity**.
गौरी अपनी माँ और स्वयं के लिए एक ऐसा राज्य चाहती है जो महिलाओं को गरिमा के साथ वृद्ध होने के लिए सुरक्षा ढाँचा प्रदान करे।
- She wants **elder care treated as public infrastructure**, not **private misfortune**.
वह चाहती है कि वृद्ध देखभाल को सार्वजनिक अवसंरचना के रूप में देखा जाए, न कि निजी दुर्भाग्य के रूप में।
- And she wants to know that when she **votes in 2029** for the **most representative Parliament** this country has ever elected, its **representatives will already know what she needs**.
और वह यह भी चाहती है कि जब वह **2029 में देश की सबसे प्रतिनिधित्वपूर्ण संसद के लिए मतदान करे**, तब उसके **प्रतिनिधियों को पहले से पता हो कि उसे क्या चाहिए**।



An ageing India

एक वृद्ध होती भारत की जनसंख्या

- India is ageing faster than its public conversation acknowledges.
भारत जितनी तेजी से वृद्ध हो रहा है, उतनी तेजी से सार्वजनिक चर्चा इसे स्वीकार नहीं कर रही है।
- Over 100 million Indians are already above 60 years.
100 मिलियन से अधिक भारतीय पहले ही 60 वर्ष से अधिक आयु के हो चुके हैं।
- That number will cross 250 million by the year 2040.
यह संख्या 2040 तक 250 मिलियन से अधिक हो जाएगी।
- Women will outlive men by four to five years on average.
महिलाएँ औसतन पुरुषों से चार से पाँच वर्ष अधिक जीवित रहती हैं।
- But those extra years have a compounded disadvantage.
लेकिन ये अतिरिक्त वर्ष कई प्रकार की असमानताओं के साथ आते हैं।
- They often have lower lifetime savings, broken employment histories, no assets in their own name, and no caregiver when they need one the most.
अक्सर उनके पास जीवनभर की कम बचत, टूटा हुआ रोजगार इतिहास, अपने नाम पर कोई संपत्ति नहीं, और जब सबसे अधिक आवश्यकता होती है तब देखभाल करने वाला भी नहीं होता।
- The National Policy for Older Persons (1999) and the Indira Gandhi National Old Age Pension Scheme address the elderly through a lens of poverty and health, with no gender dimension.
राष्ट्रीय वृद्धजन नीति (1999) और इंदिरा गांधी राष्ट्रीय वृद्धावस्था पेंशन योजना वृद्धों के मुद्दे को गरीबी और स्वास्थ्य के दृष्टिकोण से देखती हैं, जिनमें लैंगिक आयाम शामिल नहीं है।
- Ageing women are simply not a category the systems in India are built to recognise.
वृद्ध महिलाएँ भारत की नीतिगत व्यवस्था में अलग श्रेणी के रूप में पहचानी ही नहीं जातीं।
- The cost of that invisibility is written in the numbers.
इस अदृश्यता की कीमत आँकड़ों में दिखाई देती है।
- A 2023 study in the journal Alzheimer's & Dementia estimates that 8.8 million Indians over the age of 60 are living with dementia today.
पत्रिका Alzheimer's & Dementia में प्रकाशित 2023 के एक अध्ययन के अनुसार 60 वर्ष से अधिक आयु के 8.8 मिलियन भारतीय आज डिमेंशिया के साथ जीवन जी रहे हैं।
- That number is expected to nearly double by 2036.
यह संख्या 2036 तक लगभग दोगुनी होने की संभावना है।
- Women are disproportionately affected.
महिलाएँ असमान रूप से अधिक प्रभावित होती हैं।
- They are more likely to be living alone when cognitive decline sets in.
जब संज्ञानात्मक क्षय शुरू होता है तो उनके अकेले रहने की संभावना अधिक होती है।
- They are also less likely to have anyone looking out for them.
और उनके पास देखभाल करने वाला व्यक्ति होने की संभावना भी कम होती है।
- This is what a state that never designed elder care around women actually produces.
यही परिणाम उस राज्य व्यवस्था का है जिसने कभी भी वृद्ध देखभाल को महिलाओं को केंद्र में रखकर डिजाइन नहीं किया।
- Parliamentary records reveal why it persists.
संसदीय अभिलेख बताते हैं कि यह स्थिति क्यों बनी रहती है।
- The Parliamentary Questions database has virtually no questions on ageing women.
संसदीय प्रश्न डेटाबेस में वृद्ध महिलाओं से जुड़े लगभग कोई प्रश्न नहीं हैं।
- There are no private member Bills, or committee attention on the issue.
इस विषय पर कोई निजी सदस्य विधेयक या संसदीय समिति का ध्यान नहीं है।
- What Maharashtra showed recently is that the state can move quickly when it chooses to recognise the realities of women's lives.
हाल ही में महाराष्ट्र ने दिखाया कि जब राज्य महिलाओं के जीवन की वास्तविकताओं को स्वीकार करता है तो वह तेजी से कदम उठा सकता है।
- In January 2026, the State launched menopause clinics across 580 government facilities.
जनवरी 2026 में राज्य ने 580 सरकारी स्वास्थ्य संस्थानों में रजोनिवृत्ति क्लिनिक शुरू किए।



- This initiative was **backed by decades of advocacy**.
यह पहल दशकों की वकालत और अभियान का परिणाम थी।
- The result was that **over 31,000 women came forward in five weeks**.
परिणामस्वरूप पाँच सप्ताह में 31,000 से अधिक महिलाएँ सामने आईं।
- They had been **waiting in silence for the State to name their reality**.
वे चुपचाप इंतजार कर रही थीं कि राज्य उनकी वास्तविकता को स्वीकार करे।
- **Elder care and dignified ageing wait for the same decision**.
वृद्ध देखभाल और गरिमामय वृद्धावस्था भी ऐसे ही निर्णय की प्रतीक्षा कर रही हैं।

The need for insight समझ की आवश्यकता

- Political parties are already preparing **candidate pipelines for the reserved seats**.
राजनीतिक दल पहले से ही आरक्षित सीटों के लिए उम्मीदवारों की तैयारी कर रहे हैं।
- But **fielding women is not the same as changing what Parliament talks about**.
लेकिन महिलाओं को उम्मीदवार बनाना संसद में चर्चा के विषय बदलने के समान नहीं है।
- The **women and men who will make the Parliament of 2029 count** are those who arrive **having read the room**.
2029 की संसद को प्रभावी बनाने वाले महिलाएँ और पुरुष वही होंगे जो समय और परिस्थितियों को समझकर आएंगे।
- They must understand that **representing women means representing the full arc of their lives**.
उन्हें समझना होगा कि महिलाओं का प्रतिनिधित्व करना उनके पूरे जीवन चक्र का प्रतिनिधित्व करना है।
- It includes **not just the years of careers and children, but also the decades that follow**.
इसमें केवल करियर और बच्चों के वर्ष ही नहीं, बल्कि उसके बाद के कई दशक भी शामिल हैं।
- Those decades are when **every gap the state has ignored becomes a daily reality**.
ये वही दशक होते हैं जब राज्य द्वारा अनदेखी की गई हर कमी एक दैनिक वास्तविकता बन जाती है।
- That understanding must be **built into the candidate, the campaign, and the manifesto**.
यह समझ उम्मीदवार, चुनाव अभियान और घोषणापत्र में शामिल होनी चाहिए।
- This can be done through a **census that captures age- and gender-disaggregated data**.
यह ऐसी जनगणना के माध्यम से संभव है जो आयु और लिंग आधारित आँकड़े एकत्र करे।
- It also requires **budgets that report elder care spending transparently**.
इसके लिए ऐसे बजट की आवश्यकता है जो वृद्ध देखभाल पर होने वाले खर्च को पारदर्शी रूप से दर्शाए।
- Political parties must **make a dignified ageing political commitment before the election, not after**.
राजनीतिक दलों को गरिमामय वृद्धावस्था को चुनाव से पहले ही राजनीतिक प्रतिबद्धता बनाना होगा, बाद में नहीं।
- When **Gauri votes in 2029**, she will be thinking about **all of this**.
जब गौरी 2029 में मतदान करेगी, वह इन सभी बातों के बारे में सोच रही होगी।
- She will be thinking about **her mother, and about herself**.
वह अपनी माँ और अपने भविष्य के बारे में सोच रही होगी।
- She will also think about whether this **most representative Parliament in India's history can build the country that women like her were promised**.
वह यह भी सोचेगी कि भारत के इतिहास की सबसे प्रतिनिधित्वपूर्ण संसद क्या उस देश का निर्माण कर सकती है जिसका वादा महिलाओं से किया गया था।
- **Three years is enough time to get this right**.
तीन वर्ष इसे सही करने के लिए पर्याप्त समय हैं।
- **We cannot afford to get it wrong**.
हम इसे गलत करने का जोखिम नहीं उठा सकते।



Protecting women's rights amid conflict and instability

CS I: Society

MOB

International Women's Day is once again in our midst. Observed globally on March 8, the day has evolved from its early 20th century labour roots into a leading platform for deliberating on women's rights, celebrating achievements and demanding concrete action toward gender equality. Officially recognized by the United Nations (UN) in 1977, the day continues to serve as both a celebration and a call to action.

Rights, justice and action

For 2026, the UN has chosen "Rights, Justice, Action: For All Women and Girls" as the global theme for International Women's Day. While these words resonate powerfully, affirming women's rights to equality and justice, the reality remains far from supportive of translating this theme into a practical programme. The unpleasant truth is that this ambitious call for action is against the ominous backdrop of a world marked by conflict, displacement, economic instability and political uncertainty. Multiple wars and conflicts are raging in several parts of the world.

Relentless targeted attacks by warring nations have already claimed so many lives and caused the destruction of several strategic locations. Those killed include a large number of women and children. What is worse, instead of de-escalation, we are witnessing a hardening of positions on all sides, with no early cessation of hostilities in sight.

What do these conflicts portend for living conditions and rights of women and children?

Gender equality is not a privilege but a fundamental human right. But it is easier said than done, more so in a world facing multiple crises in which women and children are the most vulnerable. Research and field studies have clearly established that women and girls suffer disproportionately in wars. Conflict and



Archana Ramasundaram

retired from the Indian Police Service as a Director General of the Sashastra Seema Bal, a central armed police force. She has also served as Member, Lokpal of India

Global instability makes this year's International Women's Day theme urgent

insecurity dramatically escalate incidents of gender-based violence, food insecurity, restricted mobility or forced displacement, disruption of families, loss of livelihood, breakdown of social support systems and lack of access to health care and education. Women trapped in conflict zones are also targeted as a strategy of war. Rape and sexual violence against women have been committed during wars since ancient times to subjugate and humiliate the enemy.

Many women also suffer mental health issues such as depression, anxiety and post-traumatic stress disorder. The side-lining of women in peace talks and reconstruction processes further reduces their chances of addressing these problems.

Promises but no progress

Acknowledging the disproportionate impact of armed conflict on women and girls, the UN Security Council, on October 31, 2000, unanimously adopted the United Nations Security Council Resolution 1325 on Women, Peace and Security. It was affirmed in this historic resolution that women must be protected during conflicts and included actively in peacebuilding processes. Yet, the gap between commitments and implementation continues to remain wide. While a few countries have developed national action plans to implement Resolution 1325, no tangible change is noticed on the ground.

In fact, the conditions for women and children have worsened over these decades. Inequalities have become more acute in many places, with wars and political instability further weakening the institutions for the protection of women. The UN Secretary-General Report on Women, Peace and Security for 2025 categorically states that the world is experiencing the highest number of

active conflicts since 1946, resulting in unprecedented risks and suffering for women and girls. The report adds that nearly 676 million women live within 50 kilometres of deadly conflicts, the highest level since the 1990s. Civilian casualties among women and children quadrupled when compared to the previous two-year period. Conflict-related sexual violence increased by 87% in two years.

Moreover, despite overwhelming evidence that women's participation makes peace more durable, they remain largely excluded from decision-making. In 2024, nine out of 10 peace processes had no women negotiators, with women making up just 7% of negotiators and 14% of mediators globally. This is despite the research consistently showing that peace agreements are more durable when women are meaningfully involved in these processes.



INTERNATIONAL WOMEN'S DAY

Rights require action

Women, being important stakeholders as well as victims of war, should be given equal opportunity to participate in talks and other processes. Women's collectives and global bodies should also play a more action-oriented role instead of confining themselves to slogans and conferences. Women and children in conflict zones should be protected from violence and sexual exploitation. In fact, helping them with food, education, health care, financial assistance and also emotional support is the duty of other stakeholders as well.

This underscores why the 2026 emphasis on rights and justice is both urgent and essential, making International Women's Day more than a calendar date and a reminder that protecting women's rights amid conflict and instability is a collective responsibility.

06Mar. Protecting women's rights amid conflict and instability संघर्ष और अस्थिरता के बीच महिलाओं के अधिकारों की रक्षा

International Women's Day and Global Challenges अंतरराष्ट्रीय महिला दिवस और वैश्विक चुनौतियाँ

- International Women's Day is once again in our midst. अंतरराष्ट्रीय महिला दिवस एक बार फिर हमारे बीच आया है।
- Observed globally on **March 8**, the day has evolved from its **early 20th century labour roots** into a leading platform for deliberating on **women's rights**, celebrating achievements and demanding **concrete action toward gender equality**.
विश्व स्तर पर **8 मार्च** को मनाया जाने वाला यह दिवस **20वीं सदी के प्रारम्भिक श्रमिक आंदोलन** से विकसित होकर **महिलाओं के अधिकारों पर चर्चा**, उपलब्धियों के उत्सव और **लैंगिक समानता के लिए ठोस कार्रवाई की मांग** का प्रमुख मंच बन गया है।
- Officially recognized by the **United Nations (UN) in 1977**, the day continues to serve as both a **celebration and a call to action**.
1977 में संयुक्त राष्ट्र (UN) द्वारा आधिकारिक रूप से मान्यता प्राप्त यह दिवस आज भी **उत्सव और कार्रवाई के आह्वान** दोनों का प्रतीक है।

Rights, justice and action अधिकार, न्याय और कार्रवाई

- For **2026**, the **UN** has chosen "**Rights, Justice, Action: For All Women and Girls**" as the global theme for **International Women's Day**.
2026 के लिए **संयुक्त राष्ट्र** ने "**Rights, Justice, Action: For All Women and Girls**" को **अंतरराष्ट्रीय महिला दिवस** का वैश्विक विषय चुना है।
- While these words resonate powerfully, affirming **women's rights to equality and justice**, the reality remains far from supportive of translating this theme into a **practical programme**.



हालाँकि ये शब्द समानता और न्याय के लिए महिलाओं के अधिकारों की पुष्टि करते हैं, लेकिन वास्तविकता इस विषय को व्यावहारिक कार्यक्रम में बदलने के लिए अनुकूल नहीं है।

- The unpleasant truth is that this ambitious call for action is against the **ominous backdrop of a world marked by conflict, displacement, economic instability and political uncertainty.**

कटु सत्य यह है कि यह महत्वाकांक्षी आह्वान संघर्ष, विस्थापन, आर्थिक अस्थिरता और राजनीतिक अनिश्चितता से भरी दुनिया की भयावह पृष्ठभूमि में किया गया है।

- **Multiple wars and conflicts** are raging in several parts of the world. दुनिया के कई हिस्सों में कई युद्ध और संघर्ष जारी हैं।
- Relentless **targeted attacks by warring nations** have already claimed **many lives** and caused the **destruction of several strategic locations.**

युद्धरत देशों के लगातार लक्षित हमलों ने पहले ही कई लोगों की जान ले ली है और कई रणनीतिक स्थानों को नष्ट कर दिया है।

- Those killed include a **large number of women and children.** मारे गए लोगों में महिलाओं और बच्चों की बड़ी संख्या शामिल है।
- Instead of **de-escalation**, we are witnessing a **hardening of positions on all sides**, with **no early cessation of hostilities in sight.**

तनाव कम होने के बजाय, सभी पक्षों के रुख और कठोर होते जा रहे हैं, और संघर्ष के जल्द समाप्त होने की कोई संभावना दिखाई नहीं देती।

- What do these **conflicts portend for the living conditions and rights of women and children?**

ये संघर्ष महिलाओं और बच्चों की जीवन स्थितियों और अधिकारों के लिए क्या संकेत देते हैं?

- **Gender equality** is not a privilege but a **fundamental human right.** लैंगिक समानता कोई विशेषाधिकार नहीं बल्कि एक मौलिक मानव अधिकार है।
- But it is **easier said than done**, especially in a world facing **multiple crises** in which **women and children are the most vulnerable.**

लेकिन यह कहना आसान और करना कठिन है, विशेषकर ऐसी दुनिया में जहाँ कई संकट मौजूद हैं और महिलाएँ तथा बच्चे सबसे अधिक असुरक्षित हैं।

- **Research and field studies** have clearly established that **women and girls suffer disproportionately in wars.**

अनुसंधान और क्षेत्रीय अध्ययन स्पष्ट रूप से बताते हैं कि युद्धों में महिलाएँ और लड़कियाँ असमान रूप से अधिक पीड़ित होती हैं।

- **Conflict and insecurity** dramatically escalate incidents of **gender-based violence.** संघर्ष और असुरक्षा के कारण लैंगिक आधारित हिंसा की घटनाएँ तेजी से बढ़ जाती हैं।

- They also cause **food insecurity, restricted mobility or forced displacement, disruption of families, loss of livelihood, breakdown of social support systems, and lack of access to health care and education.**

इसके साथ खाद्य असुरक्षा, आवागमन पर प्रतिबंध या जबरन विस्थापन, परिवारों का विघटन, जीविका का नुकसान, सामाजिक सहयोग तंत्र का टूटना और स्वास्थ्य सेवाओं तथा शिक्षा तक पहुँच की कमी जैसी समस्याएँ भी उत्पन्न होती हैं।

- Women trapped in **conflict zones** are also **targeted as a strategy of war.** संघर्ष क्षेत्रों में फँसी महिलाएँ युद्ध की रणनीति के रूप में भी निशाना बनाई जाती हैं।

- **Rape and sexual violence against women** have been committed during wars **since ancient times** to subjugate and humiliate the enemy.

महिलाओं के विरुद्ध बलात्कार और यौन हिंसा का प्रयोग प्राचीन काल से युद्धों के दौरान दुश्मन को वश में करने और अपमानित करने के लिए किया जाता रहा है।

- Many women also suffer **mental health issues** such as **depression, anxiety and post-traumatic stress disorder (PTSD).**

कई महिलाएँ मानसिक स्वास्थ्य समस्याओं जैसे अवसाद, चिंता और पोस्ट-ट्रॉमेटिक स्ट्रेस डिसऑर्डर (PTSD) से भी पीड़ित होती हैं।

- The **side-lining of women in peace talks and reconstruction processes** further reduces their chances of **addressing these problems.**

शांति वार्ताओं और पुनर्निर्माण प्रक्रियाओं में महिलाओं को किनारे कर देना इन समस्याओं के समाधान की उनकी संभावनाओं को और कम कर देता है।



Promises but no progress वादे लेकिन प्रगति नहीं

- Acknowledging the **disproportionate impact of armed conflict on women and girls**, the **UN Security Council**, on **October 31, 2000**, unanimously adopted the **United Nations Security Council Resolution 1325 on Women, Peace and Security**.
महिलाओं और लड़कियों पर सशस्त्र संघर्ष के असमान प्रभाव को स्वीकार करते हुए संयुक्त राष्ट्र सुरक्षा परिषद ने 31 अक्टूबर 2000 को सर्वसम्मति से महिला, शांति और सुरक्षा पर संयुक्त राष्ट्र सुरक्षा परिषद प्रस्ताव 1325 को अपनाया।
- It was affirmed in this **historic resolution that women must be protected during conflicts and included actively in peacebuilding processes**.
इस ऐतिहासिक प्रस्ताव में यह पुष्टि की गई कि संघर्ष के दौरान महिलाओं की सुरक्षा सुनिश्चित की जानी चाहिए और उन्हें शांति निर्माण प्रक्रियाओं में सक्रिय रूप से शामिल किया जाना चाहिए।
- Yet, the **gap between commitments and implementation** continues to remain **wide**.
फिर भी प्रतिबद्धताओं और क्रियान्वयन के बीच का अंतर अब भी बहुत बड़ा बना हुआ है।
- While a few **countries have developed national action plans to implement Resolution 1325**, **no tangible change is noticed on the ground**.
हालाँकि कुछ देशों ने प्रस्ताव 1325 के कार्यान्वयन के लिए राष्ट्रीय कार्य योजनाएँ बनाई हैं, लेकिन जमीनी स्तर पर कोई ठोस परिवर्तन दिखाई नहीं देता।
- In fact, the **conditions for women and children have worsened over these decades**.
वास्तव में इन दशकों में महिलाओं और बच्चों की स्थिति और खराब हुई है।
- **Inequalities have become more acute** in many places.
कई स्थानों पर असमानताएँ और अधिक गंभीर हो गई हैं।
- **Wars and political instability** have further **weakened institutions meant for the protection of women**.
युद्ध और राजनीतिक अस्थिरता ने महिलाओं की सुरक्षा के लिए बने संस्थानों को और कमजोर कर दिया है।
- The **UN Secretary-General Report on Women, Peace and Security for 2025** states that the world is experiencing the **highest number of active conflicts since 1946**.
2025 के लिए संयुक्त राष्ट्र महासचिव की महिला, शांति और सुरक्षा रिपोर्ट बताती है कि दुनिया 1946 के बाद से सबसे अधिक सक्रिय संघर्षों का सामना कर रही है।
- This has resulted in **unprecedented risks and suffering for women and girls**.
इससे महिलाओं और लड़कियों के लिए अभूतपूर्व जोखिम और पीड़ा उत्पन्न हुई है।
- The report adds that nearly **676 million women live within 50 kilometres of deadly conflicts**, the **highest level since the 1990s**.
रिपोर्ट में कहा गया है कि लगभग 676 मिलियन महिलाएँ घातक संघर्षों के 50 किलोमीटर के भीतर रहती हैं, जो 1990 के दशक के बाद सबसे अधिक स्तर है।
- **Civilian casualties among women and children quadrupled** when compared to the **previous two-year period**.
महिलाओं और बच्चों के बीच नागरिक हताहतों की संख्या पिछले दो वर्षों की तुलना में चार गुना बढ़ गई।
- **Conflict-related sexual violence increased by 87% in two years**.
संघर्ष से संबंधित यौन हिंसा दो वर्षों में 87% बढ़ गई।
- Moreover, despite **overwhelming evidence that women's participation makes peace more durable**, they remain **largely excluded from decision-making**.
इसके बावजूद कि महिलाओं की भागीदारी शांति को अधिक स्थायी बनाती है, उन्हें निर्णय लेने की प्रक्रियाओं से काफी हद तक बाहर रखा गया है।
- In **2024**, **nine out of ten peace processes had no women negotiators**.
2024 में दस में से नौ शांति प्रक्रियाओं में कोई महिला वार्ताकार नहीं थी।
- Women made up just **7% of negotiators** and **14% of mediators globally**.
दुनिया भर में महिलाएँ केवल 7% वार्ताकार और 14% मध्यस्थ थीं।
- This is despite research consistently showing that **peace agreements are more durable when women are meaningfully involved**.
यह स्थिति तब भी है जब शोध लगातार बताते हैं कि महिलाओं की सार्थक भागीदारी से शांति समझौते अधिक टिकाऊ होते हैं।



Rights require action

अधिकारों के लिए कार्रवाई आवश्यक

- Women, being **important stakeholders as well as victims of war**, should be given **equal opportunity to participate in talks and other processes**.
महिलाएँ युद्ध की पीड़ित होने के साथ-साथ महत्वपूर्ण हितधारक भी हैं, इसलिए उन्हें वार्ताओं और अन्य प्रक्रियाओं में समान अवसर दिया जाना चाहिए।
- **Women's collectives and global bodies** should also play a **more action-oriented role**.
महिला समूहों और वैश्विक संगठनों को भी अधिक कार्य-उन्मुख भूमिका निभानी चाहिए।
- They should avoid **confining themselves only to slogans and conferences**.
उन्हें केवल नारों और सम्मेलनों तक सीमित नहीं रहना चाहिए।
- Women and children in **conflict zones** should be **protected from violence and sexual exploitation**.
संघर्ष क्षेत्रों में महिलाओं और बच्चों को हिंसा और यौन शोषण से सुरक्षा प्रदान की जानी चाहिए।
- They should also be supported with **food, education, health care, financial assistance and emotional support**.
उन्हें भोजन, शिक्षा, स्वास्थ्य सेवाएँ, आर्थिक सहायता और भावनात्मक समर्थन भी प्रदान किया जाना चाहिए।
- Providing such support is the **duty of all stakeholders**.
ऐसा समर्थन प्रदान करना सभी हितधारकों का कर्तव्य है।
- This underscores why the **2026 emphasis on rights and justice is urgent and essential**.
यह दर्शाता है कि **2026 में अधिकार और न्याय पर जोर देना अत्यंत आवश्यक और तात्कालिक है**।
- It makes **International Women's Day** more than a calendar date.
यह अंतरराष्ट्रीय महिला दिवस को केवल एक कैलेंडर तिथि से अधिक महत्व देता है।
- It is a reminder that **protecting women's rights amid conflict and instability is a collective responsibility**.
यह याद दिलाता है कि संघर्ष और अस्थिरता के बीच महिलाओं के अधिकारों की रक्षा करना एक सामूहिक जिम्मेदारी है।



The systemic invisibility of women's midlife health

GS I: Society

Sathya Sriram

India's focus on women's health during their child-bearing ages has been one of its most significant public health achievements. The Maternal Mortality Ratio (MMR) has fallen from 362 per 1,00,000 live births in 2000 to about 80 per 1,00,000 in 2023. Through the National Rural Health Mission and subsequently, the overarching National Health Mission (NHM), several initiatives expanding institutional deliveries, skilled birth attendants, better antenatal and post natal care have enabled these outcomes. This work is still ongoing, since access to safe pregnancy, childbirth and reproductive autonomy is highly variable across the country.

However, women's health does not conclude when childbearing years pass. The decades that follow, when autoimmune conditions emerge, perimenopause begins, cardiovascular risk and cancer incidence increase, receive far less structured attention. In policy, practice and perception, these years remain largely invisible.

As India's disease burden shifts to the increasing prevalence of Non-Communicable Diseases (NCDs), women in their 30s and 40s are experiencing higher rates of chronic diseases, such as hypertension and thyroid disorders, with 106 per 1,00,000 women reporting at least one NCD compared to 65 per 1,00,000 men.

Health and social blindspots

The invisibility of women's midlife health is embedded in the way medicine diagnoses and treats disease. For example, women experience heart attacks differently from men, with symptoms such as fatigue, nausea, anxiety or back pain rather than the classic chest pressure or pain. When the widely communicated default symptom profile is male, women's emergencies are likely to be misread or detected late. Some midlife conditions that are more prevalent among women, such as autoimmune disorders, frequently present as generic symptoms like fatigue, cognitive fog, and diffuse pain, and are therefore not often investigated clinically. Historically, conditions that affect women differently and disproportionately have received less research attention and therapeutic innovation. The speculum, used widely in gy-

naecological examinations, has not evolved since it was first invented in the 19th century.

These blind spots extend to the design of objects and spaces in everyday life. Women are biomechanically different from men, carrying their centre of mass lower in the body. Yet chairs and desks at the workplace, protective equipment and rehabilitation devices are designed around a male default. In addition, the social realities of women delaying medical help, prioritising family responsibilities, and dismissing early symptoms further reinforce this invisibility, resulting in late diagnoses and more complex treatment.

Addressing these invisible aspects of women's health needs a shift from focusing narrowly on specific stages to adopting a life-course approach, which recognises the impact of early exposures, lifestyle factors and social determinants over time. India has been laying the foundation for a life-course approach by extending Health and Wellness Centres beyond maternal services to include prevention and management of chronic diseases. Population-based screening for breast and cervical cancers by the NHM is a step towards recognising the health risks that emerge in midlife. Broadening the program to include conditions such as anaemia and autoimmune disorders

along with greater awareness of the symptoms could significantly strengthen early detection and care for women. However, the promise of these programmes will depend on the deployment of sufficient frontline capacity and resources.

As India strengthens its pharmaceutical and medical device innovation ecosystem, there is an opportunity to address longstanding gaps in women's health research and diagnostics.

For generations, women have been conditioned to prioritise the health of their families before their own. True to this Women's Day's theme, 'Give to Gain', one must encourage vigilance among the women in our lives to pay more attention to their bodies. Investing in women's health is more than an act of equity. It is an investment from which families, workplaces, and the economy stand to gain.

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autonomy varies across the country.

यह कार्य अभी भी जारी है क्योंकि सुरक्षित गर्भावस्था, प्रसव और प्रजनन स्वायत्तता तक पहुंच पूरे देश में समान नहीं है।

- However, women's health does not conclude after childbearing years. हालाँकि महिलाओं का स्वास्थ्य केवल प्रजनन आयु तक सीमित नहीं होता।
- The decades after this stage, when autoimmune conditions emerge, perimenopause begins, cardiovascular risk and cancer incidence increase, receive far less structured attention.

इसके बाद के दशकों में जब ऑटोइम्यून रोग, पेरिमेनोपॉज़, हृदय रोग और कैंसर का जोखिम बढ़ता है, तब उन्हें काफी कम संगठित ध्यान मिलता है।

- In policy, practice and perception, these years remain largely invisible. नीतियों, व्यवहार और सामाजिक दृष्टिकोण में यह अवधि काफी हद तक अदृश्य बनी रहती है।
- As India's disease burden shifts towards Non-Communicable Diseases (NCDs), women in their 30s and 40s are experiencing higher rates of chronic diseases. जैसे-जैसे भारत का रोग बोझ गैर-संचारी रोगों (NCDs) की ओर बढ़ रहा है, 30 और 40 वर्ष की महिलाओं में दीर्घकालिक रोगों की दर बढ़ रही है।
- These include hypertension and thyroid disorders. इनमें उच्च रक्तचाप और थायरॉयड विकार शामिल हैं।

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महिलाओं के मध्य आयु स्वास्थ्य की प्रणालीगत अदृश्यता

Women's Health Beyond Childbearing Years

प्रजनन आयु के बाद महिलाओं का स्वास्थ्य

- India's focus on women's health during their child-bearing ages has been one of its most significant public health achievements.

भारत द्वारा प्रजनन आयु के दौरान महिलाओं के स्वास्थ्य पर दिया गया ध्यान उसके सबसे महत्वपूर्ण सार्वजनिक स्वास्थ्य उपलब्धियों में से एक रहा है।

- The Maternal Mortality Ratio (MMR) has fallen from 362 per 1,00,000 live births in 2000 to about 80 per 1,00,000 in 2023.

मातृ मृत्यु अनुपात (MMR) 2000 में प्रति 1,00,000 जीवित जन्म पर 362 से घटकर 2023 में लगभग 80 प्रति 1,00,000 हो गया है।

- Through the National Rural Health Mission and later the National Health Mission (NHM), several initiatives expanded institutional deliveries, skilled birth attendants, antenatal and post-natal care.

राष्ट्रीय ग्रामीण स्वास्थ्य मिशन और बाद में राष्ट्रीय स्वास्थ्य मिशन (NHM) के माध्यम से संस्थागत प्रसव, प्रशिक्षित प्रसव सहायक, प्रसवपूर्व और प्रसवोत्तर देखभाल का विस्तार हुआ।

- These initiatives have enabled improvements in maternal health outcomes.

इन पहलों ने मातृ स्वास्थ्य परिणामों में सुधार संभव बनाया।

- This work is still ongoing because access to safe pregnancy, childbirth and reproductive



- About **106 per 1,000 women** report at least one **NCD**, compared to **65 per 1,000 men**.
लगभग प्रति 1,000 महिलाओं में 106 को कम से कम एक NCD है, जबकि पुरुषों में यह प्रति 1,000 में 65 है।

Health and social blindspots स्वास्थ्य और सामाजिक अंधे क्षेत्र

- The invisibility of **women's midlife health** is embedded in the way **medicine diagnoses and treats diseases**.
मध्य आयु में महिलाओं के स्वास्थ्य की अदृश्यता चिकित्सा प्रणाली के रोग निदान और उपचार के तरीकों में निहित है।
- For example, women experience **heart attacks differently from men**.
उदाहरण के लिए महिलाओं में हृदयाघात के लक्षण पुरुषों से अलग होते हैं।
- Their symptoms may include **fatigue, nausea, anxiety or back pain**, rather than the **classic chest pressure or pain**.
उनके लक्षणों में थकान, मतली, चिंता या पीठ दर्द शामिल हो सकते हैं, जबकि पुरुषों में आमतौर पर छाती में दबाव या दर्द होता है।
- When the commonly known **default symptom profile is male**, women's emergencies may be **misread or detected late**.
जब सामान्यतः ज्ञात लक्षणों का मानक पुरुषों पर आधारित होता है, तो महिलाओं की आपात स्थिति गलत समझी जाती है या देर से पहचानी जाती है।
- Some midlife conditions more common among women include **autoimmune disorders**.
मध्य आयु में महिलाओं में अधिक पाए जाने वाले कुछ रोगों में ऑटोइम्यून विकार शामिल हैं।
- These often present **generic symptoms such as fatigue, cognitive fog and diffuse pain**.
इनमें अक्सर थकान, मानसिक धुंध और व्यापक दर्द जैसे सामान्य लक्षण दिखाई देते हैं।
- Because of this, they are **not frequently investigated clinically**.
इस कारण इन्हें अक्सर चिकित्सकीय रूप से गंभीरता से नहीं जांचा जाता।
- Historically, conditions affecting women **differently and disproportionately** have received **less research attention and therapeutic innovation**.
ऐतिहासिक रूप से महिलाओं को असमान रूप से प्रभावित करने वाली बीमारियों पर कम शोध और चिकित्सा नवाचार हुआ है।
- The **speculum**, widely used in **gynaecological examinations**, has not evolved since it was invented in the **19th century**.
स्पेकुलम, जो स्त्री रोग परीक्षणों में उपयोग होता है, 19वीं सदी में आविष्कार के बाद से लगभग अपरिवर्तित है।
- These blind spots extend to the **design of objects and spaces in everyday life**.
ये अंधे क्षेत्र दैनिक जीवन की वस्तुओं और स्थानों के डिज़ाइन में भी दिखाई देते हैं।
- Women are **biomechanically different from men**, carrying their **centre of mass lower in the body**.
महिलाएँ जैव-यांत्रिक रूप से पुरुषों से भिन्न होती हैं, उनका द्रव्यमान केंद्र शरीर के निचले हिस्से में होता है।
- Yet **chairs, desks, protective equipment and rehabilitation devices** are designed around a **male default**.
फिर भी कुर्सियाँ, डेस्क, सुरक्षा उपकरण और पुनर्वास उपकरण आमतौर पर पुरुषों को मानक मानकर बनाए जाते हैं।
- Social realities also play a role.
सामाजिक परिस्थितियाँ भी इसमें भूमिका निभाती हैं।
- Women often **delay seeking medical help**.
महिलाएँ अक्सर चिकित्सकीय सहायता लेने में देर करती हैं।
- They may **prioritise family responsibilities** and **dismiss early symptoms**.
वे परिवार की जिम्मेदारियों को प्राथमिकता देती हैं और शुरुआती लक्षणों को नजरअंदाज कर देती हैं।
- This results in **late diagnoses and more complex treatments**.
इससे देर से निदान और अधिक जटिल उपचार की स्थिति उत्पन्न होती है।
- Addressing these invisible aspects requires moving from **stage-specific approaches to a life-course approach**.



इन अदृश्य पहलुओं को दूर करने के लिए विशिष्ट चरणों पर केंद्रित दृष्टिकोण से जीवन-पथ आधारित दृष्टिकोण अपनाना आवश्यक है।

- A **life-course approach** recognises the impact of **early exposures, lifestyle factors and social determinants over time.**

जीवन-पथ दृष्टिकोण समय के साथ प्रारंभिक अनुभवों, जीवनशैली और सामाजिक निर्धारकों के प्रभाव को पहचानता है।

- India has begun laying this foundation by expanding **Health and Wellness Centres** beyond **maternal services.**

भारत ने इस दिशा में **स्वास्थ्य और कल्याण केंद्रों** को **मातृ सेवाओं से आगे बढ़ाकर** आधार तैयार करना शुरू किया है।

- These centres now include **prevention and management of chronic diseases.**

अब इनमें **दीर्घकालिक रोगों की रोकथाम और प्रबंधन** भी शामिल है।

- **Population-based screening for breast and cervical cancers** under the **NHM** is an important step.

NHM के अंतर्गत **स्तन और गर्भाशय ग्रीवा कैंसर** की **जनसंख्या आधारित जांच** एक महत्वपूर्ण कदम है।

- It recognises **health risks that emerge during midlife.**

यह **मध्य आयु में उभरने वाले स्वास्थ्य जोखिमों** को पहचानता है।

- Broadening these programmes to include **anaemia and autoimmune disorders** could strengthen **early detection and care for women.**

इन कार्यक्रमों का विस्तार **एनीमिया और ऑटोइम्यून रोगों** तक करने से **महिलाओं के लिए प्रारंभिक पहचान और उपचार** मजबूत हो सकता है।

- However, their success depends on **adequate frontline capacity and resources.**

हालाँकि उनकी सफलता **पर्याप्त अग्रिम पंक्ति के संसाधनों और क्षमता** पर निर्भर करती है।

- As India strengthens its **pharmaceutical and medical device innovation ecosystem**, there is an opportunity to address **long-standing gaps in women's health research and diagnostics.**

जैसे-जैसे भारत अपना **फार्मास्यूटिकल और मेडिकल उपकरण नवाचार तंत्र** मजबूत कर रहा है, वैसे-वैसे **महिलाओं के स्वास्थ्य अनुसंधान और निदान की पुरानी कमियों** को दूर करने का अवसर भी है।

- For generations, women have been conditioned to **prioritise the health of their families before their own.**

पीढ़ियों से महिलाओं को **अपने स्वास्थ्य से पहले परिवार के स्वास्थ्य को प्राथमिकता देने** के लिए प्रेरित किया गया है।

- True to the **Women's Day** theme "**Give to Gain**", women should be encouraged to **pay greater attention to their bodies.**

महिला दिवस के विषय "**Give to Gain**" के अनुरूप महिलाओं को **अपने स्वास्थ्य पर अधिक ध्यान देने** के लिए प्रोत्साहित किया जाना चाहिए।

- Investing in **women's health** is not only an **act of equity.**

महिलाओं के स्वास्थ्य में निवेश केवल **समानता का कार्य** नहीं है।

- It is an **investment that benefits families, workplaces and the economy.**

यह एक **ऐसा निवेश है जिससे परिवारों, कार्यस्थलों और अर्थव्यवस्था को लाभ मिलता है।**

GS Paper II: Polity,	
TOPICS COVERED	06 March 2026
06Mar	Harivansh's term ending, no clarity on a successor हरिवंश का कार्यकाल समाप्त होने वाला, उत्तराधिकारी पर स्पष्टता नहीं
06Mar	BJP earned ₹6,769.14 cr. in 2024-25, Cong. earned ₹918.28 cr. भाजपा ने 2024-25 में ₹6,769.14 करोड़ कमाए, कांग्रेस ने ₹918.28 करोड़ कमाए



Harivansh's term ending, no clarity on a successor

As the senior JD(U) leader, retiring on April 9, has not been renominated by his party, speculation has begun on who will succeed him, and whether the government will be filling the position at all

GS II: Polity

NEWS ANALYSIS

Sobhana K. Nair
NEW DELHI

With the term of the **Rajya Sabha Deputy Chairman and Janata Dal (United) [JD(U)] senior leader Harivansh coming to an end on April 9**, speculation has begun on who will replace him.

Three scenarios are being discussed. One, the **Bharatiya Janata Party (BJP)** may keep the seat for itself. Two, the seat may again go to the **JD(U)**, or to the **Telugu Desam Party (TDP)** or **All India Anna Dravida Munnetra Kazhagam (AIADMK)**. The **AIADMK's floor leader M. Thambidurai** was the previous Deputy Speaker in the Lok Sabha. Three, much as in the Lok Sabha, the government may choose not to hold an elec-



Harivansh Narayan Singh

tion for the **Deputy Chairman's post**, allowing a **Panel of Chairpersons** to assist **Chairman C.P. Radhakrishnan**. Since June 2019, the post of **Deputy Speaker** has remained vacant in the Lok Sabha.

The TDP has only two members in the Upper House. The party was not keen on the Deputy Speaker's post in the Lok Sabha when offered it in the 17th Lok Sabha, and there has been no significant change in its stance.

The JD(U) has four

members in the Upper House and could easily make the cut, though it is not yet clear whether the government would want to continue with the arrangement. Though Mr. Thambidurai has a slim chance, considering that **Rajya Sabha Chairman C.P. Radhakrishnan** is also from Tamil Nadu, the top two positions of the Upper House cannot be filled by persons belonging to the same State.

Likely scenario

Many agree that the third scenario – of the government choosing not to hold an election for the Deputy Chairman's post – is far more likely.

While the **National Democratic Alliance (NDA)** is comfortably placed in the Upper House, with its total strength exceeding 120 members, an election could lead to what one member described as

“sabre-rattling” with the Opposition.

The Opposition could gather enough votes to project a moral defeat for the government, especially at a time when the **Biju Janata Dal (BJD)** is, for the first time ever, working with the Congress. On Thursday, urologist **Dattaswar Hota** filed his nomination papers in **Bhubaneswar** in the presence of the **BJD president and former Odisha Chief Minister Naveen Patnaik and Odisha Congress president Bhakta Charan Das**.

The **BJD has seven members in the Upper House**. The party has so far maintained equidistance from both the government and the Opposition, although it has more often than not leaned towards the government. The **BJD members alone will not help the Opposition tilt the battle in its favour, but they could help narrow the margin**.

06Mar. Harivansh's term ending, no clarity on a successor हरिवंश का कार्यकाल समाप्त होने वाला, उत्तराधिकारी पर स्पष्टता नहीं

- As the **senior JD(U) leader**, retiring on **April 9**, has not been **renominated by his party**, speculation has begun on **who will succeed him**, and whether the **government will be filling the position at all**.

वरिष्ठ जेडी(यू) नेता, जिनका कार्यकाल **9 अप्रैल** को समाप्त हो रहा है, को उनकी पार्टी द्वारा पुनः नामित नहीं किया गया है, इसलिए यह अटकलें शुरू हो गई हैं कि **उनका उत्तराधिकारी कौन होगा**, और क्या सरकार इस पद को भरेगी भी या नहीं।

- With the **term of the Rajya Sabha Deputy Chairman and Janata Dal (United) [JD(U)] senior leader Harivansh coming to an end on April 9**, speculation has begun on **who will replace him**.

राज्यसभा के उपसभापति और जनता दल (यूनाइटेड) [JD(U)] के वरिष्ठ नेता हरिवंश का 9 अप्रैल को कार्यकाल समाप्त होने के साथ ही यह अटकलें शुरू हो गई हैं कि **उनकी जगह कौन लेगा**।

- Three scenarios** are being discussed.
तीन संभावनाओं पर चर्चा की जा रही है।
- One, the **Bharatiya Janata Party (BJP)** may keep the **seat for itself**.
पहला, भारतीय जनता पार्टी (भाजपा) इस सीट को अपने पास रख सकती है।
- Two, the seat may again go to the **JD(U)**, or to the **Telugu Desam Party (TDP)** or **All India Anna Dravida Munnetra Kazhagam (AIADMK)**.
दूसरा, यह सीट फिर से जेडी(यू) को या तेलुगु देशम पार्टी (टीडीपी) अथवा अखिल भारतीय अन्ना द्रविड़ मुन्नेत्र कड़गम (AIADMK) को मिल सकती है।
- The **AIADMK's floor leader M. Thambidurai** was the **previous Deputy Speaker in the Lok Sabha**.
एआईएडीएमके के फ्लोर लीडर एम. थम्बिदुरई लोकसभा के पूर्व उपाध्यक्ष रह चुके हैं।
- Three, much as in the **Lok Sabha**, the **government may choose not to hold an election for the Deputy Chairman's post**, allowing a **Panel of Chairpersons** to assist **Chairman C.P. Radhakrishnan**.



तीसरा, लोकसभा की तरह सरकार उपसभापति पद के लिए चुनाव न कराने का निर्णय ले सकती है, और अध्यक्ष सी.पी. राधाकृष्णन की सहायता के लिए अध्यक्षों के पैनल को कार्य करने दे सकती है।

- Since June 2019, the post of Deputy Speaker has remained vacant in the Lok Sabha. जून 2019 से लोकसभा में उपाध्यक्ष का पद खाली पड़ा हुआ है।
- The TDP has only two members in the Upper House. टीडीपी के राज्यसभा में केवल दो सदस्य हैं।
- The party was not keen on the Deputy Speaker's post in the Lok Sabha when offered it in the 17th Lok Sabha, and there has been no significant change in its stance. जब 17वीं लोकसभा में पार्टी को लोकसभा उपाध्यक्ष पद की पेशकश की गई थी, तब भी वह इसके प्रति उत्साहित नहीं थी, और उसके रुख में कोई महत्वपूर्ण बदलाव नहीं आया है।
- The JD(U) has four members in the Upper House and could easily make the cut, though it is not yet clear whether the government would want to continue with the arrangement. जेडी(यू) के राज्यसभा में चार सदस्य हैं और वह आसानी से इस पद के लिए चयनित हो सकती है, हालांकि यह अभी स्पष्ट नहीं है कि सरकार इस व्यवस्था को जारी रखना चाहेगी या नहीं।
- Though Mr. Thambidurai has a slim chance, considering that Rajya Sabha Chairman C.P. Radhakrishnan is also from Tamil Nadu, the top two positions of the Upper House cannot be filled by persons belonging to the same State. हालांकि श्री थम्बिदुरई की संभावना कम है, क्योंकि राज्यसभा के सभापति सी.पी. राधाकृष्णन भी तमिलनाडु से हैं, और उच्च सदन के शीर्ष दो पद एक ही राज्य के व्यक्तियों द्वारा नहीं भरे जा सकते।

Likely scenario संभावित परिदृश्य

- Many agree that the third scenario — of the government choosing not to hold an election for the Deputy Chairman's post — is far more likely. कई लोगों का मानना है कि तीसरा परिदृश्य — यानी सरकार द्वारा उपसभापति पद के लिए चुनाव न कराने का निर्णय — अधिक संभावित है।
- While the National Democratic Alliance (NDA) is comfortably placed in the Upper House, with its total strength exceeding 120 members, an election could lead to "sabre-rattling" with the Opposition. हालांकि राष्ट्रीय जनतांत्रिक गठबंधन (एनडीए) उच्च सदन में मजबूत स्थिति में है और इसकी कुल संख्या 120 से अधिक सदस्यों की है, फिर भी चुनाव होने पर विपक्ष के साथ टकराव की स्थिति बन सकती है।
- The Opposition could gather enough votes to project a moral defeat for the government, especially at a time when the Biju Janata Dal (BJD) is, for the first time ever, working with the Congress. विपक्ष पर्याप्त मत जुटाकर सरकार की नैतिक हार दिखाने की कोशिश कर सकता है, खासकर ऐसे समय में जब बीजू जनता दल (बीजेडी) पहली बार कांग्रेस के साथ काम कर रहा है।
- On Thursday, urologist Datteswar Hota filed his nomination papers in Bhubaneswar in the presence of the BJD president and former Odisha Chief Minister Naveen Patnaik and Odisha Congress president Bhakta Charan Das. गुरुवार को मूत्ररोग विशेषज्ञ दत्तेश्वर होता ने भुवनेश्वर में अपना नामांकन पत्र दाखिल किया, जहां बीजेडी अध्यक्ष और पूर्व ओडिशा मुख्यमंत्री नवीन पटनायक तथा ओडिशा कांग्रेस अध्यक्ष भक्त चरण दास मौजूद थे।
- The BJD has seven members in the Upper House. बीजेडी के राज्यसभा में सात सदस्य हैं।
- The party has so far maintained equidistance from both the government and the Opposition, although it has more often than not leaned towards the government. पार्टी ने अब तक सरकार और विपक्ष दोनों से समान दूरी बनाए रखी है, हालांकि वह अक्सर सरकार की ओर झुकी हुई दिखाई देती है।
- The BJD members alone will not help the Opposition tilt the battle in its favour, but they could help narrow the margin. केवल बीजेडी सदस्य ही विपक्ष के पक्ष में स्थिति को पूरी तरह नहीं बदल सकते, लेकिन वे अंतर को कम करने में मदद कर सकते हैं।



BJP earned ₹6,769.14 cr. in 2024-25, Cong. earned ₹918.28 cr.

06Mar. BJP earned ₹6,769.14 cr. in 2024-25, Cong. earned ₹918.28 cr.
भाजपा ने 2024-25 में ₹6,769.14 करोड़ कमाए, कांग्रेस ने ₹918.28 करोड़ कमाए

GS II: Polity

NEW DELHI

The BJP declared an income of ₹6,769.14 crore in the financial year 2024-25, the highest among national parties, while the Congress took the second spot with an income of ₹918.28 crore, according to a report by the Association of Democratic Reforms.

The report analysed the declarations made by the six national parties – BJP, Congress, Communist Party of India (Marxist) [CPI (M)], Aam Aadmi Party (AAP), Bahujan Samaj Party (BSP), and National People's Party (NPP) – in their annual audit reports submitted to the Election Commission (EC).

The six parties together declared an income of ₹7,960.09 crore in 2024-25, collected from all over India.

The BJP alone garnered 85.03% of the total income. It spent 55.76% of its income (₹3,774.58 crore) while the Congress spent around ₹1,111.94 crore

The BJP alone garnered 85.03% of the total income and spent 55.76% of its income

which is 21.09% (₹193.66 crore) more than its income.

The CPI(M) reported an income of ₹172.60 crore, while it spent ₹173.86 crore.

The BSP declared an income of ₹58.58 crore, while its expenditure was ₹106.30 crore.

The AAP reported an income of ₹39.28 crore, while it spent ₹36.46 crore.

Between 2023-24 and 2024-25, the BJP's earnings rose by 55.95% (₹2,428.67 crore), while the Congress saw its income decline by 25.05% (₹306.83 crore). The income of the AAP witnessed a significant growth of 73.20% (₹16.60 crore), while the CPI(M) registered a marginal rise of 2.96% (₹4.96 crore). The BSP's income decreased by 9.56% (₹6.19 crore).

The BJP declared an income of ₹6,769.14 crore in the financial year 2024-25, the highest among national parties, while the Congress took the second spot with an income of ₹918.28 crore, according to a report by the Association of Democratic Reforms.

भाजपा ने वित्तीय वर्ष 2024-25 में ₹6,769.14 करोड़ की आय घोषित की, जो राष्ट्रीय दलों में सबसे अधिक है, जबकि कांग्रेस ₹918.28 करोड़ की आय के साथ दूसरे स्थान पर रही, यह जानकारी एसोसिएशन फॉर डेमोक्रेटिक रिफॉर्म्स की रिपोर्ट में दी गई है।

The report analysed the declarations made by the six national parties — BJP, Congress, Communist Party of India (Marxist) [CPI(M)], Aam Aadmi Party (AAP), Bahujan Samaj Party (BSP), and National People's Party (NPP) — in their annual audit reports submitted to the Election Commission (EC).

इस रिपोर्ट में छह राष्ट्रीय दलों — भाजपा, कांग्रेस, भारतीय कम्युनिस्ट पार्टी (मार्क्सवादी) [CPI(M)], आम आदमी पार्टी (AAP), बहुजन समाज पार्टी (BSP) और नेशनल पीपुल्स पार्टी (NPP) द्वारा चुनाव आयोग (EC) को प्रस्तुत वार्षिक ऑडिट रिपोर्ट में दी गई घोषणाओं का विश्लेषण किया गया।

The six parties together declared an income of ₹7,960.09 crore in 2024-25, collected from all over India. इन छहों पार्टियों ने मिलकर 2024-25 में ₹7,960.09 करोड़ की आय घोषित की, जो पूरे भारत से एकत्रित की गई।

The BJP alone garnered 85.03% of the total income.

भाजपा अकेले ने कुल आय का 85.03% प्राप्त किया।

- It spent 55.76% of its income (₹3,774.58 crore) while the Congress spent around ₹1,111.94 crore which is 21.09% (₹193.66 crore) more than its income. इसने अपनी आय का 55.76% (₹3,774.58 करोड़) खर्च किया, जबकि कांग्रेस ने लगभग ₹1,111.94 करोड़ खर्च किए, जो उसकी आय से 21.09% (₹193.66 करोड़) अधिक है।
- The CPI(M) reported an income of ₹172.60 crore, while it spent ₹173.86 crore. CPI(M) ने ₹172.60 करोड़ की आय की रिपोर्ट दी, जबकि उसने ₹173.86 करोड़ खर्च किए।
- The BSP declared an income of ₹58.58 crore, while its expenditure was ₹106.30 crore. बसपा ने ₹58.58 करोड़ की आय घोषित की, जबकि उसका व्यय ₹106.30 करोड़ था।
- The AAP reported an income of ₹39.28 crore, while it spent ₹36.46 crore. आप ने ₹39.28 करोड़ की आय की रिपोर्ट दी, जबकि उसने ₹36.46 करोड़ खर्च किए।
- Between 2023-24 and 2024-25, the BJP's earnings rose by 55.95% (₹2,428.67 crore), while the Congress saw its income decline by 25.05% (₹306.83 crore). 2023-24 और 2024-25 के बीच भाजपा की आय 55.95% (₹2,428.67 करोड़) बढ़ी, जबकि कांग्रेस की आय में 25.05% (₹306.83 करोड़) की गिरावट आई।
- The income of the AAP witnessed a significant growth of 73.20% (₹16.60 crore), while the CPI(M) registered a marginal rise of 2.96% (₹4.96 crore). आप की आय में 73.20% (₹16.60 करोड़) की महत्वपूर्ण वृद्धि देखी गई, जबकि CPI(M) की आय में 2.96% (₹4.96 करोड़) की मामूली वृद्धि दर्ज हुई।
- The BSP's income decreased by 9.56% (₹6.19 crore). बसपा की आय में 9.56% (₹6.19 करोड़) की कमी आई।



GS Paper II: Governance,	
TOPICS COVERED	06 March 2026
06Mar	Medical colleges asked to link patients' digital health records मेडिकल कॉलेजों को मरीजों के डिजिटल स्वास्थ्य रिकॉर्ड लिंक करने के निर्देश

Medical colleges asked to link patients' digital health records

GS II: Governance

Bindu Shajan Perappadan
NEW DELHI

In a big push for the nationwide linking of digital health records, the **National Medical Commission (NMC)** has directed all medical colleges to generate and link the **Ayushman Bharat Health Account (ABHA)-IDs** of all patients availing outpatient, inpatient, and emergency services at the hospitals attached to these colleges.

The aim is to weed out the fake patients that some institutions deploy during the NMC's annual assessment and registration renewal process for all medical colleges, and to make the process more objective and transparent.

In its communication to medical colleges, the commission said that the "generation and linking of ABHA-ID of patients visiting OPD/IPD/Emergency services in hospitals attached to Medical Colleges is an important prerequisite for objective verification of the clinical workload."

It added that the National Health Authority, which is the nodal agency for the Ayushman Bharat Digital Mission (ABDM), has simplified the ABHA-ID registration process to make it

The National Health Authority has simplified the ABHA-ID registration process for patients

hassle-free for patients.

The ABHA-ID is a unique, 14-digit identification number assigned to Indian patients to create a secure, paperless digital health record ecosystem. It facilitates the linking of medical records.

The NMC has also asked all medical colleges to submit details of their hospitals' Health Facility Registry (HFR)-IDs within seven days. Colleges have been asked to state whether their hospital software systems are integrated with the ABDM platform and the National Health Authority's PM-JAY portal.

The HFR is a comprehensive, centralised digital repository of public and private healthcare facilities in India, including hospitals, clinics, labs, and pharmacies.

Part of the ABDM, it provides a unique digital identity to each facility, enhancing discovery, improving trust, and enabling integration into the national digital health ecosystem.

06Mar. Medical colleges asked to link patients' digital health records

मेडिकल कॉलेजों को मरीजों के डिजिटल स्वास्थ्य रिकॉर्ड लिंक करने के निर्देश

- In a big push for the nationwide linking of digital health records, the **National Medical Commission (NMC)** has directed all medical colleges to generate and link the **Ayushman Bharat Health Account (ABHA)-IDs** of all patients availing outpatient, inpatient, and emergency services at the hospitals attached to these colleges.

डिजिटल स्वास्थ्य रिकॉर्ड को देशभर में जोड़ने की बड़ी पहल के तहत **राष्ट्रीय चिकित्सा आयोग (NMC)** ने सभी मेडिकल कॉलेजों को निर्देश दिया है कि वे इन कॉलेजों से जुड़े अस्पतालों में बाह्य रोगी, आंतरिक रोगी और आपातकालीन सेवाएं लेने वाले सभी मरीजों के **आयुष्मान भारत हेल्थ अकाउंट (ABHA)-ID** को जनरेट और लिंक करें।

- The aim is to weed out the fake patients that some institutions deploy during the NMC's annual assessment and registration renewal process for all medical colleges, and to make the process more objective and transparent.

इसका उद्देश्य उन फर्जी मरीजों को हटाना है जिन्हें कुछ संस्थान **NMC** के वार्षिक मूल्यांकन और मेडिकल कॉलेजों के पंजीकरण नवीनीकरण प्रक्रिया के दौरान दिखाते हैं, और इस प्रक्रिया को अधिक वस्तुनिष्ठ और पारदर्शी बनाना है।

- In its communication to medical colleges, the commission said that the "generation and linking of ABHA-ID of patients visiting OPD/IPD/Emergency services in hospitals attached to Medical Colleges is an important prerequisite for objective verification of the clinical workload."

मेडिकल कॉलेजों को भेजे गए अपने संचार में आयोग ने कहा कि "मेडिकल कॉलेजों से जुड़े अस्पतालों में OPD/IPD/आपातकालीन सेवाओं में आने वाले मरीजों के ABHA-ID का निर्माण और लिंक करना क्लिनिकल कार्यभार के वस्तुनिष्ठ सत्यापन के लिए एक महत्वपूर्ण पूर्व शर्त है।"

- It added that the **National Health Authority**, which is the nodal agency for the **Ayushman Bharat Digital Mission (ABDM)**, has simplified the ABHA-ID registration process to make it **hassle-free for patients**.

इसमें यह भी कहा गया कि **राष्ट्रीय स्वास्थ्य प्राधिकरण**, जो **आयुष्मान भारत डिजिटल मिशन (ABDM)** की नोडल एजेंसी है, ने **ABHA-ID पंजीकरण प्रक्रिया** को सरल बना दिया है ताकि यह मरीजों के लिए आसान हो सके।

- The **ABHA-ID** is a unique, 14-digit identification number assigned to Indian patients to create a **secure, paperless digital health record ecosystem**.
ABHA-ID एक विशिष्ट 14 अंकों की पहचान संख्या है जो भारतीय मरीजों को दी जाती है ताकि सुरक्षित और पेपरलेस डिजिटल स्वास्थ्य रिकॉर्ड प्रणाली बनाई जा सके।
- It facilitates the linking of medical records.
यह मेडिकल रिकॉर्ड को जोड़ने में सहायता करता है।



- The NMC has also asked **all medical colleges** to submit details of their **hospitals' Health Facility Registry (HFR)-IDs** within **seven days**.
NMC ने सभी मेडिकल कॉलेजों से सात दिनों के भीतर उनके अस्पतालों के हेल्थ फैसिलिटी रजिस्ट्री (HFR)-ID का विवरण जमा करने को भी कहा है।
- Colleges have been asked to state whether their **hospital software systems** are **integrated with the ABDM platform** and the **National Health Authority's PM-JAY portal**.
कॉलेजों से यह भी बताने को कहा गया है कि उनके अस्पतालों के सॉफ्टवेयर सिस्टम ABDM प्लेटफॉर्म और राष्ट्रीय स्वास्थ्य प्राधिकरण के PM-JAY पोर्टल के साथ एकीकृत हैं या नहीं।
- The HFR is a **comprehensive, centralised digital repository of public and private healthcare facilities in India**, including **hospitals, clinics, labs, and pharmacies**.
HFR भारत में सरकारी और निजी स्वास्थ्य सुविधाओं का एक व्यापक और केंद्रीकृत डिजिटल भंडार है, जिसमें अस्पताल, क्लिनिक, प्रयोगशालाएं और फार्मसी शामिल हैं।
- Part of the ABDM, it provides a **unique digital identity to each facility**, enhancing **discovery**, improving **trust**, and enabling **integration into the national digital health ecosystem**.
ABDM का हिस्सा होने के नाते यह प्रत्येक स्वास्थ्य सुविधा को एक विशिष्ट डिजिटल पहचान प्रदान करता है, जिससे खोज में आसानी, विश्वास में वृद्धि और राष्ट्रीय डिजिटल स्वास्थ्य पारिस्थितिकी तंत्र में एकीकरण संभव होता है।

GS Paper II: International Relations	
TOPICS COVERED	06 March 2026
06Mar	The legality of U.S.-Israel strikes on Iran ईरान पर अमेरिका-इज़राइल हमलों की वैधता
06Mar	'India in touch with U.S. authorities for DFC maritime cover' 'DFC समुद्री बीमा कवर के लिए भारत अमेरिकी अधिकारियों के संपर्क में'
06Mar	Iran's political system: clerical rule with the ballot ईरान की राजनीतिक व्यवस्था: मतदान के साथ धार्मिक नेतृत्व का शासन



The legality of U.S.-Israel strikes on Iran

U.S. Israel launch strikes on Iran as a 'pre-emptive' response to an imminent threat, raising questions about the legality of the use of force under the UN Charter; missile strike on a girls' primary school raises concerns over violations of International Humanitarian Law, particularly the principles of distinction, proportionality, precaution

LETTER & SPIRIT

Kartik Singh

As the U.S. and Israel launched coordinated strikes across Iran, reports have surfaced that a missile had hit a girls' primary school in the southern city of Minab, killing around 150 people and injuring nearly 100. Many of the victims are believed to be schoolchildren. UNESCO has condemned this as a grave violation of International Humanitarian Law (IHL), or the 'laws of war', which is designed to limit the human suffering caused during 'armed conflict' by imposing restrictions on the 'means' and 'methods' of warfare. Attacks on civilian objects such as schools and hospitals, and on civilians, especially children, are prohibited under IHL.

Legal Justification

On February 28, Israel and the U.S. launched strikes on Iran, framing the operation as a 'pre-emptive' response to what they described as an imminent threat. Importantly, the UN Charter was created in 1945 following the devastation of World War II to save future generations from the 'scourge of war' and maintain international peace and security. Article 2(4) of the UN Charter prohibits all member states from threatening or using force against the 'territorial integrity' or 'political independence' of another state. Under the Charter, only the UN Security Council may authorise the 'use of force' against a member state in response to breaches of international peace. The sole exception is Article 51, which permits the 'use of force' in self-defence, but only in response to an actual armed attack.

Under this legal framework, neither Israel nor the U.S. can plausibly claim to be exercising the right of self-defence against Iran under Article 51, whether individually or collectively. Notably, Iran has not recently attacked either state, and any earlier threat has long dissipated. In the absence of an ongoing armed attack, the 'use of force' cannot be justified as self-defence. At most, the argument rests on preventing a potential civilian Iranian attack – nuclear or otherwise – under the theory of 'anticipatory' self-defence in response to an imminent threat.

Yet many scholars argue that international law does not recognise a right to use force in self-defence against an attack that has not yet occurred. Nevertheless, even under the broadest plausible theory of 'anticipatory' self-defence, the use of force against Iran would be lawful only if three conditions were met: first, that Iran's leadership had decided to attack the U.S. or Israel; second, that it possessed the capability to do so; and third, that the 'use of force' was necessary now because this was the last window of opportunity to prevent that future attack.

However, the 'anticipatory' self-defence argument appears even weaker today. The U.S. strikes in June 2023 had already substantially degraded Iran's capacity to develop a nuclear weapon. President Donald Trump had claimed that Iran's nuclear programme had been 'dismantled'. Since then, no evidence has been presented to show that Iran reconstituted its programme, formed the intent to build a weapon, mounted it on a ballistic missile, and prepared to use it against the U.S. or Israel.

Furthermore, neither regime change nor the protection of populations (Iranians) from mass atrocities by the Iranian government finds any basis in



Amid ruins: People and rescue workers search through debris following an Israeli strike on a school in Minab, Iran, on February 28. REUTERS

international law or the UN Charter as a lawful justification for the 'use of force'.

IHL violations

While morals and ethics in conflicts have deep historical roots dating back to ancient Greek, Roman, Indian, and Chinese civilisations, they were codified in their modern form, i.e., IHL, by the Geneva Conventions of 1949, complemented by other treaties and customary law. IHL protects the wounded, sick, prisoners of war, and civilians while restricting brutal weapons and methods of warfare.

Unlike the UN Charter, which addresses the legality of starting a war (*ius ad bellum*), IHL governs how wars are fought (*ius in bello*) and ensures humane conduct regardless of the war's initiation. It regulates the conduct of hostilities based on four core principles: 'distinction', 'proportionality', 'military necessity', and 'precaution'.

When the missile hit the girls' school in Iran, the 'principle of distinction', which requires that 'combatants' and 'military targets' be clearly separated from 'civilians' and 'civilian objects' such as schools, hospitals, places of worship, and public transport, was blatantly transgressed. Importantly, if there is any doubt about whether a target is military or civilian in nature, it must be presumed to be civilian.

The Convention on the Rights of the Child further reinforces this protection by recognising children as rights-bearing individuals and requiring States Parties, under Article 38(4), to take all feasible measures to ensure the protection and care of children affected by armed conflict. Similarly, the Rome Statute of the International Criminal Court defines the

intentional targeting of civilians and attacks on buildings dedicated to education as war crimes. However, it must also be noted that civilian objects, including schools, may lose their protected status if they are used for military purposes and thereby become military objectives. For instance, a school functioning as a military base, artillery site, or command post could fall within this category. So far, however, there is no evidence that the school in Minab, Iran, was being used for military purposes or that it was deliberately targeted.

Proportionality and necessity

The key question, therefore, is how the strike should be assessed under IHL, if the school was not intentionally targeted but was instead damaged as collateral harm from an attack directed at a nearby Islamic Revolutionary Guard Corps facility, as some reports suggest.

In this regard, IHL recognises that civilian objects may be incidentally affected during attacks on military objectives. However, such incidental harm to civilians or civilian objects is lawful only if it satisfies the requirements of 'proportionality', 'precaution', and 'military necessity'.

In such circumstances – where a civilian object like a school is located near a military objective and is struck during an attack – the legality of the operation turns on whether the expected harm to the school and the children present was excessive in relation to the concrete and direct military advantage anticipated from the intended target.

Equally crucial is whether military commanders took all feasible precautions to minimise civilian harm, such as verifying the target, assessing the

presence of nearby civilians or civilian infrastructure, selecting weapons capable of limiting collateral damage, and timing the strike in a manner that reduces risks to non-combatants.

Role of international law

In a world where states increasingly resort to force against one another, critics often point to frequent violations of international law as evidence of its irrelevance. Yet this conclusion misunderstands how international law functions. While breaches do occur, sometimes brazenly, they remain exceptions to an overwhelmingly compliant pattern of behaviour.

The everyday conduct of diplomacy, international commerce, civil aviation, maritime navigation, environmental agreements, arms control arrangements, and treaty obligations continues to operate largely within the framework of international law.

Its significance lies not in perfect compliance but in its ability to demand justification. Through its argumentative and normative practices, international law compels those who wield power to account for their actions before a global audience.

This system of accountability may be imperfect, but it ensures that departures from legal norms can be identified, scrutinised, and condemned. The challenge today is not the absence of law, but the need for states to comply with it rather than bend it to politics. For when bombs fall on classrooms and playgrounds, it is not only lives that are lost; it is the quiet extinguishing of futures that had barely begun to exist.

(Kartik Singh is a lawyer based in New Delhi)

THE GIST

Under the UN Charter, only the UN Security Council may authorise the use of force against a member state, with self-defence permitted only in response to an actual armed attack.

Civilian objects such as schools and hospitals are protected under International Humanitarian Law, which regulates the conduct of hostilities during conflict.

International law compels states to justify the use of force and seeks to limit human suffering by regulating the means and methods of warfare.

06Mar. The legality of U.S.-Israel strikes on Iran ईरान पर अमेरिका-इज़राइल हमलों की वैधता

International Humanitarian Law and the Iran Strikes अंतरराष्ट्रीय मानवीय कानून और ईरान पर हमले

- As the **U.S. and Israel** launched **coordinated strikes across Iran**, reports surfaced that a **missile hit a girls' primary school** in the southern city of **Minab**. जब अमेरिका और इज़राइल ने ईरान में समन्वित हमले शुरू किए, तब रिपोर्ट सामने आई कि एक मिसाइल ने दक्षिणी शहर मिनाब में एक लड़कियों के प्राथमिक विद्यालय को निशाना बनाया।
- The strike reportedly **killed around 150 people and injured nearly 100**. इस हमले में कथित रूप से लगभग 150 लोगों की मृत्यु हुई और लगभग 100 लोग घायल हुए।
- Many of the victims are believed to be **schoolchildren**. मृतकों में कई स्कूली बच्चे होने की आशंका है।
- UNESCO** condemned the attack as a **grave violation of International Humanitarian Law (IHL)**. यूनेस्को ने इस हमले को अंतरराष्ट्रीय मानवीय कानून (IHL) का गंभीर उल्लंघन बताया।



- **International Humanitarian Law**, also known as the “**laws of war**”, aims to **limit human suffering during armed conflict**.
अंतरराष्ट्रीय मानवीय कानून, जिसे युद्ध के कानून भी कहा जाता है, का उद्देश्य सशस्त्र संघर्ष के दौरान मानवीय पीड़ा को सीमित करना है।
- It does so by imposing restrictions on the **means and methods of warfare**.
यह युद्ध के साधनों और तरीकों पर प्रतिबंध लगाकर ऐसा करता है।
- Under IHL, attacks on **civilian objects such as schools and hospitals** are prohibited.
IHL के तहत स्कूलों और अस्पतालों जैसे नागरिक ढाँचों पर हमले प्रतिबंधित हैं।
- Attacks on **civilians, especially children**, are also prohibited.
नागरिकों, विशेष रूप से बच्चों, पर हमले भी प्रतिबंधित हैं।

Legal justification कानूनी औचित्य

- On **February 28, Israel and the U.S.** launched strikes on **Iran**.
28 फरवरी को इज़राइल और अमेरिका ने ईरान पर हमले किए।
- They framed the operation as a “**pre-emptive**” response to what they described as an **imminent threat**.
उन्होंने इस अभियान को “पूर्व-निवारक कार्रवाई” बताया और कहा कि यह तत्काल खतरे के जवाब में किया गया।
- The **UN Charter**, created in **1945** after **World War II**, was intended to **save future generations from the “scourge of war”**.
संयुक्त राष्ट्र चार्टर, जिसे 1945 में द्वितीय विश्व युद्ध के बाद बनाया गया था, का उद्देश्य भविष्य की पीढ़ियों को युद्ध के अभिशाप से बचाना था।
- It also aims to **maintain international peace and security**.
इसका उद्देश्य अंतरराष्ट्रीय शांति और सुरक्षा बनाए रखना भी है।
- **Article 2(4) of the UN Charter** prohibits states from **threatening or using force** against the **territorial integrity or political independence of another state**.
संयुक्त राष्ट्र चार्टर का अनुच्छेद 2(4) राज्यों को किसी अन्य राज्य की क्षेत्रीय अखंडता या राजनीतिक स्वतंत्रता के खिलाफ बल प्रयोग या धमकी देने से रोकता है।
- Under the Charter, only the **UN Security Council** may authorise the **use of force against a member state**.
चार्टर के अनुसार केवल संयुक्त राष्ट्र सुरक्षा परिषद ही किसी सदस्य राज्य के खिलाफ बल प्रयोग की अनुमति दे सकती है।
- Such authorisation may occur in response to **breaches of international peace**.
यह अनुमति अंतरराष्ट्रीय शांति के उल्लंघन की स्थिति में दी जा सकती है।
- The sole exception is **Article 51**, which permits the **use of force in self-defence**.
इसका एकमात्र अपवाद अनुच्छेद 51 है, जो आत्मरक्षा में बल प्रयोग की अनुमति देता है।
- However, this applies only in response to an **actual armed attack**.
लेकिन यह केवल वास्तविक सशस्त्र हमले के जवाब में लागू होता है।
- Under this legal framework, neither **Israel nor the U.S.** can plausibly claim **self-defence under Article 51** against **Iran**.
इस कानूनी ढाँचे के तहत इज़राइल और अमेरिका ईरान के खिलाफ अनुच्छेद 51 के तहत आत्मरक्षा का दावा उचित रूप से नहीं कर सकते।
- This applies whether the claim is made **individually or collectively**.
यह स्थिति चाहे दावा व्यक्तिगत रूप से किया जाए या सामूहिक रूप से, दोनों में लागू होती है।
- Notably, **Iran has not recently attacked either state**.
महत्वपूर्ण बात यह है कि ईरान ने हाल ही में इन दोनों देशों पर कोई हमला नहीं किया है।
- Any earlier threat has **long dissipated**.
पहले का कोई भी खतरा अब समाप्त हो चुका है।
- In the absence of an **ongoing armed attack**, the **use of force cannot be justified as self-defence**.
चल रहे सशस्त्र हमले के अभाव में बल प्रयोग को आत्मरक्षा के रूप में उचित नहीं ठहराया जा सकता।
- At most, the argument relies on preventing a **potential future Iranian attack**.
अधिकतम यह तर्क भविष्य में संभावित ईरानी हमले को रोकने पर आधारित है।



- This reasoning is linked to the theory of “anticipatory self-defence” against an **imminent threat**.
यह तर्क तत्काल खतरे के विरुद्ध “पूर्व-निवारक आत्मरक्षा” के सिद्धांत से जुड़ा है।
- However, many **scholars argue** that **international law does not recognise such a right**.
हालाँकि कई विद्वान मानते हैं कि अंतरराष्ट्रीय कानून इस प्रकार के अधिकार को मान्यता नहीं देता।
- According to them, **self-defence cannot justify force against an attack that has not yet occurred**.
उनके अनुसार ऐसे हमले के विरुद्ध बल प्रयोग को आत्मरक्षा नहीं कहा जा सकता जो अभी हुआ ही नहीं है।
- Even under the broadest interpretation of **anticipatory self-defence**, the use of force against **Iran** would be lawful only if **three conditions** were satisfied.
यहाँ तक कि पूर्व-निवारक आत्मरक्षा की सबसे व्यापक व्याख्या के तहत भी ईरान के खिलाफ बल प्रयोग तभी वैध होगा जब तीन शर्तें पूरी हों।
- First, **Iran’s leadership must have decided to attack the U.S. or Israel**.
पहली शर्त यह है कि ईरान का नेतृत्व अमेरिका या इज़राइल पर हमला करने का निर्णय ले चुका हो।
- Second, **Iran must possess the capability to carry out that attack**.
दूसरी शर्त यह है कि ईरान के पास उस हमले को अंजाम देने की क्षमता हो।
- Third, the **use of force must be necessary immediately because it is the last opportunity to prevent that future attack**.
तीसरी शर्त यह है कि उस संभावित हमले को रोकने का यह अंतिम अवसर हो, इसलिए तुरंत बल प्रयोग आवश्यक हो।
- However, the “anticipatory self-defence” argument appears even **weaker today**.
हालाँकि “पूर्व-निवारक आत्मरक्षा” का तर्क आज और कमजोर प्रतीत होता है।
- The **U.S. strikes in June 2025** had already substantially **degraded Iran’s capacity to develop a nuclear weapon**.
जून 2025 में अमेरिका के हमलों ने पहले ही ईरान की परमाणु हथियार विकसित करने की क्षमता को काफी हद तक कमजोर कर दिया था।
- **President Donald Trump** had claimed that **Iran’s nuclear programme had been “obliterated”**.
राष्ट्रपति डोनाल्ड ट्रंप ने दावा किया था कि ईरान का परमाणु कार्यक्रम “पूरी तरह नष्ट” हो गया है।
- Since then, **no evidence has been presented** showing that **Iran rebuilt its nuclear programme**.
इसके बाद से कोई प्रमाण प्रस्तुत नहीं किया गया कि ईरान ने अपना परमाणु कार्यक्रम फिर से स्थापित किया।
- There is also no evidence that **Iran formed the intent to build a weapon and mount it on a ballistic missile**.
यह भी कोई प्रमाण नहीं है कि ईरान ने हथियार बनाने और उसे बैलिस्टिक मिसाइल पर लगाने का इरादा बनाया।
- Nor is there evidence that it **prepared to use such a weapon against the U.S. or Israel**.
और यह भी प्रमाण नहीं है कि उसने ऐसे हथियार का उपयोग अमेरिका या इज़राइल के खिलाफ करने की तैयारी की।
- Furthermore, neither **regime change** nor **protection of populations from mass atrocities** provides a lawful basis for the **use of force under international law or the UN Charter**.
इसके अतिरिक्त शासन परिवर्तन या जनसंख्या को सामूहिक अत्याचारों से बचाने का तर्क अंतरराष्ट्रीय कानून या संयुक्त राष्ट्र चार्टर के तहत बल प्रयोग का वैध आधार नहीं बनता।

IHL violations

अंतरराष्ट्रीय मानवीय कानून उल्लंघन

- While **morals and ethics in conflicts** have deep historical roots in **ancient Greek, Roman, Indian and Chinese civilisations**, they were codified in modern form as **International Humanitarian Law (IHL)**.
हालाँकि संघर्षों में नैतिकता और आचार की जड़ें प्राचीन यूनानी, रोमन, भारतीय और चीनी सभ्यताओं तक जाती हैं, लेकिन उन्हें आधुनिक रूप में अंतरराष्ट्रीय मानवीय कानून (IHL) के रूप में संहिताबद्ध किया गया।



- The modern codification occurred through the **Geneva Conventions of 1949**.
आधुनिक संहिताकरण 1949 के जेनेवा कन्वेंशनों के माध्यम से हुआ।
- These conventions were later complemented by **other treaties and customary international law**.
इन कन्वेंशनों को बाद में अन्य संधियों और प्रथागत अंतरराष्ट्रीय कानून द्वारा पूरक बनाया गया।
- **IHL protects the wounded, the sick, prisoners of war and civilians.**
IHL घायल, बीमार, युद्धबंदी और नागरिकों की सुरक्षा करता है।
- It also restricts **brutal weapons and methods of warfare**.
यह क्रूर हथियारों और युद्ध के तरीकों को भी सीमित करता है।
- Unlike the **UN Charter**, which regulates the legality of **starting a war (jus ad bellum)**, IHL governs **how wars are fought (jus in bello)**.
संयुक्त राष्ट्र चार्टर जहाँ युद्ध शुरू करने की वैधता (jus ad bellum) को नियंत्रित करता है, वहीं IHL यह नियंत्रित करता है कि युद्ध कैसे लड़ा जाए (jus in bello)।
- It ensures **humane conduct during warfare regardless of how the war began**.
यह सुनिश्चित करता है कि युद्ध की शुरुआत चाहे जैसे भी हुई हो, युद्ध के दौरान मानवीय आचरण बना रहे।
- IHL regulates hostilities based on **four core principles**.
IHL चार मुख्य सिद्धांतों के आधार पर युद्ध संचालन को नियंत्रित करता है।
- These principles are **distinction, proportionality, military necessity, and precaution**.
ये सिद्धांत हैं भेद (distinction), अनुपातिकता (proportionality), सैन्य आवश्यकता (military necessity) और सावधानी (precaution)।
- When the **missile hit the girls' school in Iran**, the principle of **distinction** was clearly violated.
जब मिसाइल ने ईरान के लड़कियों के स्कूल को निशाना बनाया, तब भेद के सिद्धांत (principle of distinction) का स्पष्ट उल्लंघन हुआ।
- This principle requires **combatants and military targets to be clearly separated from civilians and civilian objects**.
यह सिद्धांत कहता है कि युद्धरत सैनिकों और सैन्य लक्ष्यों को नागरिकों और नागरिक ढाँचों से स्पष्ट रूप से अलग रखा जाना चाहिए।
- Civilian objects include **schools, hospitals, places of worship and public transport**.
नागरिक ढाँचों में स्कूल, अस्पताल, पूजा स्थल और सार्वजनिक परिवहन शामिल हैं।
- If there is **any doubt whether a target is military or civilian**, it must be **presumed to be civilian**.
यदि किसी लक्ष्य के सैन्य या नागरिक होने पर संदेह हो, तो उसे नागरिक माना जाना चाहिए।
- The **Convention on the Rights of the Child** reinforces this protection.
बाल अधिकार अभिसमय (Convention on the Rights of the Child) इस सुरक्षा को और मजबूत करता है।
- It recognises **children as rights-bearing individuals**.
यह बच्चों को अधिकार रखने वाले व्यक्तियों के रूप में मान्यता देता है।
- Under **Article 38(4)**, States must take **all feasible measures to protect children affected by armed conflict**.
अनुच्छेद 38(4) के तहत राज्यों को सशस्त्र संघर्ष से प्रभावित बच्चों की सुरक्षा और देखभाल के लिए सभी संभव उपाय करने होते हैं।
- Similarly, the **Rome Statute of the International Criminal Court (ICC)** defines **intentional attacks on civilians and educational institutions as war crimes**.
इसी प्रकार अंतरराष्ट्रीय आपराधिक न्यायालय (ICC) का रोम संविधि नागरिकों और शैक्षणिक संस्थानों पर जानबूझकर हमले को युद्ध अपराध मानती है।
- However, **civilian objects may lose their protected status** if they are used for **military purposes**.
हालाँकि नागरिक ढाँचे अपनी सुरक्षा स्थिति खो सकते हैं यदि उनका उपयोग सैन्य उद्देश्यों के लिए किया जाए।
- For example, a **school used as a military base, artillery site or command post** could become a **military objective**.
उदाहरण के लिए यदि स्कूल का उपयोग सैन्य अड्डे, तोपखाने स्थल या कमांड पोस्ट के रूप में हो, तो वह सैन्य लक्ष्य बन सकता है।



- So far, however, **no evidence suggests that the school in Minab was used for military purposes.**
अब तक कोई प्रमाण नहीं है कि मिनाब का स्कूल सैन्य उद्देश्यों के लिए उपयोग किया जा रहा था।
- There is also **no evidence that the school was deliberately targeted.**
और यह भी कोई प्रमाण नहीं है कि स्कूल को जानबूझकर निशाना बनाया गया।

Proportionality and Necessity अनुपातिकता और आवश्यकता

- The key question, therefore, is how the strike should be assessed under **International Humanitarian Law (IHL)** if the **school was not intentionally targeted** but was instead damaged as **collateral harm** from an attack directed at a nearby **Islamic Revolutionary Guard Corps (IRGC) facility**, as some reports suggest.
इसलिए मुख्य प्रश्न यह है कि **अंतरराष्ट्रीय मानवीय कानून (IHL)** के तहत इस हमले का मूल्यांकन कैसे किया जाए यदि **स्कूल को जानबूझकर निशाना नहीं बनाया गया**, बल्कि कुछ रिपोर्टों के अनुसार यह पास के **इस्लामिक रिवोल्यूशनरी गार्ड कॉर्प्स (IRGC) सुविधा** पर हमले के दौरान **आकस्मिक क्षति (collateral damage)** के रूप में प्रभावित हुआ।
- In this regard, **IHL recognises that civilian objects may be incidentally affected during attacks on military objectives.**
इस संदर्भ में **IHL यह स्वीकार करता है कि सैन्य लक्ष्यों पर हमले के दौरान नागरिक ढाँचे आकस्मिक रूप से प्रभावित हो सकते हैं।**
- However, such **incidental harm to civilians or civilian objects** is lawful only if it satisfies the requirements of **proportionality, precaution, and military necessity.**
हालाँकि **नागरिकों या नागरिक ढाँचों को होने वाली आकस्मिक क्षति** तभी वैध मानी जाएगी जब वह **अनुपातिकता (proportionality), सावधानी (precaution) और सैन्य आवश्यकता (military necessity)** की शर्तों को पूरा करे।
- In such circumstances — where a **civilian object like a school** is located near a **military objective** and is struck during an attack — the legality of the operation depends on whether the **expected harm to the school and the children present was excessive** compared to the **direct military advantage anticipated** from striking the intended target.
ऐसी परिस्थितियों में — जब **स्कूल जैसा नागरिक ढाँचा** किसी **सैन्य लक्ष्य** के पास स्थित हो और हमले के दौरान प्रभावित हो जाए — तो ऑपरेशन की वैधता इस पर निर्भर करती है कि **स्कूल और वहाँ मौजूद बच्चों को होने वाली संभावित क्षति** उस **प्रत्यक्ष सैन्य लाभ** की तुलना में अत्यधिक तो नहीं थी जो लक्ष्य पर हमले से अपेक्षित था।
- Equally crucial is whether **military commanders took all feasible precautions to minimise civilian harm.**
यह भी उतना ही महत्वपूर्ण है कि क्या **सैन्य कमांडरों ने नागरिक क्षति को कम करने के लिए सभी संभव सावधानियाँ अपनाईं।**
- Such precautions include **verifying the target** before launching the attack.
इन सावधानियों में हमले से पहले **लक्ष्य की पुष्टि करना** शामिल है।
- They also include **assessing the presence of nearby civilians or civilian infrastructure.**
इनमें **आसपास नागरिकों या नागरिक ढाँचों की उपस्थिति का आकलन करना** भी शामिल है।
- Another precaution is **selecting weapons capable of limiting collateral damage.**
एक अन्य सावधानी **ऐसे हथियारों का चयन करना है जो आकस्मिक क्षति को सीमित कर सकें।**
- Commanders should also **time the strike in a way that reduces risks to non-combatants.**
कमांडरों को **हमले का समय इस प्रकार निर्धारित करना चाहिए जिससे गैर-युद्धरत व्यक्तियों के लिए जोखिम कम हो।**

Role of international law अंतरराष्ट्रीय कानून की भूमिका

- In a world where **states increasingly resort to force against one another**, critics often point to **frequent violations of international law** as evidence of its irrelevance.
ऐसी दुनिया में जहाँ **राज्य एक-दूसरे के खिलाफ बल प्रयोग का सहारा अधिक लेने लगे हैं**, आलोचक अक्सर **अंतरराष्ट्रीय कानून के बार-बार होने वाले उल्लंघनों** को इसकी अप्रासंगिकता का प्रमाण मानते हैं।



- Yet this conclusion **misunderstands how international law functions**.
हालाँकि यह निष्कर्ष अंतरराष्ट्रीय कानून के कार्य करने के तरीके को गलत समझता है।
- While **breaches do occur**, sometimes even **brazenly**, they remain **exceptions rather than the norm**.
हालाँकि उल्लंघन होते हैं, कभी-कभी खुले तौर पर, फिर भी वे सामान्य नियम नहीं बल्कि अपवाद हैं।
- The **everyday conduct of diplomacy, international commerce, civil aviation, maritime navigation, environmental agreements, arms control arrangements and treaty obligations** continues to function largely within the framework of **international law**.
कूटनीति, अंतरराष्ट्रीय व्यापार, नागरिक उड्डयन, समुद्री नौवहन, पर्यावरणीय समझौते, हथियार नियंत्रण व्यवस्थाएँ और संधि दायित्व जैसे दैनिक अंतरराष्ट्रीय कार्य अब भी काफी हद तक अंतरराष्ट्रीय कानून के ढाँचे के भीतर संचालित होते हैं।
- Its significance lies not in **perfect compliance**, but in its ability to **demand justification**.
इसका महत्व पूर्ण अनुपालन में नहीं बल्कि औचित्य की मांग करने की क्षमता में निहित है।
- Through its **argumentative and normative practices**, international law compels those who wield power to **account for their actions before a global audience**.
अपने तर्कात्मक और मानक आधारित तंत्र के माध्यम से अंतरराष्ट्रीय कानून शक्ति रखने वालों को वैश्विक समुदाय के सामने अपने कार्यों का उत्तर देने के लिए बाध्य करता है।
- This system of **accountability** may be imperfect, but it allows **violations of legal norms to be identified, scrutinised and condemned**.
यह जवाबदेही की प्रणाली भले ही पूर्ण न हो, लेकिन यह कानूनी मानकों से विचलन को पहचानने, जाँचने और निंदा करने की अनुमति देती है।
- The challenge today is **not the absence of law**, but the need for **states to comply with it rather than bend it to politics**.
आज चुनौती कानून की अनुपस्थिति नहीं, बल्कि यह है कि राज्य उसका पालन करें, न कि उसे राजनीतिक हितों के अनुसार मोड़ दें।
- For when **bombs fall on classrooms and playgrounds**, it is not only **lives that are lost**.
क्योंकि जब बम कक्षाओं और खेल के मैदानों पर गिरते हैं, तब केवल जीवन ही नहीं खोते।
- It is also the **quiet extinguishing of futures that had barely begun to exist**.
यह उन भविष्य की संभावनाओं का मौन अंत भी होता है जो अभी-अभी अस्तित्व में आना शुरू हुई थीं।

'India in touch with U.S. authorities for DFC maritime cover'

GS II: IR
Saptaparno Ghosh
NEW DELHI

India is in touch with U.S. authorities for securing maritime insurance cover from the **International Development Finance Corporation (DFC)**, sources in the government informed on Thursday.

Further, to shield the country against any potential impact on fuel availability amid the ongoing conflict in West Asia, India was also in touch with **Paris-headquartered International Energy Agency (IEA)**, global oil suppliers and ministers of oil-producing countries, among others, they said.

"We are also in touch with U.S. authorities for the insurance cover from the [International] Development Finance Corp. The proposal had come from the U.S. govt," they informed.

The sources also said that New Delhi was not expecting any disruption to its liquified petroleum gas (LPG) and liquified natural gas (LNG) supplies.

With regard to natural gas, they said India lost 60 million metric standard cubic metres per day (MMSCMD) of supply, of its overall consumption of 195 MMSCMD, because of the conflict extending to Qatar's energy infrastructure.

06Mar. 'India in touch with U.S. authorities for DFC maritime cover'
'DFC समुद्री बीमा कवर के लिए भारत अमेरिकी अधिकारियों के संपर्क में'

• India is in touch with **U.S. authorities** for securing **maritime insurance cover** from the **International Development Finance Corporation (DFC)**, sources in the **government** informed on **Thursday**.

भारत अमेरिकी अधिकारियों के संपर्क में है ताकि **International Development Finance Corporation (DFC)** से **समुद्री बीमा कवर** सुरक्षित किया जा सके, यह जानकारी **सरकारी सूत्रों** ने **गुरुवार** को दी।

• Further, to shield the **country** against any potential impact on **fuel availability** amid the ongoing **conflict in West Asia**, India was also in touch with **Paris-headquartered International Energy Agency (IEA)**, **global oil suppliers** and **ministers of oil-producing countries**, among others, they said.

इसके अलावा, जारी **पश्चिम एशिया के संघर्ष** के बीच **ईंधन उपलब्धता** पर किसी भी संभावित प्रभाव से देश को बचाने के लिए **भारत पेरिस स्थित International Energy Agency (IEA)**, **वैश्विक तेल आपूर्तिकर्ताओं** और **तेल उत्पादक देशों के मंत्रियों**



सहित अन्य के संपर्क में भी था, उन्होंने कहा।

- “We are also in touch with **U.S. authorities** for the insurance cover from the **[International] Development Finance Corp.**
“हम अमेरिकी अधिकारियों के संपर्क में भी हैं ताकि **[International] Development Finance Corp.** से बीमा कवर प्राप्त किया जा सके।
- The **proposal** had come from the **U.S. govt.**,” they informed.
यह प्रस्ताव अमेरिकी सरकार की ओर से आया था,” उन्होंने बताया।
- The **sources** also said that **New Delhi** was not expecting any **disruption** to its **liquified petroleum gas (LPG)** and **liquified natural gas (LNG)** supplies.
सूत्रों ने यह भी कहा कि **नई दिल्ली** को अपने **लिक्विफाइड पेट्रोलियम गैस (LPG)** और **लिक्विफाइड नेचुरल गैस (LNG)** की आपूर्ति में किसी भी **बाधा** की उम्मीद नहीं है।
- With regard to **natural gas**, they said **India** lost **60 million metric standard cubic metres per day (MMSCMD)** of supply, of its overall consumption of **195 MMSCMD**, because of the **conflict extending to Qatar’s energy infrastructure.**
प्राकृतिक गैस के संबंध में उन्होंने कहा कि **कतर के ऊर्जा बुनियादी ढांचे तक संघर्ष के फैलने के कारण भारत** ने अपनी कुल **195 MMSCMD** खपत में से **60 मिलियन मीट्रिक स्टैंडर्ड क्यूबिक मीटर प्रतिदिन (MMSCMD)** की आपूर्ति खो दी।

Iran’s political system: clerical rule with the ballot

The Constitution mandates the 88-member Assembly of Experts to elect the Supreme Leader; the Assembly, which also has the authority to oversee and dismiss the Leader, is directly elected, but the candidates are strictly vetted by the Guardian Council, whose members are directly or indirectly picked by the Supreme Leader. President and members of Parliament (Majles) are directly elected

NEWS ANALYSIS

Stanly Johny

Iran’s unique political system – which has been designed in such a way that the Shia clergy has ultimate authority in all critical matters related to the state, even as elections are held in regular intervals – is a child of the 1979 revolution.

While it’s popularly called the “Islamic revolution”, the anti-Shah movement was not just Islamic. True, Ayatollah Ruhollah Khomeini, who, while in exile in Iraq’s Najaf, had called for the Shah’s ouster, and became the embodiment of the mass agitations in the 1970s. But Iranians from different political sections, including nationalists, liberals, leftists and trade unionists, had actively joined the movement, seeking freedom from the Shah’s dicta-

torship. When the Shah fled the country in January 1979, Khomeini was in Paris. He landed in Tehran’s Mehrabad airport, which was controlled by the revolutionaries, on February 1, 1979. They turned a disused girls’ school in central Tehran into a make-shift headquarters of the Revolutionary Council. And one of the first things Khomeini did was to form a paramilitary force – the Islamic Revolutionary Guard Corps (IRGC). But the Islamists could not ignore other sections of the revolution completely.

Hybrid system

So, Khomeini ushered in a new system that would have an elected President and Parliament, while the clerics would remain firmly in control. He promised an Islamic revolutionary government based on Sharia, a model which he called *Velayat-e Faqih* (Guardianship of the Fa-

qih, or the Islamic Jurist). Iran’s state has both elected and unelected branches and the unelected branch is more powerful than the former. The President, Parliament (Majles) and the Assembly of Experts are directly elected, while the Supreme Leader, the Guardian Council and the Expediency Council are appointed by the clergy. The President is the head of the government, which is in charge of running the day-to-day affairs of the country, but is not the head of the state. The Supreme Leader is the most powerful person in the country and is both the political leader and spiritual guide of the Islamic Republic.

The presidential term is four years and Presidents cannot have more than two consecutive terms. Candidates for elections are vetted by the Guardian Council. The 290-member



Overseeing authority: Unlike the President, the Supreme Leader does not have any fixed term. G. RAMAKRISHNA

Islamic Consultative Assembly (Majles) has the authority to legislate. But all the Bills the Majles passes should go to the unelected Guardian Council, which would vet whether the Bill is in compliance with the Islamic Constitution and values.

The Guardian Council has 12 members, a combination of six religious experts, who will directly be appointed by the Supreme Leader, and six Islamic le-

gal jurists, nominated by the Chief Justice (who in turn is appointed by the Supreme Leader). So the Supreme Leader’s office has direct or indirect control over the Guardian Council, which oversees the elections, vets the candidates and has a veto over Parliament.

Unlike the President, the Supreme Leader doesn’t have any fixed term. Since the 1979 revolution, Iran has had only

two Supreme Leaders – Khomeini (who died in 1989) and Ayatollah Ali Khamenei, who was assassinated by a joint American-Israeli strike on February 28, 2026. Iran, now at war with the U.S. and Israel, is currently in the process of choosing its third Supreme Leader.

The Constitution mandates the 88-member Assembly of Experts to elect the Supreme Leader. The Assembly, which also has the authority to oversee and dismiss the Supreme Leader, is directly elected, but the candidates are strictly vetted by the Guardian Council. If there are legal disputes between the elected Majles and the unelected Guardian Council, the 45-member Expediency Council, which advises the Supreme Leader, will have ultimate adjudicating powers. And all 45 members of the Council are appointed by the Supreme Leader, who is also the

Commander-in-Chief of the armed forces. In essence, the Constitution ensures that the Leader and the clerical establishment stay firmly in charge of all branches of the state.

Two blocs

Iran’s political class is broadly divided into two categories – principalists (better known as hardliners) and reformists. The principalists make up the conservative bloc that enjoys the support of the clergy, whereas reformists advocate political and social reforms from within. The election of Mohammad Khatami as President in 1997 was a critical moment for reformist politics. But Mr. Khatami, an influential and popular reformist, failed to usher in any major changes in the system. Hassan Rouhani, the former President, was also a reformist, while his successor, Ebrahim Raisi, was a principalist. The current Presi-

dent, Masoud Pezeshkian, belongs to the reformist camp.

When Khomeini established his clerical rule after the revolution, many expected the new order to collapse quickly. Instead, Khomeini purged internal dissent and consolidated the clergy’s grip even when the country fought an eight-year war with Iraq. Over four decades later, the system the Ayatollah built faces its gravest challenges yet.

Iran was bombed by Israel and the U.S. in June 2025, while the alliance network it had built in West Asia has been weakened by Israeli attacks. In January 2026, Iran witnessed massive protests and riots amid deteriorating economic situation. And now, with Israel and the U.S. bombarding Iran and calling for regime change, the Islamic Republic is fighting a do-or-die battle on multiple fronts.

06Mar. Iran’s political system: clerical rule with the ballot

ईरान की राजनीतिक व्यवस्था: मतदान के साथ धार्मिक नेतृत्व का शासन

- The **Constitution** mandates the **88-member Assembly of Experts** to elect the **Supreme Leader**.
संविधान के अनुसार **88 सदस्यीय असेंबली ऑफ एक्सपर्ट्स** को **सुप्रीम लीडर** का चुनाव करना होता है।
- The **Assembly**, which also has the authority to **oversee and dismiss the Leader**, is **directly elected**, but the **candidates** are strictly vetted by the **Guardian Council**, whose members are directly or indirectly picked by the **Supreme Leader**.
यह **असेंबली**, जिसे **लीडर की निगरानी और पद से हटाने** का अधिकार भी है, **प्रत्यक्ष रूप से चुनी जाती है**, लेकिन **उम्मीदवारों** की कड़ी जांच **गार्डियन काउंसिल** द्वारा की जाती है, जिसके सदस्य सीधे या परोक्ष रूप से **सुप्रीम लीडर** द्वारा चुने जाते हैं।
- The **President** and members of **Parliament (Majles)** are directly elected.
राष्ट्रपति और संसद (मजलिस) के सदस्य सीधे चुने जाते हैं।
- **Iran’s unique political system** — which has been designed in such a way that the **Shia clergy** has **ultimate authority** in all critical matters related to the **state**, even as **elections**



are held at regular intervals — is a child of the **1979 revolution**.

ईरान की अनोखी राजनीतिक व्यवस्था — जिसे इस तरह बनाया गया है कि शिया धर्मगुरुओं के पास राज्य से जुड़े सभी महत्वपूर्ण मामलों में अंतिम अधिकार हो, जबकि नियमित अंतराल पर चुनाव भी होते हैं — **1979 की क्रांति** का परिणाम है।

- While it's popularly called the "**Islamic revolution**", the **anti-Shah movement** was not just **Islamic**.

हालांकि इसे लोकप्रिय रूप से "**इस्लामिक क्रांति**" कहा जाता है, लेकिन **शाह विरोधी आंदोलन** केवल **इस्लामी** नहीं था।

- Ayatollah **Ruholla Khomeini**, who, while in **exile** in **Iraq's Najaf**, had called for the **Shah's ouster**, and became the **embodiment of the mass agitations** in the **1970s**.

सही है कि **आयतोल्ला रुहोल्ला खोमैनी**, जो **इराक के नजफ़** में **निर्वासन** के दौरान **शाह को हटाने** का आह्वान कर रहे थे, **1970 के दशक के जन आंदोलनों के प्रतीक** बन गए थे।

- But **Iranians** from different **political sections**, including **nationalists, liberals, leftists and trade unionists**, had actively joined the **movement**, seeking **freedom from the Shah's dictatorship**.

लेकिन **ईरानियों** के विभिन्न **राजनीतिक वर्गों**, जिनमें **राष्ट्रवादी, उदारवादी, वामपंथी और ट्रेड यूनियनिस्ट** शामिल थे, ने **शाह की तानाशाही से स्वतंत्रता** पाने के लिए इस **आंदोलन** में सक्रिय भाग लिया।

- When the **Shah fled the country** in **January 1979**, **Khomeini** was in **Paris**.

जब **जनवरी 1979** में **शाह देश छोड़कर भाग गए**, तब **खोमैनी पेरिस** में थे।

- He landed in **Tehran's Mehrabad airport**, which was controlled by the **revolutionaries**, on **February 1, 1979**.

वह **1 फरवरी 1979** को **तेहरान के मेहराबाद हवाई अड्डे** पर उतरे, जो **क्रांतिकारियों** के नियंत्रण में था।

- They turned a **disused girls' school** in **central Tehran** into a **make-shift headquarters** of the **Revolutionary Council**.

उन्होंने **केंद्रीय तेहरान** में एक **बंद पड़ी लड़कियों के स्कूल** को **क्रांतिकारी परिषद** के अस्थायी **मुख्यालय** में बदल दिया।

- And one of the first things **Khomeini** did was to form a **paramilitary force** — the **Islamic Revolutionary Guard Corps (IRGC)**.

और **खोमैनी** द्वारा किए गए पहले कार्यों में से एक था **अर्धसैनिक बल** — **इस्लामिक रिवोल्यूशनरी गार्ड कॉर्प्स (IRGC)** — का गठन करना।

- But the **Islamists** could not ignore other sections of the **revolution** completely.

लेकिन **इस्लामवादी क्रांति** के अन्य वर्गों को पूरी तरह नजरअंदाज नहीं कर सकते थे।

Hybrid system मिश्रित प्रणाली

- So, **Khomeini** ushered in a **new system** that would have an **elected President and Parliament**, while the **clerics** would remain firmly in **control**.

इसलिए **खोमैनी** ने एक **नई व्यवस्था** शुरू की जिसमें **निर्वाचित राष्ट्रपति और संसद** होंगे, जबकि **धर्मगुरु नियंत्रण** में रहेंगे।

- He promised an **Islamic revolutionary government** based on **Sharia**, a model which he called **Vilayat-e Faqih (Guardianship of the Faqih, or the Islamic Jurist)**.

उन्होंने **शरिया** पर आधारित **इस्लामी क्रांतिकारी सरकार** का वादा किया, जिसे उन्होंने **विलायत-ए-फकीह (इस्लामी न्यायविद की अभिरक्षा)** कहा।

- **Iran's state** has both **elected and unelected branches** and the **unelected branch** is more powerful than the former.

ईरान का राज्य तंत्र निर्वाचित और गैर-निर्वाचित शाखाओं दोनों से मिलकर बना है और **गैर-निर्वाचित शाखा** अधिक शक्तिशाली है।

- The **President, Parliament (Majles)** and the **Assembly of Experts** are **directly elected**, while the **Supreme Leader, the Guardian Council** and the **Expediency Council** are **appointed by the clergy**.

राष्ट्रपति, संसद (मजलिस) और असेंबली ऑफ एक्सपर्ट्स प्रत्यक्ष रूप से चुने जाते हैं, जबकि **सुप्रीम लीडर, गार्डियन काउंसिल और एक्सपीडिएंसी काउंसिल** को **धर्मगुरु नियुक्त** करते हैं।

- The **President** is the **head of the government**, which is in charge of running the **day-to-day affairs** of the country, but is not the **head of the state**.



राष्ट्रपति सरकार का प्रमुख होता है, जो देश के दैनिक कार्यों को चलाता है, लेकिन वह राज्य का प्रमुख नहीं होता।

- The **Supreme Leader** is the most **powerful person** in the country and is both the **political leader** and **spiritual guide** of the Islamic Republic.
सुप्रीम लीडर देश का सबसे शक्तिशाली व्यक्ति होता है और वह इस्लामिक गणराज्य का राजनीतिक नेता और आध्यात्मिक मार्गदर्शक दोनों होता है।
- The **presidential term** is **four years** and **Presidents** cannot have more than **two consecutive terms**.
राष्ट्रपति का कार्यकाल चार वर्ष का होता है और राष्ट्रपति लगातार दो से अधिक कार्यकाल नहीं ले सकते।
- Candidates for **elections** are vetted by the **Guardian Council**.
चुनावों के लिए उम्मीदवारों की जांच गार्डियन काउंसिल करती है।
- The **290-member Islamic Consultative Assembly (Majles)** has the authority to **legislate**.
290 सदस्यीय इस्लामिक कंसल्टेटिव असेंबली (मजलिस) को कानून बनाने का अधिकार है।
- But all the **Bills** the **Majles** passes should go to the **unelected Guardian Council**, which would vet whether the **Bill** is in compliance with the **Islamic Constitution and values**.
लेकिन मजलिस द्वारा पारित सभी विधेयक गैर-निर्वाचित गार्डियन काउंसिल के पास जाते हैं, जो यह जांचती है कि विधेयक इस्लामी संविधान और मूल्यों के अनुरूप है या नहीं।
- The **Guardian Council** has **12 members**, a combination of **six religious experts** appointed directly by the **Supreme Leader**, and **six Islamic legal jurists** nominated by the **Chief Justice**.
गार्डियन काउंसिल में 12 सदस्य होते हैं, जिनमें छह धार्मिक विशेषज्ञ सीधे सुप्रीम लीडर द्वारा नियुक्त किए जाते हैं और छह इस्लामी कानूनी न्यायविद मुख्य न्यायाधीश द्वारा नामित किए जाते हैं।
- The **Chief Justice** in turn is **appointed by the Supreme Leader**.
मुख्य न्यायाधीश को भी सुप्रीम लीडर द्वारा ही नियुक्त किया जाता है।
- So the **Supreme Leader's office** has direct or indirect **control** over the **Guardian Council**, which **oversees elections, vets candidates** and has a **veto over Parliament**.
इस प्रकार सुप्रीम लीडर का कार्यालय गार्डियन काउंसिल पर प्रत्यक्ष या परोक्ष नियंत्रण रखता है, जो चुनावों की निगरानी, उम्मीदवारों की जांच और संसद पर वीटो का अधिकार रखती है।
- Unlike the **President**, the **Supreme Leader** doesn't have any **fixed term**.
राष्ट्रपति के विपरीत सुप्रीम लीडर का कोई निश्चित कार्यकाल नहीं होता।
- Since the **1979 revolution**, **Iran** has had only **two Supreme Leaders** — **Khomeini** and **Ayatollah Ali Khamenei**.
1979 की क्रांति के बाद से ईरान में केवल दो सुप्रीम लीडर रहे हैं — खोमैनी और आयतोल्ला अली खामेनेई।
- **Khomeini** died in **1989**.
खोमैनी की मृत्यु 1989 में हुई।
- **Ayatollah Ali Khamenei** was **assassinated** by a **joint American-Israeli strike** on **February 28, 2026**.
आयतोल्ला अली खामेनेई की 28 फरवरी 2026 को अमेरिका-इज़राइल के संयुक्त हमले में हत्या कर दी गई।
- **Iran, now at war with the U.S. and Israel**, is currently in the process of choosing its **third Supreme Leader**.
ईरान, जो अब अमेरिका और इज़राइल के साथ युद्ध में है, वर्तमान में अपने तीसरे सुप्रीम लीडर के चयन की प्रक्रिया में है।

Two blocs दो गुट

- **Iran's political class** is broadly divided into **two categories** — **principalists (hardliners)** and **reformists**.
ईरान का राजनीतिक वर्ग मुख्य रूप से दो श्रेणियों में बंटा है — प्रिंसिपलिस्ट (कट्टरपंथी) और रिफॉर्मिस्ट।
- The **principalists** make up the **conservative bloc** that enjoys the **support of the clergy**.
प्रिंसिपलिस्ट रूढ़िवादी गुट बनाते हैं जिन्हें धर्मगुरुओं का समर्थन प्राप्त है।
- Whereas **reformists** advocate **political and social reforms** from within the system.
जबकि रिफॉर्मिस्ट व्यवस्था के भीतर राजनीतिक और सामाजिक सुधारों की वकालत करते हैं।



- The election of Mohammad Khatami as President in 1997 was a critical moment for reformist politics.
1997 में मोहम्मद खातमी का राष्ट्रपति चुना जाना सुधारवादी राजनीति के लिए एक महत्वपूर्ण क्षण था।
- But Mr. Khatami, an influential and popular reformist, failed to usher in any major changes in the system.
लेकिन खातमी, जो एक प्रभावशाली और लोकप्रिय सुधारवादी थे, प्रणाली में कोई बड़ा परिवर्तन नहीं ला सके।
- Hassan Rouhani, the former President, was also a reformist.
हसन रूहानी, पूर्व राष्ट्रपति, भी सुधारवादी थे।
- While his successor Ebrahim Raisi was a principalist.
जबकि उनके उत्तराधिकारी इब्राहिम रईसी प्रिंसिपलिस्ट थे।
- The current President, Masoud Pezeshkian, belongs to the reformist camp.
वर्तमान राष्ट्रपति मसूद पेज़ेश्कियन सुधारवादी गुट से संबंधित हैं।
- When Khomeini established his clerical rule after the revolution, many expected the new order to collapse quickly.
जब खोमैनी ने क्रांति के बाद धर्मगुरु शासन स्थापित किया, तब कई लोगों को उम्मीद थी कि नई व्यवस्था जल्दी गिर जाएगी।
- Instead, Khomeini purged internal dissent and consolidated the clergy's grip even when the country fought an eight-year war with Iraq.
इसके बजाय खोमैनी ने आंतरिक असहमति को समाप्त किया और धर्मगुरुओं की पकड़ को मजबूत किया, जबकि देश ने इराक के साथ आठ वर्ष का युद्ध भी लड़ा।
- Over four decades later, the system the Ayatollah built faces its gravest challenges yet.
चार दशकों बाद, आयतोल्ला द्वारा बनाई गई प्रणाली अपने सबसे गंभीर चुनौतियों का सामना कर रही है।
- Iran was bombed by Israel and the U.S. in June 2025.
ईरान पर जून 2025 में इज़राइल और अमेरिका ने बमबारी की।
- The alliance network it had built in West Asia has been weakened by Israeli attacks.
पश्चिम एशिया में बनाया गया उसका गठबंधन नेटवर्क इज़राइली हमलों से कमजोर हो गया है।
- In January 2026, Iran witnessed massive protests and riots amid a deteriorating economic situation.
जनवरी 2026 में ईरान ने खराब होती आर्थिक स्थिति के बीच बड़े पैमाने पर विरोध प्रदर्शन और दंगे देखे।
- And now, with Israel and the U.S. bombarding Iran and calling for regime change, the Islamic Republic is fighting a do-or-die battle on multiple fronts.
और अब जब इज़राइल और अमेरिका ईरान पर हमले कर रहे हैं और शासन परिवर्तन की मांग कर रहे हैं, तब इस्लामिक गणराज्य कई मोर्चों पर निर्णायक संघर्ष लड़ रहा है।

GS Paper III: Economy,	
TOPICS COVERED	06 March 2026
06Mar	Nominal Gross State Domestic Product of Maharashtra महाराष्ट्र का नाममात्र सकल राज्य घरेलू उत्पाद
06Mar	Centre shortlists 200 start-ups for 'Bharat Innovates' in France फ्रांस में 'भारत इनोवेट्स' के लिए केंद्र ने 200 स्टार्ट-अप शॉर्टलिस्ट किए



NEWS IN NUMBERS

Nominal Gross State Domestic Product of Maharashtra

GS III: Economy

46.22 in ₹ lakh crore. Maharashtra's economy is the country's largest with a nominal GSDP estimated at ₹46.22 lakh crore in 2024-25, which is expected to grow to ₹51 lakh crore as per the Economic Survey 2025-26 tabled in the Assembly. Maharashtra accounts for the highest share of about 14% in India's nominal GDP, it said. PTI

about 14% in India's nominal GDP, it said.

बताया गया कि महाराष्ट्र का भारत के नाममात्र GDP में लगभग 14% का सबसे अधिक हिस्सा है।

06Mar. Nominal Gross State Domestic Product of Maharashtra

महाराष्ट्र का नाममात्र सकल राज्य घरेलू उत्पाद

- 46.22 in ₹ lakh crore.
₹ लाख करोड़ में 46.22।
- Maharashtra's economy is the country's largest with a nominal GSDP estimated at ₹46.22 lakh crore in 2024-25, which is expected to grow to ₹51 lakh crore as per the Economic Survey 2025-26 tabled in the Assembly. महाराष्ट्र की अर्थव्यवस्था देश की सबसे बड़ी है, जिसका नाममात्र GSDP 2024-25 में ₹46.22 लाख करोड़ आंका गया है, जो विधानसभा में प्रस्तुत आर्थिक सर्वेक्षण 2025-26 के अनुसार बढ़कर ₹51 लाख करोड़ होने की उम्मीद है।

- Maharashtra accounts for the highest share of

Centre shortlists 200 start-ups for 'Bharat Innovates' in France

GS III: Economy

The Hindu Bureau
NEW DELHI

The government has so far shortlisted over 200 emerging and mature ventures in critical emerging technologies (also known as Deep Tech) for the upcoming Bharat Innovates 2026 event, which is meant to provide these ventures with a platform for potential partnerships and capital flows as part of the India-France year of innovation slate of events.

AI on lead

These ventures, of which the highest are in the sectors of AI, quantum computing, and robotics, will be competing for about 120

final spots at a culmination event, which is scheduled in Nice, France, for June this year, where top European and global corporates, investors, and research orgs will get to see the offerings from these Indian ventures.

After AI, quantum computing, and robotics, the highest number of shortlisted start-ups are in sectors like EV value chain, green energy and blue economy, healthcare and medical technology, energy, sustainability, and climate change, and life sciences.

Officials of the Education Ministry said that the event had been designed based on an agreement

between India and France, announced by Prime Minister Narendra Modi and President Emmanuel Macron at the inauguration of the India-France year of innovation in Mumbai this February. The officials added that before the scheduled showcase in Nice, France, in June, a final event is expected to be held at the Indian Institute of Technology in Bombay, where the final 100-120 start-ups will be finalised.

The scheduled showcase in France is expected to enable global stakeholders to build sustained engagement with India's innovation ecosystem by giving them early access to India's deep tech start-ups.

06Mar. Centre shortlists 200 start-ups for 'Bharat Innovates' in France फ्रांस में 'भारत इनोवेट्स' के लिए केंद्र ने 200 स्टार्ट-अप शॉर्टलिस्ट किए

- The government has so far shortlisted over 200 emerging and mature ventures in critical emerging technologies (also known as Deep Tech) for the upcoming Bharat Innovates 2026 event, which is meant to provide these ventures with a platform for potential



partnerships and capital flows as part of the India-France year of innovation slate of events.

सरकार ने अब तक महत्वपूर्ण उभरती प्रौद्योगिकियों (जिसे डीप टेक भी कहा जाता है) में 200 से अधिक उभरते और परिपक्व उद्यमों को आगामी भारत इनोवेट्स 2026 कार्यक्रम के लिए शॉर्टलिस्ट किया है, जिसका उद्देश्य इन उद्यमों को संभावित साझेदारी और पूंजी प्रवाह के लिए मंच प्रदान करना है, जो भारत-फ्रांस नवाचार वर्ष के कार्यक्रमों का हिस्सा है।

AI on lead

एआई अग्रणी भूमिका में

- These ventures, of which the highest are in the sectors of AI, quantum computing, and robotics, will be competing for about 120 final spots at a culmination event, which is scheduled in Nice, France, for June this year, where top European and global corporates, investors, and research organisations will get to see the offerings from these Indian ventures.

इन उद्यमों में सबसे अधिक एआई, क्वांटम कंप्यूटिंग, और रोबोटिक्स क्षेत्रों के हैं, जो इस वर्ष जून में फ्रांस के नीस में आयोजित होने वाले समापन कार्यक्रम में लगभग 120 अंतिम स्थानों के लिए प्रतिस्पर्धा करेंगे, जहाँ शीर्ष यूरोपीय और वैश्विक कंपनियाँ, निवेशक, और अनुसंधान संगठन इन भारतीय उद्यमों के प्रस्तावों को देख सकेंगे।

- After AI, quantum computing, and robotics, the highest number of shortlisted start-ups are in sectors like EV value chain, green energy and blue economy, healthcare and medical technology, energy, sustainability, and climate change, and life sciences.

एआई, क्वांटम कंप्यूटिंग, और रोबोटिक्स के बाद, सबसे अधिक शॉर्टलिस्ट किए गए स्टार्ट-अप ईवी वैल्यू चेन, ग्रीन एनर्जी और ब्लू इकोनॉमी, स्वास्थ्य सेवा और मेडिकल तकनीक, ऊर्जा, स्थिरता, और जलवायु परिवर्तन, तथा जीवन विज्ञान जैसे क्षेत्रों में हैं।

- Officials of the Education Ministry said that the event had been designed based on an agreement between India and France, announced by Prime Minister Narendra Modi and President Emmanuel Macron at the inauguration of the India-France year of innovation in Mumbai this February.

शिक्षा मंत्रालय के अधिकारियों ने कहा कि यह कार्यक्रम भारत और फ्रांस के बीच हुए समझौते के आधार पर तैयार किया गया है, जिसकी घोषणा प्रधानमंत्री नरेंद्र मोदी और राष्ट्रपति इमैनुएल मैक्रों ने इस फरवरी में मुंबई में भारत-फ्रांस नवाचार वर्ष के उद्घाटन के दौरान की थी।

- The officials added that before the scheduled showcase in Nice, France, in June, a final event is expected to be held at the Indian Institute of Technology in Bombay, where the final 100-120 start-ups will be finalised.

अधिकारियों ने यह भी बताया कि जून में फ्रांस के नीस में निर्धारित प्रदर्शनी से पहले भारतीय प्रौद्योगिकी संस्थान बॉम्बे में एक अंतिम कार्यक्रम आयोजित होने की संभावना है, जहाँ अंतिम 100-120 स्टार्ट-अप को अंतिम रूप दिया जाएगा।

- The scheduled showcase in France is expected to enable global stakeholders to build sustained engagement with India's innovation ecosystem by giving them early access to India's deep tech start-ups.

फ्रांस में निर्धारित यह प्रदर्शनी वैश्विक हितधारकों को भारत के नवाचार पारिस्थितिकी तंत्र के साथ स्थायी जुड़ाव बनाने में सक्षम बनाएगी, क्योंकि उन्हें भारत के डीप टेक स्टार्ट-अप्स तक प्रारंभिक पहुंच मिलेगी।



GS Paper III: S&T,	
TOPICS COVERED	06 March 2026
06Mar	Indian HPV vaccine under test for single-dose roll-out एकल खुराक के उपयोग के लिए भारतीय HPV वैक्सीन का परीक्षण
06Mar	India, China top Asia-Pacific region in metabolic diseases burden: study अध्ययन: एशिया-प्रशांत क्षेत्र में मेटाबोलिक रोगों के बोझ में भारत और चीन शीर्ष पर
06Mar	As nicotine pouches spread, calls for regulations, ban get louder जैसे-जैसे निकोटिन पाउच फैल रहे हैं, विनियमन और प्रतिबंध की मांग तेज हो रही है
06Mar	Prevention of diabetes before birth offers hope for healthy future जन्म से पहले मधुमेह की रोकथाम स्वस्थ भविष्य की आशा प्रदान करती है
06Mar	QUIZ
06Mar	Crypto bill hits new impasse, raising doubts over its future क्रिप्टो विधेयक नए गतिरोध में फंसा, इसके भविष्य पर संदेह बढ़ा

Indian HPV vaccine under test for single-dose roll-out

An ICMR study of whether a single dose of Indian-made Cervavac vaccine generates a stable immune response compared with Gardasil will determine if it can be officially recommended

GS III: S&T

Jacob Koshy
Bindu Shajan Perappadan
NEW DELHI

A relaxation by the World Health Organization (WHO) in the prescribed dosage for the Human Papilloma Virus (HPV) vaccine and 'free' doses may have pushed back the inclusion of an Indian-made vaccine into the national programme to inoculate children against HPV.

This is despite the Health Ministry in 2023 committing to preparing the Indian-made vaccine for inclusion in the **Universal Immunisation Programme (UIP)**, publicly available documents suggest.

Prime Minister Narendra Modi, on February 28, launched a campaign in Ajmer, Rajasthan, to vaccinate 1.15-crore 14-year-old girls with Gardasil-4, developed by Merck and available in India since 2009. It is one of the most well-tested HPV vaccines and part of the immunisation programmes in several countries.

The inclusion of Gardasil-4, however, pushed back Cervavac, an indige-



India has launched a campaign to vaccinate 1.15-crore 14-year-old girls with the Gardasil-4 HPV vaccine. PTI

nously developed quadrivalent HPV vaccine. Following Phase 3 trials of the vaccine that showed it was "non inferior" to Gardasil, it was officially launched in September 2022 when Science Minister Jitendra Singh lauded it as an example of the private sector and the government coming together to create an affordable product.

Reports in January 2023 said that the Health Ministry was planning to float a global tender for 16.02 crore doses of HPV vaccine in April towards the immunisation programme rol-

lout in 2026. The minutes of a meeting of the **National Technical Advisory Group on Immunisation (NTAGI) – India's apex advisory body on vaccination – in July 2023** note that "...indigenously developed qHPV vaccine (Cervavac) may be considered for introduction in the UIP as a two-dose regimen".

In the same meeting, the Ministry of Health and Family Welfare (MoHFW) had also stated, "...The introduction of the vaccine has been approved, and MoHFW is currently working on its implementation

in the UIP." However no such tender came.

The absence of Cervavac from India's current UIP is due to an ongoing study led by the Indian Council of Medical Research (ICMR), which is testing whether a single dose of Cervavac generates enough protective antibodies and generates a stable immune response compared with a single dose of Gardasil vaccine. The results of this study are only expected in 2027, N.K. Arora, a member of the NTAGI told *The Hindu*.

Until early 2022, the WHO recommended a two-dose schedule for administering HPV vaccines for girls in the 9-15 age group for maximum generation of antibodies.

However faced with "...stagnating pace of introductions, the low HPV vaccine coverage in many countries and the gap with the 2030 target of 90% coverage ..." a Strategic Advisory Group of Experts (SAGE) of Immunisation of the WHO, recommended in March 2022 that national immunisation programmes could use either a two-dose or a single-dose vaccination schedule.



06Mar. Indian HPV vaccine under test for single-dose roll-out एकल खुराक के उपयोग के लिए भारतीय HPV वैक्सीन का परीक्षण

- An ICMR study of whether a **single dose of Indian-made Cervavac vaccine** generates a **stable immune response** compared with **Gardasil** will determine if it can be **officially recommended**.
यह पता लगाने के लिए कि **भारतीय निर्मित Cervarix वैक्सीन की एकल खुराक Gardasil** की तुलना में **स्थिर प्रतिरक्षा प्रतिक्रिया** उत्पन्न करती है या नहीं, **ICMR का अध्ययन** यह तय करेगा कि इसे **आधिकारिक रूप से अनुशंसित** किया जा सकता है या नहीं।
- A **relaxation by the World Health Organization (WHO)** in the **prescribed dosage for the Human Papilloma Virus (HPV) vaccine** and **'free' doses** may have pushed back the **inclusion of an Indian-made vaccine into the national programme** to inoculate children against HPV.
विश्व स्वास्थ्य संगठन (WHO) द्वारा **ह्यूमन पैपिलोमा वायरस (HPV) वैक्सीन की निर्धारित खुराक में ढील** और **'मुफ्त' खुराकों** ने संभवतः **HPV के खिलाफ बच्चों के टीकाकरण के राष्ट्रीय कार्यक्रम में भारतीय निर्मित वैक्सीन को शामिल करने की प्रक्रिया को पीछे धकेल दिया है।**
- This is despite the **Health Ministry in 2023** committing to **preparing the Indian-made vaccine for inclusion in the Universal Immunisation Programme (UIP)**, publicly available documents suggest.
यह तब है जब **स्वास्थ्य मंत्रालय ने 2023 में भारतीय निर्मित वैक्सीन को यूनिवर्सल इम्यूनाइजेशन प्रोग्राम (UIP) में शामिल करने की तैयारी करने की प्रतिबद्धता** जताई थी, जैसा कि **सार्वजनिक दस्तावेजों से संकेत मिलता है।**
- **Prime Minister Narendra Modi, on February 28, launched a campaign in Ajmer, Rajasthan, to vaccinate 1.15-crore 14-year-old girls with Gardasil-4, developed by Merck and available in India since 2009.**
प्रधानमंत्री नरेंद्र मोदी ने 28 फरवरी को अजमेर, राजस्थान में 1.15 करोड़ 14 वर्षीय लड़कियों को Gardasil-4 वैक्सीन लगाने के अभियान की शुरुआत की, जिसे Merck ने विकसित किया है और जो 2009 से भारत में उपलब्ध है।
- It is one of the **most well-tested HPV vaccines** and part of the **immunisation programmes in several countries.**
यह **सबसे अधिक परीक्षण किए गए HPV टीकों** में से एक है और **कई देशों के टीकाकरण कार्यक्रमों का हिस्सा है।**
- The **inclusion of Gardasil-4, however, pushed back Cervavac, an indigenously developed quadrivalent HPV vaccine.**
हालांकि Gardasil-4 के शामिल होने से Cervavac, जो एक स्वदेशी विकसित क्वाड्रिवैलेंट HPV वैक्सीन है, पीछे हो गई।
- Following **Phase 2/3 trials** of the vaccine that showed it was **"non inferior" to Gardasil**, it was **officially launched in September 2022** when **Science Minister Jitendra Singh** lauded it as an example of the **private sector and the government coming together to create an affordable product.**
वैक्सीन के फेज 2 और 3 परीक्षणों में इसे Gardasil के बराबर प्रभावी ("non inferior") पाए जाने के बाद इसे सितंबर 2022 में आधिकारिक रूप से लॉन्च किया गया, जब विज्ञान मंत्री जितेंद्र सिंह ने इसे निजी क्षेत्र और सरकार के सहयोग से एक किफायती उत्पाद बनाने का उदाहरण बताया।
- Reports in **January 2023** said that the **Health Ministry** was planning to **float a global tender for 16.02 crore doses of HPV vaccine in April** towards the **immunisation programme rollout in 2026.**
जनवरी 2023 की रिपोर्टों में कहा गया कि स्वास्थ्य मंत्रालय अप्रैल में 16.02 करोड़ HPV वैक्सीन की खुराकों के लिए वैश्विक निविदा जारी करने की योजना बना रहा था, ताकि 2026 में टीकाकरण कार्यक्रम शुरू किया जा सके।
- The **minutes of a meeting of the National Technical Advisory Group on Immunisation (NTAGI) — India's apex advisory body on vaccination — in July 2023** note that **"...indigenously developed qHPV vaccine (Cervavac) may be considered for introduction in the UIP as a two-dose regimen"**.
राष्ट्रीय तकनीकी सलाहकार समूह (NTAGI) — जो भारत की सर्वोच्च टीकाकरण सलाहकार संस्था है —



की जुलाई 2023 की बैठक की कार्यवाही में उल्लेख है कि “स्वदेशी विकसित qHPV वैक्सीन (Cervavac) को UIP में दो-खुराक योजना के रूप में शामिल करने पर विचार किया जा सकता है”।

- In the same meeting, the Ministry of Health and Family Welfare (MoHFW) had also stated, “...The introduction of the vaccine has been approved, and MoHFW is currently working on its implementation in the UIP.”

उसी बैठक में, स्वास्थ्य और परिवार कल्याण मंत्रालय (MoHFW) ने यह भी कहा, “...वैक्सीन की शुरुआत को मंजूरी मिल चुकी है और MoHFW वर्तमान में इसे UIP में लागू करने पर काम कर रहा है।”

- However no such tender came.
हालांकि ऐसी कोई निविदा जारी नहीं हुई।
- The absence of Cervavac from India’s current UIP is due to an ongoing study led by the Indian Council of Medical Research (ICMR), which is testing whether a single dose of Cervavac generates enough protective antibodies and a stable immune response compared with a single dose of Gardasil vaccine.

भारत के वर्तमान UIP में Cervavac की अनुपस्थिति का कारण भारतीय आयुर्विज्ञान अनुसंधान परिषद (ICMR) द्वारा चल रहा अध्ययन है, जो यह जांच रहा है कि Cervavac की एकल खुराक पर्याप्त सुरक्षात्मक एंटीबॉडी और स्थिर प्रतिरक्षा प्रतिक्रिया उत्पन्न करती है या नहीं, Gardasil की एकल खुराक की तुलना में।

- The results of this study are only expected in 2027, N.K. Arora, a member of the NTAGI, told The Hindu.

इस अध्ययन के परिणाम 2027 में आने की उम्मीद है, ऐसा NTAGI के सदस्य एन.के. अरोड़ा ने द हिंदू को बताया।

- Until early 2022, the WHO recommended a two-dose schedule for administering HPV vaccines for girls in the 9-15 age group for maximum generation of antibodies.

2022 की शुरुआत तक, WHO 9-15 वर्ष की लड़कियों के लिए HPV वैक्सीन की दो-खुराक योजना की सिफारिश करता था ताकि अधिकतम एंटीबॉडी उत्पन्न हो सकें।

- However faced with “...stagnating pace of introductions, the low HPV vaccine coverage in many countries and the gap with the 2030 target of 90% coverage ...” A Strategic Advisory Group of Experts (SAGE) of Immunisation of the WHO recommended in March 2022 that national immunisation programmes could use either a two-dose or a single-dose vaccination schedule.

लेकिन “...कई देशों में HPV वैक्सीन की धीमी शुरुआत, कम कवरेज और 2030 तक 90% कवरेज के लक्ष्य के बीच अंतर ...” को देखते हुए WHO के इम्यूनाइजेशन पर रणनीतिक सलाहकार विशेषज्ञ समूह (SAGE) ने मार्च 2022 में सिफारिश की कि राष्ट्रीय टीकाकरण कार्यक्रम दो-खुराक या एकल-खुराक दोनों में से किसी भी टीकाकरण अनुसूची का उपयोग कर सकते हैं।



India, China top Asia-Pacific region in metabolic diseases burden: study

GS III: S&T

Ramya Kannan

NEW DELHI

India and China have among the highest absolute metabolic disease burdens in Asia-Pacific, a recent review of data from the Global Burden of Disease, Injuries, and Risk Factors Study (GBD), 1990-2023, revealed. It also includes forecasts up to 2030 for the Asia-Pacific region, based on these trends.

Published recently in the peer-reviewed journal *Metabolism*, the article by Huang Zhang, et al., presents an analysis of the GBD with specific reference to the Asia Pacific region. Scholars from research institutes across the world analysed estimates of disability-adjusted life years (DALYs) and mortality for five common metabolic diseases and risk factors in the region - Type 2



In 2023, India recorded about 21 million disability-adjusted life years (DALYs).

diabetes mellitus, high systolic blood pressure, high body mass index (BMI), high LDL cholesterol, and metabolic dysfunction-associated steatotic liver disease (MASLD). Metabolic diseases occur when the normal process of breaking down, storing or using energy from food is disrupted due to a range of factors.

In all the parameters considered, India and China top the list. Anoop Misra, one of the co-authors of the study and chairman, Fortis Centre for Diabetes, Obesity and Cholesterol, New Delhi, says India has one of the highest absolute metabolic disease burdens in Asia-Pacific.

"In 2023, India had approximately 21 million DALYs and 5.8 lakh deaths from type 2 diabetes. High systolic BP caused nearly 3.8 crore DALYs and about 15.7 lakh deaths. We also need to be aware that high BMI is also rising steadily, as are LDL cholesterol and MASLD," he explains.

In terms of DALYs, in 2023 India replaced China (from its top position in 1990) to lead the list of top 5 countries in the region. Under all the other four parameters, India continues to be in the second posi-

tion after China, but the gap between the nations is steadily narrowing.

Prevention strategies

"This is why the time is opportune to launch urgent integrated prevention strategies," says Dr. Misra. In his opinion, the government should promote healthier diets by regulating ultra-processed foods, introducing clear front-of-pack nutrition labelling, and reducing excess sugar, salt, and unhealthy fats in commonly consumed foods. While this is done in some areas, more uniform implementation across the country is required.

He further adds that cities and communities must be redesigned to encourage daily activity through safe walking spaces, cycling tracks, and school- and workplace-based exercise programs.

06Mar. India, China top Asia-Pacific region in metabolic diseases burden: study

अध्ययन: एशिया-प्रशांत क्षेत्र में मेटाबोलिक रोगों के बोझ में भारत और चीन शीर्ष पर

- India and China have among the highest absolute metabolic disease burdens in the Asia-Pacific, a recent review of data from the Global Burden of Disease, Injuries, and Risk Factors Study (GBD), 1990-2023, revealed.
भारत और चीन में एशिया-प्रशांत क्षेत्र में मेटाबोलिक रोगों का सबसे अधिक कुल बोझ पाया गया है, यह जानकारी ग्लोबल बर्डन ऑफ डिजीज, इंजरीज़ एंड रिस्क फैक्टर्स स्टडी (GBD), 1990-2023 के हालिया डेटा की समीक्षा से सामने आई।
- It also includes forecasts up to 2030 for the Asia-Pacific region, based on these trends.
इसमें इन रुझानों के आधार पर एशिया-प्रशांत क्षेत्र के लिए 2030 तक के पूर्वानुमान भी शामिल हैं।
- Published recently in the peer-reviewed journal *Metabolism*, the article by Huang Zhang, et al., presents an analysis of the GBD with specific reference to the Asia Pacific region.
हाल ही में पीयर-रिव्यू जर्नल *Metabolism* में प्रकाशित Huang Zhang और अन्य का यह लेख एशिया-प्रशांत क्षेत्र के विशेष संदर्भ में GBD का विश्लेषण प्रस्तुत करता है।
- Scholars from research institutes across the world analysed estimates of disability-adjusted life years (DALYs) and mortality for five common metabolic diseases and risk factors in the region — Type 2 diabetes mellitus, high systolic blood pressure, high body mass index (BMI), high LDL cholesterol, and metabolic dysfunction-associated steatotic liver disease (MASLD).
दुनिया भर के शोध संस्थानों के विद्वानों ने इस क्षेत्र में पांच सामान्य मेटाबोलिक रोगों और जोखिम कारकों — टाइप 2 डायबिटीज मेलिटस, उच्च सिस्टोलिक रक्तचाप, उच्च बॉडी मास इंडेक्स (BMI), उच्च



LDL कोलेस्ट्रॉल और मेटाबोलिक डिसफंक्शन से जुड़ा स्टियाटोटिक लिवर रोग (MASLD) — के लिए डिसएबिलिटी-एडजस्टेड लाइफ ईयर्स (DALYs) और मृत्यु दर के अनुमान का विश्लेषण किया।

- **Metabolic diseases** occur when the **normal process of breaking down, storing or using energy from food is disrupted due to a range of factors.**
मेटाबोलिक रोग तब होते हैं जब भोजन से ऊर्जा को तोड़ने, संग्रहित करने या उपयोग करने की सामान्य प्रक्रिया कई कारणों से बाधित हो जाती है।
- In all the **parameters considered, India and China top the list.**
सभी मापदंडों में भारत और चीन शीर्ष पर हैं।
- **Anoop Misra, one of the co-authors of the study and chairman, Fortis Centre for Diabetes, Obesity and Cholesterol, New Delhi, says India has one of the highest absolute metabolic disease burdens in Asia-Pacific.**
अध्ययन के सह-लेखक और फोर्टिस सेंटर फॉर डायबिटीज, ओबेसिटी एंड कोलेस्ट्रॉल, नई दिल्ली के अध्यक्ष अनूप मिश्रा का कहना है कि भारत में एशिया-प्रशांत क्षेत्र में मेटाबोलिक रोगों का सबसे अधिक कुल बोझ है।
- **"In 2023, India had approximately 21 million DALYs and 5.8 lakh deaths from type 2 diabetes.**
उन्होंने कहा कि 2023 में भारत में टाइप 2 डायबिटीज के कारण लगभग 2.1 करोड़ DALYs और 5.8 लाख मौतें हुईं।
- **High systolic BP caused nearly 3.8 crore DALYs and about 15.7 lakh deaths.**
उच्च सिस्टोलिक रक्तचाप के कारण लगभग 3.8 करोड़ DALYs और लगभग 15.7 लाख मौतें हुईं।
- We also need to be aware that **high BMI is also rising steadily, as are LDL cholesterol and MASLD,"** he explains.
उन्होंने बताया कि उच्च BMI लगातार बढ़ रहा है, और इसी तरह LDL कोलेस्ट्रॉल और MASLD भी बढ़ रहे हैं।
- In terms of **DALYs, in 2023 India replaced China (from its top position in 1990) to lead the list of top 5 countries in the region.**
DALYs के संदर्भ में 2023 में भारत ने चीन को पीछे छोड़ दिया, जो 1990 में शीर्ष स्थान पर था, और अब इस क्षेत्र के शीर्ष 5 देशों की सूची में भारत पहले स्थान पर है।
- Under all the **other four parameters, India continues to be in the second position after China, but the gap between the nations is steadily narrowing.**
अन्य चार मापदंडों में भारत अभी भी चीन के बाद दूसरे स्थान पर है, लेकिन दोनों देशों के बीच का अंतर धीरे-धीरे कम हो रहा है।

Prevention strategies रोकथाम की रणनीतियाँ

- **"This is why the time is opportune to launch urgent integrated prevention strategies,"** says **Dr. Misra.**
डॉ. मिश्रा का कहना है कि इसलिए अब त्वरित और एकीकृत रोकथाम रणनीतियाँ शुरू करने का समय उपयुक्त है।
- In his opinion, the **government should promote healthier diets by regulating ultra-processed foods, introducing clear front-of-pack nutrition labelling, and reducing excess sugar, salt, and unhealthy fats in commonly consumed foods.**
उनके अनुसार सरकार को स्वस्थ आहार को बढ़ावा देना चाहिए, जिसके लिए अल्ट्रा-प्रोसेस्ड खाद्य पदार्थों को नियंत्रित करना, स्पष्ट फ्रंट-ऑफ-पैक पोषण लेबलिंग लागू करना, और आम तौर पर खाए जाने वाले खाद्य पदार्थों में अतिरिक्त चीनी, नमक और अस्वास्थ्यकर वसा को कम करना जरूरी है।
- While this is done in **some areas, more uniform implementation across the country is required.**
हालांकि यह कुछ क्षेत्रों में किया जा रहा है, लेकिन पूरे देश में समान रूप से लागू करने की आवश्यकता है।
- He further adds that **cities and communities must be redesigned to encourage daily activity through safe walking spaces, cycling tracks, and school- and workplace-based exercise programs.**
उन्होंने आगे कहा कि शहरों और समुदायों को इस तरह पुनः डिजाइन किया जाना चाहिए कि सुरक्षित



पैदल मार्ग, साइकिल ट्रैक और स्कूल व कार्यस्थल आधारित व्यायाम कार्यक्रमों के माध्यम से दैनिक शारीरिक गतिविधि को प्रोत्साहन मिले।

As nicotine pouches spread, calls for regulations, ban get louder

Nicotine pouches are highly addictive and unsafe, say experts, emphasising that they are not an approved aid for smoking cessation: Tamil Nadu's Directorate of Drugs Control has issued a public alert and served show-cause notices to dealers for illegally selling these products online; activists are calling for a ban

ISSUES

Serena Josephine M.

Oral nicotine pouches are emerging as the latest cause of concern for doctors and anti-tobacco activists. Warning that these products are highly addictive and could cause harmful effects, calls for regulations and bans are now being made. Tamil Nadu's Directorate of Drugs Control (DDC) recently issued a public alert and served show-cause notices to dealers for illegally selling these products online.

An online search showed that nicotine pouches are available for sale on at least three platforms, including an e-commerce site. Sold under various brands, these pouches come in multiple flavours and quantities.

Not approved

In the public alert, the DDC had warned against the purchase, sale and consumption of oral nicotine pouches as they are not approved in the country, and their safety, efficacy and quality were not established. It advised the public to refrain from using such nicotine pouches as an aid for smoking cessation, gutka and tobacco chewing cessation or for treating withdrawal symptoms of nicotine. The safety, efficacy and quality of such nicotine pouches are not yet established. These products directly deliver pharmacologically active substances to the bloodstream through buccal absorption and uncontrolled consumption of nicotine may result in worsened health hazards due to increased total nicotine intake. Manufacturers, retailers, including

online marketplace operators, distributors, hospitals, and pharmacies in the State are also directed to refrain from manufacturing, stocking, exhibiting for sale and offering for sale (including through online portals), such unapproved oral nicotine pouches, it said.

What's in them

According to the United States' Centers for Disease Control (CDC) and Prevention, nicotine pouches are small microfiber pouches that contain a powder made of nicotine, flavourings, and other ingredients. People typically put pouches between their lips and gum. The powder dissolves in the mouth without requiring spitting, and nicotine is absorbed through the gums and lining of the mouth. Stating that nicotine is a highly addictive chemical that is especially dangerous for the youth, young adults and pregnant women, the CDC said that there are no safe tobacco products, including nicotine pouches. The U.S. Food and Drug Administration has not approved nicotine pouches as a smoking cessation aid, it said.

The dangers

S. Cyril Alexander, State convener, Tamil Nadu Peoples' Forum for Tobacco Control, said that nicotine pouches are dangerous as they are highly addictive. "These products are being made attractive for people. Usually, children aged below 18, will become easily addicted to such products but this nicotine pouch is designed to attract even adults because of the flavours and form. We conducted checks across Tamil Nadu to see if there were retail sales of nicotine

Cyber crime cells should take immediate measures to curb online platforms selling nicotine pouches, while the Centre and States should bring in a complete ban, says expert



Nicotine pouches are being purchased online and are easily accessible. ISTOCKPHOTO

pouches, but so far, none have been found. However, these products are being sold in some States and remain easily available online. There are more than 100 online portals that sell nicotine pouches" he said.

Echoing these concerns, Surendran Veeraiah, professor and head, department of psycho-oncology and Resource Centre for Tobacco Control, Cancer Institute (WIA), Chennai, said, "Nicotine pouches are being purchased online and are easily accessible. Nicotine is an addictive substance. The illegal sale of oral nicotine pouches has become a major concern for us." Being free from

tobacco does not mean that nicotine pouches are harmless, he said, adding: "It has cardiovascular risks and could cause gum issues. Enforcement is crucial. With the Drugs Control Directorate issuing an alert, the cyber crime cell should be more vigilant. We need regulations, and are aiming at a total ban."

Stringent regulations called for

Mr. Alexander pointed out that T.N.'s Drugs Control Directorate has set an example to the country by initiating proceedings against dealers recently. "No other State has taken such action. Both the Centre and States should implement a complete ban on nicotine pouches. A State-specific ban will be effective. For this, T.N. should bring in an amendment to its Public Health Act to implement the ban so that we can prevent the entry of these products in the future," emphasised.

He added that nicotine is not only derived from tobacco as there is also synthetic tobacco. "There is every chance that industries could manipulate products, and so, such substances, in any form, should be banned. Two mg nicotine tablets and patches are allowed for nicotine replacement therapy. However, these pouches are available up to 50 mg. This is dangerous, as in the future, e-cigarettes, which India has already banned, will replace cigarette smoking, and nicotine pouches will replace chewable tobacco. Cyber crime cells should take immediate measures to curb online platforms selling nicotine pouches, while the Centre and States should bring in a complete ban," he said. (serena.m@thehindu.co.in)

06Mar. As nicotine pouches spread, calls for regulations, ban get louder जैसे-जैसे निकोटिन पाउच फैल रहे हैं, विनियमन और प्रतिबंध की मांग तेज हो रही है

- **Nicotine pouches are highly addictive and unsafe, say experts, emphasising that they are not an approved aid for smoking cessation** निकोटिन पाउच अत्यधिक नशे की लत लगाने वाले और असुरक्षित हैं, ऐसा विशेषज्ञों का कहना है, जो इस बात पर जोर देते हैं कि वे धूम्रपान छोड़ने के लिए स्वीकृत सहायक साधन नहीं हैं
- **Tamil Nadu's Directorate of Drugs Control has issued a public alert and served show-cause notices to dealers for illegally selling these products online** तमिलनाडु के ड्रग्स कंट्रोल निदेशालय ने सार्वजनिक चेतावनी जारी की है और इन उत्पादों को ऑनलाइन अवैध रूप से बेचने के लिए डीलरों को कारण बताओ नोटिस जारी किए हैं
- **Activists are calling for a ban** कार्यकर्ता इन पर प्रतिबंध लगाने की मांग कर रहे हैं
- Oral nicotine pouches are emerging as the latest cause of concern for **doctors and anti-tobacco activists.** ओरल निकोटिन पाउच डॉक्टरों और तंबाकू विरोधी कार्यकर्ताओं के लिए चिंता का नया कारण बन रहे हैं।
- Warning that these products are **highly addictive** and could cause **harmful effects**, calls for **regulations and bans** are now being made.



चेतावनी दी जा रही है कि ये उत्पाद अत्यधिक नशे की लत लगाने वाले हैं और हानिकारक प्रभाव पैदा कर सकते हैं, इसलिए अब नियमन और प्रतिबंध की मांग की जा रही है।

- **Tamil Nadu's Directorate of Drugs Control (DDC)** recently issued a **public alert** and served **show-cause notices** to dealers for illegally selling these products online. तमिलनाडु के ड्रग्स कंट्रोल निदेशालय ने हाल ही में सार्वजनिक चेतावनी जारी की और इन उत्पादों को ऑनलाइन अवैध रूप से बेचने पर विक्रेताओं को कारण बताओ नोटिस जारी किए।
- An **online search** showed that nicotine pouches are available for sale on **at least three platforms**, including an **e-commerce site**. एक ऑनलाइन खोज से पता चला कि निकोटिन पाउच कम से कम तीन प्लेटफॉर्म पर बिक्री के लिए उपलब्ध हैं, जिनमें एक ई-कॉमर्स वेबसाइट भी शामिल है।
- Sold under **various brands**, these pouches come in **multiple flavours and quantities**. विभिन्न ब्रांडों के तहत बेचे जाने वाले ये पाउच कई फ्लेवर और मात्रा में उपलब्ध हैं।

Not approved अनुमोदित नहीं

- In the **public alert**, the DDC had warned against the **purchase, sale and consumption** of oral nicotine pouches as they are **not approved in the country**, and their **safety, efficacy and quality** were not established. सार्वजनिक चेतावनी में कहा गया कि ओरल निकोटिन पाउच की खरीद, बिक्री और सेवन से बचें क्योंकि ये देश में अनुमोदित नहीं हैं और उनकी सुरक्षा, प्रभावशीलता और गुणवत्ता स्थापित नहीं हुई है।
- It advised the public to refrain from using such nicotine pouches as an aid for **smoking cessation, gutka and tobacco chewing cessation** or for treating **withdrawal symptoms of nicotine**. जनता को सलाह दी गई कि ऐसे निकोटिन पाउच का उपयोग धूम्रपान छोड़ने, गुटखा और तंबाकू छोड़ने या निकोटिन वापसी लक्षणों के उपचार के लिए न करें।
- The **safety, efficacy and quality** of such nicotine pouches are **not yet established**. ऐसे निकोटिन पाउच की सुरक्षा, प्रभावशीलता और गुणवत्ता अभी तक स्थापित नहीं हुई है।
- These products directly deliver **pharmacologically active substances** to the bloodstream through **buccal absorption**. ये उत्पाद बक्कल अवशोषण के माध्यम से सीधे रक्त प्रवाह में फार्माकोलॉजिकल सक्रिय पदार्थ पहुंचाते हैं।
- Uncontrolled consumption of **nicotine** may result in **worsened health hazards** due to increased **total nicotine intake**. निकोटिन का अनियंत्रित सेवन कुल निकोटिन सेवन बढ़ने के कारण स्वास्थ्य जोखिमों को बढ़ा सकता है।
- Manufacturers, retailers, including **online marketplace operators**, distributors, hospitals, and pharmacies in the State are directed to refrain from **manufacturing, stocking, exhibiting for sale and offering for sale**, including through **online portals**, such **unapproved oral nicotine pouches**. राज्य में निर्माता, विक्रेता, ऑनलाइन मार्केटप्लेस ऑपरेटर, वितरक, अस्पताल और फार्मसियों को ऐसे अनुमोदित रहित ओरल निकोटिन पाउच का निर्माण, भंडारण, प्रदर्शन और बिक्री करने से, जिसमें ऑनलाइन पोर्टल भी शामिल हैं, रोका गया है।

What's in them इनमें क्या होता है

- According to the **Centers for Disease Control and Prevention (CDC)** of the **United States**, nicotine pouches are **small microfiber pouches** that contain a **powder made of nicotine, flavourings, and other ingredients**. संयुक्त राज्य अमेरिका के रोग नियंत्रण और रोकथाम केंद्र के अनुसार निकोटिन पाउच छोटे माइक्रोफाइबर पाउच होते हैं जिनमें निकोटिन, फ्लेवर और अन्य सामग्री से बना पाउडर होता है।
- People typically put pouches between their **lips and gum**. लोग आमतौर पर इन पाउच को होठों और मसूड़ों के बीच रखते हैं।
- The powder **dissolves in the mouth** without requiring **spitting**, and nicotine is absorbed through the **gums and lining of the mouth**.



पाउडर मुंह में घुल जाता है और थूकने की आवश्यकता नहीं होती, तथा निकोटिन मसूड़ों और मुंह की परत के माध्यम से अवशोषित हो जाता है।

- Stating that **nicotine is a highly addictive chemical**, especially dangerous for **youth, young adults and pregnant women**, the CDC said that there are **no safe tobacco products**, including nicotine pouches.

सीडीसी के अनुसार **निकोटिन अत्यधिक नशे की लत लगाने वाला रसायन** है जो विशेष रूप से **युवाओं, युवा वयस्कों और गर्भवती महिलाओं** के लिए खतरनाक है, और **कोई भी तंबाकू उत्पाद सुरक्षित नहीं है**, जिसमें निकोटिन पाउच भी शामिल हैं।

- The **U.S. Food and Drug Administration (FDA)** has **not approved nicotine pouches as a smoking cessation aid**.

अमेरिकी खाद्य एवं औषधि प्रशासन ने निकोटिन पाउच को **धूम्रपान छोड़ने के साधन के रूप में अनुमोदित नहीं किया है**।

The dangers खतरे

- S. Cyril Alexander, **State convener**, Tamil Nadu Peoples' Forum for **Tobacco Control**, said that nicotine pouches are dangerous as they are **highly addictive**.
एस. सिरिल अलेक्जेंडर, **राज्य संयोजक**, तमिलनाडु पीपल्स फोरम फॉर **तंबाकू नियंत्रण**, ने कहा कि निकोटिन पाउच खतरनाक हैं क्योंकि ये **अत्यधिक नशे की लत लगाने वाले** हैं।
- "These products are being made **attractive for people**.
"इन उत्पादों को लोगों के लिए **आकर्षक बनाया जा रहा है**।
- Usually, **children aged below 18** will become easily addicted to such products but this nicotine pouch is designed to attract **even adults because of the flavours and form**.
आमतौर पर **18 वर्ष से कम आयु के बच्चे** ऐसे उत्पादों के आदी हो जाते हैं, लेकिन यह निकोटिन पाउच **फ्लेवर और स्वरूप के कारण वयस्कों को भी आकर्षित करने के लिए** बनाया गया है।
- We conducted **checks across Tamil Nadu** to see if there were **retail sales of nicotine pouches**, but so far, none have been found.
हमने **तमिलनाडु भर में जांच** की कि क्या **निकोटिन पाउच की खुदरा बिक्री** हो रही है, लेकिन अभी तक ऐसा नहीं पाया गया है।
- However, these products are being sold in **some States** and remain easily available **online**.
हालांकि ये उत्पाद **कुछ राज्यों** में बेचे जा रहे हैं और **ऑनलाइन** आसानी से उपलब्ध हैं।
- There are **more than 100 online portals** that sell nicotine pouches," he said.
उन्होंने कहा कि **100 से अधिक ऑनलाइन पोर्टल** निकोटिन पाउच बेचते हैं।
- Echoing these concerns, **Surendran Veeraiah, professor and head**, department of **psycho-oncology and Resource Centre for Tobacco Control**, Cancer Institute (WIA), Chennai, said nicotine pouches are being **purchased online and are easily accessible**.
इन चिंताओं को दोहराते हुए **सुरेंद्रन वीरैया, प्रोफेसर और विभागाध्यक्ष**, मनो-ऑन्कोलॉजी एवं तंबाकू नियंत्रण संसाधन केंद्र, कैसर इंस्टीट्यूट (WIA), चेन्नई ने कहा कि निकोटिन पाउच **ऑनलाइन खरीदे जा रहे हैं और आसानी से उपलब्ध हैं**।

Nicotine is an addictive substance.

निकोटिन एक नशे की लत लगाने वाला पदार्थ है।

- The **illegal sale of oral nicotine pouches** has become a **major concern** for us.
ओरल निकोटिन पाउच की अवैध बिक्री हमारे लिए **बड़ी चिंता** बन गई है।
- Being **free from tobacco** does not mean that nicotine pouches are **harmless**, he said.
उन्होंने कहा कि **तंबाकू मुक्त** होने का अर्थ यह नहीं है कि निकोटिन पाउच **हानिरहित** हैं।
- "It has **cardiovascular risks** and could cause **gum issues**.
"इससे **हृदय संबंधी जोखिम** और **मसूड़ों की समस्याएँ** हो सकती हैं।
- **Enforcement is crucial**.
कानूनी प्रवर्तन अत्यंत आवश्यक है।
- With the **Drugs Control Directorate** issuing an alert, the **cyber crime cell** should be more **vigilant**.



ड्रग्स कंट्रोल निदेशालय द्वारा चेतावनी जारी करने के बाद साइबर क्राइम सेल को अधिक सतर्क होना चाहिए।

- We need **regulations**, and are aiming at a **total ban**.”
हमें नियमों की आवश्यकता है और हमारा लक्ष्य पूर्ण प्रतिबंध है।

Stringent regulations called for कड़े नियमों की मांग

- Mr. Alexander pointed out that **Tamil Nadu's Drugs Control Directorate** has set an example to the country by **initiating proceedings against dealers recently**.
श्री अलेक्जेंडर ने बताया कि **तमिलनाडु के ड्रग्स कंट्रोल निदेशालय** ने हाल ही में **विक्रेताओं के खिलाफ कार्रवाई शुरू करके** देश के लिए उदाहरण प्रस्तुत किया है।
- “No other **State** has taken such action.
“किसी अन्य **राज्य** ने ऐसी कार्रवाई नहीं की है।
- Both the **Centre and States** should implement a **complete ban on nicotine pouches**.
केंद्र और राज्य सरकारों को निकोटिन पाउच पर पूर्ण प्रतिबंध लागू करना चाहिए।
- A **State-specific ban** will be effective.
राज्य-विशिष्ट प्रतिबंध प्रभावी होगा।
- For this, **Tamil Nadu** should bring an **amendment to its Public Health Act** to implement the ban so that we can prevent the **entry of these products in the future**,” he emphasised.
इसके लिए **तमिलनाडु** को अपने **पब्लिक हेल्थ एक्ट में संशोधन** करना चाहिए ताकि भविष्य में **इन उत्पादों के प्रवेश को रोका जा सके।**
- He added that **nicotine is not only derived from tobacco** as there is also **synthetic nicotine**.
उन्होंने कहा कि **निकोटिन केवल तंबाकू से ही नहीं मिलता**, बल्कि **सिंथेटिक निकोटिन** भी होता है।
- “There is every chance that **industries could manipulate products**, and so, such substances, in **any form**, should be banned.
“इस बात की पूरी संभावना है कि **उद्योग उत्पादों में हेरफेर कर सकते हैं**, इसलिए ऐसे पदार्थों को **किसी भी रूप में प्रतिबंधित** किया जाना चाहिए।
- **Two mg nicotine tablets and patches** are allowed for **nicotine replacement therapy**.
दो मिलीग्राम निकोटिन टैबलेट और पैच निकोटिन रिप्लेसमेंट थेरेपी के लिए अनुमत हैं।
- However, these pouches are available up to **50 mg**.
लेकिन ये पाउच **50 मिलीग्राम तक उपलब्ध** हैं।
- This is dangerous, as in the future **e-cigarettes**, which **India has already banned**, will replace cigarette smoking, and **nicotine pouches will replace chewable tobacco**.
यह खतरनाक है क्योंकि भविष्य में **ई-सिगरेट**, जिन्हें **भारत पहले ही प्रतिबंधित कर चुका है**, सिगरेट की जगह ले सकती हैं और **निकोटिन पाउच चबाने वाले तंबाकू की जगह ले सकते हैं।**
- **Cyber crime cells** should take **immediate measures** to curb **online platforms selling nicotine pouches**, while the **Centre and States** should bring in a **complete ban**, he said.
उन्होंने कहा कि **साइबर क्राइम सेल को निकोटिन पाउच बेचने वाले ऑनलाइन प्लेटफॉर्म पर रोक लगाने के लिए तुरंत कदम उठाने चाहिए**, जबकि **केंद्र और राज्यों को पूर्ण प्रतिबंध लागू करना चाहिए।**



Prevention of diabetes before birth offers hope for healthy future

GS III: S&T
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India stands at a defining public health crossroads. With 101 million people living with diabetes and another 136 million classified as prediabetic, the country carries one of the heaviest burdens of metabolic disease in the world.

The critical intervention point may not lie in adulthood, adolescence, or even childhood. It may lie in the earliest weeks of pregnancy.

Gestational Diabetes Mellitus (GDM), defined as glucose intolerance first detected during pregnancy, affects nearly one in five pregnancies globally. Though often perceived as transient, its implications are enduring. Women with GDM face a significantly increased risk of developing type 2 diabetes later in life. More concerning is the risk passed on to their children.

The concept of "foetal programming" – often linked to the foetal origins hypothesis – explains how adverse metabolic conditions in utero can permanently alter a child's physiology. When a foetus is exposed to the mother's high blood sugar, it responds by increasing insulin production. This early metabolic adaptation predisposes the child to obesity, insulin resistance, and diabetes in adulthood.

In effect, diabetes risk is not merely inherited genetically; it is metabolically programmed.

Why timing matters

Emerging evidence, including analyses supported by the United States' National Institutes of Health, suggests that foetal pancreatic beta cells begin insulin secretion around the 11th week of gestation. If maternal blood glucose levels are elevated before this period, foetal hyperinsulinaemia may become established – setting in motion long-term metabolic consequences.

This biological insight has profound clinical implications. Conventional screening for gestational diabetes typically occurs in the second trimester. By then, foetal programming may already have occurred. A shift in strategy is therefore warranted: screening and intervention must occur in the first trimester – ideally by the 8th week of pregnancy.

defined as **glucose intolerance first detected during pregnancy**, affects nearly **one in five pregnancies globally**.

गर्भावधि मधुमेह मेलिटस, जिसे गर्भावस्था के दौरान पहली बार पाई गई ग्लूकोज असहिष्णुता के रूप में परिभाषित किया जाता है, विश्वभर में लगभग हर पाँच में से एक गर्भावस्था को प्रभावित करता है।

A simple two-hour postprandial blood glucose (PPBG) test at eight weeks of pregnancy could serve as an early warning marker. If levels exceed 110 mg/dL, the condition may be classified as Early Gestational Glucose Intolerance (EGGI) – a pre-GDM stage.

Crucially, this creates a narrow but actionable window of approximately two weeks to normalise maternal glucose levels before the 10th week of gestation. Medical nutrition therapy, lifestyle modification, and, where appropriate, low-dose metformin under supervision can help achieve a target PPBG below 110 mg/dL. Such an approach is not technology-intensive. It does not rely on expensive biomarkers. It is feasible even within district hospitals and primary health systems, provided early antenatal registration becomes universal.

Recent multicentre work conducted between 2022 and 2024 at Madras Medical College and Lady Hardinge Medical College, New Delhi, has provided supportive evidence for early prediction and intervention. The findings suggest that first-trimester identification of elevated postprandial glucose can help reduce progression to overt GDM.

A national policy mandating universal early pregnancy glucose screening could represent a similarly transformative intervention.

Three measures merit consideration: Preconception counselling to optimise metabolic health, mandatory antenatal registration by eight weeks, and universal first-trimester postprandial glucose testing.

The long-term dividends could extend beyond reducing GDM incidence. By interrupting intergenerational metabolic transmission, India could reduce future diabetes prevalence, cardiovascular disease burden, and associated healthcare expenditure.

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06Mar. Prevention of diabetes before birth offers hope for healthy future

जन्म से पहले मधुमेह की रोकथाम स्वस्थ भविष्य की आशा प्रदान करती है

- India stands at a defining public health crossroads.

भारत सार्वजनिक स्वास्थ्य के एक निर्णायक मोड़ पर खड़ा है।

- With 101 million people living with diabetes and another 136 million classified as prediabetic, the country carries one of the heaviest burdens of metabolic disease in the world.

101 मिलियन लोग मधुमेह से पीड़ित हैं और 136 मिलियन लोग प्रीडायबिटिक श्रेणी में हैं, जिससे देश पर मेटाबोलिक रोगों का विश्व के सबसे भारी बोझों में से एक है।

- The critical intervention point may not lie in adulthood, adolescence, or even childhood.

महत्वपूर्ण हस्तक्षेप का समय वयस्कता, किशोरावस्था या बचपन में नहीं भी हो सकता है।

- It may lie in the earliest weeks of pregnancy.

यह गर्भावस्था के शुरुआती हफ्तों में हो सकता है।

Gestational Diabetes Mellitus (GDM)

गर्भावधि मधुमेह मेलिटस

- Gestational Diabetes Mellitus (GDM),

affects nearly one in five



- Though often perceived as **transient**, its implications are **enduring**.
हालाँकि इसे अक्सर **अस्थायी** माना जाता है, इसके प्रभाव **दीर्घकालिक** होते हैं।
- Women with **GDM** face a significantly increased risk of developing **type 2 diabetes later in life**.
GDM वाली महिलाओं में बाद में **टाइप-2 मधुमेह विकसित होने का जोखिम** काफी बढ़ जाता है।
- More concerning is the **risk passed on to their children**.
इससे भी अधिक चिंता की बात है कि **यह जोखिम बच्चों तक पहुँच जाता है**।

Foetal programming भ्रूणीय प्रोग्रामिंग

- The concept of **foetal programming**, often linked to the **foetal origins hypothesis**, explains how adverse metabolic conditions **in utero** can permanently alter a child's physiology.
भ्रूणीय प्रोग्रामिंग की अवधारणा, जो **भ्रूण उत्पत्ति सिद्धांत** से जुड़ी है, बताती है कि गर्भ में प्रतिकूल चयापचय स्थितियाँ बच्चे की **शारीरिक संरचना को स्थायी रूप से बदल सकती हैं**।
- When a foetus is exposed to the mother's **high blood sugar**, it responds by **increasing insulin production**.
जब भ्रूण माँ के **उच्च रक्त शर्करा स्तर** के संपर्क में आता है तो वह **इंसुलिन उत्पादन बढ़ाकर** प्रतिक्रिया देता है।
- This early metabolic adaptation predisposes the child to **obesity, insulin resistance, and diabetes in adulthood**.
यह प्रारंभिक चयापचय अनुकूलन बच्चे को भविष्य में **मोटापा, इंसुलिन प्रतिरोध और मधुमेह** के लिए प्रवृत्त कर देता है।
- In effect, diabetes risk is not merely **inherited genetically**; it is **metabolically programmed**.
इस प्रकार मधुमेह का जोखिम केवल **आनुवंशिक रूप से विरासत में नहीं मिलता**, बल्कि यह **चयापचय रूप से प्रोग्राम** भी होता है।

Why timing matters समय क्यों महत्वपूर्ण है

- Emerging evidence, including analyses supported by the **United States National Institutes of Health**, suggests that **foetal pancreatic beta cells begin insulin secretion around the 11th week of gestation**.
उभरते प्रमाण, जिनमें **अमेरिका के नेशनल इंस्टीट्यूट्स ऑफ हेल्थ** द्वारा समर्थित विश्लेषण शामिल हैं, बताते हैं कि **भ्रूण की अग्राशय बीटा कोशिकाएँ गर्भावस्था के लगभग 11वें सप्ताह में इंसुलिन स्राव शुरू करती हैं**।
- If maternal **blood glucose levels** are elevated before this period, **foetal hyperinsulinaemia** may become established.
यदि इस अवधि से पहले मातृ **रक्त ग्लूकोज स्तर** बढ़े हुए हों, तो **भ्रूणीय हाइपरइंसुलिनेमिया** स्थापित हो सकता है।
- This can set in motion **long-term metabolic consequences**.
यह **दीर्घकालिक चयापचय परिणामों** की प्रक्रिया शुरू कर सकता है।
- This biological insight has **profound clinical implications**.
यह जैविक समझ **गंभीर चिकित्सीय प्रभाव** रखती है।
- Conventional screening for **gestational diabetes** typically occurs in the **second trimester**.
गर्भावधि मधुमेह की पारंपरिक जांच आमतौर पर **दूसरी तिमाही** में होती है।
- By then, **foetal programming may already have occurred**.
तब तक **भ्रूणीय प्रोग्रामिंग पहले ही हो चुकी हो सकती है**।
- A shift in strategy is therefore warranted: screening and intervention must occur in the **first trimester**, ideally by the **8th week of pregnancy**.
इसलिए रणनीति में बदलाव आवश्यक है: जांच और हस्तक्षेप **पहली तिमाही** में, आदर्श रूप से **गर्भावस्था के 8वें सप्ताह तक** होना चाहिए।
- A simple **two-hour postprandial blood glucose (PPBG) test** at eight weeks of pregnancy could serve as an **early warning marker**.



गर्भावस्था के 8वें सप्ताह पर दो घंटे का पोस्टप्रांडियल ब्लड ग्लूकोज परीक्षण एक प्रारंभिक चेतावनी संकेतक के रूप में कार्य कर सकता है।

- If levels exceed **110 mg/dL**, the condition may be classified as **Early Gestational Glucose Intolerance (EGGI)**.
यदि स्तर **110 mg/dL** से अधिक हो तो इसे प्रारंभिक गर्भावधि ग्लूकोज असहिष्णुता के रूप में वर्गीकृत किया जा सकता है।
- This creates a narrow but actionable window of approximately **two weeks** to normalise maternal glucose levels before the **10th week of gestation**.
इससे लगभग दो सप्ताह की सीमित लेकिन महत्वपूर्ण अवधि मिलती है जिसमें गर्भावस्था के 10वें सप्ताह से पहले मातृ ग्लूकोज स्तर सामान्य किया जा सकता है।
- **Medical nutrition therapy, lifestyle modification**, and where appropriate **low-dose metformin under supervision** can help achieve a target **PPBG below 110 mg/dL**.
मेडिकल न्यूट्रिशन थेरेपी, जीवनशैली में बदलाव और आवश्यकता होने पर निगरानी में कम खुराक मेटफॉर्मिन से PPBG को 110 mg/dL से नीचे लाया जा सकता है।
- Such an approach is **not technology-intensive**.
यह तरीका तकनीक पर अत्यधिक निर्भर नहीं है।
- It does not rely on **expensive biomarkers**.
यह महंगे बायोमार्करों पर निर्भर नहीं करता।
- It is feasible even within **district hospitals and primary health systems**, provided **early antenatal registration becomes universal**.
यदि प्रारंभिक प्रसवपूर्व पंजीकरण सार्वभौमिक हो जाए तो यह जिला अस्पतालों और प्राथमिक स्वास्थ्य प्रणाली में भी संभव है।
- Recent **multicentre work conducted between 2022 and 2024** at **Madras Medical College** and **Lady Hardinge Medical College, New Delhi** has provided supportive evidence for **early prediction and intervention**.
2022 से 2024 के बीच मद्रास मेडिकल कॉलेज और लेडी हार्डिंग मेडिकल कॉलेज, नई दिल्ली में किए गए बहु-केंद्रित अध्ययन ने प्रारंभिक पूर्वानुमान और हस्तक्षेप के समर्थन में प्रमाण दिए हैं।
- The findings suggest that **first-trimester identification of elevated postprandial glucose** can help reduce progression to **overt GDM**.
निष्कर्ष बताते हैं कि पहली तिमाही में बढ़े हुए पोस्टप्रांडियल ग्लूकोज की पहचान से स्पष्ट GDM में प्रगति को कम किया जा सकता है।
- A **national policy mandating universal early pregnancy glucose screening** could represent a **transformative intervention**.
प्रारंभिक गर्भावस्था में सार्वभौमिक ग्लूकोज जांच अनिवार्य करने वाली राष्ट्रीय नीति एक परिवर्तनकारी हस्तक्षेप हो सकती है।

Three measures merit consideration तीन उपायों पर विचार आवश्यक

- Three measures merit consideration: **preconception counselling, mandatory antenatal registration by eight weeks**, and **universal first-trimester postprandial glucose testing**.
तीन उपाय महत्वपूर्ण हैं: गर्भधारण से पूर्व परामर्श, आठ सप्ताह तक अनिवार्य प्रसवपूर्व पंजीकरण, और पहली तिमाही में सार्वभौमिक पोस्टप्रांडियल ग्लूकोज परीक्षण।
- The long-term dividends could extend beyond reducing **GDM incidence**.
इसके दीर्घकालिक लाभ केवल **GDM की घटनाओं में कमी** तक सीमित नहीं रहेंगे।
- By interrupting **intergenerational metabolic transmission**, India could reduce future **diabetes prevalence, cardiovascular disease burden**, and associated **healthcare expenditure**.
पीढ़ीगत चयापचय संचरण को रोककर, भारत भविष्य में मधुमेह की व्यापकता, हृदय रोगों का बोझ, और संबंधित स्वास्थ्य व्यय को कम कर सकता है।



THE HEALTH QUIZ

GS III: S&T

Please send in your answers to health@thehindu.co.in

The World Health Organization marked **World Hearing Day on March 3** with the theme. Here is a quiz testing your knowledge of hearing health.

Athira Elssa Johnson

QUESTION 1

Repeated untreated middle ear infections in childhood can lead to long-term hearing problems. True or False

QUESTION 2

A persistent ringing or buzzing sound in the ears without an external source is called _____.

QUESTION 3

What is the routine test used to check a person's hearing ability called?

QUESTION 4

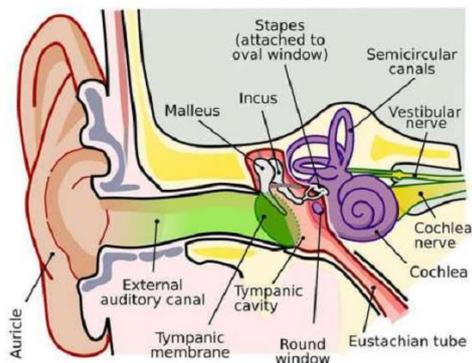
Name one early sign that may suggest a child has hearing difficulty.

QUESTION 5

Hearing loss that develops after long-term exposure to loud sounds at work, at events, or through personal audio devices is called _____ hearing loss.

Answers to previous edition's quiz:

1. What is the human brain primarily made of? **Ans: Fat** 2. In your spinal cord, which matter is on the outside, and which is inside? **Ans: White matter outside, grey matter inside** 3. True or False: Walnuts are good for brain health **Ans: True** 4. Which daily hygiene ritual is believed to reduce the risk of stroke? **Ans: Flossing** 5. Looking after which of your organs is one of the most effective ways to reduce the risk of dementia? **Ans: Heart** 6. How many neurons the brain



is believed to have? **Ans: Between 80 and 90 billion** 7. True or False: The brain's ability to change stops with age. **Ans: False** Visual: identify the part of the brain and what it does **Ans: Cerebellum and it coordinates voluntary muscle movements** **Winners:** Saravanan Chennappan | Tamal Biswas | Piyali Tuli

Visual question: Injury to which inner ear structure would most directly impair the ear's ability to convert sound vibrations into electrical signals that are transmitted to the brain? **WIKIMEDIA COMMONS**

06Mar. QUIZ

Human Brain and Its Primary Composition

Introduction

- The **human brain** is the central organ of the **nervous system**, responsible for controlling thought, memory, emotions, movement, and bodily functions. Scientifically, the brain is composed mainly of **fat (lipids)** and **water**, along with proteins and carbohydrates.
- In terms of dry weight, about **60% of the brain is fat**, making it the **fattest organ in the human body**.
- These fats are essential for maintaining **nerve cell structure and efficient communication between neurons**.

Why the Brain Contains High Fat

- The high fat content in the brain is primarily due to the presence of **myelin**, a fatty insulating layer that surrounds many **nerve fibres (axons)**.
- Myelin enables **fast and efficient transmission of electrical signals** between neurons.
- Lipids such as **phospholipids, glycolipids, and cholesterol** are key components of brain cell membranes.
- These substances help maintain **cell stability, flexibility, and proper neural communication**.

Role of Fat in Brain Function

- Brain fats play a crucial role in **cognitive functioning and neural development**.
- Essential fatty acids such as **Omega-3 and Omega-6 fatty acids** support the formation of **neuronal membranes and synapses**, which are required for learning and memory.
- Adequate lipid levels also help regulate **neurotransmitters**, the chemical messengers that allow nerve cells to communicate effectively throughout the brain and body.

Brain Structure and Lipid Distribution

- Different regions of the brain contain varying amounts of fat. **White matter** contains higher concentrations of **myelin-rich fatty tissue**, which supports signal transmission.
- Grey matter**, which consists mainly of neuronal cell bodies, has relatively less fat but remains rich in lipid-containing membranes.



- Together, these structures enable the brain to process information and coordinate complex physiological and cognitive activities.

Importance for Health and Development

- The brain's fatty composition highlights the importance of **balanced nutrition**, especially during **early childhood and adolescence**, when brain development is rapid.
- Nutrients rich in **healthy fats**, such as fish, nuts, and seeds, support **neural growth and cognitive performance**.
- Scientific research shows that lipid balance is essential for maintaining **memory, learning capacity, and overall neurological health**.

Structure of the Spinal Cord: White Matter and Grey Matter

Introduction

- The **spinal cord** is a long cylindrical structure of the **central nervous system (CNS)** that connects the **brain with the rest of the body**.
- It is responsible for transmitting **sensory and motor signals** and coordinating **reflex actions**.
- In the spinal cord, the **white matter is located on the outside**, while the **grey matter is located inside**.
- This arrangement helps the spinal cord efficiently conduct nerve impulses and process reflex responses.

Grey Matter in the Spinal Cord

- The **grey matter** forms the **inner core** of the spinal cord and appears **H-shaped or butterfly-shaped** in cross-section.
- It mainly contains **neuron cell bodies, dendrites, and synapses**.
- Grey matter functions as the **processing centre for spinal reflexes** and integrates sensory information with motor responses.
- It is divided into **anterior (ventral) horns, posterior (dorsal) horns, and lateral horns**, each responsible for different neural functions.

White Matter in the Spinal Cord

- The **white matter** surrounds the grey matter and forms the **outer layer** of the spinal cord.
- It consists primarily of **myelinated nerve fibres (axons)**.
- The white colour results from **myelin**, a fatty insulating substance that allows **rapid transmission of nerve impulses**.
- White matter contains **ascending tracts**, which carry sensory signals to the brain, and **descending tracts**, which transmit motor commands from the brain to the body.

Functional Significance

- This arrangement of **grey matter inside and white matter outside** enables efficient functioning of the spinal cord.
- The **inner grey matter processes information and controls reflexes**, while the **outer white matter serves as communication pathways** between the brain and different parts of the body.
- Together, these structures ensure **rapid coordination of movement, sensation, and reflex activities**.

Comparison with the Brain

- Interestingly, the **brain has the opposite arrangement**.



- In the brain, **grey matter forms the outer cerebral cortex**, while **white matter lies deeper inside**.
- This difference reflects the specialized functions of the brain and spinal cord within the **central nervous system**, highlighting how structural organization supports different neurological roles.

Walnuts and Brain Health

Introduction

- The statement “**Walnuts are good for brain health**” is true.
- Walnuts are widely recognized as one of the most beneficial **nutrient-dense foods for cognitive function**.
- They contain high levels of **Omega-3 fatty acids, antioxidants, vitamins, and minerals**, which support the **structure and functioning of brain cells**.
- Regular consumption of walnuts has been associated with improved **memory, concentration, and overall neurological health**.

Nutritional Composition of Walnuts

- Walnuts are rich in **Omega-3 fatty acids**, particularly **alpha-linolenic acid (ALA)**, which is essential for maintaining the **health of neurons and brain cell membranes**.
- They also contain **vitamin E, polyphenols, folate, and magnesium**, which protect brain tissues from **oxidative stress and inflammation**.
- These nutrients contribute to the maintenance of **healthy neural pathways** and support long-term brain function.

Role in Cognitive Function

- The nutrients present in walnuts help improve **synaptic plasticity**, which is the brain's ability to form and strengthen connections between neurons.
- Omega-3 fatty acids play a key role in **learning, memory formation, and mental performance**. Scientific studies indicate that diets rich in **healthy fats and antioxidants** may help slow **age-related cognitive decline** and support overall brain efficiency.

Protection Against Neurological Disorders

- Research suggests that regular walnut consumption may reduce the risk of certain **neurodegenerative conditions**. Antioxidants in walnuts help neutralize **free radicals**, which can damage brain cells.
- By reducing inflammation and oxidative stress, walnuts may help lower the risk of disorders such as **Alzheimer's disease and cognitive impairment**.

Dietary Importance

- Walnuts are recommended as part of a **balanced and healthy diet**.
- Nutrition experts suggest consuming a **small handful of walnuts daily** to support **brain health, heart health, and metabolic balance**.
- Their combination of **healthy fats, proteins, and micronutrients** makes them an effective dietary component for maintaining **optimal cognitive and neurological function**.

Flossing and Reduction of Stroke Risk

Introduction

- **Flossing**, a daily oral hygiene practice used to clean the spaces between teeth, is believed to help reduce the **risk of stroke** and other **cardiovascular diseases**.



- Medical research indicates that poor **oral health**, especially **gum disease (periodontitis)**, can increase inflammation and bacterial infection in the body.
- Regular flossing helps remove food particles and plaque from areas where a toothbrush cannot reach, thereby improving overall **oral and systemic health**.

Connection Between Oral Health and Stroke

- Scientific studies have shown a strong link between **gum disease and cardiovascular conditions**, including stroke.
- Harmful bacteria from infected gums can enter the **bloodstream**, leading to **inflammation in blood vessels**.
- This inflammation can contribute to the formation of **blood clots or arterial blockage**, which increases the likelihood of **stroke or heart disease**. Maintaining good oral hygiene reduces these risks.

Role of Flossing in Preventing Gum Disease

- Flossing removes **plaque and bacteria** trapped between teeth and along the **gum line**.
- When plaque accumulates, it can harden into **tartar**, which promotes gum infections and bleeding. Regular flossing prevents the development of **gingivitis and periodontitis**, both of which are associated with systemic inflammation.
- By controlling oral bacteria, flossing indirectly supports **vascular health**.

Scientific Evidence and Health Recommendations

- Public health and dental research organisations emphasize that **daily flossing**, along with brushing and regular dental check-ups, plays an important role in maintaining **overall health**.
- Studies suggest that individuals who floss regularly tend to have **lower levels of inflammatory markers**, which are linked to reduced risk of **cardiovascular diseases and stroke**.

Importance of Daily Oral Hygiene

- Maintaining good oral hygiene through **brushing twice daily, flossing, and regular dental care** helps protect both **oral and general health**.
- Flossing is a simple preventive habit that contributes to **healthy gums, reduced bacterial infection, and better cardiovascular health**, thereby potentially lowering the risk of serious conditions such as **stroke**.

Heart Health and Reduction of Dementia Risk

Introduction

- Looking after the **heart** is one of the most effective ways to reduce the risk of **dementia**.
- The **heart and brain are closely connected through the circulatory system**, which supplies oxygen and nutrients to brain cells.
- When heart health is compromised, blood flow to the brain may decline, increasing the risk of **cognitive decline and neurodegenerative disorders** such as dementia.

Link Between Heart and Brain Health

- The brain requires a constant supply of **oxygen-rich blood** to function properly.
- Conditions such as **high blood pressure, atherosclerosis, and heart disease** can damage blood vessels and reduce blood flow to the brain.
- Reduced circulation can harm **neurons and brain tissue**, increasing the likelihood of **vascular dementia** and other forms of cognitive impairment.



Cardiovascular Risk Factors and Dementia

- Several **cardiovascular risk factors** are strongly associated with dementia.
- These include **hypertension, diabetes, obesity, high cholesterol, and smoking**. Such conditions can lead to **damage in small blood vessels of the brain**, causing memory problems and reduced cognitive ability over time.
- Managing these factors helps protect both **heart and brain health**.

Role of Healthy Lifestyle

- Maintaining good heart health through **regular physical activity, balanced diet, weight management, and avoiding tobacco** significantly lowers the risk of dementia.
- Diets rich in **fruits, vegetables, whole grains, and healthy fats** support both cardiovascular and neurological health. Adequate **sleep and stress management** also contribute to maintaining healthy blood circulation.

Public Health Significance

- Health experts emphasize that **what benefits the heart also benefits the brain**.
- Preventive measures that protect cardiovascular health can help delay or reduce the occurrence of **age-related cognitive decline and dementia**.
- Therefore, focusing on **heart health throughout life** is considered a key strategy for maintaining long-term **brain function and mental well-being**.

Number of Neurons in the Human Brain

Introduction

- The **human brain** is believed to contain **between 80 and 90 billion neurons**.
- Neurons are specialized nerve cells responsible for **processing and transmitting information** throughout the nervous system.
- These cells form complex networks that enable **thinking, memory, movement, and sensory perception**. Modern neuroscientific research has refined earlier estimates and now generally places the number of neurons in the human brain within this range.

What Are Neurons

- **Neurons** are the fundamental functional units of the **nervous system**.
- Each neuron consists of three main parts: the **cell body (soma), dendrites, and axon**.
- Dendrites receive signals from other neurons, while the axon transmits electrical impulses to other cells.
- Through chemical and electrical communication, neurons coordinate various **cognitive and physiological processes** in the human body.

Distribution of Neurons in the Brain

- Neurons are not evenly distributed across the brain.
- A large proportion of them are located in the **cerebellum**, which plays a key role in **motor coordination and balance**.
- The **cerebral cortex**, responsible for higher cognitive functions such as **reasoning, memory, and decision-making**, contains billions of neurons organized in complex networks.
- This distribution enables efficient information processing.

Scientific Estimation of Neurons

- Earlier scientific estimates suggested that the brain contained about **100 billion neurons**, but more accurate research methods later refined this number.



- Modern studies using advanced counting techniques in neuroscience indicate that the **average human brain contains approximately 86 billion neurons**, which falls within the commonly cited range of **80–90 billion neurons**.

Importance of Neurons in Brain Function

- Neurons communicate through **synapses**, forming vast neural networks that support **learning, memory formation, and sensory processing**.
- Each neuron can connect with **thousands of other neurons**, creating trillions of connections in the brain. This complex network enables the brain to perform sophisticated tasks such as **problem-solving, emotional regulation, and coordination of bodily functions**.

Brain Plasticity and Aging

Introduction

- The statement “**The brain’s ability to change stops with age**” is false.
- The human brain has a remarkable property known as **neuroplasticity**, which means it can **adapt, reorganize, and form new neural connections throughout life**.
- Although the rate of change may slow with age, the brain continues to modify its structure and function in response to **learning, experience, and environmental stimuli**.

Concept of Neuroplasticity

- **Neuroplasticity** refers to the brain’s ability to **reorganize neural pathways** by forming new connections between neurons.
- This process allows the brain to **learn new skills, store memories, and recover from injuries**.
- When a person learns something new or practices a skill repeatedly, the connections between neurons become stronger, improving the efficiency of brain functions.

Brain Adaptation Throughout Life

- Scientific research shows that the brain remains **adaptable even in older age**.
- Adults can continue to develop new neural pathways through **education, skill development, physical activity, and social interaction**.
- For example, learning a new language, playing a musical instrument, or solving complex problems stimulates neural growth and enhances cognitive flexibility.

Recovery and Brain Reorganization

- Neuroplasticity also plays an important role in **recovery after brain injuries**, such as stroke or trauma.
- When certain brain regions are damaged, other areas may **adapt and take over some lost functions**.
- Rehabilitation therapies often rely on this property of the brain to help patients regain **motor skills, speech, and cognitive abilities**.

Factors That Support Brain Plasticity

- Several lifestyle factors promote **healthy brain plasticity**.
- Regular **physical exercise, balanced nutrition, mental stimulation, adequate sleep, and stress management** help maintain neural health.
- Activities such as reading, problem-solving, and engaging in creative tasks stimulate the brain and support the continuous **formation of new neural connections** throughout life.



Crypto bill hits new impasse, raising doubts over its future

NEWS ANALYSIS

Reuters

Talks on landmark crypto legislation have hit a new impasse after banks said they could not back a compromise pushed by the White House, a development that cast a doubt on whether the bill will pass this year and sparked criticism from President Donald Trump who accused lenders of trying to undermine it.

Trump, who courted crypto cash on the campaign trail and whose family has profited from its own token, has prioritised crypto reform during his second administration. On Tuesday evening, he took to his Truth Social platform to call out the banking industry. "We are not going to allow them to undermine our powerful Crypto Agenda," he posted.

form to call out the banking industry. "We are not going to allow them to undermine our powerful Crypto Agenda," he posted.

Gray area

Crypto companies have been operating in a regulatory gray area which executives say has stymied their businesses. The Clarity Act bill aims to create clear regulations that should help promote cryptocurrency adoption, say its supporters. The bill stalled in January because banks opposed a provision allowing stablecoin issuers and crypto firms to offer yield-bearing products and other rewards that could lure away bank deposits, making it harder for them to fund lending. Crypto



Stalemate now: The bill aims to create clear norms to promote cryptocurrency adoption. REUTERS

giants such as Coinbase say they must be able to offer rewards to recruit customers, and barring them would be anticompetitive. The bank Standard Chartered has estimated, mean-

while, that stablecoins could pull around \$500 billion in deposits out of U.S. banks by the end of 2028. The White House last month stepped in to broker a deal, Reuters report-

ed. Its compromise would allow stablecoin rewards in some circumstances, such as peer-to-peer payments, but not on idle holdings, said four people who asked for anonymity to discuss

the private talks.

Crypto companies have come around to that compromise, but banks have said they cannot support it, said two of the people. Banks still want to severely limit activities for which rewards can be issued, said a senior White House official. A banking industry source said lenders believe the activities allowed under the compromise could still trigger deposit flight.

Senators back banks

Some senators back the banks' position and the industry believes that with their support it can get a better deal, the banking source said. A spokesman for the Senate Banking Committee, which ultimately holds the pen on the text, did not provide

comment.

In a statement, the American Bankers Association said lenders had offered constructive ideas to advance the bill without imperiling deposits. "The risks to economic growth and financial stability are real if policymakers don't get this right."

The deadlock has fed doubts about whether the bill will make it into law this year, said the sources and analysts.

The bill also must overcome disagreements among senators over ethics and illicit finance provisions, and Senate floor time is limited before lawmakers leave Washington in the summer to start campaigning for the midterm elections. Chances for passing a

crypto bill would shrink further if Democrats gain seats in the U.S. Congress in November, since Democratic lawmakers are more divided on overhauling federal rules to accommodate cryptocurrencies.

"If this doesn't get passed and put in front of the President's desk, I'd say by July, I think everyone feels that, generally, that window will have been closed because of the mid-terms," said Adrian Wall, managing director of the Digital Sovereignty Alliance, which advocates for pro-crypto policies.

"It will be a tremendous setback that will be very difficult for us to overcome." The war in Iran is making it even harder to pass the crypto bill this year.

06Mar. Crypto bill hits new impasse, raising doubts over its future

क्रिप्टो विधेयक नए गतिरोध में फंसा, इसके भविष्य पर संदेह बढ़ा

- Talks on **landmark crypto legislation** have hit a **new impasse** after **banks** said they could not back a **compromise** pushed by the **White House**, a development that cast a **doubt** on whether the **bill** will pass this year and sparked criticism from **President Donald Trump** who accused **lenders** of trying to undermine it.
ऐतिहासिक क्रिप्टो कानून पर बातचीत नए गतिरोध में फंसा गई है क्योंकि बैंकों ने कहा कि वे व्हाइट हाउस द्वारा प्रस्तावित समझौते का समर्थन नहीं कर सकते, इस घटनाक्रम ने इस बात पर संदेह पैदा कर दिया कि क्या यह विधेयक इस वर्ष पारित होगा और इससे राष्ट्रपति डोनाल्ड ट्रंप की आलोचना भी शुरू हो गई जिन्होंने ऋणदाताओं पर इसे कमजोर करने का आरोप लगाया।
- **Trump**, who courted **crypto cash** on the **campaign trail** and whose **family** has profited from its own **token**, has prioritised **crypto reform** during his **second administration**.
ट्रंप, जिन्होंने चुनावी अभियान के दौरान क्रिप्टो धन का समर्थन किया और जिनके परिवार ने अपने टोकन से लाभ कमाया है, उन्होंने अपने दूसरे प्रशासन के दौरान क्रिप्टो सुधार को प्राथमिकता दी है।
- On **Tuesday evening**, he took to his **Truth Social platform** to call out the **banking industry**.
मंगलवार शाम, उन्होंने ट्विथ सोशल प्लेटफॉर्म पर जाकर बैंकिंग उद्योग की आलोचना की।
- "We are not going to allow them to undermine our powerful **Crypto Agenda**," he posted.
"हम उन्हें हमारे शक्तिशाली क्रिप्टो एजेंडा को कमजोर करने की अनुमति नहीं देंगे," उन्होंने पोस्ट किया।

Gray area ग्रे क्षेत्र

- **Crypto companies** have been operating in a **regulatory gray area** which executives say has **stymied their businesses**.
क्रिप्टो कंपनियाँ एक नियामक ग्रे क्षेत्र में काम कर रही हैं जिसे अधिकारियों के अनुसार इसने उनके व्यवसायों को बाधित किया है।
- The **Clarity Act bill** aims to create **clear regulations** that should help promote **cryptocurrency adoption**, say its **supporters**.
क्लैरिटी एक्ट विधेयक का उद्देश्य स्पष्ट नियम बनाना है जो क्रिप्टोकॉर्सेसी अपनाने को बढ़ावा देने में मदद करेंगे, ऐसा इसके समर्थकों का कहना है।
- The **bill** stalled in **January** because **banks** opposed a **provision** allowing **stablecoin issuers** and **crypto firms** to offer **yield-bearing products** and other **rewards** that could lure away **bank deposits**, making it harder for them to **fund lending**.
यह विधेयक जनवरी में रुक गया क्योंकि बैंकों ने उस प्रावधान का विरोध किया जो स्टेबलकॉइन जारीकर्ताओं और क्रिप्टो कंपनियों को ब्याज देने वाले उत्पाद और अन्य पुरस्कार देने की अनुमति देता है, जो बैंक जमा को आकर्षित कर सकते हैं और उनके लिए ऋण वित्तपोषण को कठिन बना सकते हैं।
- **Crypto giants** such as **Coinbase** say they must be able to offer **rewards** to recruit **customers**, and barring them would be **anticompetitive**.
कॉइनबेस जैसे क्रिप्टो दिग्गज कहते हैं कि उन्हें ग्राहकों को आकर्षित करने के लिए रिवॉर्ड देने में सक्षम होना चाहिए और इसे रोकना प्रतिस्पर्धा-विरोधी होगा।



- The bank **Standard Chartered** has estimated, meanwhile, that **stablecoins** could pull around **\$500 billion** in **deposits** out of **U.S. banks** by the end of **2028**.
इसी बीच **स्टैंडर्ड चार्टर्ड बैंक** ने अनुमान लगाया है कि **स्टेबलकॉइन 2028** के अंत तक **अमेरिकी बैंकों** से लगभग **500 अरब डॉलर** की **जमा राशि** निकाल सकते हैं।
- The **White House** last month stepped in to **broker a deal**, **Reuters** reported.
रॉयटर्स के अनुसार पिछले महीने **व्हाइट हाउस** ने **समझौता कराने** के लिए हस्तक्षेप किया।
- Its **compromise** would allow **stablecoin rewards** in some **circumstances**, such as **peer-to-peer payments**, but not on **idle holdings**, said four people who asked for **anonymity** to discuss the **private talks**.
चार लोगों ने, जिन्होंने **निजी वार्ता** पर चर्चा के लिए **गोपनीयता** की शर्त रखी, कहा कि इस **समझौते** के तहत कुछ **स्थितियों** जैसे **पीयर-टू-पीयर भुगतान** में **स्टेबलकॉइन रिवॉर्ड** की अनुमति होगी, लेकिन **निष्क्रिय होल्डिंग्स** पर नहीं।
- **Crypto companies** have come around to that **compromise**, but **banks** have said they cannot support it, said two of the people.
दो लोगों ने कहा कि **क्रिप्टो कंपनियाँ** उस **समझौते** को मानने के लिए तैयार हो गई हैं, लेकिन **बैंकों** ने कहा है कि वे इसका समर्थन नहीं कर सकते।
- **Banks** still want to severely **limit activities** for which **rewards** can be issued, said a **senior White House official**.
एक **वरिष्ठ व्हाइट हाउस अधिकारी** ने कहा कि **बैंक** अभी भी उन **गतिविधियों** को कड़ी तरह से सीमित करना चाहते हैं जिनके लिए **रिवॉर्ड** जारी किए जा सकते हैं।
- A **banking industry source** said **lenders** believe the **activities** allowed under the **compromise** could still trigger **deposit flight**.
एक **बैंकिंग उद्योग स्रोत** ने कहा कि **ऋणदाता** मानते हैं कि **समझौते** के तहत अनुमत **गतिविधियाँ** अभी भी **जमा पलायन** को ट्रिगर कर सकती हैं।

Senators back banks सीनेटर बैंकों का समर्थन करते हैं

- Some **senators** back the **banks' position** and the **industry** believes that with their support it can get a **better deal**, the **banking source** said.
कुछ **सीनेटर बैंकों की स्थिति** का समर्थन करते हैं और **उद्योग** का मानना है कि उनके समर्थन से वह **बेहतर समझौता** प्राप्त कर सकता है, ऐसा **बैंकिंग स्रोत** ने कहा।
- A **spokesman** for the **Senate Banking Committee**, which ultimately holds the **pen on the text**, did not provide **comment**.
सीनेट बैंकिंग समिति के एक **प्रवक्ता**, जिसके पास अंततः **विधेयक के पाठ** का नियंत्रण है, ने कोई **टिप्पणी** नहीं की।
- In a **statement**, the **American Bankers Association** said **lenders** had offered **constructive ideas** to advance the **bill** without **imperiling deposits**.
एक **बयान** में **अमेरिकन बैंकर्स एसोसिएशन** ने कहा कि **ऋणदाताओं** ने **जमा को खतरे में डाले बिना विधेयक** को आगे बढ़ाने के लिए **रचनात्मक सुझाव** दिए हैं।
- “The **risks** to **economic growth** and **financial stability** are real if **policymakers** don't get this right.”
“यदि **नीति निर्माता** इसे सही ढंग से नहीं करते हैं तो **आर्थिक वृद्धि** और **वित्तीय स्थिरता** के लिए **जोखिम** वास्तविक हैं।”
- The **deadlock** has fed **doubts** about whether the **bill** will make it into **law** this year, said the **sources and analysts**.
सूत्रों और विश्लेषकों ने कहा कि यह **गतिरोध** इस बात पर **संदेह** बढ़ा रहा है कि क्या यह **विधेयक** इस वर्ष **कानून** बन जाएगा।
- The **bill** also must overcome **disagreements among senators** over **ethics** and **illicit finance provisions**, and **Senate floor time** is limited before **lawmakers** leave **Washington** in the **summer** to start campaigning for the **midterm elections**.
इस **विधेयक** को **नैतिकता** और **अवैध वित्त प्रावधानों** पर **सीनेटरों** के बीच **मतभेद** को भी पार करना होगा, और **सीनेट का समय** सीमित है क्योंकि **विधायक मध्यावधि चुनावों** के लिए अभियान शुरू करने हेतु **गर्मी** में **वॉशिंगटन** छोड़ देंगे।



- Chances for passing a **crypto bill** would shrink further if **Democrats** gain seats in the **U.S. Congress** in **November**, since **Democratic lawmakers** are more divided on overhauling **federal rules** to accommodate **cryptocurrencies**.
यदि नवंबर में **डेमोक्रेट्स अमेरिकी कांग्रेस** में सीटें जीतते हैं तो **क्रिप्टो विधेयक** पारित होने की संभावना और कम हो जाएगी, क्योंकि **डेमोक्रेटिक सांसद क्रिप्टोकॉरेसी** को समायोजित करने के लिए **संघीय नियमों** में बदलाव पर अधिक विभाजित हैं।
- “If this doesn’t get **passed** and put in front of the **President’s desk**, I’d say by **July**, I think everyone feels that, generally, that **window will have been closed** because of the **mid-terms**,” said **Adrian Wall**, **managing director** of the **Digital Sovereignty Alliance**, which advocates for **pro-crypto policies**.
“यदि यह **पारित** नहीं होता और **राष्ट्रपति की मेज** तक **जुलाई** तक नहीं पहुँचता, तो मुझे लगता है कि आम तौर पर सभी को महसूस होगा कि **मध्यावधि चुनावों** के कारण वह **अवसर समाप्त** हो जाएगा,” ऐसा **डिजिटल सोवरेनिटी एलायंस** के **प्रबंध निदेशक एड्रियन वॉल** ने कहा, जो **प्रो-क्रिप्टो नीतियों** का समर्थन करता है।
- “It will be a **tremendous setback** that will be very **difficult** for us to **overcome**.”
“यह एक **बड़ा झटका** होगा जिसे हमारे लिए **पार करना** बहुत **कठिन** होगा।”
- The **war in Iran** is making it even **harder** to pass the **crypto bill** this year.
ईरान में युद्ध के कारण इस वर्ष **क्रिप्टो विधेयक** को पारित करना और भी **कठिन** हो रहा है।

GS Paper III: Environment,	
TOPICS COVERED	06 March 2026
06Mar	ED files complaints in court against sea cucumber poaching ईडी ने समुद्री खीरे के अवैध शिकार के खिलाफ अदालत में शिकायतें दायर कीं
06Mar	Karnataka HC directs inclusion of 55 sq. km forest area to wildlife sanctuary कर्नाटक उच्च न्यायालय ने 55 वर्ग किमी वन क्षेत्र को वन्यजीव अभयारण्य में शामिल करने का निर्देश दिया

ED files complaints in court against sea cucumber poaching

GS III: Environment
The hindu bureau
KOCHI

The Directorate of Enforcement (ED), Kochi Zonal Office, has filed prosecution complaints before the Special Court for Prevention of Money Laundering Act, 2002 (PMLA) Cases, Kavaratti in Lakshadweep, against four persons in two separate cases relating to the alleged illegal hunting, possession, and attempted trade of protected sea cucumbers in 2018 and 2020.

The first case was registered against T.P. Mukbeel, 51, of Agatti in Lakshadweep, under the Wildlife (Protection) Act, 1972, for

illegal hunting, possession, and attempted trade of sea cucumbers, which are Schedule-I species accorded the highest level of protection, equivalent to flagship species such as tigers.

In the second case, three persons were booked in connection with the seizure of 219 sea cucumbers at the western lagoon of Suheli Cheriyaakara Island on January 11, 2020.

Sea cucumbers are highly valued in international markets, as a delicacy and as a traditional medicine product. Their illegal trade is a serious concern in Lakshadweep due to lucrative black-market prices.

06Mar. ED files complaints in court against sea cucumber poaching ईडी ने समुद्री खीरे के अवैध शिकार के खिलाफ अदालत में शिकायतें दायर कीं

- The Directorate of Enforcement (ED), Kochi Zonal Office, has filed prosecution complaints before the Special Court for Prevention of Money Laundering Act, 2002 (PMLA) Cases, Kavaratti in Lakshadweep, against four persons in two separate cases relating to the alleged illegal hunting, possession, and attempted trade of protected sea cucumbers in 2018 and 2020.

प्रवर्तन निदेशालय (ED), कोच्चि जोनल कार्यालय ने धन शोधन निवारण अधिनियम, 2002 (PMLA) मामलों की विशेष अदालत, कवारत्ती, लक्षद्वीप में चार व्यक्तियों के खिलाफ दो अलग-अलग मामलों में अभियोजन शिकायतें दायर की हैं, जो 2018 और 2020 में संरक्षित समुद्री खीरे के अवैध शिकार, कब्जे और व्यापार के प्रयास से संबंधित हैं।

- The first case was registered against T.P. Mukbeel, 51, of Agatti in Lakshadweep, under the Wildlife (Protection) Act, 1972, for illegal hunting, possession, and attempted trade of sea cucumbers, which are Schedule-I species, accorded the highest level of protection, equivalent to flagship species



such as tigers.

पहला मामला लक्षद्वीप के अगत्ती निवासी 51 वर्षीय टी.पी. मुकबील के खिलाफ वन्यजीव (संरक्षण) अधिनियम, 1972 के तहत दर्ज किया गया, जिसमें समुद्री खीरे के अवैध शिकार, कब्जे और व्यापार के प्रयास का आरोप है, जो अनुसूची-I प्रजाति हैं और जिन्हें सबसे उच्च स्तर का संरक्षण प्राप्त है, जो बाघ जैसे प्रमुख प्रजातियों के बराबर है।

- In the **second case**, **three persons** were booked in connection with the **seizure of 219 sea cucumbers** at the **western lagoon of Suheli Cheriyakara Island** on **January 11, 2020**. दूसरे मामले में तीन व्यक्तियों को 11 जनवरी 2020 को सुहेली चेरीयकारा द्वीप के पश्चिमी लैगून से 219 समुद्री खीरे की जब्ती के संबंध में बुक किया गया।
- **Sea cucumbers** are highly valued in **international markets**, as a **delicacy** and as a **traditional medicine product**. समुद्री खीरे को अंतरराष्ट्रीय बाजारों में एक व्यंजन और पारंपरिक औषधि उत्पाद के रूप में अत्यधिक महत्व दिया जाता है।
- Their **illegal trade** is a **serious concern** in **Lakshadweep** due to **lucrative black-market prices**. इनका अवैध व्यापार लक्षद्वीप में गंभीर चिंता का विषय है क्योंकि काला बाजार में इनकी कीमत बहुत अधिक होती है।

Karnataka HC directs inclusion of 55 sq. km forest area to wildlife sanctuary

CS III: Environment

The Hindu Bureau
BENGALURU

The High Court of Karnataka has directed the State government to issue a further notification to include the left-out areas of the Kappatagudda reserve forest as part of the Kappatagudda Wildlife Sanctuary in Gadag district, as per the resolution passed at the 11th meeting of the Karnataka State Wildlife Board (KSWB) in January 2019.

A Division Bench led by Chief Justice Vibhu Bakhru issued the direction after noticing that only 244.15 sq. km area was declared as a wildlife sanctuary in the May 16, 2019, notification, even though the



Bench directs State to issue a notification to add the left-out area of 55 sq. km to Kappatagudda Wildlife Sanctuary. SPECIAL ARRANGEMENT

KSWB had on January 9, 2019, unanimously resolved to declare the entire 300 sq. km of Kappatagudda reserve forest as wildlife sanctuary.

The Bench issued the directions while dismissing petitions filed by Shivagan-

ga Stone Crushing Industries and other operators of stone-crushing units on patta lands in the vicinity of the fourth block of the Kappatagudda reserved forest, challenging the May 16, 2019, notification.

The petitioners had con-

tended that their business was affected due to the declaration of 244.15 sq. km of areas as a sanctuary, as their land comes under the eco-sensitive zone around the Kappatagudda Wildlife Sanctuary. They had sought a direction from the government to confine the boundary of the sanctuary to only 178 sq. km, as was initially proposed in 2017.

Reducing the area of the sanctuary is *ex facie* arbitrary as it was contrary to the decision of the Board meeting, chaired by the Chief Minister, the Bench said while directing the government to issue a notification to add the left-out area of 55 sq. km to the sanctuary.

06Mar. Karnataka HC directs inclusion of 55 sq. km forest area to wildlife sanctuary

कर्नाटक उच्च न्यायालय ने 55 वर्ग किमी वन क्षेत्र को वन्यजीव अभयारण्य में शामिल करने का निर्देश दिया

- The **High Court of Karnataka** has directed the **State government** to issue a **further notification** to include the **left-out areas of the Kappatagudda reserve forest** as part of the **Kappatagudda Wildlife Sanctuary** in **Gadag district**, as per the **resolution passed at the**



11th meeting of the Karnataka State Wildlife Board (KSWB) in January 2019.

कर्नाटक उच्च न्यायालय ने राज्य सरकार को अतिरिक्त अधिसूचना जारी करने का निर्देश दिया है ताकि कप्पतगुड्डा आरक्षित वन के छोटे हुए क्षेत्रों को गडग जिले के कप्पतगुड्डा वन्यजीव अभयारण्य का हिस्सा बनाया जा सके, जैसा कि जनवरी 2019 में कर्नाटक राज्य वन्यजीव बोर्ड (KSWB) की 11वीं बैठक में पारित प्रस्ताव में तय किया गया था।

- A Division Bench led by Chief Justice Vibhu Bakhru issued the direction after noticing that only 244.15 sq. km area was declared as a wildlife sanctuary in the May 16, 2019 notification, even though the KSWB had on January 9, 2019 unanimously resolved to declare the entire 300 sq. km of Kappatagudda reserve forest as wildlife sanctuary.

मुख्य न्यायाधीश विभु बखरू की अध्यक्षता वाली खंडपीठ ने यह निर्देश तब जारी किया जब यह देखा गया कि 16 मई 2019 की अधिसूचना में केवल 244.15 वर्ग किमी क्षेत्र को ही वन्यजीव अभयारण्य घोषित किया गया, जबकि KSWB ने 9 जनवरी 2019 को सर्वसम्मति से कप्पतगुड्डा आरक्षित वन के पूरे 300 वर्ग किमी क्षेत्र को वन्यजीव अभयारण्य घोषित करने का निर्णय लिया था।

- The Bench issued the directions while dismissing petitions filed by Shivaganga Stone Crushing Industries and other operators of stone-crushing units on patta lands in the vicinity of the fourth block of the Kappatagudda reserved forest, challenging the May 16, 2019 notification.

पीठ ने ये निर्देश शिवगंगा स्टोन क्रशिंग इंडस्ट्रीज और अन्य पत्थर क्रशिंग इकाइयों के संचालकों द्वारा कप्पतगुड्डा आरक्षित वन के चौथे ब्लॉक के आसपास स्थित पट्टा भूमि पर दायर याचिकाओं को खारिज करते हुए दिए, जिनमें 16 मई 2019 की अधिसूचना को चुनौती दी गई थी।

- The petitioners had contended that their business was affected due to the declaration of 244.15 sq. km areas as a sanctuary, as their land comes under the eco-sensitive zone around the Kappatagudda Wildlife Sanctuary.

याचिकाकर्ताओं ने तर्क दिया कि 244.15 वर्ग किमी क्षेत्र को अभयारण्य घोषित किए जाने से उनका व्यवसाय प्रभावित हुआ है क्योंकि उनकी भूमि कप्पतगुड्डा वन्यजीव अभयारण्य के आसपास के पारिस्थितिक संवेदनशील क्षेत्र (ईको-सेंसिटिव ज़ोन) में आती है।

- They had sought a direction from the government to confine the boundary of the sanctuary to only 178 sq. km, as was initially proposed in 2017.

उन्होंने सरकार से निर्देश देने की मांग की थी कि अभयारण्य की सीमा को केवल 178 वर्ग किमी तक सीमित किया जाए, जैसा कि 2017 में प्रारंभिक रूप से प्रस्तावित किया गया था।

- Reducing the area of the sanctuary is ex facie arbitrary as it was contrary to the decision of the Board meeting, chaired by the Chief Minister, the Bench said while directing the government to issue a notification to add the left-out area of 55 sq. km to the sanctuary.

अभयारण्य के क्षेत्र को कम करना प्रथम दृष्टया मनमाना है, क्योंकि यह मुख्यमंत्री की अध्यक्षता में हुई बोर्ड बैठक के निर्णय के विपरीत था, ऐसा पीठ ने कहा, और सरकार को 55 वर्ग किमी छोटे हुए क्षेत्र को अभयारण्य में शामिल करने के लिए अधिसूचना जारी करने का निर्देश दिया।

DAILY CURRENT AFFAIRS(GS Paper IV and Essay)	
TOPICS COVERED	06 March 2026
06Mar	QUIZ



Questions and Answers to the previous day's daily quiz: 1. Name this ancient Indian materialist school, which rejected the Vedas, denied the soul, and held that only what can be perceived through the five senses is real.

Ans: Charvakas/ Lokayata

2. He was forced by the Roman Inquisition to publicly recant his support for Copernican heliocentrism and spent his final years under house arrest. Ans:

Galileo Galilei

3. A countryman of the person in Q2, this person was also tried for heresy by the Inquisition for holding views such as the universe being infinite and having no centre or fixed boundary. Ans: Giordano Bruno

4. This Dutch philosopher was "expelled" from the Jewish community for equating God with Nature and treating the Bible as a human and not divine document, rather than the word of God. Name him. Ans: Baruch Spinoza

5. Not a heretic in the general sense of the term, but this scientist discovered that stars are primarily made of hydrogen and helium, but was pressured by Henry Norris Russell, an influential astronomer, to retract her finding, only to be proved right later. Ans: Cecilia Payne-Gaposchkin

Visual: This physicist was persona non grata in his country, not for his scientific beliefs, but for his religious affiliation, despite being a Nobel Laureate. Name him and his community. Ans: Abdus Salam/ Ahmadiyya community

Early Birds: K.N. Viswanathan | Sadhan Panda | M. Suresh Kumar

QUIZ

Charvakas / Lokayata (Ancient Indian Materialist School)

- The Charvaka or Lokayata school was one of the earliest materialist philosophical traditions in ancient India.
- It rejected the authority of the Vedas, denied the existence of the soul, afterlife, and karma, and argued that direct perception through the five senses is the only reliable source of knowledge.
- This school challenged the prevailing religious and metaphysical traditions of ancient India and emphasized a rational and empirical outlook toward life.

Origin and Meaning

- The term Lokayata literally means "philosophy prevalent among the people" or "worldly philosophy." It developed around the 6th century BCE, during a period of intense intellectual debate in India that also saw the emergence of Buddhism and Jainism.
- The doctrine is traditionally attributed to Brihaspati, who is considered the founder of the Charvaka school, although original texts are lost and knowledge about it comes mainly from critiques in other philosophical works.

Core Philosophical Principles

Materialism

- The Charvaka philosophy is fundamentally materialistic.
- It holds that the universe is composed only of four elements—earth, water, fire, and air.
- Consciousness arises from the combination of these elements in the human body, similar to how intoxication arises from fermenting ingredients.
- Therefore, the soul or separate spiritual entity does not exist.

Rejection of Vedic Authority

- Charvakas strongly rejected the authority of the Vedas, rituals, sacrifices, and priestly traditions.
- They argued that Vedic rituals benefited priests rather than society and lacked empirical proof.

Epistemology (Theory of Knowledge)

- The school accepted only Pratyaksha (direct perception) as a valid source of knowledge.
- It rejected inference and scriptural testimony as unreliable because they could lead to speculation or error.
- For Charvakas, knowledge must be based on what can be directly experienced through the five senses.

Ethical Outlook

- Charvaka philosophy promoted a pragmatic and worldly approach to life.
- Since there is no afterlife, heaven, or hell, the goal of human life is to pursue pleasure and avoid suffering in the present world.



- A well-known expression associated with this philosophy is the idea that **life should be enjoyed while it lasts**, because the body dissolves after death and nothing remains.

Criticism and Decline

- Other Indian philosophical schools such as **Nyaya, Vedanta, Buddhism, and Jainism** criticized Charvaka ideas for denying morality, spiritual reality, and the authority of sacred texts.
- Over time, due to the lack of preserved scriptures and strong opposition from orthodox traditions, the **Charvaka school gradually declined**, though its ideas survived in philosophical debates and texts discussing Indian philosophy.

Significance in Indian Intellectual Tradition

- Despite criticism, the **Charvaka / Lokayata** school played an important role in the **development of rational inquiry and philosophical debate in ancient India**.
- It represented a **skeptical and empirical tradition**, demonstrating that Indian philosophy historically included not only spiritual and metaphysical systems but also **materialist and critical perspectives**.

Galileo Galilei and the Roman Inquisition

Introduction

- **Galileo Galilei (1564–1642)** was an Italian astronomer, physicist, and mathematician who played a crucial role in the **Scientific Revolution**.
- He strongly supported **Nicolaus Copernicus's heliocentric theory**, which stated that the **Sun is at the centre of the solar system** and the **Earth revolves around it**.
- His scientific observations using the **telescope** provided strong evidence for heliocentrism, which brought him into conflict with the **Roman Catholic Church**.

Support for Copernican Heliocentrism

- Galileo improved the **telescope in 1609** and used it to make groundbreaking astronomical observations.
- He discovered the **four largest moons of Jupiter (Galilean moons)**, observed the **phases of Venus**, and studied **sunspots and the rough surface of the Moon**.
- These findings supported the **Copernican heliocentric model** and contradicted the traditional **geocentric model** proposed by **Ptolemy**, which was widely accepted by the Church at that time.

Conflict with the Roman Inquisition

- In **1632**, Galileo published his famous book "**Dialogue Concerning the Two Chief World Systems**", which compared the **Ptolemaic geocentric model** and the **Copernican heliocentric model**.
- Although presented as a debate, the work clearly favored heliocentrism.
- As a result, the **Roman Inquisition** summoned Galileo to Rome. In **1633**, he was tried for "**vehement suspicion of heresy**" because his views contradicted the Church's interpretation of the Bible.

Forced Recantation and House Arrest

- During the trial in **1633**, Galileo was forced by the **Roman Inquisition** to **publicly recant** his support for heliocentrism.
- The Church declared his book heretical and banned it.



- Instead of imprisonment, Galileo was sentenced to **permanent house arrest**, where he spent the **remaining nine years of his life** at his home near **Florence, Italy**. Despite restrictions, he continued his scientific work during this period.

Later Scientific Work and Legacy

- While under house arrest, Galileo wrote “**Discourses and Mathematical Demonstrations Relating to Two New Sciences**” (1638), which laid the foundations for **modern physics and mechanics**, particularly the study of **motion and strength of materials**.
- Today, Galileo is widely regarded as the “**Father of Modern Science**” because he combined **systematic observation, experimentation, and mathematical analysis** in scientific research.

Later Recognition

- Over time, Galileo’s ideas were widely accepted as scientific evidence confirmed the **heliocentric model**.
- In **1992**, after a long historical review, the **Vatican officially acknowledged errors in the Church’s judgment** of Galileo. His work remains fundamental to modern astronomy and scientific methodology.

Giordano Bruno and the Inquisition

Introduction

- **Giordano Bruno (1548–1600)** was an Italian philosopher, cosmologist, and Dominican friar who challenged the dominant religious and scientific ideas of his time.
- A countryman of **Galileo Galilei**, Bruno proposed revolutionary ideas about the **nature of the universe**, including the concept that the **universe is infinite and has no fixed centre or boundary**.
- His philosophical and cosmological views conflicted with the doctrines of the **Roman Catholic Church**, eventually leading to his trial by the **Roman Inquisition**.

Philosophical and Cosmological Ideas

- Bruno expanded upon the **Copernican heliocentric theory** and proposed a much broader vision of the cosmos.
- He argued that the **universe is infinite**, filled with **countless stars and planetary systems**, and that the **Sun is only one of many stars**. According to Bruno, the universe had **no central point**, contradicting the traditional geocentric worldview.
- These ideas anticipated later developments in modern astronomy, although they were largely philosophical rather than based on telescopic observations.

Conflict with the Church

- Bruno’s views went beyond astronomy and also challenged several theological doctrines of the **Catholic Church**, including ideas about the **nature of Christ, the Trinity, and the authority of religious institutions**.
- Because these beliefs contradicted Church teachings, he was accused of **heresy**.
- After years of travel across European intellectual centres, Bruno was eventually arrested in **1592** and brought before the **Roman Inquisition** for investigation.

Trial and Execution

- Bruno’s trial lasted nearly **eight years**, during which he refused to fully recant many of his philosophical beliefs. In **1600**, the **Roman Inquisition** declared him guilty of heresy.
- As a result, he was **burned at the stake in Rome’s Campo de’ Fiori square**.



- His execution symbolised the intense conflict between **free intellectual inquiry and religious orthodoxy** during the late Renaissance period.

Historical Significance

- Although Bruno was not primarily a scientist like Galileo, his ideas about an **infinite universe and multiple worlds** later resonated with developments in modern cosmology.
- Today, Giordano Bruno is often remembered as a **symbol of intellectual freedom and the struggle for freedom of thought** in the history of science and philosophy.

Baruch Spinoza and His Expulsion from the Jewish Community

Introduction

- **Baruch Spinoza (1632–1677)** was a Dutch philosopher of **Sephardic Jewish origin** who became one of the most influential thinkers of the **17th-century Enlightenment**.
- He is widely known for his **rationalist philosophy** and for challenging traditional religious beliefs.
- Spinoza proposed a radical idea that **God and Nature are identical**, which contradicted orthodox Jewish teachings and led to his **expulsion (herem)** from the Jewish community in **Amsterdam in 1656**.

Philosophical Ideas

- Spinoza developed a philosophical system based on **rationalism and naturalism**.
- In his view, **God is not a personal deity separate from the universe**, but rather the **single substance that constitutes all of reality**.
- This idea is often described as **pantheism**, expressed in his famous concept “**Deus sive Natura**” (**God or Nature**). According to Spinoza, everything that exists is part of a unified natural order governed by rational laws.

Critical Approach to the Bible

- Spinoza also applied **critical and historical analysis to religious scriptures**, particularly the **Bible**.
- In his work “**Theological-Political Treatise**” (1670), he argued that the **Bible should be interpreted as a historical document written by humans**, rather than as a literal and infallible divine revelation.
- He suggested that understanding the Bible requires examining its **historical context, language, and authorship**, an approach that later influenced modern **biblical criticism**.

Expulsion from the Jewish Community

- Due to his controversial ideas, the **Portuguese-Jewish community of Amsterdam** formally issued a **herem (ban or excommunication)** against Spinoza in **1656**.
- The decree accused him of spreading “**abominable heresies**” and forbade members of the community from having contact with him.
- This expulsion forced Spinoza to live independently, after which he supported himself as a **lens grinder** while continuing his philosophical work.

Intellectual Legacy

- Spinoza’s ideas had a profound influence on later philosophers such as **Immanuel Kant, Hegel, and Albert Einstein**.
- His emphasis on **reason, freedom of thought, and the unity of nature** contributed significantly to the development of **modern philosophy, secularism, and Enlightenment thought**.



- Today, Spinoza is regarded as one of the **founders of modern rationalist philosophy** and a key figure in the history of Western intellectual tradition.

Cecilia Payne-Gaposchkin and the Discovery of Stellar Composition

Introduction

- **Cecilia Payne-Gaposchkin (1900–1979)** was a pioneering **British-American astrophysicist** who made one of the most important discoveries in modern astronomy.
- She demonstrated that **stars are primarily composed of hydrogen and helium**, contradicting the earlier belief that stars had a chemical composition similar to Earth.
- Her groundbreaking conclusion was presented in her **1925 doctoral thesis at Harvard University**, which is widely regarded as one of the most important PhD theses in astrophysics.

Discovery about the Composition of Stars

- Using principles of **atomic physics and stellar spectroscopy**, Payne analysed the **spectral lines of stars**.
- She applied the **Saha ionisation equation**, developed by Indian physicist **Meghnad Saha**, to interpret stellar spectra.
- Her analysis showed that **hydrogen is the most abundant element in stars**, followed by **helium**, while heavier elements exist in much smaller quantities.
- This discovery fundamentally changed scientific understanding of **stellar structure and evolution**.

Pressure to Retract Her Findings

- At the time of her research, the prevailing view among astronomers was that **stars had compositions similar to Earth's crust**.
- Influential astronomer **Henry Norris Russell** advised Payne to **tone down her conclusions**, suggesting that the results might be incorrect.
- Consequently, she described her findings cautiously in her thesis, stating that the high abundance of hydrogen might not be real, even though her calculations strongly supported it.

Later Validation of Her Work

- A few years later, **Henry Norris Russell himself conducted independent research** and reached conclusions similar to Payne's earlier findings.
- By the late **1920s**, the astronomical community accepted that **hydrogen and helium dominate the composition of stars**.
- Payne's work eventually gained recognition as a **major breakthrough in astrophysics**, fundamentally shaping modern stellar science.

Legacy and Contributions

- Cecilia Payne-Gaposchkin later became a leading researcher at **Harvard College Observatory**, specialising in **stellar atmospheres and variable stars**.
- In **1956**, she became the **first woman to be appointed a full professor at Harvard University** and later chaired the **Department of Astronomy**.
- Her work remains foundational to modern **astrophysics and cosmology**, particularly in understanding the **chemical composition and evolution of stars**.