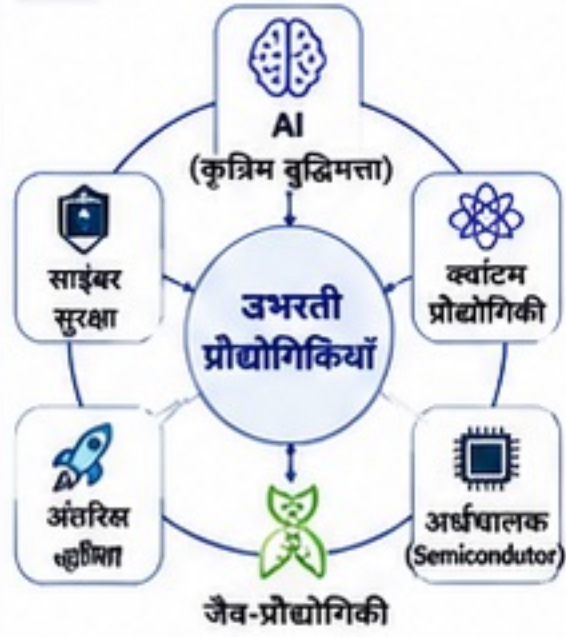


1 भारत का उभरता प्रौद्योगिकी पारिस्थितिकी तंत्र



- PIB पूरकभूमि विवरण में भारत की उभरती प्रौद्योगिकियों पर प्रकाश।
- मुख्य क्षेत्र: AI, क्वांटम, अर्धचालक, बायोटेक, अंतरिक्ष, साइबर सुरक्षा।
- पहलकलाभियों: IndiaAI मिशन, राष्ट्रीय क्वांटम मिशन, Semicon India, BioE3 नीति।
- नवाचार, उत्पादकता और सामरिक स्वायत्तता को बढ़ावा।
- भारत को वैश्विक प्रौद्योगिकी नेता बनाने की दिशा में कदम।

मूल्य वर्धन: प्रौद्योगिकी → नवाचार → उत्पादकता → सामरिक स्वायत्तता

मुख्य शब्द: AI, क्वांटम, अर्धचालक, BioE3, साइबर सुरक्षा, नवाचार

2 आठ प्रमुख उद्योग सूचकांक (ICI) – मई 2026



- 8 आधारभूत उद्योगों के उत्पादन के प्रदर्शन को मापता है।
- क्षेत्र: कोयला, कच्चा तेल, प्राकृतिक गैस, रिफाइनरी उत्पाद, उर्वरक, इस्पात, सीमेंट, विद्युत।
- आधार वर्ष: 2011-12
- IIP में भार: 40.27%
- औद्योगिक स्वास्थ्य का संकेतक और आर्थिक वृद्धि में सहायक।

मूल्य वर्धन: प्रमुख उद्योग → औद्योगिक उत्पादन → आर्थिक वृद्धि → रोजगार

मुख्य शब्द: ICI, IIP, आधार वर्ष, अवसंरचना, उद्योग, विकास

3 पर्यावरण-संबंधी व्यापार उपाय और FTAs

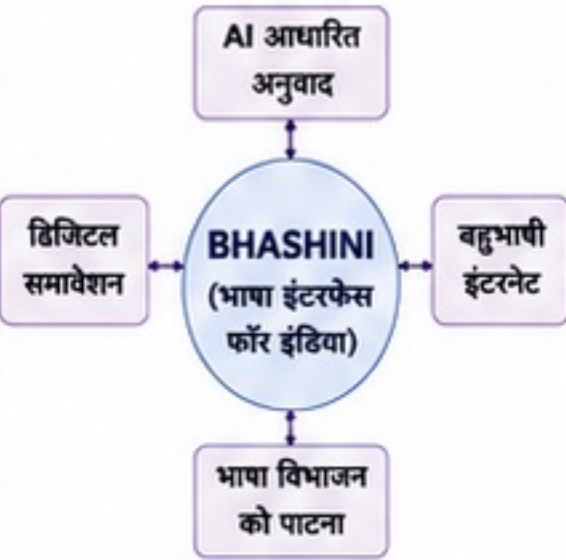


- नई दिल्ली में पर्यावरण-संबंधी व्यापार उपायों और FTAs पर चिंतन शिविर।
- मुद्दे: CBAM, हरित मानक, जलवायु-संलग्न व्यापार बाधाएँ, स्थिरता क्लॉज़।
- निर्यात प्रतिस्पर्धात्मकता और हरित अनुपालन सुनिश्चित करना।
- घरेलू नीतियों और वैश्विक प्रतिबद्धताओं में संतुलन की आवश्यकता।
- उदाहरण: यूरोपीय संघ का CBAM।

मूल्य वर्धन: हरित व्यापार → सतत अर्थव्यवस्था → वैश्विक प्रतिस्पर्धा

मुख्य शब्द: CBAM, हरित मानक, FTA, स्थिरता, WTO, जलवायु व्यापार

4 BHASHINI और भाषा प्रौद्योगिकी



- DIBD और असम इनोवेशन एंड स्टार्टअप फाउंडेशन के बीच MoU।
- AI आधारित भाषा तकनीक को बढ़ावा देने का उद्देश्य।
- अनुवाद, वॉयस टेक और पहुंच को सुगम बनाता है।
- स्थानीय भाषाओं में इंटरनेट और सेवाओं की उपलब्धता।
- समावेशी शासन और डिजिटल भारत के लिए महत्वपूर्ण।

मूल्य वर्धन: AI → भाषा तकनीक → डिजिटल समावेशन → समावेशी शासन

मुख्य शब्द: BHASHINI, AI, बहुभाषी, डिजिटल समावेशन, भाषा तकनीक

5 राखीगढ़ी मानव अस्थि अवशेष



- राखीगढ़ी से मानव अस्थि अवशेष ASI को उन्नत वैज्ञानिक अध्ययन के लिए सौंपे गए।
- राखीगढ़ी भारत का सबसे बड़ा हड़प्पा स्थल है।
- DNA अध्ययन और जनसंख्या आनुवंशिकी में सहायक।
- हड़प्पा सभ्यता और प्रवासन पैटर्न की समझ में मदद।

मूल्य वर्धन: प्राचीन DNA → जनसंख्या आनुवंशिकी → हड़प्पा सभ्यता की नई अंतर्दृष्टि

मुख्य शब्द: राखीगढ़ी, हड़प्पा सभ्यता, DNA अध्ययन, ASI, हरियाणा

6 DISHA 2.0 योजना



अनुच्छेद 39A
समान न्याय और निःशुल्क विधिक सहायता

- पूर्ण रूप: Designing Innovative Solutions for Holistic Access to Justice.
- तकनीक-सक्षम न्याय तक पहुंच।
- विधिक सहायता सेवाओं को मसबूत करना।
- डिजिटल प्लेटफॉर्म और नवाचार को बढ़ावा।
- समावेशी और न्यायसंगत शासन को समर्थन।

मूल्य वर्धन: तकनीक + विधिक सहायता → न्याय तक पहुंच → समावेशी शासन

मुख्य शब्द: DISHA 2.0, अनुच्छेद 39A, न्याय, विधिक सहायता, डिजिटल न्याय

7 पूर्वी तट रेलवे पर कवच तैनाती



- 631 रूट किलोमीटर पर कवच तैनाती के लिए ₹270 करोड़ स्वीकृत।
- कवच: स्वदेशी ऑटोमेटिक ट्रेन प्रोटेक्शन (ATP) सिस्टम।
- स्वचालित ब्रेकिंग और टक्कर रोकने में सक्षम।
- सुरक्षा, दक्षता और समयबद्धता में सुधार।
- भारतीय रेलवे की तकनीकी आधुनिकता की दिशा में बड़ा कदम।

मूल्य वर्धन: सुरक्षा + तकनीक → दक्षता → आधुनिक रेलवे

मुख्य शब्द: कवच, ATP, सुरक्षा, भारतीय रेलवे, आधुनिकीकरण

8 खरीफ क्षेत्र कवरेज 2026



- 19 जून 2026 तक खरीफ फसलों के क्षेत्र कवरेज की प्रगति जारी।
- मुख्य फसलें: धान, दलहन, तिलहन, मोटा अनाज।
- कृषि उत्पादन का प्रारंभिक संकेतक।
- खाद्य सुरक्षा, योजना और नीति निर्माण में सहायक।
- मानसून, मिट्टी की स्थिति और कृषि प्रबंधन से प्रभावित।

मूल्य वर्धन: खरीफ कवरेज → उत्पादन अनुमान → खाद्य सुरक्षा → ग्रामीण अर्थव्यवस्था

मुख्य शब्द: खरीफ, कृषि, दलहन, तिलहन, मोटा अनाज, मानसून

9 हॉर्मुज जलडमरूमध्य से उर्वरक आपूर्ति श्रृंखला सुदृढ़



- चार उर्वरक जहाज सफलतापूर्वक हॉर्मुज जलडमरूमध्य पार कर भारत पहुंचे।
- भारत के कृषि-भंडार की आपूर्ति सुनिश्चित हुई।
- हॉर्मुज: फारस की खाड़ी को ओमान की खाड़ी से जोड़ता है।
- वैश्विक तेल व्यापार का ~20% इसी मार्ग से होता है।
- समुद्री चोकीपाँइंट का रणनीतिक महत्व।

मूल्य वर्धन: समुद्री सुरक्षा → आपूर्ति श्रृंखला → खाद्य सुरक्षा → आर्थिक स्थिरता

मुख्य शब्द: हॉर्मुज जलडमरूमध्य, उर्वरक, आपूर्ति श्रृंखला, चोकीपाँइंट, कृषि

अन्य महत्वपूर्ण एक-पंक्ति समाचार



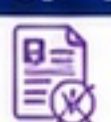
सी.पी. राधाकृष्णन ने श्री नीरज डांगी के रूप में राज्यसभा सचिवालय के महानिदेशक पद की शपथ ली।



19 जून 2026 तक खरीफ फसलों के क्षेत्र कवरेज की प्रगति जारी।



हॉर्मुज जलडमरूमध्य पार कर चार उर्वरक जहाज भारत पहुंचे।



नई दिल्ली में पर्यावरण-संबंधी व्यापार उपायों और FTAs पर राष्ट्रीय चिंतन शिविर आरंभ।



NAFED के ई-नीलामी पोर्टल 'NAFEX.in' का शुभारंभ।



23 जून 2026 को श्रीनगर में पंचायती-आधारित सेवा वितरण पर क्षेत्रीय कार्यशाला आयोजित होगी।



लंबित श्रम मामलों के निपटान हेतु विशेष अभियान आरंभ।

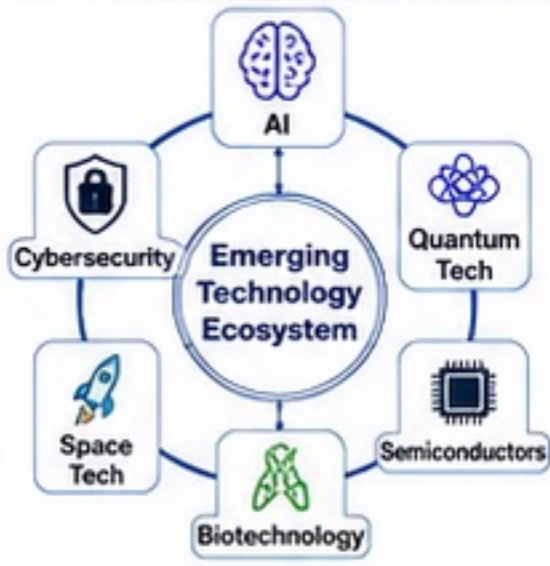


भारत 2025 में दुनिया का शीर्ष जहाज पुनर्चक्रण राष्ट्र बना।



हरियाणा और रावस्थान में अतीरिक्त ट्रेन स्टॉपिज स्वीकृत।

1 India's Emerging Technology Ecosystem

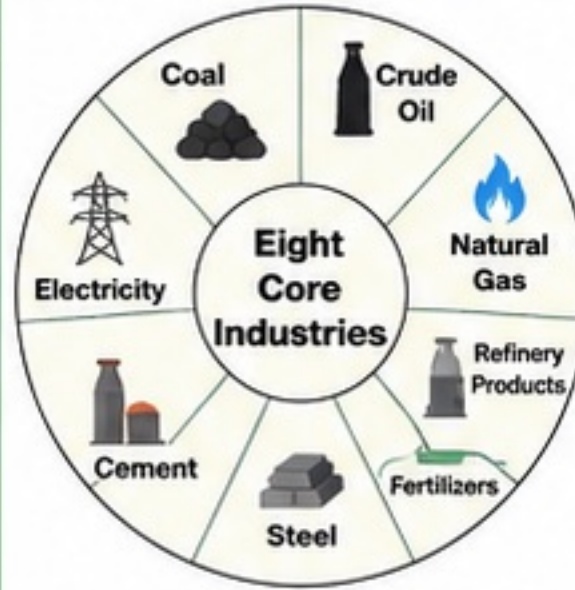


- PIB backgrounder on India's emerging technology strengths.
- Key areas: AI, Quantum, Semiconductors, Biotech, Space, Cybersecurity.
- Initiatives: IndiaAI Mission, National Quantum Mission, Semicon India, BioE3 Policy.
- Driving innovation, productivity & strategic autonomy.
- Positioning India as a global technology leader.

Value Addition: Tech ecosystem → Innovation → Productivity → Strategic Autonomy

Keywords: AI, Quantum, Semiconductors, BioE3, Cybersecurity, Innovation

2 Index of Eight Core Industries (ICI) – May 2026



- Measures performance of 8 infrastructure industries.
- Sectors: Coal, Crude Oil, Natural Gas, Refinery Products, Fertilizers, Steel, Cement, Electricity.
- Base Year: 2011-12.
- Weight in IIP: 40.27%.
- Indicator of industrial health & economic growth.

Value Addition: Core Industries → Industrial Production → Economic Growth → Employment

Keywords: ICI, Infrastructure, IIP, Base Year, Growth

3 Environment-Related Trade Measures & FTAs

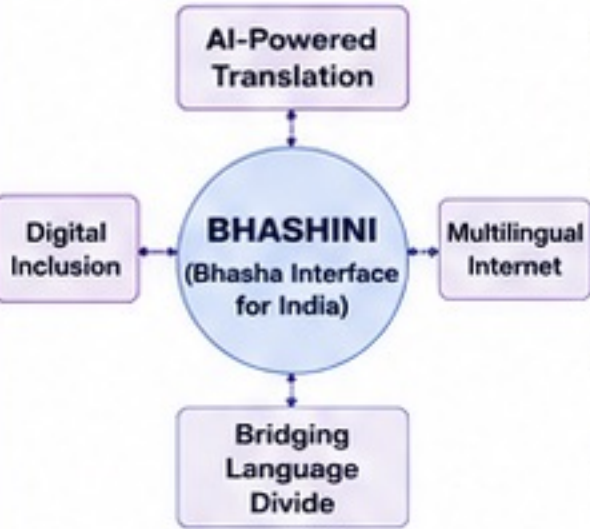


- National Chintan Shivir on Environment-Related Trade Measures & FTAs.
- Issues: CBAM, green standards, climate-linked trade barriers.
- Ensures export competitiveness & sustainability.
- Need for aligned domestic policies & global compliance.
- Balancing environment goals with trade interests.

Value Addition: Green Trade → Sustainable Economy → Global Competitiveness

Keywords: CBAM, Green Standards, FTAs, Sustainability, WTO, Climate Trade

4 BHASHINI & Language Technology



- MoU signed between DIBD and Assam Innovation & Startup Foundation.
- BHASHINI promotes AI-based language technology.
- Enables translation, voice tech & accessibility.
- Strengthens digital inclusion & local language internet.
- Supports governance & citizen-centric services.

Value Addition: AI → Language Technology → Digital Inclusion → Inclusive Governance

Keywords: BHASHINI, AI, Multilingual, Digital Inclusion

5 Rakhigarhi Human Skeletal Remains



- Human skeletal remains from Rakhigarhi sent to ASI for advanced scientific study.
- Rakhigarhi is the largest Harappan site in India.
- Important for DNA studies & population genetics.
- Provides insights into Harappan civilization & migration patterns.

Value Addition: Ancient DNA → Population Genetics → Harappan Civilisation Insights

Keywords: Rakhigarhi, Harappan, DNA Studies, ASI, Haryana

6 DISHA 2.0 Scheme



**Article 39A
Equal Justice &
Free Legal Aid**

- Full Form: Designing Innovative Solutions for Holistic Access to Justice.
- Technology-enabled access to justice for all.
- Strengthens legal aid services & digital platforms.
- Promotes citizen-centric justice delivery.
- Supports inclusive & equitable governance.

Value Addition: Technology + Legal Aid → Access to Justice → Inclusive Governance

Keywords: DISHA 2.0, Access to Justice, Legal Aid, Article 39A

7 Kavach Deployment on East Coast Railway

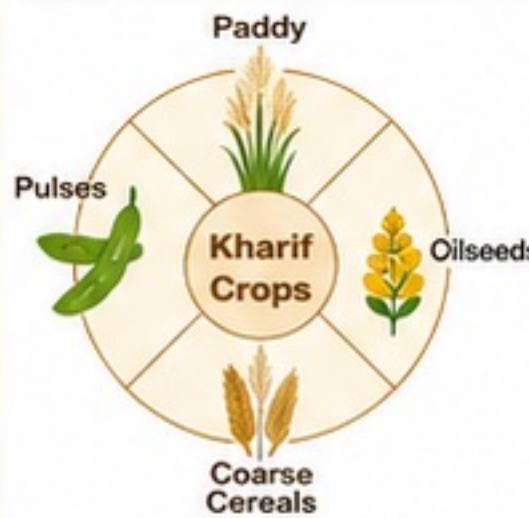


- ₹270 crore approved for Kavach deployment on 631 route km.
- Kavach is an indigenous ATP (Automatic Train Protection) system.
- Prevents collisions, ensures automatic braking.
- Improves safety, efficiency & punctuality.
- A step towards modernization of Indian Railways.

Value Addition: Safety + Technology → Efficient Railways → Atmanirbhar Bharat

Keywords: Kavach, ATP, Safety, Indian Railways, Innovation

8 Kharif Area Coverage 2026



- Progress of area coverage under Kharif crops as on 19 June 2026.
- Key crops: Paddy, Pulses, Oilseeds, Coarse cereals.
- Early indicator of agricultural performance.
- Helps in food security planning & policy making.
- Dependent on monsoon & soil conditions.

Value Addition: Kharif Coverage → Production Outlook → Food Security → Rural Economy

Keywords: Kharif, Agriculture, Food Security, Monsoon

9 Resilient Fertilizer Supply Chains Through Strait of Hormuz



- Four fertilizer ships successfully crossed Strait of Hormuz.
- Ensures uninterrupted fertilizer supply to India.
- Highlights importance of maritime chokepoints.
- Supports agri-stocks & food security.
- Strengthens supply-chain resilience.

Value Addition: Maritime Security → Supply Chains → Food Security → Economic Stability

Keywords: Strait of Hormuz, Fertilizer Security, Chokepoints

Other Important One-Liners



C.P. Radhakrishnan administers oath to Shri Neeraj Dangi as Rajya Sabha Secretary General.



Kharif Area Coverage progress as on 19.06.2026 released.



Fertilizer ships cross Strait of Hormuz to ensure agri-stocks.



Two-Day National Chintan Shivir on Environment-related Trade Measures & FTAs begins.



Nafed's auction portal 'NAFEX.in' launched to boost cooperative trade.



Panchayat-led Service Delivery workshop to be organised in Srinagar.



Special drive for disposal of long-pending labour cases launched.



India becomes World's Top Ship Recycling Nation in 2025.



Additional train stoppages approved in Haryana & Rajasthan.

प्रश्न: भारत छोड़ो आंदोलन के लिए कौन-कौन सी घटनाएँ उत्तरदायी थीं? इसके परिणामों को रेखांकित कीजिए।

1. प्रस्तावना

- अगस्त 1942 में अखिल भारतीय कांग्रेस समिति (AICC) के बंबई अधिवेशन में महात्मा गांधी के नेतृत्व में 'भारत छोड़ो आंदोलन' का प्रस्ताव पारित हुआ।
- गांधीजी ने नारा दिया - 'करो या मरो'।
- यह ब्रिटिश शासन के विरुद्ध अंतिम बड़े जनआंदोलन के रूप में उभरा।

2. अवधारणा / परिभाषा

- भारत छोड़ो आंदोलन वह व्यापक जनआंदोलन था जिसका उद्देश्य ब्रिटिश शासन से तत्काल पूर्ण स्वतंत्रता प्राप्त करना था।

3. पृष्ठभूमि

- भारत को द्वितीय विश्व युद्ध में बिना परामर्श झोंक दिया गया (सितंबर 1939)।
- युद्धकालीन कठिनाइयाँ - महंगाई, वस्तुओं की कमी, बेरोजगारी, दमन।
- राष्ट्रीय चेतना में वृद्धि और स्वतंत्रता की माँग का तेज़ होना।

4. भारत छोड़ो आंदोलन के लिए उत्तरदायी घटनाएँ

1	क्रिप्स मिशन की विफलता (1942) • प्रस्ताव: युद्ध के बाद डोमिनियन स्टेटस, परंतु तत्काल सत्ता हस्तांतरण नहीं। • कांग्रेस ने प्रस्ताव अस्वीकार कर दिया।
2	द्वितीय विश्व युद्ध का प्रभाव • भारत की सहमति के बिना युद्ध में शामिल करना। • आर्थिक शोषण, भारी कर और महंगाई।
3	दक्षिण-पूर्व एशिया में जापानी सफलता • सिंगापुर, बर्मा, मलाया पर जापान का कब्जा। • ब्रिटिश साम्राज्य की कमजोरी उजागर।
4	जन असंतोष में वृद्धि • खाद्य संकट, महंगाई, बेरोजगारी और दमनकारी नीतियों से जनता में रोष।
5	तत्काल स्वतंत्रता की माँग • गांधीजी का मत - ब्रिटिश सत्ता हटेगी तो भारतीय जनता देश की रक्षा में एकजुट होगी।
6	संवैधानिक वार्ताओं की विफलता • बार-बार की बातचीत विफल होने से कांग्रेस ने जनआंदोलन का मार्ग चुना।

घटनाक्रम का प्रवाह



5. आंदोलन का प्रसार (मानचित्र)



- प्रमुख विद्रोह क्षेत्र
- बल्लिया (उ.प्र.)
- सतारा (महाराष्ट्र)
- तमलुक (बंगाल)
- तलघर (उड़ीसा)
- मिदनापुर (बंगाल)

6. समानान्तर सरकारों का उदय

क्षेत्र	प्रमुख विशेषताएँ
बल्लिया (उ.प्र.)	'चिन्मय पांडेय के नेतृत्व में सरकार; कुछ दिन तक ब्रिटिश शासन समाप्त।
सतारा (महाराष्ट्र)	'प्रति सरकार' - नाना पाटिल के नेतृत्व में 2+ वर्ष तक समानान्तर शासन।
तमलुक (बंगाल)	'तमलिपु जातीय सरकार' - सत्यनारायण सामंत के नेतृत्व में।

7. प्रमुख नेता

- महात्मा गांधी
- जवाहरलाल नेहरू
- सरदार वल्लभभाई पटेल

- जयप्रकाश नारायण
- राम मनोहर लोहिया
- अरुणा आसफ अली

8. समयरेखा (Timeline)

1939	मार्च-अप्रैल 1942	अप्रैल 1942	8 अगस्त 1942	अगस्त-सितंबर 1942	1942-44	1945-47
भारत छोड़ो बिना परामर्श युद्ध में शामिल किया गया	क्रिप्स मिशन प्रस्तावित	क्रिप्स मिशन विफल	भारत छोड़ो प्रस्ताव पारित	देशभर में व्यापक जनविद्रोह	समानान्तर सरकारें और भूमिगत गतिविधियाँ	ब्रिटिश शासन की कठोरता; भारत की स्वतंत्रता (1947)

1. विश्लेषण

- स्वतंत्रतापूर्ण, नेता-विहीन और विकेन्द्रीकृत आंदोलन।
- छात्रों, किसानों, मजदूरों और महिलाओं की व्यापक भागीदारी।
- यह आंदोलन साम्राज्यवाद-विरोधी युद्ध और औपनिवेशिक शोषण के विरुद्ध था।

2. चुनौतियाँ

- शीर्ष नेताओं की तत्काल गिरफ्तारी।
- कड़ा दमन - लाठीचार्ज, गोलीकांड, सेंसरशिप, प्रेस पर प्रतिबंध।
- केंद्रीकृत नेतृत्व का अभाव।
- कम्युनिस्ट पार्टी और मुस्लिम लीग का समर्थन नहीं मिला।

3. परिणाम / महत्व

- यह एक निर्णायक मोड़ था - संवैधानिक राजनीति से जनसंघर्ष की ओर।
- समाज के विभिन्न वर्गों की एकता और राष्ट्रीय एकजुटता का प्रदर्शन।
- ब्रिटिश शासन की नैतिक और राजनीतिक नींव हिल गई।
- ब्रिटेन को यह अहसास हुआ कि भारत पर शासन भारतीय सहयोग के बिना संभव नहीं।

4. केस स्टडी / उदाहरण

बल्लिया (उ.प्र.)	सतारा (महाराष्ट्र)	तमलुक (बंगाल)
• जनता ने जेल तोड़ी, सरकारी रिकॉर्ड जलाए, राष्ट्रीय सरकार की घोषणा की।	• 'प्रति सरकार' ने न्यायालय, कर-वसूली और प्रशासन चलाया।	• चक्रवात, राहत, शिक्षा और समानान्तर न्याय व्यवस्था संचालित की।

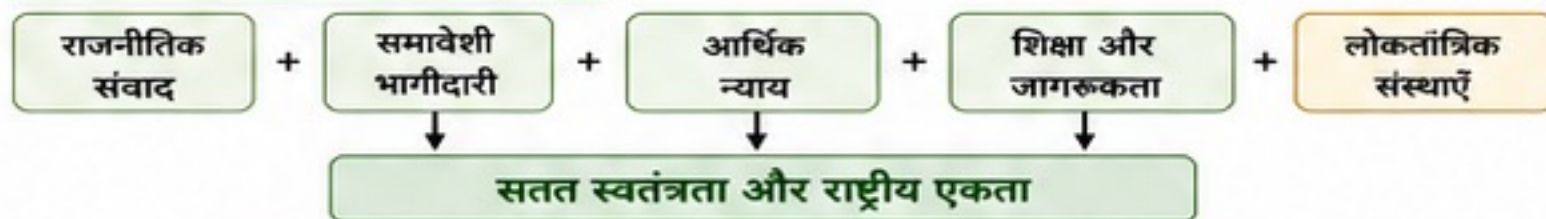
5. रिपोर्ट / समितियाँ

- क्रिप्स मिशन (1942) - भारतीय माँगों से असंतुष्ट रहा।
- वेवेल योजना (1945) और केबिनेट मिशन (1946) - भारत की बढ़ती जनभागीदारी को स्वीकार किया।

6. सरकारी पहल (ब्रिटिश दृष्टिकोण)

- भारत रक्षा अधिनियम, 1939 और रक्षा अधिनियमों का कठोर प्रयोग।
- नेतृताओं की व्यापक गिरफ्तारियाँ, प्रेस पर पाबंदी, जनसभाओं पर रोक।

7. आगे की राह (Way Forward)



8. निष्कर्ष

- भारत छोड़ो आंदोलन ने भारत की स्वतंत्रता के संघर्ष को अंतिम चरण में पहुँचा दिया।
- यद्यपि यह आंदोलन दबा दिया गया, परंतु इसने राष्ट्र की अटूट स्वतंत्रता-इच्छा को प्रदर्शित किया।
- ब्रिटिश शासन यह समझ गया कि भारत में उसकी उपस्थिति अस्थायी है।
- इस आंदोलन ने 1947 में स्वतंत्रता का मार्ग प्रशस्त किया।

मूल्यवर्धन बॉक्स (Value Addition)

- मुख्य शब्द: जनविद्रोह, साम्राज्यवाद-विरोध, राष्ट्रीय एकता, समानान्तर सरकारें, दमन।
- महत्वपूर्ण शब्द: 'करो या मरो', प्रति सरकार, तमलिपु जातीय सरकार।
- संवैधानिक प्रावधान: अनु. 19 (स्वतंत्रता), अनु. 21 (जीवन और स्वतंत्रता)।
- प्रमुख उदाहरण: चिन्मय पांडेय, नाना पाटिल, सत्यनारायण सामंत।

उदाहरण बॉक्स (Examples)

- भारत के उदाहरण:
 - सतारा (महाराष्ट्र) - प्रति सरकार
 - तमलुक (बंगाल) - राहत कार्य
 - बल्लिया (उ.प्र.) - राष्ट्रीय सरकार
- अंतरराष्ट्रीय उदाहरण:
 - अमेरिका स्वतंत्रता आंदोलन (1776)
 - अफ्रीकी उपनिवेश-विरोधी आंदोलन
- हालिया संदर्भ:
 - जन-आंदोलन की शक्ति के उदाहरण - श्रीलंका (2022)
 - लोकतांत्रिक अधिकारों के लिए आंदोलन

महत्वपूर्ण समितियाँ / न्यायिक निर्णय

- न्यायिक निर्णय:
 - केदार नाथ सिंह बनाम बिहार राज्य (1962) - भाषण की स्वतंत्रता पर महत्वपूर्ण निर्णय।
- ऐतिहासिक संदर्भ:
 - मनकेल गांधी बनाम भारत संघ (1978) - व्यक्तिगत स्वतंत्रता का संरक्षण।
 - ए.के. गोपालन केस - स्वतंत्रता अधिकारों पर प्रारंभिक दृष्टिकोण।

तथ्य / आँकड़े बॉक्स

- 60,000 से अधिक लोग गिरफ्तार।
- 1,000+ लोग पुलिस फायरिंग और दमन में मारे गए।
- आंदोलन 200+ जिलों में फैला।
- समानान्तर सरकारें कई महीनों से वर्षों तक चलीं।

प्रभाव का प्रवाह (Flowchart)





किसामा हेरिटेज विलेज

SRIJAN INDIA ONE

राज्यों की जानकारी

21 जून 2026

नागालैंड



हॉर्नबिल महोत्सव

जनजातीय विरासत • त्योहारों की भूमि • जैवविविधता हॉटस्पॉट

3. इतिहास एवं विरासत

- प्राचीन इतिहास**
विभिन्न नागा जनजातियों का निवास, समृद्ध जनजातीय परंपराएं और ग्राम गणतंत्र प्रणाली।
- मध्यकालीन इतिहास**
जनजातीय प्रमुखों द्वारा स्वतंत्र प्रशासन एवं पारंपरिक संपर्क प्रणाली।
- आधुनिक इतिहास**
19वीं सदी में ब्रिटिश शासन का विस्तार; द्वितीय विश्व युद्ध में कोहिमा का रणनीतिक महत्व।
- स्वतंत्रता आंदोलन**
प्रत्यक्ष स्वतंत्रता आंदोलन की भूमिका सीमित रही, परंतु राष्ट्रीय धारा से जुड़ाव।
- महत्वपूर्ण घटना**
कोहिमा का युद्ध (1944) – "पूर्व का स्टालिनग्राद"।
- यूनेस्को धरोहर स्थल**
कोई नहीं।



कोहिमा युद्ध स्मारक

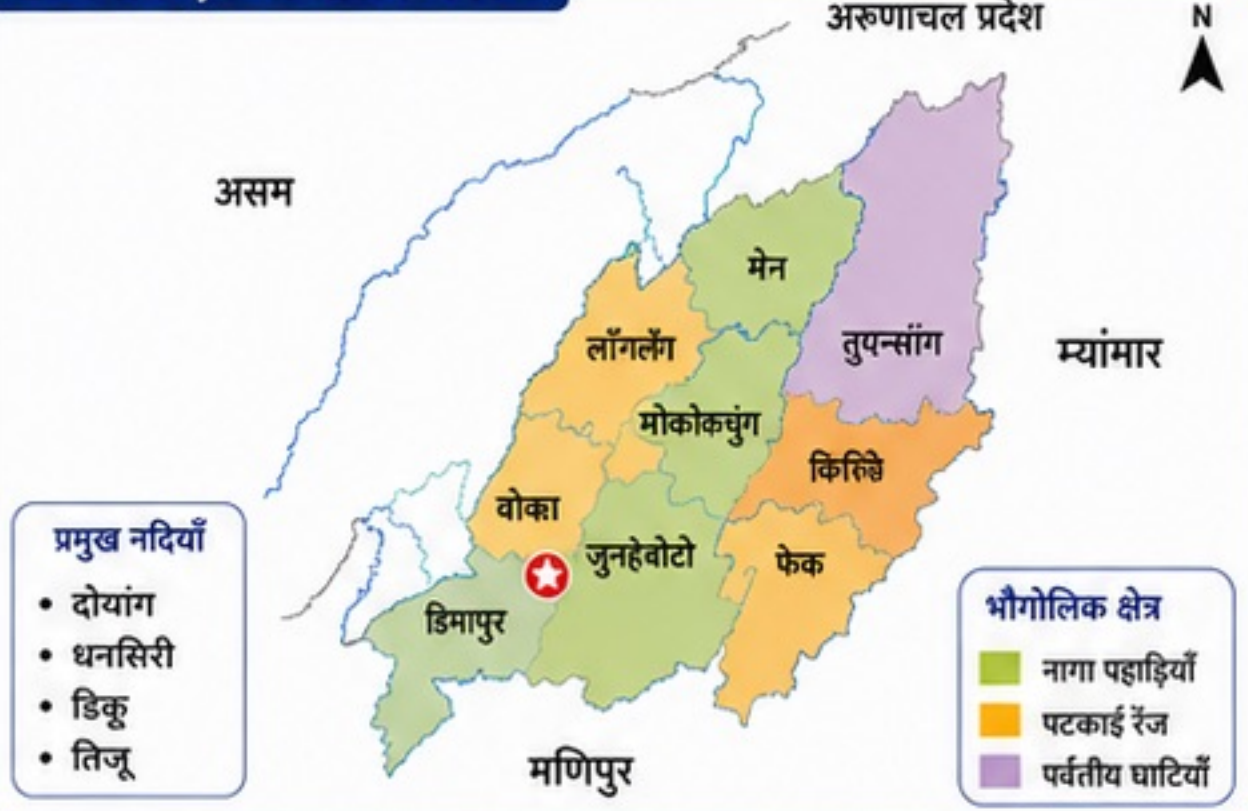


नागा हेरिटेज विलेज



चखावामा विलेज

2. स्थान एवं भौगोलिक स्वरूप



- प्रमुख नदियाँ**
- दोयांग
 - धनसिरी
 - डिकू
 - तिजू

- भौगोलिक क्षेत्र**
- नागा पहाड़ियाँ
 - पटकाई रेंज
 - पर्वतीय घाटियाँ

1. त्वरित तथ्य

- राजधानी** : कोहिमा
- स्थापना** : 1 दिसंबर 1963
- आधिकारिक भाषा** : अंग्रेजी
- राज्य पशु** : मिथुन
- राज्य पक्षी** : बाल्य'स ट्रेगोपन
- राज्य पुष्प** : रोडोडेंड्रॉन
- राज्य वृक्ष** : एल्डर
- जनसंख्या (2011)** : 19.80 लाख
- क्षेत्रफल** : 16,579 वर्ग किमी.
- साक्षरता दर** : 80.11%

महत्वपूर्ण तथ्य

- भारत का 16वाँ राज्य
- इंडो-बर्मा जैवविविधता हॉटस्पॉट में स्थित
- हॉर्नबिल महोत्सव का आयोजन
- "त्योहारों का महोत्सव" प्रसिद्ध

4. अर्थव्यवस्था

- प्रमुख उद्योग**
हस्तशिल्प, बाँस उद्योग, कृषि, पर्यटन
- खनिज संसाधन**
पेट्रोलियम, प्राकृतिक गैस, कोयला, चूना पत्थर
- अवसरचना**
NH-29, रेलवे संपर्क, डिमापुर – व्यापारिक केंद्र, हवाई अड्डा – डिमापुर
- मुख्य विशेषताएँ**
पर्यटन अर्थव्यवस्था की रीढ़, बाँस आधारित उत्पादों की अधिक संभावनाएँ



डिमापुर – व्यापारिक केंद्र



बाँस शिल्प उद्योग

5. कृषि

- प्रमुख फसलें**
चावल, मक्का, बाजरा, दालें, अदरक
- बागवानी**
अनानास, कीवी, संतरा, पेशन फ्रूट, केला
- पशुपालन**
सूअर, मिथुन, मुर्गी पालन, गाय, भैंस
- GI टैग**
नागा मिर्च (किंग चिली)
- विशेष उत्पाद**
जैविक उत्पाद, बाँस उत्पाद, हस्तशिल्प, मसाले



धान के खेत



अनानास



नागा किंग चिली



मिथुन

6. संस्कृति एवं परंपरा

- लोक नृत्य**
चांग, जलियांग, कोन्याक आअंलेन्द्र
- लोक संगीत**
जनजातीय गीत, डोल व बांसुरी
- कला रूप**
लकड़ी की नक्काशी, मोतियों के आभूषण, बुनाई
- हस्तशिल्प**
बाँस शिल्प, लकड़ी शिल्प, बुनाई, मनके आभूषण
- भाषाएँ**
16 प्रमुख जनजातीय भाषाएँ – आंगामी, आंशो, रोमा, लोपा, कोन्याक, चखेसांग आदि
- सांस्कृतिक विशेषताएँ**
मोरुंग प्रणाली, सामुदायिक जीवन, जनजातीय परिषदें



चांग नृत्य



मनके आभूषण

7. प्रमुख त्योहार

- हॉर्नबिल महोत्सव (त्योहारों का महोत्सव)
- मोत्सू महोत्सव
- सेक्रेटनी महोत्सव
- तोकू एमोंग
- तुलुनी महोत्सव
- आआलेंग महोत्सव



हॉर्नबिल महोत्सव

8. पर्यावरण एवं जैव विविधता

- राष्ट्रीय उद्यान**
इंटांकी राष्ट्रीय उद्यान (Ntangki)
- वन्यजीव अभयारण्य**
पुलीएबाजे, फाकिम, रेंगमापार
- जैवमंडल आरक्षित क्षेत्र**
कोई नहीं
- रामसर स्थल**
कोई नहीं
- महत्वपूर्ण प्रजातियाँ**
मिथुन, बाल्य'स ट्रेगोपन, क्लाउड्डेड लेपर्ड, हूलाँक गिम्बन



इंटांकी राष्ट्रीय उद्यान



इजूक्ने वैली



बाल्य'स ट्रेगोपन



हूलाँक गिम्बन

9. पर्यटन एवं धरोहर

- प्रमुख पर्यटन स्थल**
कोहिमा युद्ध स्मारक, इजूको वैली, जाफू पीक, शिलोर्ड झील
- धार्मिक स्थल**
जाखामा चर्च, विश्व शांति स्मारक
- सांस्कृतिक स्थल**
किसामा हेरिटेज विलेज, चखावामा विलेज
- प्राकृतिक स्थल**
इजूको वैली, डॉयांग नदी, शिलोर्ड झील
- यूनेस्को स्थल**
कोई नहीं



जाफू पीक



शिलोर्ड झील



विश्व शांति स्मारक, कोहिमा



किसामा हेरिटेज विलेज

10. UPSC के लिए मूल्य संवर्धन

- प्रेलिम्स फोकस**: राज्य पशु – मिथुन, राज्य पक्षी – बाल्य'स ट्रेगोपन, उच्चतम शिक्षण – माउंट सारामती
- मेन्स फोकस**: अनुच्छेद 371A, जनजातीय स्वायत्तता, शांति प्रक्रिया, पर्यावरणीय संरक्षण, एंक्ट ईस्ट नीति
- वर्तमान मुद्दे**: शांति वार्ता, सीमा सड़के, जैव विविधता संरक्षण, बाँस अर्थव्यवस्था, जैविक खेती
- रणनीतिक महत्व**: म्यांमार से सीमा, दक्षिण-पूर्व एशिया का द्वार, एंक्ट ईस्ट नीति के लिए महत्वपूर्ण
- महत्वपूर्ण व्यक्तित्व**: रानी मेदिनल्यू (नागा स्वतंत्रता सेनानी)

11. त्वरित पुनरावृत्ति – 15 एक पंक्ति तथ्य

- स्थापना – 1 दिसंबर 1963
- राजधानी – कोहिमा
- सबसे बड़ा शहर – डिमापुर
- राज्य पशु – मिथुन
- राज्य पक्षी – बाल्य'स ट्रेगोपन
- राज्य पुष्प – रोडोडेंड्रॉन
- राज्य वृक्ष – एल्डर
- उच्चतम शिक्षण – माउंट सारामती (3,841 मी.)
- प्रमुख नदी – दोयांग, धनसिरी, डिकू, तिजू
- प्रमुख त्योहार – हॉर्नबिल महोत्सव
- GI टैग उत्पाद – नागा मिर्च (किंग चिली)
- संवर्धन प्रावधान – अनुच्छेद 371A
- सीमा – म्यांमार
- द्वितीय विश्व युद्ध स्थल – कोहिमा
- जैव विविधता हॉटस्पॉट – इंडो-बर्मा

12. नागालैंड एक नज़र में

- त्योहारों की भूमि
हॉर्नबिल महोत्सव
- समृद्ध जनजातीय विरासत
16+ प्रमुख जनजातियाँ
- जैव विविधता हॉटस्पॉट
इंडो-बर्मा क्षेत्र
- रणनीतिक स्थिति
म्यांमार से सीमा
- जैविक खेती
और हाकिमतीपर संभावनाएँ
- संस्कृति, प्रकृति
और समुदाय का सामंजस्य



Kisama Heritage Village

SRIJAN INDIA ONE STATES OF INDIA

21st JUNE 2026

NAGALAND



Hornbill - State Bird

Land of Festivals • Rich Tribal Heritage • Biodiversity Hotspot

3. HISTORY & HERITAGE

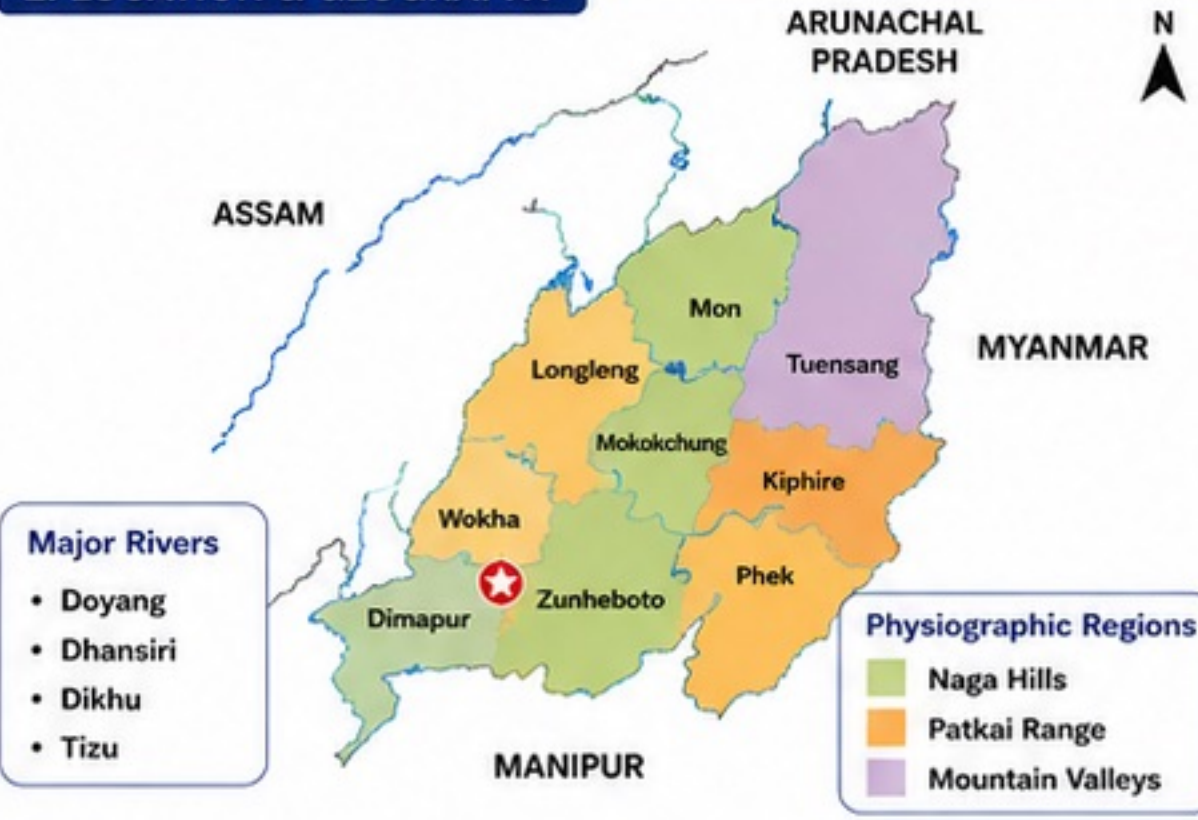
1. QUICK FACTS

🏛️ Capital	: Kohima
📅 Formation	: 1 December 1963
🗣️ Official Language	: English
🐃 State Animal	: Mithun
🐓 State Bird	: Blyth's Tragopan
🌸 State Flower	: Rhododendron
🌳 State Tree	: Alder
👤 Population (2011)	: 19.80 Lakh
📏 Area	: 16,579 sq. km
📖 Literacy Rate	: 80.11%

IMPORTANT FACTS

- ★ 16th State of India
- ★ Situated in the Indo-Burma Biodiversity Hotspot
- ★ Home to the Hornbill Festival - "Festival of Festivals"

2. LOCATION & GEOGRAPHY



- 🏛️ **Ancient History**
Inhabited by various Naga tribes with rich oral traditions and village republic system.
- 🏛️ **Medieval History**
Tribal chieftaincies maintained independence; limited contact with plains.
- 🏛️ **Modern History**
British rule in 19th century; Kohima became important during World War II.
- 🏛️ **Freedom Movement**
Naga struggle for identity and autonomy.
- 🏛️ **Important Event**
Battle of Kohima (1944) - "Stalingrad of the East".
- 🏛️ **UNESCO Heritage Sites**
• None



Kohima War Cemetery



Naga Heritage Village



Chakhabama Village

4. ECONOMY

- 🏭 **Major Industries**
Handicrafts, Bamboo Industry, Tourism, Agro-based Industries
- 🏭 **Key Minerals**
Coal, Limestone, Natural Gas, Petroleum
- 🏭 **Infrastructure**
NH-29 (Connecting Dimapur), Rail link to Dimapur, Airports at Dimapur & Kohima
- 🏭 **Key Economic Facts**
Agriculture is the backbone; growing tourism sector



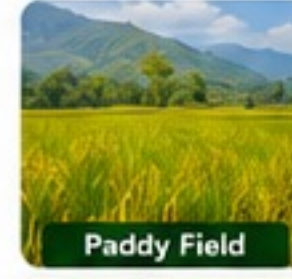
Dimapur - Economic Hub



Bamboo Craft Industry

5. AGRICULTURE

- 🌾 **Major Crops**
Rice, Maize, Millets, Pulses
- 🌿 **Horticulture**
Pineapple, Kiwi, Passion Fruit, Orange
- 🐷 **Livestock**
Pig, Mithun, Poultry, Goat, Cattle
- 🌶️ **GI Tag**
Naga Mircha (King Chilli)
- 🌿 **Special Products**
Bamboo, Handloom Products, Organic Produce



Paddy Field



Pineapple



Naga King Chilli



Mithun

6. CULTURE & TRADITION

- 🎭 **Folk Dances**
Chang, Zeliang, Konyak Aoleang
- 🎵 **Folk Music**
Tribal folk songs using log drums
- 🎨 **Art Forms**
Wood Carving, Bead Jewellery
- 🏺 **Handicrafts**
Bamboo & Cane, Textiles, Woodwork
- 🗣️ **Languages**
16 major tribal languages
Angami, Ao, Sema, Lotha, Konyak, etc.
- 🏠 **Cultural Practices**
Morung System, Community Living, Tribal Councils



Naga Folk Dance



Naga Bead Jewellery

7. FESTIVALS

- 🐓 Hornbill Festival (Festival of Festivals)
- 🏠 Moatsu Festival
- 🌸 Sekrenyi Festival
- 🌸 Tokhu Emong
- 🌸 Tuluni Festival
- 🌸 Aoling Festival



Hornbill Festival

8. ENVIRONMENT & BIODIVERSITY

- 🌳 **National Park**
Intanki (Ntangki) National Park
- 🌿 **Wildlife Sanctuaries**
Puliebadze, Fakim, Rangapahar
- 🌿 **Biosphere Reserve**
None
- 🌿 **Ramsar Sites**
None
- 🐒 **Important Species**
Mithun, Blyth's Tragopan, Clouded Leopard, Hoolock Gibbon, Asian Elephant



Intanki National Park



Dzuko Valley



Blyth's Tragopan



Hoolock Gibbon

9. TOURISM & HERITAGE

- 🏛️ **Major Attractions**
Kohima War Cemetery, Dzuko Valley, Japfu Peak, Shilloi Lake, Dzukou Lily Valley
- 🏛️ **Religious Sites**
Cathedral of Kohima, Local Morungs
- 🏛️ **Cultural Landmarks**
Kisama Heritage Village, Chakhabama Village
- 🏛️ **UNESCO Sites**
None



Japfu Peak



Shilloi Lake



Cathedral of Kohima



Kisama Heritage Village

10. UPSC VALUE ADDITION

- 📖 **Prelims Facts**
Article 371A - Special provision for Nagaland
- 📖 **Mains Points**
Tribal identity, Autonomy, Border issues, Development & Connectivity, Ethnic diversity
- 📖 **Current Affairs Linkages**
Peace talks, Act East Policy, Border Road Projects, Bamboo economy
- 📖 **Strategic Importance**
Bordering Myanmar, Gateway to SE Asia, Key for India's North-East security
- 📖 **Exam-Oriented Keywords**
Article 371A, Kohima, Hornbill Festival, Naga Tribes, Indo-Burma Biodiversity Hotspot

11. RAPID REVISION - 15 KEY FACTS

- Formation - 1 December 1963
- Capital - Kohima
- Largest City - Dimapur
- Official Language - English
- State Animal - Mithun
- State Bird - Blyth's Tragopan
- Highest Peak - Mount Saramati (3,841 m)
- Major Rivers - Doyang, Dhansiri, Dikhu, Tizu
- National Park - Intanki (Ntangki)
- Festival - Hornbill Festival
- GI Tag - Naga Mircha (King Chilli)
- Article - 371A
- Border Country - Myanmar
- WWII Site - Kohima (Stalingrad of the East)
- Traditional Practice - Jhum Cultivation

12. NAGALAND AT A GLANCE

- 🏛️ Land of Festivals
Hornbill Festival
- 👤 Rich Tribal Heritage
16+ Major Tribes
- 🌿 Biodiversity Hotspot
Indo-Burma Region
- 📍 Strategic Location
Border with Myanmar
- 🌱 Organic & Sustainable
Agriculture
- 🏠 Culture, Nature & Community
in Harmony

Q. Discuss the events that led to the Quit India Movement. Point out its results.

1. INTRODUCTION

- Quit India Movement launched in August 1942 under the leadership of Mahatma Gandhi.
- AICC resolution at Bombay; call of "Do or Die".
- Last broad-based mass movement against British rule.

2. CONCEPT / DEFINITION

- A national movement demanding immediate end of British rule and transfer of power to Indians.

3. BACKGROUND

- India dragged into WWII without consultation.
- Wartime hardships: inflation, shortages, unemployment.
- Rise in political consciousness and demand for freedom.

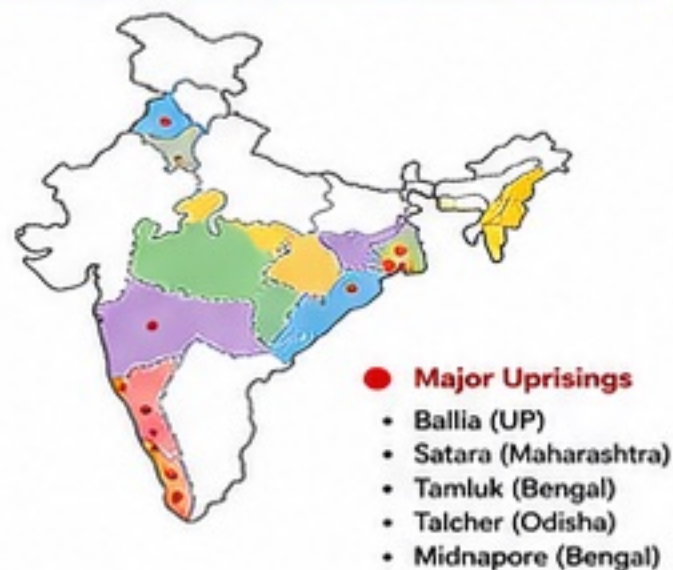
4. EVENTS THAT LED TO QUIT INDIA MOVEMENT

- Failure of Cripps Mission (1942)**
Offered dominion status after war; no immediate transfer of power.
- Impact of World War II**
Economic exploitation, heavy taxation, and resource drain.
- Japanese Advance in Asia**
Fall of Singapore, Burma, Malaya created fear; British invincibility shattered.
- Growing Popular Dissatisfaction**
Food shortages, price rise, repressive policies intensified anger.
- Demand for Immediate Independence**
Gandhi argued British exit essential for India's defence and self-respect.
- Failure of Constitutional Negotiations**
Repeated deadlock; convinced Congress that mass struggle was the only way.

FLOW OF EVENTS



5. MAP – SPREAD OF MOVEMENT



6. EMERGENCE OF PARALLEL GOVERNMENTS

Region	Key Features
Ballia (UP)	People's govt. led by Chittu Pandey; lasted few days.
Satara (Maharashtra)	'Prati Sarkar' led by Nana Patil; ran for 2+ years.
Tamluk (Bengal)	'Tamralipta Jatiya Sarkar' led by S. C. Samanta.

7. KEY LEADERS OF MOVEMENT

- Mahatma Gandhi
- Jayaprakash Narayan
- Jawaharlal Nehru
- Ram Manohar Lohia
- Vallabhbhai Patel
- Aruna Asaf Ali

8. TIMELINE

1939	1942 (Mar)	1942 (Apr)	8 Aug 1942	Aug–Sept 1942	1942–44	1945–47
India in WWII without consultation	Cripps Mission proposed	Cripps Mission failed	Quit India Resolution adopted	Mass uprisings across India	Underground activities & parallel governments	British realisation of unsustainable rule; Independence in 1947

1. ANALYSIS

- Movement was spontaneous, leaderless at local level.
- Women, students, peasants, workers actively participated.
- It was against imperialist war and colonial exploitation.

2. CHALLENGES

- Immediate arrest of top leaders.
- Severe repression: lathi charge, firing, censorship.
- Lack of centralized leadership.
- Communists and Muslim League did not support.

3. IMPLICATIONS / IMPORTANCE

- Marked a decisive shift from constitutional methods to mass struggle.
- United diverse sections of society.
- Undermined British moral and political authority.
- Showed that British rule could not last long without Indian cooperation.

4. CASE STUDIES / EXAMPLES

Ballia (UP)	Satara (Maharashtra)	Tamluk (Bengal)
People's govt. established; British officials ousted.	'Prati Sarkar' ran underground courts, collected taxes, maintained order.	'Tamralipta Jatiya Sarkar' provided relief, ran schools, and maintained civil order.

5. REPORTS / COMMITTEES

- Cripps Mission (1942) – failed to satisfy Indian aspirations.
- Wavell Plan (1945) & Cabinet Mission (1946) – later attempts acknowledging need for Indian participation.

6. GOVERNMENT INITIATIVES (BRITISH PERSPECTIVE)

- Wartime repressive laws: Defence of India Rules.
- Press censorship, mass arrests, restrictions on meetings.

7. WAY FORWARD



8. CONCLUSION

- Quit India Movement was a turning point in India's freedom struggle.
- Though suppressed, it demonstrated the irrepressible spirit of Indians.
- It convinced the British that their rule in India had become untenable.
- It paved the way for independence in 1947.

VALUE ADDITION BOX

- Keywords:** Mass uprising, Freedom struggle, Imperialism, Repression, Parallel govt.
- Important Terms:** Do or Die, Prati Sarkar, Tamralipta Jatiya Sarkar
- Constitutional Articles:** Art. 19 (freedom of speech, assembly), Art. 21 (life & liberty)
- Important Personalities:** Gandhi, Nehru, Patel, J.P. Narayan, Lohia, Aruna Asaf Ali

EXAMPLES BOX

- India Examples:**
- Ballia (UP)
 - Satara (MH)
 - Tamluk (Bengal)
- International Examples:**
- American Independence Movement
 - African Anti-colonial Movements
- Recent Relevance:**
- People's movements for democracy and rights worldwide

SUPREME COURT JUDGMENTS

- Kedar Nath Singh vs State of Bihar (1962):** Freedom of speech includes right to criticize the government.
- Maneka Gandhi vs Union of India (1978):** Personal liberty cannot be curtailed except by just, fair and reasonable procedure.

DATA / FACTS BOX

- Over 60,000 people arrested.
- More than 1,000 died in police firing and repression.
- Movement spread in more than 200 districts.
- Parallel governments ran for months in some regions.

FLOWCHART – IMPACT



Q1. There are four statements X, Y, Z and W. Their relations are as follows :

If X is incorrect, then so is Z; if Y is incorrect, then W is correct; if W is correct, then X is incorrect.

Which of the following is/are correct?

- I. If X is correct, then so is Y.
 II. If Z is correct, then it is not necessary that Y is correct.
- (a) I only
 (b) II only
 (c) Both I and II
 (d) Neither I nor II

Q2. X and Y are two runners who run for the same duration of time on the same circular track. They started running at the same time in the same direction with uniform speeds. When X completed 7 rounds, Y did exactly 5. After completing 5 rounds, Y changed his direction and started running in the opposite direction with speed which is double of his earlier speed. On the other hand, X continued to run with the same speed. They stopped running when X completed exactly 21 rounds. How many times did X and Y meet after they had started and before they finally stopped?

- (a) 35
 (b) 34
 (c) 31
 (d) 29

SOLUTION

1. Idea / Approach

Use contraposition to simplify the given conditionals and derive direct relations.

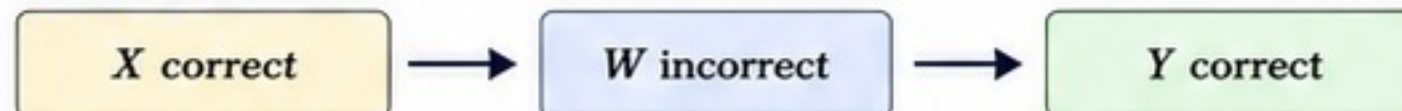
2. Key Observation

- Convert all statements to easier equivalent forms.
- Derive relation between X and Y.
- Check each statement.

3. Step-by-step Solution

Given Statements	Contrapositive Forms
1. X incorrect \rightarrow Z incorrect	Z correct \rightarrow X correct
2. Y incorrect \rightarrow W correct	W incorrect \rightarrow Y correct
3. W correct \rightarrow X incorrect	X correct \rightarrow W incorrect

Deriving Relations



Therefore, X correct \rightarrow Y correct \Rightarrow Statement I is TRUE.

From (1): Z correct \rightarrow X correct
 From above: X correct \rightarrow Y correct
 So, Z correct \rightarrow Y correct
 Hence, Statement II is FALSE.

4. Shortcut / CSAT Trick

Always convert to contrapositive to make implication chain clear.

5. Final Answer

ANSWER: (a) I only

SOLUTION

1. Idea / Approach

Use relative speed concept to count meetings in same and opposite directions separately.

2. Key Observation

- When moving in same direction: relative speed = $|v_1 - v_2|$
- When moving in opposite directions: relative speed = $v_1 + v_2$
- Meetings = (Relative Speed \times Time) - 1 (exclude final meet)

3. Step-by-step Solution

Step 1: Find Speeds

When X completes 7 rounds, Y completes 5 rounds.
 Speed ratio: X : Y = 7 : 5
 Let X = 7 units/time
 Let Y = 5 units/time

Phase I: Same Direction

Particulars	Value
Relative Speed	$7 - 5 = 2$
Time for X to complete 7 rounds	$7/7 = 1$ unit
Meetings in this time	$(2 \times 1) = 2$ (at $t = \frac{1}{2}$ and $t = 1$)

Phase II: Opposite Direction

Y's new speed	$2 \times 5 = 10$
Relative Speed	$7 + 10 = 17$
X runs more from 7 to 21 rounds	14 rounds
Time for 14 rounds	$14/7 = 2$ units
Meetings in this interval	$(17 \times 2) - 1 = 33$ (exclude final meet at stopping time)

Total Meetings

Same Direction	2
Opposite Direction	33
Total	$2 + 33 = 35$

4. Shortcut / CSAT Trick

Break the motion into phases (same & opposite direction) and apply relative speed formula.

5. Final Answer

ANSWER: (a) 35



KNOW YOUR ENGLISH

The family was distraught over the loss

The cancellation of the train left the passengers in the lurch

S. Upendran

What is the meaning and origin of the idiom 'left in the lurch'? (P. Keshav, Madurai)

'Lurch' rhymes with 'church', 'search' and 'perch'. The word comes from the French 'lourche', a board game played with dice that was popular in Europe – especially, France, in the 16th century. Today, very little is known about the game. It seems to have died a natural death by the end of the 17th century. The only reason we remember the game is because of the expression 'left in the lurch'. When playing the game, when someone was 'in the lurch', it meant he was in a terrible position – he was likely to be defeated by a huge margin. With the passage of time, the idiom changed to 'left in the lurch', and it began to be used in everyday contexts. Today, when you say that someone has left you in the lurch, it has nothing to do with winning or losing a game. It means the person who had promised to support you, abandons you at a time when you need him/her the most. The individual had promised to help you, and when you find yourself in a tough spot, the person chooses to do the disappearing act – you are left in a very awkward situation.

It means the person yourself in a promised to support you, abandons you at a time when you need him/her the most. The individual had promised to losing help you, and when you find yourself in a tough spot, the person chooses to do the disappearing act – you are left in a very awkward situation.

The builder was left in the lurch when fifty of his workers walked out on him.

Seema was left in the lurch when on the day of the big party, the cook decided to take the day off.

Which is correct? Ravi sat in a chair or Ravi sat on a chair? (Malini Nayar, Kochi)

Both sentences are grammatically acceptable; which preposition you choose to use will depend on the type of chair that you are sitting on/in. If the chair has arms on both sides, then you would say, 'I'm sitting in a chair'. If there are no arms, and nothing to restrict your movements, then you say 'sit on chair'. Similarly, you 'sit on' the ground or floor. You 'sit in a car/plane/bus/train' because you are in an enclosed space but 'sit on a bicycle/motorcycle/horse'.

Be careful sitting in that chair. One of the arms is broken.

The chair that I sat on in the restaurant was very comfortable.

How is the word 'distraught' pronounced? (Neeta Mathur, Kolhapur)

The word consists of two syllables; the first sounds like the 'dis' in 'disturb' and 'distance', while the second syllable rhymes with 'caught' and 'fought'. The word is pronounced 'dis-TRAUGHT' with the stress on the second syllable. It comes from the Latin 'distrare' meaning 'drawn in different directions.' Today, the word is mostly used to mean to be terribly upset. When you are distraught, you are so worried or nervous about something, that you are unable to think clearly. And what happens when you are unable to think clearly? Your mind begins to be 'drawn in different directions'.

The star player was distraught when he missed a penalty in the final minutes of the game.

We were all distraught when we heard the shocking news!

upendrankye@gmail.com

'Left in the lurch'

- **Meaning:** To be abandoned or unsupported when help is needed most.
- **Origin:** From a 16th-century French board game 'lourche'.
- **Original sense:** Being in a losing position in the game.
- **Modern usage:** No relation to games; refers to real-life situations.
- **Example from article:** The builder was left in the lurch when fifty of his workers walked out on him.
- **UPSC Link:** Social issues, ethics, human relationships.

'In', 'On' or 'At'?

- **'In a chair':** When the chair has arms on both sides.
- **'On a chair':** When there are no arms or no restriction.
- **General rule:**
 - 'On' for surfaces (chair, ground, floor).
 - 'In' for enclosed spaces (car, train, bus).
- **Examples from article:**
 - I'm sitting in a chair.
 - You sit on the ground or floor.
 - You sit in a car/plane/bus/train.
 - You sit on a bicycle/motorcycle/horse.
- **UPSC Link:** Language & Comprehension, Precision in Writing.

'Distraught'

- **Pronunciation:** dis-TRAUGHT (stress on second syllable).
- **Meaning:** Extremely upset; unable to think clearly.
- **Origin:** From Latin 'distrare' meaning 'drawn in different directions'.
- **When used:** In situations of deep worry, anxiety or shock.
- **Example from article:** The star player was distraught when he missed a penalty.
- **UPSC Link:** Emotional intelligence, descriptive writing.

End the free rein of junk food advertising in India

Despite the Government of India's plans to amend advertising laws to curb the promotion of HFSS (high in fat, sugar and sodium) foods, such products continue to be advertised rampantly. As evidence of the health harms associated with industrially processed foods engineered to be highly palatable and potentially addictive continues to grow, restricting their advertising – particularly exposure to children and young people – may no longer be avoidable.

Try opening a YouTube video on politics, scrolling through Instagram reels, or scanning a newspaper, and you are likely to encounter advertisements for noodles, chips, biscuits, breakfast cereals, chocolates, sweetened beverages, or other ultra-processed food (UPF) products. Recently, there was a YouTube advertisement for a newly launched baked chips brand in India. The advertisement emphasised the product's cheese and tomato flavours and the "crunchiness" to appeal to consumers. What it did not disclose was that the product is a UPF with ingredients such as maltodextrin, nature-identical flavourings, flavouring substances, salt substitute (KCl/potassium chloride), acidity regulators (627, 631) and emulsifier (322). While prominently promoting selective attributes such as "baked", the advertisement omitted material health information, including the product's high salt and fat content and the presence of refined carbohydrates. Such marketing practices can create a misleading impression of healthfulness while obscuring the nutritional risks associated with these products.

While readers can recall their own experiences, there are a few other examples in the media. A female film celebrity is seen recommending a multigrain, "no maida choco cereal" for her son, despite it being a high sugar product. An entire family of actors promotes a "12-grain" breakfast cereal, while a popular film actor endorses a biscuit as a "good choice". Most of these products, however, are high in sugar, fat and/or salt, raising questions about the messages conveyed through such endorsements. Such selective disclosures create a false perception of healthfulness and deprives consumers, particularly children and adolescents, of the right to make an informed choice.

Review frameworks

The focus of this article is also to draw the attention of policymakers to the need for reviewing whether existing legal frameworks sufficiently serve the public interest. Clearer legal provisions may be required to effectively regulate the advertising of unhealthy food products.

Advertising is directly linked to increased consumption of UPFs, which is strongly associated with rising rates of obesity and related non-communicable diseases. The *Lancet*



Arun Gupta

Paediatrician,
convenor of Nutrition
Advocacy in Public
Interest (NAPI)
and co-author
of the Lancet Series

child actors and use emotionally appealing messages aimed at both children and parents, creating a desire for such products. The fact that in 2024, three major transnational corporations spent \$13.2 billion on advertising underscores the volumes and the power of food product advertisements. Advertising does not merely reflect demand; it helps create it. In India alone, more than two lakh junk food advertisements in a month were backed by advertising expenditure of about ₹170 crore.

Evidence suggests that UPFs can encourage overconsumption through mechanisms that resemble those identified in addiction science. The health harms associated with UPFs appear closely linked to their industrial design and marketing strategies. But the food industry fails to disclose this fact to people. Recently, the City of San Francisco filed a lawsuit against 10 major UPF manufacturers, alleging child-targeted marketing, the development of highly compelling product formulations, and inadequate disclosure of health risks such as obesity and diabetes. Among other remedies, the lawsuit sought to prevent further deceptive marketing practices and pushed for corrective measures to address the effects of past false advertising.

A policy gap

The Government of India's National Multisectoral Action Plan (NMAP) for Prevention and Control of Common Non-Communicable Diseases (2017-2022) envisaged the prohibition/restrictions on the advertising of HFSS foods. Many pre-packaged foods are highly processed, containing additives such as colours, flavours, emulsifiers and sweeteners, and are often HFSS. The issue has gained policy attention. In February 2026, the Supreme Court of India, in response to a PIL on warning labels for packaged foods, observed that front-of-pack labelling is necessary to protect the right to health. The Economic Survey 2025-26 also highlighted concerns around unhealthy diets. Several Members of Parliament have called for stronger measures, including front-of-pack warning labels, advertising restrictions and taxation of UPFs. In 2024, the Court had noted that misleading advertisements can encourage the consumption of unhealthy foods by children, pregnant women and the elderly, with potentially serious health consequences. These developments point to a growing recognition that existing safeguards may be inadequate.

The *Lancet* Series on UPFs and Human Health, published three papers in November 2025 which presented scientific evidence linking UPF consumption to poorer diet quality, displacement of real foods, and a higher risk of obesity, hypertension, cardiovascular disease, type 2 diabetes and other non-communicable diseases.

obesity rates. The *Lancet* made a strong case for policies in the food environments to reduce UPF consumption, with many experts arguing that policymaking should not wait for further evidence.

The food environment needs a fix

Children and adolescents in India are exposed daily to advertisements for UPFs and HFSS foods on television, digital platforms, social media, sports broadcasts and through influencers. This sustained and sophisticated marketing is designed to build brand loyalty and shape lifelong consumption patterns. The aim of the UPF industry is clear: to encourage the displacement of real culinary or cultural foods for profits. What children or youth eat cannot be separated from what they are persuaded to desire at schools, work places, cinema halls, other public places or even at home.

Experts in *The Lancet* Series contend that nutrition education and behaviour-change programmes alone cannot succeed in an environment that is saturated with aggressive marketing of unhealthy food products.

This situation underscores an important constitutional principle: when harm is foreseeable and populations are vulnerable, the state has a duty to protect public health and regulate the marketing of unhealthy food products. India committed in 2017 to restrict such advertising, but that objective remains unfulfilled. Given the scale of the problem, neither market forces nor self-regulation are likely to be sufficient.

Therefore, there is a strong case for the Government of India to introduce stricter controls on the advertising and promotion of UPFs and HFSS foods such as planned in 2017 by amending advertisement laws.

If schools are to be protected spaces free from UPFs, HFSS foods and misleading nutrition messages, it is inconsistent to ignore the commercial environment that shapes children's choices outside school. The school environment itself requires clear policy direction, not merely advisories (as Brazil did recently). The Economic Survey has called for stronger regulation of UPF advertising and marketing. International experience, from Chile to Mexico, suggests that voluntary self-regulation is often ineffective, whereas enforceable legal measures can be more effective. Given its influence on children's food choices, advertising warrants stronger regulation as part of the broader right to health.

Restricting the advertising of unhealthy food products need not be viewed as anti-industry or anti-profit. In fact it could reduce company expenditure on advertising and encourage companies to redirect resources towards minimally processed foods and healthier local markets. Such a shift could help shape more sustainable and health-oriented food systems in India.

- Rampant ads of HFSS/UPF foods mislead consumers, especially children.
- Use of claims like "baked", "healthy", "no maida" hide high sugar, salt, fat.
- Creates false perception of health and denies right to informed choice.

- Ads use emotional appeal & child influencers.
- \$13.2 billion spent on food ads by 3 major corporations in 2024.
- UPFs encourage overconsumption similar to addiction.
- Lack of transparency on health risks.

- NMAP (2017) proposed ban/restrictions on HFSS food ads.
- Supreme Court (Feb 2026): Front-of-pack labelling essential.
- Need stronger laws: warning labels, ad restrictions, taxation.

- Children exposed across TV, digital media, influencers.
- Displaces traditional foods for corporate profit.
- State duty: protect public health, regulate marketing.

- Voluntary self-regulation ineffective.
- Strong legal measures in Chile, Mexico more effective.
- Regulation supports right to health and sustainable food systems.

- **Key Takeaway:** Regulation of junk food ads is essential for public health, especially for children.

Changed reality

India must reduce its dependence on the Strait of Hormuz

Nations rise to power on the strength of their economies and, by extension, trade. Historically, countries such as the United Kingdom, Japan, the United States and China have combined economic prosperity with maritime dominance. **India's weak shipping sector reflects its geopolitical position.** Yet, its seafarers generate billions of dollars in foreign exchange while facing risks from piracy and geopolitical tensions. The recent conflict with Iran showed that control of strategic waterways can be as consequential as economic sanctions. **By leveraging the Strait of Hormuz, Iran exposed a critical vulnerability in the global economy.** Disruptions to energy flows imposed costs far beyond the battlefield and the economic consequences appear to have played a significant role in shaping the U.S. response. From a shipping perspective and its Hormuz stakes, Iran may have secured strategic gains despite the heavy damage inflicted on it by **Israeli and U.S.** Even as the attacks on Lebanon cast a shadow over the peace deal, Iran has announced that the Persian Gulf Strait Authority it set up during the war will be the sole authority that will handle Strait of Hormuz transits.

The memorandum of understanding envisages lifting sanctions on Iran and on ships serving Iranian trade. **It also mandates Iranian talks with Oman and other Gulf states on maritime administration in the Strait of Hormuz.** Previously, vessels transiting the Strait neither paid tolls nor reported to Iran or Oman. **Whether or not the new framework results in transit fees is less important than the reality: that shipping companies must now account for Iran as a decisive stakeholder in the Strait of Hormuz.** For India, the conflict has exposed a major strategic weakness. Despite the Strait of Hormuz being vital to its energy security, the disruption exposed the absence of a credible contingency plan for such eventualities. **India's LPG strategy relies heavily on imports moving through the Strait of Hormuz, supported by a limited fleet of Indian-flagged carriers and a tightly scheduled supply chain with little long-term cavern storage. Similar vulnerabilities affected other fuel supplies too.** Many countries are now reassessing their dependence on the Strait of Hormuz. **The United Arab Emirates is pursuing a "zero Hormuz dependency" strategy by strengthening alternative infrastructure and routes.** India must draw lessons from the crisis. **Diversifying supply chains, investing in alternative maritime and land corridors, and strengthening strategic partnerships should become priorities.** Projects such as Chabahar offered precisely such an opportunity but India gave up on

- Maritime power is linked to economic prosperity.
- India's weak shipping sector reflects its geopolitical vulnerability.
- Control of strategic waterways like Strait of Hormuz can be as impactful as sanctions.
- Iran used the Strait of Hormuz to expose a critical global economic vulnerability.

- Iran may have gained strategically despite military damage.
- Persian Gulf Strait Authority will manage Strait of Hormuz transits.
- MoU includes lifting sanctions on Iran and ships in Iranian trade.
- Requires talks with Oman and Gulf states on maritime administration.
- Shipping companies must recognize Iran as a key stakeholder.

- India's major strategic weakness exposed.
- Energy security at risk due to overdependence on Strait of Hormuz.
- No credible contingency plan for disruptions.
- LPG imports, limited Indian-flagged fleet, tight supply chain, minimal storage = high vulnerability.
- Similar risks for other fuel supplies.

- Many countries reassessing dependence on Strait of Hormuz.
- UAE pursuing "zero Hormuz dependency" strategy.
- India should diversify supply chains, invest in alternative corridors, and strengthen partnerships.
- Chabahar example shows missed opportunities.

- Reducing dependence on Strait of Hormuz is a strategic necessity for India.
- Critical for energy security and long-term economic stability.

Just truths

DNA test for paternity, allowed as a last resort, must not violate other rights

To protect children from the stigma of illegitimacy, the erstwhile Indian Evidence Act 1872 and the Bharatiya Sakshya Adhinyam 2023 place the burden of proof on the party denying paternity rather than the party seeking confirmation. The Supreme Court of India first considered the challenges posed by DNA evidence in this regard, in *Goutam Kundu* (1993), where it held that DNA tests could not be ordered as a matter of routine and that courts must first assess whether a strong *prima facie* case had been made out. It reiterated this position in *Shri Banarsi Dass* (2005); both cases also reinforced the protection of legitimacy over any interest in forensic curiosity. Then, in the litigation mooted by Rohit Shekhar alleging that veteran politician N.D. Tiwari was his father, the Delhi High Court and the top court called for the test despite Mr. Tiwari insisting that his right to privacy was being violated. In *Nandlal Wasudeo Badwaik* (2014), the Court said that when reliable scientific proof confronts legal fiction, the former may prevail in the interest of justice; in *Dipanwita Roy* (2014), it acknowledged that refusing testing can lead to adverse inference. Both orders also confirmed the legitimacy of DNA tests based on need.

Then, in *K.S. Puttaswamy* (2017), as it encoded the right to privacy – including of genetic data – as a fundamental right under Article 21, the Court introduced a constraint that prior paternity jurisprudence did not have to reckon with. The three-fold test it set up, of legality, legitimate aims, and proportionality, was brought to bear in *Aparna Ajinkya Firodia* (2023), which concluded that DNA tests should be ordered only where they are necessary and proportionate, and not if a dispute could be resolved based on other evidence. In *Ivan Rathinam* (2025), the Court said neither privacy nor knowledge were absolute and that the judiciary also has to negotiate stigma and necessity. Its order in *CP vs AP* (2026) tied all these contentions together as it upheld a trial court's direction for a DNA test on the grounds that the disputed question of paternity could not be resolved by the existing material record and required a scientific determination, by applying necessity and proportionality considerations. In the post-*Puttaswamy* era, then, the Constitution protects bodily autonomy and restricts and that the genetic disclosure – but courts could order a test. Its order paternity is directly in issue, there is no other evidence on record capable of resolving the question, and the test would serve the interest of justice. Thus, by positioning DNA testing as a last resort, the courts have to ensure that while science may be infallible, the pursuit of truth is only just when it respects a person's rights.

- DNA tests cannot be ordered routinely.
- Courts must first see if a strong *prima facie* case exists.
- Protection of legitimacy is more important than forensic curiosity.
- Established in *Goutam Kundu* (1993) and *Shri Banarsi Dass* (2005).

- Right to privacy is a fundamental right (*K.S. Puttaswamy*, 2017).
- Includes protection of genetic data.
- Balances individual privacy with justice.

- When reliable scientific proof conflicts with legal fiction, the former prevails (*Nandlal Wasudeo Badwaik*, 2014).
- Refusing DNA testing can lead to adverse inference (*Dipanwita Roy*, 2014).
- DNA tests are valid when based on need.

- DNA tests to be ordered only when:
 - Necessary and proportionate.
 - Dispute cannot be resolved by other evidence.
- Principle laid down in *Aparna Ajinkya Firodia* (2023).

- Courts must apply necessity and proportionality test in DNA cases.
- Neither privacy nor knowledge is absolute (*Ivan Rathinam*, 2025).
- *CP vs AP* (2026): DNA test allowed as no other evidence could resolve paternity.

- Post-*Puttaswamy* principle:
 - Protect bodily autonomy.
 - Restrict compelled genetic disclosure.
 - Allow DNA test only if paternity is directly in issue, no other evidence available, and it serves the interest of justice.
- Science's pursuit of truth must respect individual rights.

1. बायोचार: खेतों के धुएँ को 'ब्लैक गोल्ड' में बदलने का रास्ता

- बायोचार जैविक अवशेषों को कम ऑक्सीजन में गर्म करके (पायरोलिसिस) बनाया जाता है।
- यह मिट्टी की जलधारण क्षमता और उपजाऊपन बढ़ाता है।
- फसल उपज में 10-30% तक वृद्धि संभव।
- कार्बन क्रेडिट देता है और जलवायु परिवर्तन में मदद करता है।
- कृषि व शहरी जैविक अपशिष्ट दोनों से बनाया जा सकता है।



2. जंक फूड विज्ञापन पर लगाम की जरूरत

- अल्ट्रा-प्रोसेस्ड फूड (UPFs) मोटापा, मधुमेह और हृदय रोग बढ़ाते हैं।
- भारत ने 2017 में प्रतिबंध प्रस्तावित किया, पर लागूकरण कमजोर है।
- बच्चे डिजिटल व सेलिब्रिटी विज्ञापनों से अधिक प्रभावित होते हैं।
- फ्रंट-ऑफ-पैक चेतावनी लेवल और सख्त नियमन जरूरी।
- स्वस्थ नागरिक = मजबूत राष्ट्र।



3. क्या फुटपाथ सिर्फ चलने की जगह से अधिक हैं?

- SC: सुरक्षित चलना मौलिक अधिकार है।
- फुटपाथ सार्वजनिक संपत्ति हैं, जो सामान्य भलाई हेतु हैं।
- वाहन-केंद्रित योजना से पैदल चलने वालों का अधिकार कमजोर हुआ।
- SC ने वैधानिक ढाँचा और समर्पित नियामक की आवश्यकता बताई।
- पैदल चलना समानता, स्वास्थ्य और सतत शहरों को बढ़ावा देता है।



क्विक न्यूज़ (10)

- मद्रास हाईकोर्ट ने आवारा कुत्तों के मुद्दे पर स्वतः संज्ञान लिया।
- केरल ने मलम्पोरयार डैम सुरक्षा समिति से हटाए जाने पर आपत्ति जताई।
- केरल में 273 से अधिक सागौन के पेड़ अवैध रूप से काटे गए।
- Horiba India सेमीकंडक्टर और क्वांटम अनुसंधान में विस्तार कर रही है।
- भारत के ऑटो उद्योग ने FY26 में 2.83 करोड़ वाहन बिक्री का रिकॉर्ड बनाया।
- TVS मोटर, टाटा मोटर, महिंद्रा और मारुति ने उद्योग से बेहतर प्रदर्शन किया।
- माइक्रोफाइनेंस क्षेत्र को CGSMFI 2.0 के माध्यम से तरलता सहायता।
- फ्रांस ने हीटवेव के दौरान शराब की बिक्री पर प्रतिबंध लगाया।
- केन्या, थाईलैंड और ब्राज़ील ने सफल बायोचार मॉडल प्रदर्शित किए।
- क्विक कॉमर्स प्लेटफॉर्म भारत के रिटेल इकोसिस्टम को तेजी से बदल रहे हैं।

स्थैतिक लिंक: मिट्टी संरक्षण, कार्बन चक्र

UPSC कोण: पर्यावरण, कृषि, जलवायु परिवर्तन
एक पंक्ति में महत्व: वेकार अदोष से धन + जलवायु समाधान।

स्थैतिक लिंक: मौलिक अधिकार (अनु. 21), स्वास्थ्य

UPSC कोण: स्वास्थ्य, शासन, सामाजिक न्याय
एक पंक्ति में महत्व: स्वस्थ विकल्प, मजबूत समाज।

स्थैतिक लिंक: अनु. 39(ख), 21

UPSC कोण: शहरी शासन, अधिकार, टिकाऊ शहर
एक पंक्ति में महत्व: पैदल चलने योग्य शहर = समावेशी और न्यायपूर्ण शहर।

4. क्या पुलिस बिना अदालत की अनुमति के जांच फिर से खोल सकती हैं?

- SC: क्लोजर रिपोर्ट के बाद आगे की जांच के लिए मैजिस्ट्रेट की अनुमति आवश्यक।
- पुलिस की मनमानी शक्तियों पर रोक लगती है।
- आपराधिक न्याय प्रणाली में न्यायिक पर्यवेक्षण मजबूत होता है।
- नागरिकों को उत्पीड़न और अनावश्यक जांच से सुरक्षा।
- विधि के शासन और उचित प्रक्रिया का संरक्षण।



5. FMCG दिग्गज D2C ब्रांड क्यों खरीद रहे हैं?

- क्विक कॉमर्स और ई-कॉमर्स से डिजिटल उपभोग तेजी से बढ़ रहा।
- D2C ब्रांड निष्ठावान ग्राहक और डिजिटल उपस्थिति देते हैं।
- नए एवं नवाचारी उत्पाद श्रेणियों तक तेज पहुंच।
- ग्राहक अधिग्रहण लागत बहुत अधिक, इसलिए अधिग्रहण रणनीतिक।
- उदाहरण: HUL-Minimalist, Marico-Cosmix, ITC-Yoga Bar, L'Oréal-Innovist।



6. समुद्री क्षेत्र विकास का इंजन

- PM: समुद्री शक्ति के बिना भारत महान शक्ति नहीं बन सकता।
- ब्लू इकॉनमी, व्यापार और रोजगार को बढ़ावा।
- समुद्री सुरक्षा और रणनीतिक प्रभाव बढ़ता है।
- स्वदेशी जहाज निर्माण आत्मनिर्भरता को गति देता।
- SAGAR दृष्टि और एक्ट ईस्ट नीति से जुड़ा।



स्थैतिक लिंक: CrPC धारा 173, 190

UPSC कोण: न्यायपालिका, आपराधिक न्याय व्यवस्था
एक पंक्ति में महत्व: न्यायिक अनुमति = निष्पक्ष जांच।

स्थैतिक लिंक: उपभोक्ता व्यवहार, बाजार संरचना

UPSC कोण: अर्थव्यवस्था, उद्योग, स्टार्ट-अप
एक पंक्ति में महत्व: नवाचार + पैमाना = टिकाऊ वृद्धि।

स्थैतिक लिंक: SAGAR, UNCLOS

UPSC कोण: सुरक्षा, अर्थव्यवस्था, अवसंरचना
एक पंक्ति में महत्व: मजबूत समुद्र, मजबूत भारत।

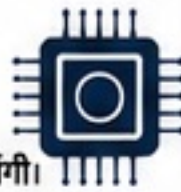
7. भारत-EU मुक्त व्यापार समझौता दिसंबर तक

- भारत और EU दिसंबर 2026 तक FTA पर हस्ताक्षर करने का लक्ष्य।
- वस्तुओं, सेवाओं, निवेश और सतत व्यापार को बढ़ावा।
- भारत-EU मिलकर वैश्विक GDP का ~25% हैं।
- निर्यात, रोजगार और तकनीकी सहयोग में वृद्धि।
- बहुपक्षीय व्यापार व्यवस्था को मजबूती।



8. भारत का सेमीकंडक्टर और क्वांटम अनुसंधान अभियान

- Horiba India सेमीकंडक्टर और क्वांटम अनुसंधान में विस्तार कर रही।
- इलेक्ट्रॉनिक्स, AI और उन्नत तकनीकों का मूल आधार।
- आयात निर्भरता कम होगी, सप्लाय चैन मजबूत होंगी।
- आत्मनिर्भर भारत और मेक इन इंडिया को बढ़ावा।
- रक्षा, अंतरिक्ष और डिजिटल अर्थव्यवस्था के लिए महत्वपूर्ण।



9. हीटवेव और सार्वजनिक स्वास्थ्य अनुकूलन (फ्रांस का उदाहरण)

- फ्रांस ने हीटवेव के दौरान शराब की बिक्री पर प्रतिबंध लगाया।
- गर्मी स्वास्थ्य जोखिम को सार्वजनिक स्वास्थ्य मुद्रा माना गया।
- जलवायु परिवर्तन से चरम मौसमी घटनाएँ बढ़ रही।
- समय पर चेतावनी और शहरी स्वास्थ्य नीति बृत्ति आवश्यक।
- भारत को अनुकूलन रणनीति और सार्वजनिक जागरूकता बढ़ाने की जरूरत।



स्थैतिक लिंक: WTO, क्षेत्रीय व्यापार समझौते

UPSC कोण: अंतरराष्ट्रीय संबंध, अर्थव्यवस्था
एक पंक्ति में महत्व: व्यापार साझेदारी = साझा समृद्धि।

स्थैतिक लिंक: PLI योजना, मेक इन इंडिया

UPSC कोण: विज्ञान एवं प्रौद्योगिकी, अर्थव्यवस्था
एक पंक्ति में महत्व: चिप में शक्ति, भविष्य में भारत की प्रतिस्पर्धात्मकता।

स्थैतिक लिंक: जलवायु परिवर्तन, NDMA दिशानिर्देश

UPSC कोण: पर्यावरण, आपदा प्रबंधन, स्वास्थ्य
एक पंक्ति में महत्व: अनुकूलन ही संरक्षण हैं।

प्रीलिम्स तथ्य (12)

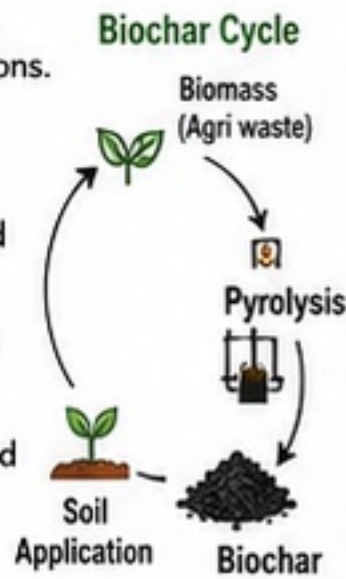
- मलम्पेरियार डैम - पेरियार नदी (केरल-तमिलनाडु)
- पनामा नहर - अटलांटिक और प्रशांत महासागर जोड़ती है।
- होर्मुज जलडमरूमध्य - फारस की खाड़ी को ओमान की खाड़ी से जोड़ता है।
- भारत-EU FTA वार्ता - जून 2007 से शुरू।
- बायोचार - कार्बन को मिट्टी में स्थिर करता है।
- SAGAR - क्षेत्र में सभी के लिए सुरक्षा और विकास।
- CrPC धारा 173 - पुलिस रिपोर्ट; धारा 190 - संज्ञान।
- अनुच्छेद 21 - जीवन और व्यक्तिगत स्वतंत्रता का अधिकार।
- ब्लू इकॉनमी - महासागरों पर आधारित आर्थिक गतिविधियाँ।
- सेमीकंडक्टर - आधुनिक इलेक्ट्रॉनिक्स की रीढ़।
- हीटवेव - चरम मौसम घटना की श्रेणी में आती है।
- WTO मुख्यालय - जिनेवा, स्विट्जरलैंड

शब्दावली (7)

- गंभीरता - बहुत अधिक महत्व या गंभीरता
- प्रतिबंधक - रोकने वाला, बाधा डालने वाला
- सुदृढ़ - मजबूत करना
- नवोन्मेष - नूतन विचार या आविष्कार
- समावेशी - सबको साथ लेकर चलने वाला
- स्थाघित्व - दीर्घकालिक टिकाऊपन
- प्रोत्साहन - बढ़ावा देना, प्रेरित करना

1. Biochar: Turning Farm Smoke into 'Black Gold'

- Biochar is produced by pyrolysis of biomass in low-oxygen conditions.
- It improves soil fertility, water retention and crop yields.
- Helps reduce stubble burning and carbon emissions.
- Can generate carbon credits and promote circular economy.
- Global models show economic and environmental benefits.



Static Link: Soil Conservation, Carbon Cycle
UPSC Angle: Environment, Agriculture
Value Addition: Waste to wealth + climate action solution.

2. End the Free Rein of Junk Food Advertising

- Aggressive ads of UPFs fuel obesity, diabetes and lifestyle diseases.
- India's 2017 proposal on ad restrictions remains weak.
- Children highly vulnerable to digital and celebrity promotions.
- Need strong regulations, ad curbs and front-of-pack labels.
- Public health must be prioritised over commercial interests.



Static Link: Right to Health (Art. 21)
UPSC Angle: Health, Governance
Value Addition: Healthier citizens = stronger nation.

3. Are Footpaths More Than Safe Spaces?

- SC: Right to walk safely is a fundamental right.
- Footpaths are common property serving public good.
- Motor-centric planning encroaches on pedestrian space.
- SC suggested statutory framework and dedicated regulator.
- Walking supports equality, health and sustainable cities.



Static Link: Article 39(b), 21
UPSC Angle: Urban Governance, Rights
Value Addition: People-friendly cities are inclusive and equitable.

4. Can Police Re-open Probe Without Court Approval?

- SC: Further investigation after closure report needs Magistrate's permission.
- Reinforces checks on arbitrary police powers.
- Strengthens judicial oversight in criminal investigations.
- Protects citizens from harassment and misuse of process.
- Upholds rule of law and due process under CrPC.



Static Link: CrPC Sections 173, 190
UPSC Angle: Judiciary, Criminal Justice
Value Addition: Justice system must be fair, not forceful.

5. Why FMCG Giants Buy D2C Brands

- Quick commerce & e-commerce driving digital consumption.
- D2C brands offer strong digital presence and loyal customers.
- Faster access to innovation in new age categories.
- High customer acquisition costs make acquisitions strategic.
- Examples: HUL-Minimalist, Marico-Cosmix, ITC-Yoga Bar, L'Oréal-Innovist.



Static Link: Consumer Behaviour, Market Structure
UPSC Angle: Economy, Industry, Start-ups
Value Addition: Innovation + scale = sustainable growth.

6. Maritime Sector as an Engine of Growth

- PM: India cannot be a major power without maritime strength.
- Drives Blue Economy and trade.
- Enhances maritime security and strategic influence.
- Indigenous shipbuilding boosts self-reliance and jobs.
- Linked to SAGAR vision and Act East Policy.



Static Link: SAGAR, UNCLOS
UPSC Angle: Security, Economy
Value Addition: Strong seas, strong Swaraj.

7. India-EU Free Trade Agreement by December

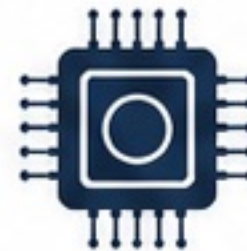
- India and EU aim to sign FTA by December 2026.
- Covers goods, services, investments and sustainable trade.
- India-EU together account for 25% of global GDP.
- Boosts exports, jobs and technology cooperation.
- Strengthens strategic partnership in a multipolar world.



Static Link: WTO, Regional Trade Agreements
UPSC Angle: International Relations, Economy
Value Addition: Trade partnerships drive shared prosperity.

8. India's Semiconductor & Quantum Push

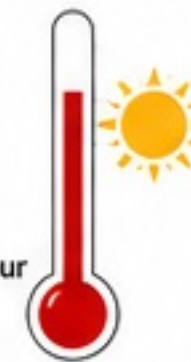
- Horiba India expands into semiconductors and quantum research.
- Critical for electronics, AI and advanced technologies.
- Reduces import dependence and strengthens supply chains.
- Supports Atmanirbhar Bharat and Make in India.
- Key for future defence, space and digital economy.



Static Link: PLI Scheme, Make in India
UPSC Angle: Science & Tech, Economy
Value Addition: Semiconductors power the Digital India.

9. Heatwaves & Public Health Adaptation (France Example)

- France restricted alcohol sales during heatwaves.
- Recognises heat as a public health risk.
- Climate change increasing frequency of extreme events.
- Need for early warning, behaviour change and policy response.
- India too needs adaptive urban health strategies.



Static Link: Climate Change, NDMA Guidelines
UPSC Angle: Environment, Disaster Management
Value Addition: Adapt today, survive tomorrow.

QUICK NEWS (10)

- Madras HC takes suo motu cognisance of stray dog menace.
- Kerala protests exclusion from Mullaperiyar Dam Safety Committee.
- Over 273 teak trees illegally felled in Kerala.
- Horiba India expands into semiconductors and quantum research.
- India's auto industry records 2.83 crore vehicle sales in FY26.
- TVS Motor, Tata Motors, Mahindra and Maruti outperformed industry.
- Microfinance sector gets liquidity support through CGSMFI 2.0.
- France imposes restrictions on alcohol during heatwaves.
- Kenya, Thailand and Brazil show successful biochar models.
- Quick commerce platforms are reshaping India's retail ecosystem.

PRELIMS FACTS (12)

- Mullaperiyar Dam – Periyar River
- Panama Canal connects Atlantic & Pacific
- Strait of Hormuz links Persian Gulf with Gulf of Oman
- India-EU FTA talks began in June 2007
- Biochar improves soil carbon sequestration
- SAGAR – Security and Growth for All in the Region
- CrPC Section 173 – Police Report
- Article 21 – Right to Life and Personal Liberty
- Blue Economy includes ocean-based economic activities
- Semiconductors are the backbone of modern electronics
- Heatwaves are classified as extreme weather events
- WTO – World Trade Organization HQ: Geneva, Switzerland

VOCABULARY

- Imperative** – Extremely important; essential
- Encroach** – Gradually intrude or take over
- Catalyst** – A stimulus that speeds change
- Pragmatic** – Practical; realistic approach
- Resilient** – Able to recover quickly
- Ubiquitous** – Present everywhere
- Discern** – Perceive or recognise clearly
- Mitigate** – To reduce the severity