

1 सुमन रोडमैप 2030 और नेशनल एम्बुलेंस सर्विसेज (NAS) 2026



- सुमन = सुरक्षित मातृत्व आवासन
- मातृ एवं नवजात के लिए निःशुल्क, सम्मानजनक एवं गुणवत्तापूर्ण सेवाएं।
- NAS 2026 से आपातकालीन रेफरल परिवहन को मजबूती।
- MMR और NMR कम करने पर फोकस।
- SDG-3 और RMNCAH+N रणनीति के अनुरूप।
- ग्रामीण व वंचित क्षेत्रों में सेवाओं में समानता को बढ़ावा।

मूल्य संवर्धन: मातृ एवं नवजात मृत्यु दर घटाने, अंतिम मील पहुंच सुधारने और स्वास्थ्य असमानता कम करने में सहायक।

कीवर्ड: मातृ स्वास्थ्य, सुमन, NAS, RMNCAH+, SDG-3

2 डिजिटल हेल्थ स्टैक का विस्तार



- ABDM के अंतर्गत डिजिटल स्वास्थ्य सेवाओं को सशक्त बनाना।
- UHI से इंटरऑपरेबल डिजिटल हेल्थ सर्विसेज संभव।
- Arogya Setu 2.0 से उन्नत सार्वजनिक स्वास्थ्य उपकरण।
- eSushrut@Clinic: OPD और टेली-कंसल्टेशन को बढ़ावा।
- Drug Registry से दवाओं से संबंधित जानकारी का मानकीकरण।
- सार्वभौमिक स्वास्थ्य कवरेज और हेल्थ डेटा गवर्नेंस को समर्थन।

मूल्य संवर्धन: डिजिटल पब्लिक इंफ्रास्ट्रक्चर से स्वास्थ्य सेवा की पहुंच, पारदर्शिता और गुणवत्ता में सुधार।

कीवर्ड: ABDM, UHI, डिजिटल हेल्थ, इंटरऑपरेबिलिटी, DPI

3 लीगल मेट्रोलॉजी एक्ट के अंतर्गत इम्पूवमेंट नोटिस तंत्र



- दंडात्मक कार्रवाई से पहले स्वैच्छिक अनुपालन को प्रोत्साहन।
- मामूली प्रक्रियागत त्रुटियों को सुधारने का अवसर।
- व्यवसाय में सुगमता और ईज ऑफ़ डूइंग बिजनेस को बढ़ावा।
- उपभोक्ता संरक्षण और निष्पक्ष व्यापार को सुनिश्चित करता है।
- लीगल मेट्रोलॉजी एक्ट, 2009 के तहत लागू।
- पारदर्शी, उत्तरदायी और पूर्वानुमेय नियमन को बढ़ावा।

मूल्य संवर्धन: उपभोक्ता हितों की सुरक्षा के साथ अनुकूल नियामक दृष्टिकोण।

कीवर्ड: लीगल मेट्रोलॉजी, उपभोक्ता संरक्षण, अनुपालन, शासन

4 यमुना जल परियोजना समझौता



- राजस्थान व हरियाणा ने यमुना जल परियोजना पर समझौता किया।
- न्यायसंगत जल साझेदारी और सतत उपयोग सुनिश्चित करना।
- सहकारी संघवाद को सुदृढ़ बनाना।
- पेयजल, सिंचाई और क्षेत्रीय विकास को बढ़ावा।
- अंतर-राज्यीय विवाद कम करने में सहायक।
- जलवायु-लचीले जल प्रबंधन की दिशा में महत्वपूर्ण कदम।

मूल्य संवर्धन: सतत जल शासन, सहयोगात्मक संघवाद और जल सुरक्षा।

कीवर्ड: यमुना, अंतर-राज्यीय जल, अनुच्छेद 262, संघवाद

5 टाइगर रिइंट्रोडक्शन पर राष्ट्रीय कार्यशाला



- टाइगर रिइंट्रोडक्शन पर राष्ट्रीय कार्यशाला संपन्न।
- आवास पुनर्स्थापन और स्रोत जनसंख्या सुदृढ़ीकरण पर जोर।
- मानव-वन्यजीव संघर्ष कम करने की रणनीतियों पर चर्चा।
- मेटापोपुलेशन और लैंडस्केप कनेक्टिविटी को बढ़ावा।
- दीर्घकालिक संरक्षण और जनसंख्या वृद्धि के लिए महत्वपूर्ण।
- वैश्विक टाइगर फोरम और TX2 लक्ष्य के अनुरूप।

मूल्य संवर्धन: परिदृश्य-स्तरीय संरक्षण से जैव विविधता एवं पारिस्थितिकी तंत्र की सुरक्षा।

कीवर्ड: टाइगर रिइंट्रोडक्शन, NTCA, आवास संरक्षण, TX2

6 TRL कम्पास प्लेटफॉर्म



- TRL = टेक्नोलॉजी रेडीनेस लेवल।
- प्रयोगशाला से बाजार तक प्रौद्योगिकी की परिपक्वता मापता है।
- नवोन्मेषकों, स्टार्टअप और उद्योगों के लिए सहायक।
- प्रौद्योगिकी हस्तांतरण और व्यावसायीकरण को बढ़ावा।
- आत्मनिर्भर भारत और नवाचार पारिस्थितिकी तंत्र को समर्थन।
- अनुसंधान और बाजार के बीच अंतर कम करता है।

मूल्य संवर्धन: गहन-तकनीकी नवाचार और प्रतिस्पर्धात्मकता में वृद्धि।

कीवर्ड: TRL, नवाचार, स्टार्टअप, टेक ट्रांसफर, व्यावसायीकरण

7 किसान सारथी प्लेटफॉर्म (PIB बैंकग्राउंडर)

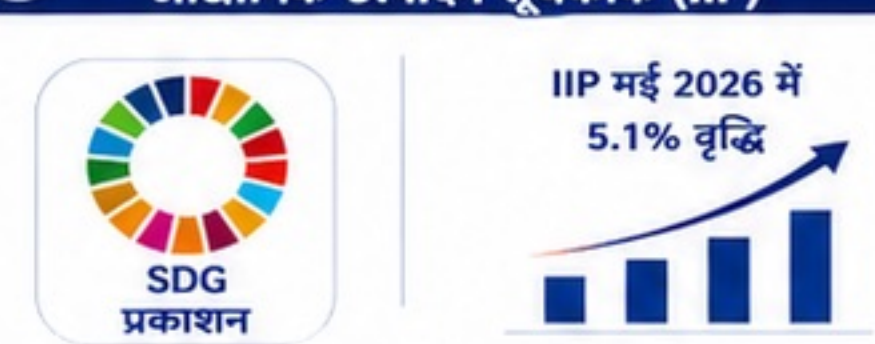


- किसानों के लिए एकीकृत डिजिटल प्लेटफॉर्म।
- फसल, मौसम, कीट, योजनाएं और बाजार की जानकारी।
- निर्णय लेने, उत्पादकता और आय बढ़ाने में सहायक।
- डिजिटल कृषि मिशन के उद्देश्य को समर्थन।
- कृषि डिजिटल पब्लिक इंफ्रास्ट्रक्चर को सशक्त बनाना।
- तकनीक और डेटा से किसान सशक्तिकरण।

मूल्य संवर्धन: स्मार्ट कृषि, बेहतर निर्णय और आय में वृद्धि।

कीवर्ड: डिजिटल कृषि, किसान प्लेटफॉर्म, कृषि सलाह, बाजार, Agri DPI

8 SDG प्रकाशन एवं औद्योगिक उत्पादन सूचकांक (IIP)



- SDG प्रकाशन जारी – MoSPI (नोडल एजेंसी) द्वारा।
- भारत की SDGs प्रगति की निगरानी और मूल्यांकन।
- IIP मई 2026 में 5.1% वृद्धि दर्ज।
- मापन: खनन, विनिर्माण और विद्युत उत्पादन।
- आधार वर्ष: 2011-12
- आर्थिक वृद्धि व औद्योगिक स्वास्थ्य का महत्वपूर्ण संकेतक।

मूल्य संवर्धन: सतत विकास निगरानी और औद्योगिक विकास का संकेत।

कीवर्ड: SDGs, MoSPI, IIP, औद्योगिक वृद्धि, डेटा, 2011-12

9 मेडिकल डिवाइस इंडस्ट्री को सशक्त बनाना (SMDI योजना)



- SMDI योजना के अंतर्गत प्रस्ताव आमंत्रित।
- घरेलू विनिर्माण और आयात निर्भरता घटाना।
- गुणवत्ता, नवाचार और प्रतिस्पर्धात्मकता को बढ़ावा।
- मैक इन इंडिया और आत्मनिर्भर भारत के अनुरूप।
- स्वास्थ्य सेवा प्रणाली की लचीलापन मजबूत करना।
- रोजगार, निवेश और तकनीकी विकास में सहायक।

मूल्य संवर्धन: मजबूत मेडिकल डिवाइस पारिस्थितिकी तंत्र से स्वास्थ्य आत्मनिर्भरता और निर्यात क्षमता में वृद्धि।

कीवर्ड: SMDI, मेडिकल डिवाइस, विनिर्माण, आत्मनिर्भर भारत

अन्य महत्वपूर्ण वन-लाइनर

रक्षा निवेश समारोह 2026 (फेज-II) में राष्ट्रपति ने 7 सर्वोत्तम युद्ध, 30 परम विशिष्ट सेवा, 12 उत्तम युद्ध सेवा सहित कुल 56 अति विशिष्ट सेवा पदक प्रदान किए।



सीफूड एक्सपो भारत 2026 में द्वितीय राष्ट्रीय सीफूड स्किल ओलंपियाड का आयोजन (मत्स्य पालन मंत्रालय)।



TRAI ने जोधपुर-अहमदाबाद रेल मार्ग (राजस्थान एवं गुजरात) की मोबाइल नेटवर्क गुणवत्ता का आकलन किया।



रक्षा मंत्रालय ने दक्षता, जवाबदेही और समयबद्ध कार्यान्वयन बढ़ाने के लिए DDP 2026 में बड़ा सुधार प्रस्तुत किया।



अलवर, राजस्थान में "टाइगर रिइंट्रोडक्शन: अवसर एवं चुनौतियां" पर राष्ट्रीय कार्यशाला का आयोजन संपन्न।

1. SUMAN ROADMAP 2030 & NATIONAL AMBULANCE SERVICES



- SUMAN = Surakshit Matritva Aashwasan.
- Ensures free, respectful & quality maternal & newborn healthcare.
- NAS 2026 strengthens emergency referral transport.
- Focus on reducing MMR & NMR.
- Aligns with SDG-3 & UHC goals.
- Improves equity in rural & underserved areas.

Value Addition: Improves last-mile access, reduces preventable maternal & neonatal deaths.

Keywords: Maternal Health, SUMAN, NAS, RMNCAH+, SDG-3

2. DIGITAL HEALTH STACK EXPANSION



- Strengthens Ayushman Bharat Digital Mission (ABDM).
- UHI enables interoperable digital health services.
- Arogya Setu 2.0 for enhanced public health tools.
- eSushrut@Clinic for digital OPD & tele-consultation.
- Drug Registry to standardize medicine-related data.
- Supports Universal Health Coverage & health data governance.

Value Addition: Builds Digital Public Infrastructure for healthcare.

Keywords: ABDM, UHI, Digital Health, Interoperability, DPI

3. IMPROVEMENT NOTICE MECHANISM UNDER LEGAL METROLOGY ACT



- Promotes voluntary compliance before penal action.
- Distinguishes minor procedural lapses from serious violations.
- Reduces litigation & supports Ease of Doing Business.
- Ensures consumer protection & fair trade practices.
- Implemented under Legal Metrology Act, 2009.
- Strengthens transparent & accountable regulation.

Value Addition: Compliance-first approach with consumer centricity.

Keywords: Legal Metrology, Consumer Protection, Governance

4. YAMUNA WATER PROJECT AGREEMENT

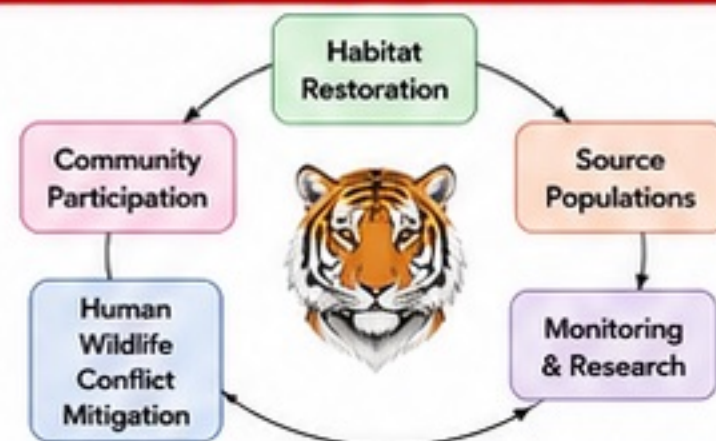


- Rajasthan & Haryana ink agreement for Yamuna Water Project.
- Ensures equitable water sharing & sustainable use.
- Boosts cooperative federalism.
- Supports drinking water, irrigation & regional development.
- Reduces inter-state disputes.
- Important for climate-resilient water governance.

Value Addition: Model for interstate cooperation & IWRM.

Keywords: Yamuna, Interstate Water, Article 262, Federalism

5. TIGER REINTRODUCTION WORKSHOP

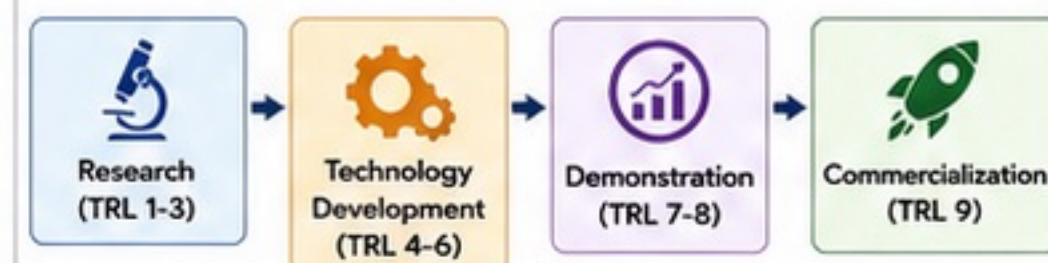


- National workshop on Tiger Reintroduction concluded.
- Focus on habitat restoration & source population strength.
- Addresses human-wildlife conflict & ecological balance.
- Supports meta-population & landscape connectivity.
- Key for long-term tiger conservation.
- Aligns with Global Tiger Forum & TX2 goals.

Value Addition: Strengthens landscape-level tiger conservation.

Keywords: Tiger Reintroduction, NTCA, Conservation, TX2

6. TRL COMPASS PLATFORM



- TRL = Technology Readiness Level.
- Measures maturity from lab to market.
- Helps innovators, startups & industries.
- Improves technology transfer & commercialization.
- Supports Atmanirbhar Bharat & innovation ecosystem.
- Bridges gap between research & market.

Value Addition: Enhances deep tech innovation & competitiveness.

Keywords: TRL, Innovation, Startups, Technology Transfer

7. KISAN SARATHI PLATFORM (PIB BACKGROUNDER)



- Digital platform for farmers with real-time information.
- Provides advisory on crops, pests, soil & markets.
- Helps informed decision-making & risk reduction.
- Supports Digital Agriculture Mission.
- Promotes productivity & farmer income.
- Strengthens agri digital public infrastructure.

Value Addition: Empowers farmers through technology & data.

Keywords: Digital Agriculture, Advisory, Market, Agri DPI

8. SDG PUBLICATIONS & INDUSTRIAL PRODUCTION INDEX

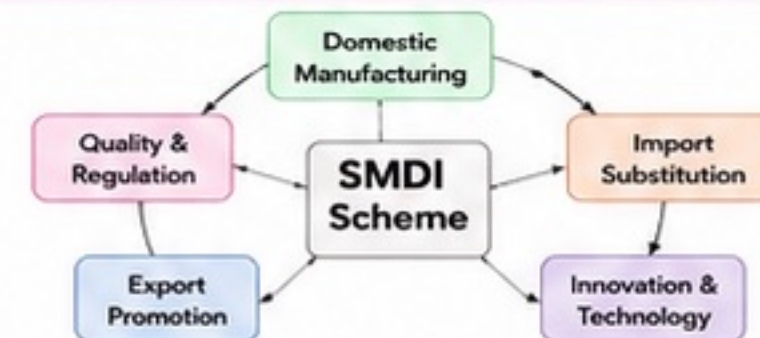


- SDG reports released by MoSPI (Nodal Agency).
- Track India's progress on Sustainable Development Goals.
- IIP growth recorded 5.1% in May 2026.
- Measures industrial performance in Mining, Manufacturing & Electricity.
- Base Year: 2011-12.
- Indicator of economic growth & industrial health.

Value Addition: Tracks sustainability & industrial growth.

Keywords: SDGs, MoSPI, IIP, Industrial Growth, Data

9. STRENGTHENING MEDICAL DEVICE INDUSTRY (SMDI)



- Proposals invited under SMDI Scheme.
- Aims to boost domestic medical device manufacturing.
- Reduces import dependence & strengthens self-reliance.
- Encourages innovation, quality & global competitiveness.
- Aligns with Make in India & Atmanirbhar Bharat.
- Supports healthcare resilience & job creation.

Value Addition: Builds strong & self-reliant medical device ecosystem.

Keywords: Medical Devices, SMDI, Manufacturing, Atmanirbhar

OTHER IMPORTANT ONE-LINERS

President confers 07 Sarvottam Yudh Seva Medals, 30 Param Vishisht Seva Medals, 12 Uttam Yudh Seva Medals & 56 Ati Vishisht Seva Medals.

MPEDA to organise 2nd National Seafood Skill Olympiad during Seafood Expo Bharat 2026.

TRAI assesses mobile network quality on Jodhpur-Ahmedabad Rail Route (Rajasthan & Gujarat LSA).

Raksha Mantri unveils major reforms under DDP 2026 to enhance efficiency of defence R&D projects.

National workshop on "Tiger Reintroduction: Opportunities & Challenges" concludes in Alwar, Rajasthan.

॥ बुरा जो देखन में चला, बुरा न मिलिय कय
जो दिल खेजा अपना, मुझस बुरा ना कय ॥

ADMINISTRATIVE
ETHICS

GS
PAPER IV

SEEKING FAULTS IN OTHERS
बाहर बुराई ढूँढना

KABIR'S PHILOSOPHY OF
SELF-REFLECTION

LOOKING WITHIN ONESELF
अपने भीतर झांकना

Corruption

Greed
Inequality
Inequality

Bura Na
Miliya Koy
No Bad Found

Focusing on
external flaws

Ignoring personal
shortcomings

Leading to
judgmental attitudes



Growing
Growth



Shining



Ethical
Progress

Self-Awareness

Empathy

Humility

Ethical
Compassion

Accountability

Ethical
Compassion

JO DIL
KHOJA
AAPNA

MUJHSE
BURA NA KOY
Found None Worse
Than Myself

Deep
self-reflection

Acknowledging personal
biases & weaknesses

Cultivating
humility



TRANSFORMATION TOWARDS INTEGRITY & COMPASSION

सत्यनिष्ठा और करुणा की ओर परिवर्तन



SRIJAN INDIA ONE STATES OF INDIA

29th JUNE 2026

SIKKIM

Organic State of India • Land of Kanchenjunga • Peace, Nature & Prosperity



Kanchenjunga Peak



Rumtek Monastery

1. QUICK FACTS

| | |
|--------------------|--------------------------------------|
| Capital | : Gangtok |
| Formation | : 16 May 1975 |
| Official Languages | : Nepali, Sikkimese, Lepcha, English |
| State Animal | : Red Panda |
| State Bird | : Blood Pheasant |
| State Flower | : Noble Orchid |
| State Tree | : Rhododendron |
| Population (2011) | : 6.10 Lakh |
| Area | : 7,096 sq. km |
| Literacy Rate | : 82.20% |

IMPORTANT FACTS

- ★ India's 22nd State.
- ★ First Fully Organic State of India (2016).
- ★ Protected under Article 371F.
- ★ Home to India's first Mixed UNESCO World Heritage Site.

2. LOCATION & MAP

LOCATION

- Northeastern Himalayan State.
- Strategically located between India, China, Nepal and Bhutan.



MAJOR RIVERS

- Teesta
- Rangit

PHYSIOGRAPHIC REGIONS

- Greater Himalayas
- Middle Himalayas
- River Valleys

3. HISTORY & HERITAGE

- Ancient History**
 - Originally inhabited by the Lepcha people.
 - Later influenced by the Bhutia migration from Tibet.
- Medieval History**
 - Namgyal Dynasty established in 1642.
- Modern History**
 - Treaty with British (1861) – Sikkim became a British Protectorate.
 - Became an Indian Protectorate in 1950.
- Merger with India**
 - By popular referendum, Sikkim became the 22nd State of India on 16 May 1975.
- Important Personalities**
 - Kazi Lhendup Dorji – "Father of Sikkim"
 - Pandit Thondup Namgyal – Chief architect of Sikkim's integration with India.
- UNESCO Heritage Site**
 - Khangchendzonga National Park – India's first Mixed World Heritage Site.



Tashiding Monastery



Cham Dance



Chorten, Gangtok

4. ECONOMY

- Major Industries**
 - Tourism, Hydropower, Organic Farming, Pharmaceuticals, Food Processing.
- Hydropower Potential**
 - Significant potential in Teesta and Rangit basins.
- Infrastructure**
 - Well-connected by roads.
 - Pakyong Airport near Gangtok.
 - Proximity to Siliguri Corridor.
- Key Economic Facts**
 - First Fully Organic State.
 - Tourism is the backbone of the economy.



Teesta River



Teesta Hydroelectric Project

5. AGRICULTURE

- Major Crops**
 - Maize, Rice, Wheat, Millets.
- Cash Crops**
 - Large Cardamom, Ginger, Tea, Orange.
- Horticulture**
 - Kiwi, Apple, Orchid, Floriculture.
- Livestock**
 - Yak, Cattle, Poultry, Goat rearing.
- GI Tag**
 - Large Cardamom from Sikkim.



Large Cardamom



Tea



Kiwi



Orange



Ginger



Orchid

Special Products: Organic Vegetables, Herbal Products, Honey, Mushroom

6. CULTURE & TRADITION

- Communities**
 - Lepcha, Bhutia, Nepali.
- Folk Dances**
 - Cham Dance
 - Maruni
 - Tamang Selo
- Folk Music**
 - Bhutia Chungaa
 - Lepcha Folk Songs
- Art Forms**
 - Thangka Painting
 - Wood Carving
 - Traditional Mask Making
- Handicrafts**
 - Carpets, Thangka, Wood Carvings, Handloom
- Languages**
 - Nepali (Official), Sikkimese, Lepcha, English & other local languages



Maruni Dance



Thangka Painting



Wood Carving

7. FESTIVALS

- Losar**
 - Tibetan New Year.
- Saga Dawa**
 - Commemorates the birth, enlightenment & death of Lord Buddha.
- Pang Lhabso**
 - Annual festival of Sikkim.
- Bumchu Festival**
 - Sacred Buddhist festival.



Losar Festival

8. ENVIRONMENT & BIODIVERSITY

- National Park**
 - Khangchendzonga NP – UNESCO Mixed Heritage Site.
- Wildlife Sanctuaries**
 - Fambong Lho, Kyongnosla Alpine.
- Biosphere Reserve**
 - Khangchendzonga Biosphere Reserve.
- Ramsar Sites**
 - Khecheopalri Wetland.
- Important Species**
 - Red Panda, Snow Leopard, Himalayan Black Bear, Blood Pheasant, Musk Deer.



Red Panda



Snow Leopard



Blood Pheasant



Himalayan Black Bear

Key Species: Red Panda, Snow Leopard, Himalayan Black Bear, Blood Pheasant, Musk Deer.

9. TOURISM & HERITAGE

- Major Attractions**
 - Tsomgo Lake
 - Gurudongmar Lake
 - Yumthang Valley
 - Pelling
 - Nathula Pass
- Religious Sites**
 - Rumtek Monastery
 - Pemayangtse Monastery
 - Tashiding Monastery
- Heritage & Landmarks**
 - Do Drul Chorten
 - Bakhim Waterfalls
 - Rabdentse Ruins



Tsomgo Lake



Gurudongmar Lake



Yumthang Valley



Nathu La Pass



Pelling



Rabdentse Ruins

10. UPSC VALUE ADDITION

- Prelims Facts:** Smallest state, first organic state, Article 371F, Khangchendzonga NP, Kanchenjunga.
- Mains Points:** Organic farming model, biodiversity conservation, water security (Teesta basin), border management, sustainable tourism.
- Current Affairs Linkages:** India-China border talks, Sikkim's eco-friendly initiatives, hydropower projects (Teesta-III), Act East Policy.
- Strategic Importance:** Shares borders with China, Nepal, Bhutan & West Bengal; crucial for India's northern border security.

11. RAPID REVISION – 15 KEY FACTS

- Capital – Gangtok
- Formation – 16 May 1975
- Area – 7,096 sq. km
- Smallest State of India
- Official Languages – Nepali, Sikkimese, Lepcha, English
- State Animal – Red Panda
- State Bird – Blood Pheasant
- Highest Peak – Kanchenjunga (R.586 m)
- Major River – Teesta
- Article 371F – Special status
- UNESCO Site – Khangchendzonga NP (Mixed Heritage Site)
- GI Tag – Large Cardamom
- Major Festival – Losar
- Borders – China, Nepal, Bhutan & West Bengal
- First Fully Organic State (2016)

12. SIKKIM AT A GLANCE

| | | |
|---------------------------|-----------------------------------|----------------------------------|
| First Fully Organic State | Rich Biodiversity Hotspot | Source of Teesta River |
| High Hydropower Potential | Unique Buddhist & Tribal Heritage | Strategic Himalayan Border State |

SRIJAN INDIA ONE KNOW YOUR STATE

29th JUNE 2026 (SUNDAY)

SIKKIM

Organic State of India • Land of Kanchenjunga • Peace, Nature & Prosperity



Kanchenjunga Peak



Rumtek Monastery

1. QUICK FACTS

| | |
|--------------------|--------------------------------------|
| Capital | : Gangtok |
| Formation | : 16 May 1975 |
| Official Languages | : Nepali, Sikkimese, Lepcha, English |
| State Animal | : Red Panda |
| State Bird | : Blood Pheasant |
| State Flower | : Noble Orchid |
| State Tree | : Rhododendron |
| Population (2011) | : 6.10 Lakh |
| Area | : 7,096 sq. km |
| Literacy Rate | : 82.20% |

IMPORTANT FACTS

- ★ India's 22nd State.
- ★ First Fully Organic State of India (2016).
- ★ Protected under Article 371F.
- ★ Home to India's first Mixed UNESCO World Heritage Site.

2. LOCATION & MAP

LOCATION

- Northeastern Himalayan State.
- Strategically located between India, China, Nepal and Bhutan.



MAJOR RIVERS

- Teesta
- Rangit

PHYSIOGRAPHIC REGIONS

- Greater Himalayas
- Middle Himalayas
- River Valleys

3. HISTORY & HERITAGE

- Ancient History**
 - Originally inhabited by the Lepcha people.
 - Later influenced by Bhutia migration from Tibet.
- Medieval History**
 - Namgyal Dynasty established in 1642.
 - Buddhism flourished in the region.
- Modern History**
 - Treaty with British (1861) – Sikkim became a British Protectorate.
 - Became an Indian Protectorate in 1950.
- Merger with India**
 - By popular referendum, Sikkim became the 22nd State of India on 16 May 1975.
- Important Personalities**
 - Kazi Lhendup Dorji – "Father of Sikkim"
 - Pandit Maniram Dewan – Chief architect of Sikkim's integration with India.
- UNESCO Heritage Site**
 - Khangchendzonga National Park – India's first Mixed World Heritage Site.



Tashiding Monastery



Cham Dance



Chorten, Gangtok

4. ECONOMY

- Major Industries**
 - Tourism, Hydropower, Organic Farming, Pharmaceuticals, Food Processing.
- Hydropower Potential**
 - Significant potential in Teesta and Rangit basins.
- Infrastructure**
 - Well-connected by roads.
 - Pakyong Airport near Gangtok.
 - Proximity to Siliguri Corridor.
- Key Economic Facts**
 - First Fully Organic State.
 - Tourism is the backbone of the economy.



Teesta River



Teesta Hydroelectric Project

5. AGRICULTURE

- Major Crops**
 - Maize, Rice, Wheat, Millets.
- Cash Crops**
 - Large Cardamom, Ginger, Tea, Orange.
- Horticulture**
 - Kiwi, Apple, Orchid, Floriculture.
- Livestock**
 - Yak, Cattle, Poultry, Goat rearing.
- GI Tag**
 - Large Cardamom from Sikkim.



Large Cardamom



Tea



Kiwi



Orange



Ginger



Orchid

Special Products: Organic Vegetables, Herbal Products, Honey, Mushroom

6. CULTURE & TRADITION

- Communities**
 - Lepcha, Bhutia, Nepali.
- Folk Dances**
 - Cham Dance
 - Maruni
 - Tamang Selo
- Folk Music**
 - Bhutia Chunga
 - Lepcha Folk Songs
- Art Forms**
 - Thangka Painting
 - Wood Carving
 - Traditional Mask Making
- Languages**
 - Nepali (Official)
 - Sikkimese, Lepcha, English & other local languages



Maruni Dance



Thangka Painting



Wood Carving

7. FESTIVALS

- Losar**
 - Tibetan New Year, celebrated with great enthusiasm.
- Saga Dawa**
 - Commemorates the birth, enlightenment & death of Buddha.
- Pang Lhabso**
 - Traditional festival of Sikkim.
- Bumchu Festival**
 - Sacred Buddhist festival.



Losar Festival

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Red Panda



Snow Leopard



Blood Pheasant



Himalayan Black Bear

Sikkim is part of the Eastern Himalaya Biodiversity Hotspot.

9. TOURISM & HERITAGE

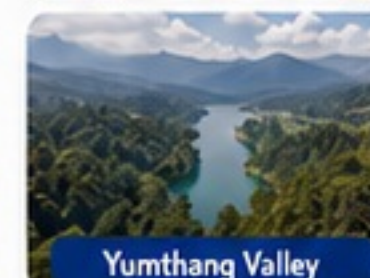
- Major Attractions**
 - Tsomgo Lake, Gurudongmar Lake
 - Yumthang Valley, Pelling, Lachung
 - Nathula Pass, Zuluk
- Religious Sites**
 - Rumtek Monastery
 - Pemayangtse Monastery
 - Tashiding Monastery
- Heritage & Landmarks**
 - Do Drul Chorten
 - Bakhim Waterfalls
 - Rabdentse Ruins



Tsomgo Lake



Gurudongmar Lake



Yumthang Valley



Nathu La Pass

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12. SIKKIM AT A GLANCE

| | | |
|-------------------------------|------------------------------------|------------------------------|
| First Fully Organic State | Rich Biodiversity Hotspot | Strategic Himalayan Location |
| Abundant Hydropower Potential | Unique Culture & Buddhist Heritage | Eco-Tourism Destination |

1 An alloy P contains 20% copper and 80% zinc by weight. Another alloy Q contains 60% copper and 40% zinc by weight. A third alloy R is to be prepared from P and Q so that it contains equal amount of copper and zinc. In what ratio, amounts of P and Q be mixed in order to get R ?

- (a) 1 : 3 (b) 3 : 1
(c) 2 : 3 (d) 3 : 2

SOLUTION

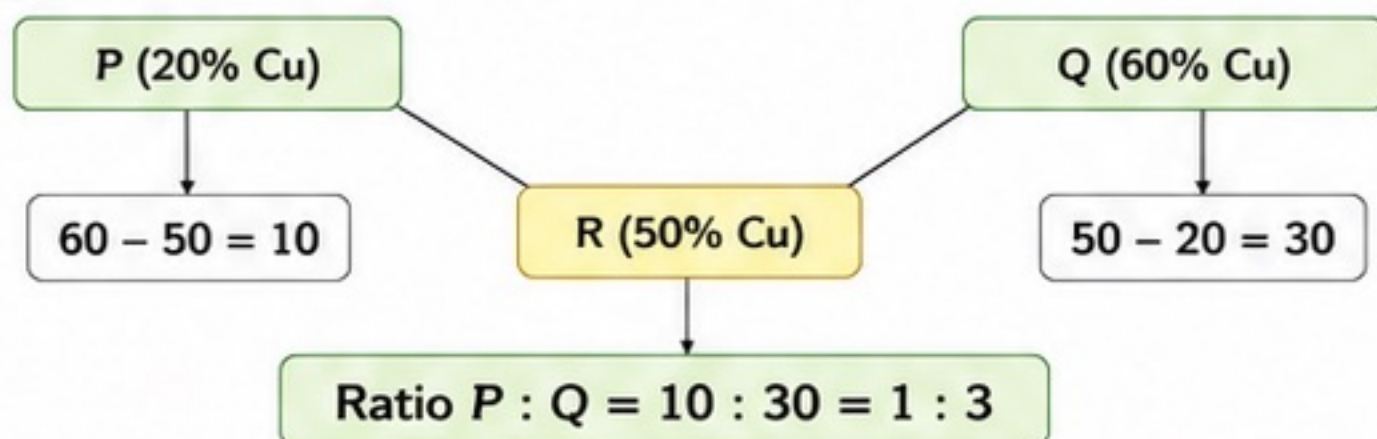
1 Idea / Approach

Use Alligation Method.

2 Key Observation

| Alloy | Copper (%) | Zinc (%) |
|--------------|------------|----------|
| P | 20 | 80 |
| Q | 60 | 40 |
| R (Required) | 50 | 50 |

3 Step-by-step Solution



4 Shortcut / CSAT Trick

- When required % lies between two given %, Ratio = (Higher% - Required%) : (Required% - Lower%)

5 Final Answer

$$P : Q = 1 : 3$$

ANSWER: (a) 1 : 3

2 A is a 2-digit number with different digits. B is also a 2-digit number and is obtained by reversing the digits of A. If $A - B$ is a multiple of 27, where $A > B$, how many such different A's are possible?

- (a) 6 (b) 9
(c) 12 (d) 18

SOLUTION

1 Idea / Approach

Let $A = 10x + y$ ($x \neq y$), $B = 10y + x$, where x = tens digit, y = units digit.

2 Key Observation

- $A - B$ is a multiple of 27.
- $A > B \Rightarrow x > y$.
- $A - B = 9(x - y)$ must be divisible by 27.

$$\Rightarrow (x - y) \text{ must be divisible by 3.}$$

3 Step-by-step Solution

| x (Tens) | y (Units) | $x > y$ | $x - y$ | Divisible by 3? | Valid Pairs |
|----------|-----------|---------|---------|-----------------|---------------------|
| 1 | - | x | - | - | - |
| 2 | - | x | - | - | - |
| 3 | 0 | ✓ | 3 | ✓ | (3,0) |
| 4 | 1 | ✓ | 3 | ✓ | (4,1) |
| 5 | 2 | ✓ | 3 | ✓ | (5,2) |
| 6 | 0, 3 | ✓ | 6, 3 | ✓, ✓ | (6,0), (6,3) |
| 7 | 1, 4 | ✓ | 6, 3 | ✓, ✓ | (7,1), (7,4) |
| 8 | 2, 5 | ✓ | 6, 3 | ✓, ✓ | (8,2), (8,5) |
| 9 | 0, 3, 6 | ✓ | 9, 6, 3 | ✓, ✓, ✓ | (9,0), (9,3), (9,6) |

$$\text{Total valid A's} = 1 + 1 + 1 + 2 + 2 + 2 + 3 = 12$$

4 Shortcut / CSAT Trick

- $A - B = 9(x - y) \Rightarrow x - y = \text{multiple of 3}$
- List digit pairs quickly with $x > y$.

5 Final Answer

$$\text{Total different A's} = 12$$

ANSWER: (c) 12

प्रश्न: भारतीय नागरिकता की 21वीं सदी की प्रमुख चुनौतियों पर चर्चा कीजिए तथा एक सुरक्षित, समावेशी और भविष्य-उन्मुख नागरिकता ढांचा बनाने का सुझाव दीजिए।

1 परिचय

- नागरिकता, व्यक्ति और राज्य के बीच कानूनी संबंध का आधार है।
- 21वीं सदी में यह केवल कानूनी स्थिति नहीं, बल्कि अधिकार, पहचान, समावेशन और राष्ट्रीय सुरक्षा से जुड़ा विषय है।
- भारत में विविधता, प्रवासन और वैश्वीकरण ने नागरिकता शासन को जटिल बनाया है।

2 अवधारणा / परिभाषा

- नागरिकता: वह कानूनी स्थिति जिसके माध्यम से राज्य किसी व्यक्ति को अधिकार और कर्तव्य प्रदान करता है।
- भारत में नागरिकता का विनियमन मुख्यतः नागरिकता अधिनियम, 1955 द्वारा किया जाता है।

3 पृष्ठभूमि

- संविधान के अनुच्छेद 5-11 नागरिकता से संबंधित हैं।
- अनुच्छेद 11 संसद को नागरिकता विनियमित करने की शक्ति देता है।
- नागरिकता अधिनियम, 1955 लागू: 26 जनवरी 1950 से क्रियान्वित।

4 कारण / विशेषताएँ / आवश्यकता

- अवैध प्रवासन और सीमा पार घुसपैठ
- राष्ट्रीय सुरक्षा और जनसंख्याकीय संतुलन की चिंता
- शरणार्थी संकट और मानवीय दायित्व
- पहचान की रक्षा, अधिकारों की गारंटी
- समावेशन, समानता और सामाजिक सद्भाव

5 फ्लोचार्ट: नागरिकता चुनौतियों का चक्र



6 मानचित्र

भारत मानचित्र – सीमावर्ती राज्य



- जम्मू-कश्मीर
- हिमाचल प्रदेश
- उत्तराखण्ड
- पंजाब
- राजस्थान
- गुजरात
- पश्चिम बंगाल
- असम
- अरुणाचल प्रदेश
- नागालैंड
- मणिपुर
- मिजोरम
- त्रिपुरा

विश्व मानचित्र – भारत को प्रभावित करने वाले प्रमुख शरणार्थी स्रोत



■ अफगानिस्तान ■ पाकिस्तान ■ बांग्लादेश ■ म्यांमार ■ श्रीलंका

7 आरेख: नागरिकता ढांचा



8 उदाहरण

| प्रकार | उदाहरण |
|---------------------------|---|
| भारत – सकारात्मक | आधार आधारित सेवाएँ, e-OCI पोर्टल, NRC के लिए मिशन मोड परियोजना |
| भारत – चुनौती | असम में नागरिकता विवाद, रोहिंग्या प्रवासन, स्टेटलेसनेस |
| अंतरराष्ट्रीय – सकारात्मक | कनाडा – समावेशी नागरिकता मॉडल; पुर्तगाल – सेफ्टीकैम्प यहुदी कानून |
| अंतरराष्ट्रीय – चुनौती | रोहिंग्या स्टेटलेसनेस; यूरोप में सीरियाई शरणार्थी संकट |

1 विश्लेषण

- समावेशन और राष्ट्रीय सुरक्षा के बीच संतुलन मुख्य चुनौती है।
- दस्तावेज़ीकरण की कमी समान मानकों के अभाव से विवाद उत्पन्न होते हैं।
- तकनीक गोपनीयता और बहिष्करण की चिंताएँ बढ़ाती है।
- संचीय समन्वय और राजनीतिक सहमति आवश्यक है।

2 चुनौतियाँ

- अवैध प्रवासन और सीमा प्रबंधन
- दस्तावेज़ीकरण की कमी और पहचान सत्यापन
- राज्यहीन व्यक्तियों और शरणार्थियों का संरक्षण
- क्षेत्रीय असमानताएँ और राजनीतिक धुँबीकरण
- निजता, निगरानी और डेटा सुरक्षा

3 प्रभाव

- आंतरिक सुरक्षा और सामाजिक सद्भाव पर प्रभाव
- कमजोर समुदायों का बहिष्करण
- जनसांख्यिकीय पैटर्न में बदलाव
- संस्थानों पर विश्वास में कमी
- भारत की वैश्विक छवि और मानवाधिकार रिकॉर्ड पर असर

4 केस स्टडी

- असम NRC (2019): 19 लाख लोग बाहर; सत्यापन प्रक्रिया जारी।
- रोहिंग्या प्रवासन: राष्ट्रीय सुरक्षा बनाम मानवीय दायित्व।
- CAA, 2019: पाकिस्तान, बांग्लादेश, अफगानिस्तान से आए गैर-मुस्लिम अल्पसंख्यकों को नागरिकता का प्रावधान (31 दिसंबर 2014 तक)।

5 रिपोर्ट / समितियाँ / न्यायिक निर्णय

| | |
|---|--|
| डीगरा समिति (1970) | राष्ट्रीय नागरिक रजिस्टर का सुझाव |
| राष्ट्रीय आयोग – संविधान समीक्षा (2002) | नागरिकता प्रक्रियाओं में सुधार और दस्तावेज़ीकरण की सिफारिश |
| विधि आयोग – 287वीं रिपोर्ट | नागरिकता प्रावधानों का ताकिकीकरण |
| सर्वोच्च न्यायालय | बरखुरी युनियन केस (1960), सरबानंदा सोनोवाल केस (2005) |
| अनुच्छेद 6A निर्णय (2024) | सुप्रीम कोर्ट ने नागरिकता अधिनियम की धारा 6A की संवैधानिक वैधता बरकरार रखी |

6 सरकारी पहल

- नागरिकता (संशोधन) अधिनियम, 2019
- नागरिकता (संशोधन) नियम, 2026 – OCI सेवाओं का डिजिटलीकरण
- राष्ट्रीय नागरिक रजिस्टर (NRC) – असम
- सीमा प्रबंधन अवसंरचना और ICES प्रणाली
- डिजिटल इंडिया, आधार और डेमोग्राफिक डेटा प्रबंधन

7 आगे की राह



मूल्य वर्धन बॉक्स

| | |
|-----------------------|--|
| संवैधानिक प्रावधान | अनुच्छेद 5-11 |
| प्रमुख अधिनियम | नागरिकता अधिनियम, 1955 |
| महत्वपूर्ण संशोधन | CAA, 2019 |
| मुख्य शब्द | नागरिकता, राज्यहीन, शरणार्थी, कानूनी प्रवासन, दस्तावेज़ीकरण |
| रिपोर्ट्स | डीगरा (1970), NCC (2002), विधि आयोग (287वीं रिपोर्ट) |
| न्यायिक निर्णय | बरखुरी युनियन (1960), सरबानंदा सोनोवाल (2005), धारा 6A निर्णय (2024) |
| अंतरराष्ट्रीय संघियाँ | 1951 शरणार्थी सम्मेलन |
| सतत विकास लक्ष्य | SDG 16: शांति, न्याय और मजबूत संस्थाएँ |

जन्म से नागरिकता (धारा 3)

| अवधि | मानदंड |
|------------------------------|--|
| 26 जनवरी 1950 – 1 जुलाई 1987 | माता-पिता की नागरिकता की परवाह किए बिना |
| 1 जुलाई 1987 – 3 दिसंबर 2004 | माता-पिता में से एक भारतीय नागरिक |
| 3 दिसंबर 2004 के बाद | एक माता-पिता भारतीय नागरिक और दूसरा अवैध प्रवासी नहीं होना चाहिए |

| नागरिकता समाप्ति (Loss of Citizenship) | |
|--|--|
| प्रकार | विवरण |
| त्याग (Renunciation) | स्वेच्छा से नागरिकता का परित्याग |
| समापन (Termination) | किसी अन्य देश की नागरिकता ग्रहण करना |
| Deprivation | धोखाधड़ी, अविश्वास, शत्रु से न्यापार आदि |

भारतीय मूल का व्यक्ति (OCI)

| विशेषताएँ | |
|---|--|
| आजीवन बहु-प्रवेश वीजा | |
| पुलिस रिपोर्टिंग से छूट | |
| आर्थिक, वित्तीय और शैक्षिक क्षेत्रों में NRI के समान सुविधाएँ | |
| दोहरी नागरिकता नहीं | |

| OCI धारक नहीं कर सकते | |
|------------------------|--|
| मतदान | |
| चुनाव लड़ना | |
| संवैधानिक पद धारण करना | |
| कृषि भूमि खरीदना | |

निष्कर्ष

- नागरिकता राष्ट्र-निर्माण और लोकतंत्र की बुनियाद है।
- भारत को एक ऐसा ढांचा चाहिए जो समावेशी हो, अनधिकार प्रवेश को रोके और मानवाधिकारों का सम्मान करे।
- पारदर्शिता, तकनीक, संस्थागत समन्वय और नागरिक जागरूकता से ही मजबूत नागरिकता शासन संभव है।
- केवल संवैधानिक मूल्यों और भानवीय दृष्टिकोण पर आधारित संतुलित नीति ही भारत को सुरक्षित और समृद्ध बनाएगी।

Q. Discuss the challenges to Indian citizenship in the 21st century and suggest a way forward for a secure, inclusive and future-ready citizenship framework.

1 INTRODUCTION

- Citizenship is the legal bond between the individual and the State.
- In the 21st century, it goes beyond legal status to ensure identity, rights, inclusion and security.
- India's pluralism and migration dynamics make citizenship governance complex but crucial.

2 CONCEPT / DEFINITION

- Citizenship: Legal status that determines the rights and duties of a person in relation to the State.
- Indian citizenship regulated by the Citizenship Act, 1955.

3 BACKGROUND

- Articles 5–11 of Constitution deal with citizenship at the commencement.
- Parliament empowered under Article 11 to make laws on citizenship.
- Citizenship Act, 1955 came into force on 26 January 1950.

4 CAUSES / FEATURES / NEED

- Complex migration history and porous borders
- Refugee influx from neighbouring countries
- Rapid urbanisation and internal migration
- Globalisation, dual nationality demands
- Need for national security and demographic stability
- Inclusion, equality and protection of rights

5 FLOWCHART: CITIZENSHIP CHALLENGE CYCLE



6 MAPS

INDIA MAP – BORDER STATES

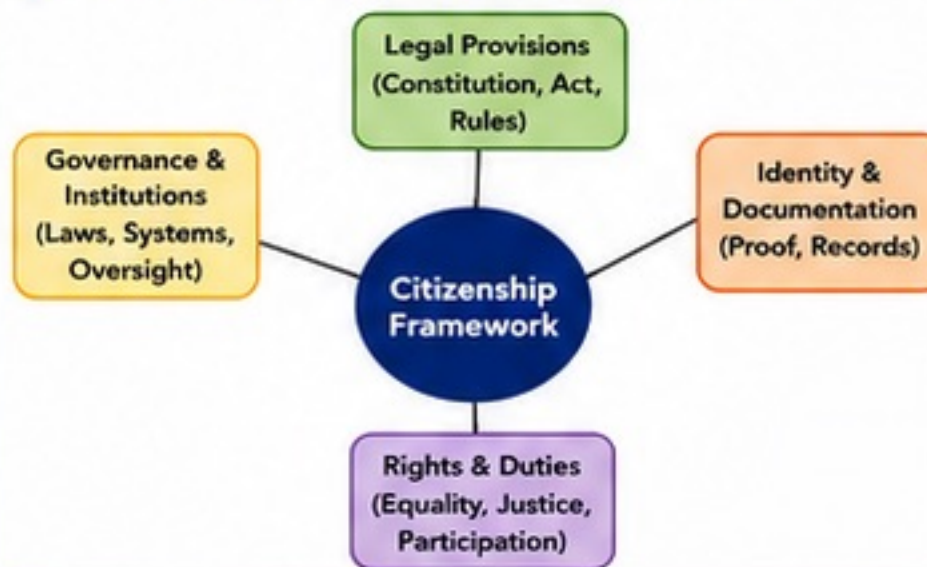


- J&K
- Himachal Pradesh
- Uttarakhand
- Punjab
- Rajasthan
- Gujarat
- West Bengal
- Assam
- Arunachal Pradesh
- Nagaland
- Manipur
- Mizoram
- Tripura

WORLD MAP – MAJOR REFUGEE SOURCES AFFECTING INDIA



7 DIAGRAM: CITIZENSHIP FRAMEWORK



8 EXAMPLES

| Type | Examples |
|---------------------------|---|
| India – Positive | Aadhaar linked services, e-OCI portal, Mission Mode project for NRC Assam |
| India – Challenge | Citizenship disputes in Assam, Rohingya influx, stateless persons |
| International – Positive | Canada – Inclusive citizenship model; Portugal – Sephardic Jews law |
| International – Challenge | Rohingya statelessness; Syrian refugee crisis in Europe |

1 ANALYSIS

- Balancing inclusion with national security is the core challenge.
- Documentation gaps and lack of uniform standards create disputes.
- Technology offers solutions but raises privacy and exclusion concerns.
- Federal coordination and political consensus are essential.

2 CHALLENGES

- Illegal migration and border management
- Inadequate documentation & verification
- Stateless persons & refugee protection
- Regional disparities in implementation
- Politicisation and social polarisation
- Privacy, surveillance and data security

3 IMPLICATIONS

- Threatens internal security and social harmony
- Risk of exclusion impacting vulnerable communities
- Affects demographic patterns in border areas
- Weakens trust in institutions and rule of law
- Impacts India's global image and human rights record

4 CASE STUDIES

- Assam NRC (2019): Identified 19 lakh excluded persons; complex verification process.
- Rohingya refugees: National security vs humanitarian obligations.
- CAA, 2019: Grant of citizenship to eligible migrants from neighbouring countries (except Muslims).

5 REPORTS / COMMITTEES / JUDGMENTS

| | |
|--|--|
| Dhingra Committee (1970) | Suggested a National Register of Citizens. |
| National Commission to Review the Working of Constitution (2002) | Recommended reforms in citizenship and documentation. |
| Law Commission (287th Report) | Suggested rationalisation of provisions on citizenship. |
| SC Judgments | Berubari Union Case (1960), Sarbananda Sonowal Case (2005) |

6 GOVERNMENT INITIATIVES

- Citizenship (Amendment) Act, 2019
- Citizenship (Amendment) Rules, 2026 – Digitisation of OCI services
- National Population Register (proposed)
- Strengthening border infrastructure and ICES system
- Mission Mode Project for NRC in Assam
- Digital India initiatives for documentation

7 WAY FORWARD



VALUE ADDITION BOX

| | |
|------------------------------|--|
| Constitution Articles | 5–11, 14, 15, 21 |
| Act | Citizenship Act, 1955 |
| Important Amendments | CAA, 2019 |
| Key Terms | Citizenship, Stateless, Refugee, Naturalisation |
| Reports | Dhingra (1970), NCRWC (2002), Law Commission (287th Report) |
| Judgments | Berubari (1960), Sarbananda Sonowal (2005), Section 6A Judgment (2024) |
| International Conventions | 1951 Refugee Convention |
| Sustainable Development Goal | SDG 16: Peace, Justice and Strong Institutions |

CITIZENSHIP BY BIRTH (SECTION 3)

| Period | Criteria |
|---------------------------|--|
| 26 Jan 1950 – 1 July 1987 | Citizen irrespective of parents |
| 1 July 1987 – 3 Dec 2004 | One parent must be Indian citizen |
| After 3 Dec 2004 | One parent must be Indian citizen and other not an illegal migrant |

LOSS OF CITIZENSHIP

| Type | Description |
|--------------|--|
| Renunciation | Voluntary surrender |
| Termination | Acquiring citizenship of another country |
| Deprivation | Fraud, disloyalty, unlawful trade with enemy, etc. |

OVERSEAS CITIZEN OF INDIA (OCI)

| Features |
|--|
| • Lifelong multiple-entry visa |
| • Exemption from police reporting |
| • Parity with NRIs in economic, financial and educational fields |
| • Not dual citizenship |

| OCI Holders Cannot |
|------------------------------|
| • Vote or contest elections |
| • Hold constitutional posts |
| • Purchase agricultural land |

CONCLUSION

- Citizenship is the foundation of nation-building and democratic participation.
- India must adopt a balanced approach that ensures security without compromising inclusion and human dignity.
- A future-ready framework requires legal clarity, technological innovation, institutional integrity and citizen trust.
- Only then can India uphold constitutional values while addressing contemporary challenges.



KNOW YOUR ENGLISH

Her knees were knocking before the interview

The thief prised open the window with a crowbar

S. Upendran

“Come on in! Today is Sunitha’s big presentation. Do you think she’s ready? Does she...”

“Relax, will you? I’m just coming from her place. You seem to be more nervous than she is.”

“That’s probably true. I guess I worry too much. Sunitha is always relaxed. She gives the...”

“I’m not so sure about that! This is her first presentation, after all. I wouldn’t be too surprised if her knees weren’t already knocking.”

“Knees already knocking?”

“This informal expression means to shake with anxiety. It is ...”

“In other words, it means you were so nervous that your legs were shaking or trembling.”

“Very good!”

“Veena’s knees started knocking when she heard strange noises coming from her window.”

“That’s a good example! Saurabh claimed he was an experienced speaker. There was no evidence of that yesterday. Of all the speakers, I would say, his knees knocked the most.”

“Really?”

“He didn’t sound confident at all yesterday. During lunch, he was telling

me how busy he’s been renovating the old house he bought a few months ago.”

“He’s been having a tough time getting the windows and doors open.”

“It’s a very old house, and the doors and windows haven’t been opened in a while. They have to be prised open. It’s prised. P...r...i...s...e...d. It’s pronounced like the word p...r...i...z...e.”

“I see. I’m sure the two words don’t have the same meaning. What does p...r...i...s...e mean?”

“It means using force to get something open. For example, when we are unable to remove the lid from a paint can, what do we do?”

“In my case, I usually place a screwdriver under the lid.”

“Apply pressure and prise the lid open. That’s how a lot of people I know prise the lid off a can of paint.”

“How about this example? The thugs prised the hero’s fingers apart and took the key.”

“Sounds good. As we got closer to the house, we realised that the front door had been prised open by a crowbar.”

“Your friend Ganesh came yesterday.”

“I hope it wasn’t to borrow money again.”

“It was!”

“The next time he comes around, tell him to go jump in the lake.”

“Does it mean you’re not giving him money?”

“When someone asks you for something, and you respond by saying ‘Go, jump in the lake’, what you’re suggesting is that you want the person to get lost.”

“In other words, you’re being rude.”

“Yes. And you’re not going to do what the person wants you to. When Saurabh asked if he could borrow my new car, I told him to go jump in the lake.”

“I got so irritated by her silly questions that I told her to go jump in the lake.”

“Did she get upset?”

“No, she merely smiled and continued asking questions!”

upendrankye@gmail.com



- Language learning through real-life context and conversation.
- Enhances vocabulary, usage, and understanding of expressions.



- Knocking knees = informal expression meaning to be extremely nervous.
- Origin: feeling anxious causes physical shaking or trembling.
- Used in everyday situations like interviews, presentations, exams, etc.



- **Prise open** = to open something by using force.
- Pronunciation: P...r...i...s...e...d (similar to “prize”).
- Example: The thief prised open the window with a crowbar.



- Common collocations:
 - **Prise open** a door / lid / lock
 - Use a crowbar / screwdriver to prise something open
- Useful in descriptive and narrative writing.



- Confident speakers don’t show nervous signs; preparation builds confidence.
- Practice and experience reduce anxiety and improve performance.



- Old structures may require force to open doors/windows after long disuse.
- Word power important for both Prelims (vocabulary) and Mains (answers, essays).



- Idiomatic expression: “Go jump in the lake” = used to reject rudely or send someone away.
- Helps in understanding tone, context and informal communication.



- Improves comprehension, contextual usage and spoken English.
- Important for Interview (Personality Test) and Essay (effective expression).

Buyer beware

Tracking down defective batches of drugs is essential

The Health Ministry's notification to expand Schedule H2 drugs to entire therapeutic classes now from a curated list of brands earlier is a commendable change from regulating based on revenue to regulating based on risk. The government had introduced Schedule H2 in 2022-23, which required a barcode or QR code on each pack of specific drugs to verify the pack's authenticity. It is part of a framework that also touches on regulating active pharmaceutical ingredients and export-oriented pharmaceutical compliance. Now, with the additional symbols encoding a product identifier, the manufacturing licence number, batch number, and other details, authorities hope to better track down defective batches. Counterfeit networks have long targeted vaccines, cancer medicines and antimicrobials, with WHO flagging high volumes of fake antimicrobials in low- and middle-income countries. India has one of the world's highest antimicrobial resistance rates, and substandard antimicrobials can lead to sub-therapeutic dosing, exerting selection pressure on resistant strains. The Narcotics Control Bureau has also expressed concerns about medicinal opioids and psychotropic substances 'leaking' into illicit markets. The government will hope that the new system addresses the U.S. FDA's and the European Medicines Agency's recurring concerns about quality control, an issue on which India has found itself on the back foot over contaminated cough syrups. The U.S. Trade Representative has also repeatedly identified India as a leading source of counterfeit medicines, with many fake pharmaceuticals seized at the U.S. border originating from or transiting through India.

Together with policy changes effected by the Jan Vishwas Act 2026, the new framework finally distinguishes between procedural non-compliance and substantial non-compliance, considering only the latter constitutes meaningful enforcement. In the long term, the government should rationalise the compliance burden and eliminate the risk of corruption associated with discretionary enforcement. The government must also recognise that the QR code system will only be effective if backed by a state-managed database that pharmacists and regulators can access in real time, supported by interoperable software and scanning infrastructure across States. Second, pharmacists and consumers must develop a habit of verifying medicines before a sale. Third, the compliance needs imposed by new packaging requirements and the IT integration will strain MSME manufacturers in particular. Finally, prescription data on controlled substances is sensitive information and will need to be handled with a digital governance layer that does not yet exist. Thus, whether the new framework will improve India's reputation as a pharmacy comes down to its implementation.



- Expansion of Schedule H2 drugs to entire therapeutic classes is a shift from revenue-based to risk-based regulation.
- Each pack must have barcode/QR code to verify authenticity.



- New symbols include product identifier, manufacturing licence number, batch number and other details.
- Helps authorities track and trace defective batches more effectively.



- Counterfeit and substandard drugs affect vaccines, cancer medicines and antimicrobials.
- India has one of the highest AMR rates; substandard drugs lead to resistance.



- Concerns over opioid and psychotropic substances leaking into illicit markets.
- Global bodies (U.S. FDA, EMA) have raised quality control concerns.
- U.S. has flagged India as a key source of counterfeit medicines.



- Jan Vishwas Act 2026 distinguishes procedural non-compliance from substantial non-compliance.
- Long term: rationalise compliance burden and reduce corruption in enforcement.



- State-managed database & real-time access is crucial for QR code effectiveness.
- Pharmacists & consumers must verify medicines before purchase.
- New packaging & IT requirements may burden MSME manufacturers.
- Prescription data on controlled substances needs secure digital governance (not yet available).
- Successful implementation will determine India's reputation as a global pharmacy.

How schools can tackle adolescent malnutrition

As schools across the country reopened after summer vacation, classrooms were filled once again with the energy, aspirations and anxieties of millions of adolescents. Yet hidden behind their growing ambitions lies a silent public health emergency – **adolescent malnutrition**. The recently released NFHS-6 (2023-24) findings are stark. Obesity among women aged 15-49 years has risen from 24% to 30.7%, and among men from 22.9% to 27.3%. High blood sugar among men aged 15 and above jumped from 15.6% to 20.9%, and among women from 13.5% to 17.8%. **What is most alarming is that lifestyle changes once associated with cities and affluent communities such as sedentary behaviour, processed diets, stress and rising obesity, are now affecting rural populations too.** India faces a double burden: undernutrition among children and surging obesity among adults, with obesity driving diabetes, heart disease and stroke. These crises do not begin in adulthood. Their roots lie in adolescence, making schools the most critical setting for prevention.

Addressing diets differently
Schools must recognise that malnutrition is no longer only about thinness. India is witnessing the 'thin-fat' phenotype – **children who appear lean yet carry dangerous metabolic risk.** According to the Comprehensive National Nutrition Survey (CNNS, 2019), 27.4% of Indian adolescents are stunted. At the same time, **obesity is rising, particularly among the urban youth.** More strikingly, 35% of children under five are stunted yet carry adult-level triglycerides, which is like a metabolic time bomb associated with adult-onset diabetes and cardiovascular disease. Preventing these diseases must begin in school, not in hospitals decades later. Studies on Delhi school adolescents confirmed that the



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Bharati Kulkarni

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Schools are not merely educational institutions; they have the potential to be powerful public health promoting institutions

consumption of milk and dairy products, green leafy vegetables and fruits is lower than what is recommended. Far too many children consume cereal-heavy diets while proteins and protective foods remain woefully inadequate. **Schools can address this through improved midday meals, healthier canteens and food demonstrations that teach students how to build balanced plates.** The Dietary Guidelines for Indians 2024 recommend that half the plate by volume should consist of fruits and vegetables. Yet research confirms that sedentary and screen-heavy behaviours are inversely associated with daily fruit and vegetable intake – a dangerous compounding effect. School gardens, fruit breaks, and local seasonal produce can normalise healthier eating habits.

Addressing sugar and UPFs
Moreover, the bitter truth about sugar has to be revealed. **Sugary drinks, High fat sugar and salt (HFSS) foods, and Ultra-Processed Foods (UPFs) are rapidly replacing traditional foods.** Studies highlight alarming trends in free sugar and UPF consumption among Indian adolescents. **A recent World Health Organization study has revealed that UPF consumption in India has been surging at more than 13.7% year-after-year.** The bitter truth is that the excess sugar consumed today becomes a metabolic risk tomorrow. Schools must actively discourage sugary beverages and display sugar boards showing hidden sugar content. **Reinforcement, not one-time campaigns, converts knowledge into practice.**

Physical inactivity must be treated as seriously as poor diet. Schools should guarantee structured physical activity and sports as core educational components, **not optional extras.** **This is especially urgent as urban lifestyle habits such as reduced movement, changing diets, and rising obesity are now affecting rural communities too,** making inactivity a nationwide epidemic, not only city schools' problem.

Thus, among the most common risk factors for non-communicable diseases in children and adolescents are unhealthy diets and insufficient physical activity. **The rapid rise of adolescent obesity increases the risk of early-onset Type 2 diabetes, hypertension and heart disease, and will lead to substantially greater healthcare spending.** UPF-free school zones must become a national movement backed by consistent policy.

Schools advancing public health
It is here that the Let's Fix Our Food (LFOF) initiative offers a compelling direction. Led by the Indian Council of Medical Research-National Institute of Nutrition (ICMR-NIN), the LFOF consortium is a multi-stakeholder initiative working to create healthier food environments for adolescents by advancing evidence-based policy, empowering youth through nutrition literacy, and campaigning for regulatory frameworks. **Its outputs include recommendations for regulating HFSS food advertising, taxation on unhealthy beverages, a model school nutrition curriculum and a food label reading kit.**

A 2025 *Lancet* study projected that 21.8 crore men and 23.1 crore women in India will be overweight by 2050, with the steepest rise expected among adolescents and young adults aged 15-24 years.

Schools must move beyond textbook nutrition education and adopt skill-based approaches such as reading food labels, recognising portion sizes, understanding marketing tactics, and basic cooking. Schools are not merely educational institutions; they have the potential to be powerful public health promoting institutions. School-based interventions in India have demonstrated measurable improvements in dietary behaviour and reductions in sugary beverage consumption. **A child protected from unhealthy diets today is far less likely to become a patient tomorrow.**



- Adolescent malnutrition is a dual burden: undernutrition and overnutrition.
- Roots of chronic diseases lie in adolescence; schools are key to prevention.
- Lifestyle changes are affecting rural India too, not just urban areas.



- Promote balanced diets in schools: half plate fruits & vegetables.
- Improve midday meals, canteens and conduct food demonstrations.
- School gardens, fruit breaks and local seasonal foods help build healthy habits.



- High intake of sugary drinks, HFSS and UPFs is a major health threat.
- Display sugar boards to show hidden sugar content.
- Reinforcement and consistent messaging are essential.



- Physical inactivity is a major risk factor.
- Structured physical activity and sports must be core components in schools.
- Urban as well as rural youth are at risk.



- Let's Fix Our Food (LFOF) initiative by ICMR-NIN is a multi-stakeholder effort.
- Focus areas: policy, nutrition literacy, regulation, healthier food environments.
- Outputs: regulate HFSS ads, beverage taxation, model curriculum, food label kit.



- Lancet 2025 projection: 21.8 crore men and 23.1 crore women overweight by 2050.
- Steepest rise among adolescents and young adults (15-24 years).
- Schools must go beyond theory to practical nutrition skills.



- UPF-free school zones need consistent policy support.
- School-based interventions have shown measurable improvements.
- Healthy adolescents today, healthier nation tomorrow.

The new digital slavery needs constitutional guardrails

In his profound encyclical, *Magnifica Humanitas*, Pope Leo XIV grounds the contemporary crisis of technology in elemental theology, reminding humanity that the individual stands at the absolute centre of divine creation. Yet, this sacred human dignity faces an unprecedented challenge. The Holy Father warns that artificial intelligence (AI), left unchecked, threatens to turn the ownership of our personal data into a new form of digital slavery – a subjugation as cruel as human bondage. Because the stakes are so inherently tied to human dignity, the Pontiff insists that the governance of AI cannot rely on vague good intentions, nor can it be left to the private consciences of the engineers who build these systems. Instead, he issues an urgent call for robust, binding law over abstract ethics, independent public oversight over the empty promises of Silicon Valley's modern pharaohs – and a clear requirement that a human being remains accountable whenever an automated system decides who gets a loan, a job, a medical bed, or an education. Pope Leo XIV's core demand is that this new electronic Curia be strictly regulated rather than quietly surrendered to a handful of private tech monopolies whose reach and resources already outstrip most sovereign governments. He even goes so far as to commend the courage to deliberately slow down the development of AI.

When regulation lags

However, a fundamental problem remains: AI and morality do not observe the same time. AI is developed at the breakneck speed of the start-up culture, driven by an ethos to move fast and run perpetual beta tests on society in the guise of progress. This velocity is fuelled not just by commercial rivalries, but by relentless mathematical innovation spanning from Silicon Valley to Shenzhen. It presents a deeper hurdle for lawmakers worldwide: parliament can govern what a person does, but it can never forbid a mathematical theorem, a discovery, or an equation from being made. How do lawmakers fulfil the Pope's wishes?

Law in most democracies moves slowly. By the time landmark legislation such as the European Union's Artificial Intelligence Act or the United Kingdom's Online Safety Act were painstakingly debated and passed, the specific technical harms they were built to combat had already mutated, leaving an entire generation to grow up inside unaddressed digital vulnerabilities. Policymakers have historically been behind the innovation curve, and under current paradigms, we will be again.

If legislation is fated to lag behind innovation, the consequences for democratic societies are not merely regulatory; they are existential.

Democracy cannot function if citizens cannot distinguish reality from fabrication. At its core, democratic governance relies on a shared factual foundation; without an environment on



Shashi Tharoor

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Unchecked AI threatens democracy, demanding constitutional safeguards beyond conventional responses.

basic facts from which public debate, policy, and electoral choices can flow. When that foundation is systematically undermined, the entire democratic project is threatened. Today, AI-generated disinformation and advanced synthetic media ("deepfakes") have advanced to a level of fidelity where the human eye and ear can no longer reliably detect forgery. This is already our reality. Highly convincing audio and video duplications of political leaders are deployed strategically during sensitive electoral cycles to depress voter turnout, fabricate scandals out of thin air, and instantly shatter public trust in legitimate state institutions.

This vulnerability is hyper-charged by algorithmic manipulation. Big Tech platforms operate on business models engineered exclusively to maximise user engagement. Because outrage, fear, and sensationalism generate the highest click-through rates, platform algorithms systematically prioritise and amplify hyper-partisan content, driving radicalisation. By trapping citizens within hyper-customised echo chambers, these systems normalise online hate and accelerate social fragmentation. In doing so, private platforms exert an unprecedented form of unaccountable power, effectively rewriting the rules of the public square to optimise quarterly corporate profits at the expense of social cohesion.

Democracy's digital vulnerability

When a society is deeply polarised and stripped of a shared reality, it becomes a soft target for foreign interference. Adversarial nation-states and non-state actors have weaponised these platform vulnerabilities, transforming them into a theatre for sophisticated information warfare.

Foreign information manipulation operations are no longer clumsy, bot-driven spam campaigns; they are highly targeted, AI-driven psychological operations designed to covertly exploit pre-existing religious, ethnic, or socioeconomic fault lines within a target nation. By covertly funding, generating, and amplifying divisive narratives, hostile foreign actors can destabilise a democracy from within, turning its own citizens against one another. These coordinated campaigns represent nothing less than a direct, strategic threat to democratic sovereignty itself.

As the world's largest democracy and a global technology hub, India stands at the absolute epicentre of this crisis. In an environment where digital adoption outpaces structural digital literacy, the weaponisation of synthetic media and algorithmic polarisation poses a unique threat to India's pluralistic society.

If traditional, reactive legislation is doomed to always trail behind mathematical innovation, India cannot rely on standard, backward-looking regulatory frameworks. Instead, an enduring law and policy framework for India must be anchored in five foundational pillars that operate concurrently.

rights-based framework that prioritises individual human dignity and digital autonomy, ensuring citizens possess unalienable rights over their personal data, strict consent protocols, and clear protections against algorithmic discrimination in critical sectors such as employment, credit, and health care. Second, platforms must be subjected to genuine democratic accountability; large technology firms can no longer hide behind absolute safe-harbour immunities while their algorithms profit from the viral spread of destabilising disinformation. They must be legally compelled to introduce structural transparency, allowing independent audits of their recommendation engines and forcing them to accept systemic liability for algorithmic amplification that results in real-world violence.

Third, even as these frameworks are constructed, free speech protections must remain fully intact. The power to define and combat disinformation must never devolve into a tool for state-sponsored censorship or the silencing of political dissent. The focus of regulation must remain strictly on structural platform mechanics, such as automated bot networks and deepfake originators, rather than the heavy-handed policing of individual ideological speech.

Fourth, because technical fixes are entirely insufficient without building cognitive resilience within the populace, India must launch a massive, state-backed educational initiative focused on media literacy and digital citizenship. This curriculum must be integrated across schools, universities, and rural community centres to train citizens to critically evaluate digital sources and identify emotional manipulation tactics. Finally, to defend national sovereignty, India must establish sophisticated, cross-sector early-warning systems capable of detecting coordinated misinformation operations in real-time. By leveraging advanced detection tools and fostering deep collaboration between state security apparatuses, independent fact-checking networks, and ethical hackers, the nation can identify and neutralise foreign information warfare campaigns before they achieve viral velocity.

A constitutional imperative

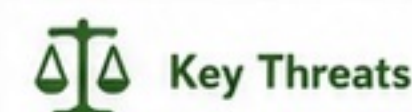
Ultimately, the lesson of our era is clear: AI governance cannot remain merely regulatory or technical. It is a profound mistake to treat the manipulation of the information ecosystem as a series of isolated technical glitches to be patched with minor corporate updates or narrow statutory tweaks. Because these technologies possess the unique capability to distort truth, polarise societies, and erode the sovereign choice of voters, AI governance must rise to the level of a constitutional imperative. The right to an unmanipulated information ecosystem, where reality can be clearly distinguished from corporate or state fabrication, must be viewed as an indispensable extension of the fundamental rights guaranteed by our Constitution.



- AI and digital technologies can undermine human dignity, democracy and truth; need strong constitutional safeguards.



- Pope Leo XIV's message highlights risks of AI: digital slavery, data exploitation, and manipulation.



- AI-driven disinformation, deepfakes and algorithmic manipulation.
- Erosion of privacy, autonomy and informed democratic choices.
- Foreign information warfare targeting social divisions.



- Rights-based framework:** dignity, data autonomy, consent, protection from algorithmic bias.
- Platform accountability:** legal audits, transparency and liability.
- Protect free speech:** regulate platform mechanisms, not opinions.
- Build digital literacy:** nationwide education for critical evaluation.
- Early-warning systems:** real-time detection and multi-agency collaboration.



- GS Paper II:** Fundamental Rights, Privacy, Governance, Democracy.
- GS Paper III:** S&T, Cyber Security, Disaster Management, Internal Security.
- Essay:** Technology, Ethics, Society and Democracy.



- AI governance must be a constitutional imperative to protect truth, democracy and national sovereignty.

1 Indian Ocean: A Shared Responsibility – PM Modi

- PM calls Indian Ocean a shared home.
- 19 agreements signed with Seychelles.
- Focus on security, blue economy & space.
- Strengthens SAGAR & Indo-Pacific vision.
- Supports Global South & maritime stability.
- Enhances maritime domain awareness.



Linkage: Indian Ocean • SAGAR • IORA • Blue Economy

Relevance: Prelims – IORA, Geography | Mains – IR, Security, Geo.

2 What Lay Hidden in Purana Kharve

- Eight murders in Chhattisgarh village.
- Alleged serial killings using poisoned liquor.
- Highlights psychological & social factors.
- Shows importance of criminal profiling.
- Need for community policing & trust.
- Mental health link critical in prevention.



Linkage: Police Reforms • Criminology • Mental Health

Relevance: Prelims – Policing | Mains – GS2, GS4, Essay

3 Smart AI Caching Can Keep Data Flowing During Disasters

- AI caching ensures data continuity.
- Works even when networks fail.
- Supports emergency communication.
- Helps in relief & early warning.
- Strengthens disaster infrastructure.
- Edge computing reduces latency.



Linkage: AI • Disaster Management • IT • Edge Computing

Relevance: Prelims – AI, DRR | Mains – S&T, Governance

4 The New Digital Slavery Needs Constitutional Guardrails

- Surveillance & algorithmic control rising.
- Threat to privacy & fundamental rights.
- Data monopolies & profiling risks.
- Need digital rights framework.
- Calls for ethical AI governance.
- Requires transparency & accountability.



Linkage: Fundamental Rights • Privacy • Data Protection

Relevance: Prelims – Rights | Mains – Polity, Ethics, GS2

5 Buyer Beware

- Consumers face hidden charges.
- Misleading digital marketing rising.
- Dark patterns exploit buyers.
- CCPA empowers consumer rights.
- Need strong enforcement.
- Digital literacy is essential.



Linkage: Consumer Protection Act, 2019 • CCPA

Relevance: Prelims – Acts & Bodies | Mains – GS2, Ethics

6 Sharing Waters

- Water sharing needs cooperation.
- Basin-level planning essential.
- Climate change increases stress.
- Inter-state disputes persist.
- Promotes sustainable management.
- Efficient use & data sharing vital.



Linkage: IRWD Act • River Basin Management • Water Stress

Relevance: Prelims – Acts | Mains – GS3, Governance

7 How Schools Can Tackle Adolescent Malnutrition

- Adolescent anaemia remains high.
- School meals can improve nutrition.
- Need for healthy canteens.
- Nutrition education & supplements vital.
- Regular health screening important.
- Early intervention prevents long-term impact.



Linkage: POSHAN • PM POSHAN • Anaemia Mukh Bharat

Relevance: Prelims – Schemes | Mains – GS2, Health

8 Can Neutral Ships Be Lawfully Attacked?

- Neutral ships enjoy protection.
- Attack allowed only in specific cases.
- UNCLOS & naval law apply.
- Key for global trade & navigation.
- India's maritime interests at stake.
- Balance between security & law.



Linkage: UNCLOS • Law of Naval Warfare

Relevance: Prelims – ILOs | Mains – IR, Security

9 Do Unprecedented Security Measures Address NEET's Real Vulnerabilities?

- Cheating incidents continue despite strict measures.
- Systemic gaps in exam integrity persist.
- Need robust digital security & audit systems.
- Institutional accountability must be ensured.
- Student welfare should be a priority.



Linkage: Education Governance • Right to Equality

Relevance: Prelims – Schemes | Mains – GS2, Governance, Ethics

QUICK NEWS



Kerala 'killing zone' back in focus
Elephant dies from suspected explosives. Highlights human-wildlife conflict.



China's role in Bangladesh's Teesta plans
China's involvement raises India's strategic & water security concerns.



Indian Army in Seychelles National Day
Army contingent joined Seychelles' 50th National Day celebrations.



Electric cooking to be promoted in T.N.
Tamil Nadu plans push for e-cooking to reduce fossil fuel dependence.



From seas to skies, India self-reliant: Modi
PM highlights progress in maritime, aerospace & defence self-reliance.



New Anaemia Mukh Bharat norms
Focus on early screening, prevention & treatment among vulnerable groups.



Life on Mars: enduring mystery
Scientists explore past habitability; No definite evidence of life yet.



Treatflation in workplace culture
Frequent discretionary spending rises despite inflationary pressures.



Gujarati blockbuster Laalo's success
Regional film's word-of-mouth triumph shows power of local storytelling.



CBSE allows two foreign languages
Students of Classes 7–9 can continue studying two foreign languages.

PRELIM FACTS

- **Indian Ocean Rim Association (IORA):** 23 member states; HQ: Mauritius.
- **SAGAR:** Security and Growth for All in the Region.
- **Indus Waters Treaty:** Signed in 1960 between India–Pakistan.
- **POSHAN Abhiyaan:** Launched in 2018 for nutrition mission.
- **UNCLOS:** Adopted in 1982; India acceded in 1995.
- **Int. Tribunal for Law of the Sea:** Created under UNCLOS; HQ: Hamburg.
- **FAO:** HQ: Rome; UN agency for food security.
- **Global Multidimensional Poverty Index:** Released by UNDP annually.
- **SECI:** Solar Energy Corporation of India; Ministry of New & Renewable Energy.

VOCABULARY

- **Ubiquitous** — Present or found everywhere.
- **Conundrum** — A confusing and difficult problem.
- **Gordian** — Complex; difficult to untangle.
- **Mendacious** — Given to lying; dishonest.
- **Malleable** — Capable of being shaped or influenced.

1 हिंद महासागर: साझा जिम्मेदारी – मोदी

- पीएम मोदी ने हिंद महासागर को 'हमारा साझा घर' बताया।
- भारत-सेशेल्स के बीच 19 समझौतों पर हस्ताक्षर।
- सुरक्षा, ब्लू इकॉनमी, अंतरिक्ष, डिजिटल पेमेंट्स पर जोर।
- SAGAR और इंडो-पैसिफिक विजन को मजबूत किया।
- SIDS देशों के प्रति सीवविंग और क्षमता निर्माण पर बल।
- क्षेत्र की सुरक्षा, स्थिरता और समृद्धि साझा जिम्मेदारी।



संघटिक लिंक: हिंद महासागर • SAGAR • IORA • इंडो-पैसिफिक
UPSC दृष्टिकोण: प्रीलिम्स – IORA, SAGAR | मेन्स – IR, सुरक्षा, भूगोल

2 पुराना खर्चों में क्या छिपा था?

- छत्तीसगढ़ के गांव में आठ हत्याओं के मामले।
- आरोपी ने जहरीली शराब का प्रयोग किया।
- मनोवैज्ञानिक व सामाजिक कारण उजागर।
- अपराध प्रोफाइलिंग की महत्वपूर्ण भूमिका।
- सामुदायिक पुलिसिंग और विश्वास आवश्यक।
- मानसिक स्वास्थ्य व फॉरेंसिक की जरूरत।



संघटिक लिंक: पुलिस सुधार • अपराध विज्ञान • मानसिक स्वास्थ्य
UPSC दृष्टिकोण: प्रीलिम्स – पुलिसिंग | मेन्स – GS2, GS4, निबंध

3 स्मार्ट AI कैशिंग से आपदा में डेटा प्रवाह बना रह सकता है

- AI आधारित कैशिंग से डेटा निरंतर उपलब्ध रहता है।
- नेटवर्क विफलता के बावजूद संचार संभव।
- राहत, स्वास्थ्य, लॉजिस्टिक्स में उपयोगी।
- लेटेंसी (latency) कम होती है।
- डिजिटर डिजिटल इफास्ट्रक्चर मजबूत होता है।
- एज कंयूटिंग से विधासनीयता बढ़ती है।



संघटिक लिंक: AI • एज कंयूटिंग • ICT • आपदा प्रबंधन
UPSC दृष्टिकोण: प्रीलिम्स – AI, DRR | मेन्स – S&T, सुशासन

4 नई डिजिटल गुलामी के लिए संवैधानिक सुरक्षा जरूरी

- निगरानी, एल्गोरिथम नियंत्रण और डेटा मोनोपॉली की चुनौती।
- निजता, अभिव्यक्ति और समानता के अधिकार पर खतरा।
- डेटा का दुरुपयोग और प्रोफाइलिंग की चिंता।
- अनुच्छेद 14, 19, 21 से अधिकारों की रक्षा।
- पारदर्शिता, जवाबदेही और डिजिटल अधिकार फ्रेमवर्क की आवश्यकता।
- नैतिक AI शासन को बढ़ावा देना जरूरी।



संघटिक लिंक: मौलिक अधिकार • निजता • डेटा संरक्षण
UPSC दृष्टिकोण: प्रीलिम्स – अधिकार | मेन्स – नीति, नैतिकता, GS2, GS4

5 खरीदार सावधान

- उपभोक्ताओं को छिपे शुल्क व भ्रमक दावों का सामना।
- डिजिटल मार्केटिंग में 'डार्क पैटर्न' का दुरुपयोग।
- CCPA उपभोक्ता अधिकारों की रक्षा करता है।
- उपभोक्ता संरक्षण अधिनियम, 2019 लागू।
- पारदर्शी प्रकटीकरण व सूचना का अधिकार जरूरी।
- डिजिटल साक्षरता उपभोक्ता सशक्तिकरण की कुंजी।



संघटिक लिंक: उपभोक्ता संरक्षण अधिनियम, 2019 • CCPA
UPSC दृष्टिकोण: प्रीलिम्स – अधिनियम | मेन्स – GS2, नैतिकता

6 जल का साझा उपयोग

- जल साझा करने के लिए सहयोग आवश्यक।
- नदी बेसिन स्तर पर योजना जरूरी।
- जलवायु परिवर्तन से जल तनाव बढ़ रहा है।
- अंतर-राज्यीय जल विवाद आम हैं।
- वैज्ञानिक डेटा साझाकरण महत्वपूर्ण।
- सतत जल प्रबंधन से दीर्घकालिक समाधान।



संघटिक लिंक: जल संसाधन • नदी बेसिन प्रबंधन • जल तनाव
UPSC दृष्टिकोण: प्रीलिम्स – अधिनियम | मेन्स – GS3, सुशासन

7 स्कूल कैसे किशोरों के कुपोषण से निपट सकते हैं

- किशोरों में एनीमिया और कुपोषण व्यापक।
- पोषिक भोजन व सैटेन गुणवत्ता जरूरी।
- POSHAN, PM POSHAN उपयोगी योजनाएँ।
- पोषण शिक्षा व स्वास्थ्य जाँच अनिवार्य।
- आयरन-फोलिक एसिड अनुपूरण आवश्यक।
- स्वस्थ आहार व सक्रिय जीवनशैली को बढ़ावा।



संघटिक लिंक: POSHAN • PM POSHAN • एनीमिया मुक्त भारत
UPSC दृष्टिकोण: प्रीलिम्स – योजनाएँ | मेन्स – GS2, स्वास्थ्य, मानव संसाधन

8 क्या तटस्थ जहाजों पर वैध रूप से हमला हो सकता है?

- तटस्थ जहाजों को अंतरराष्ट्रीय कानून से संरक्षण।
- केवल विशेष परिस्थितियों में हमला वैध।
- UNCLOS व युद्ध के नियम लागू होते हैं।
- वैश्य उपयोग या प्रत्यक्ष खतरे पर अपवाद।
- भरित के समुद्री हितों व SLOCs की सुरक्षा आवश्यक।



संघटिक लिंक: UNCLOS • समुद्री युद्ध का विधि शास्त्र
UPSC दृष्टिकोण: प्रीलिम्स – UNCLOS | मेन्स – IR, सुरक्षा, अंतरराष्ट्रीय कानून

9 क्या अभूतपूर्व सुरक्षा उपाय NEET की तास्तविक कमजोरियों को संबोधित करते हैं?

- परीक्षा में धोखाधड़ी की घटनाएँ जारी।
- सुरक्षा कड़ी, पर प्रणालीगत कर्मियों बनी हुई हैं।
- पेपर लीक, लॉजिस्टिक्स व डिजिटल जोखिम मौजूद।

संघटिक लिंक: शिक्षा प्रशासन • शिक्षा का अधिकार • डिजिटल सुरक्षा



- संस्थागत जवाबदेही जरूरी।
- तकनीकी ऑडिट व ट्रांसपेरेंसी बढ़ें।
- छात्र हित व परीक्षा सुधार सर्वोपरि।
- तंत्र, प्रशासनिक और कानूनी सुधार जरूरी।

त्वरित समाचार (Quick News)



केरल में 'किलिंग जोन' फिर चर्चा में
सांदिग्ध विस्फोटक से हाथी की मौत।
मानव-हाथी संघर्ष गंभीर।



बांग्लादेश के तेल्सा प्लान में चीन की भूमिका
चीन की भागीदारी से भारत की रणनीतिक
चिंताएँ और जल सुरक्षा मुद्दे।



सेशेल्स के 50वें राष्ट्रीय दिवस में भारतीय सेना
भारतीय सेना दल ने समारोह में भाग लिया।
रक्षा सहयोग और द्विपक्षीय संबंध मजबूत।



तमिलनाडु में इलेक्ट्रिक कुकिंग को बढ़ावा
फॉसिल ईंधन पर निर्भरता घटेगी।
जीवाश्म ईंधन पर निर्भरता घटेगी।



समुद्र से आकाश तक, भारत आत्मनिर्भर: मोदी
समुद्री और एयरोस्पेस क्षेत्रों में आत्मनिर्भरता
पर पीएम का जोर।



नए एनीमिया मुक्त भारत मानक
जल्द पहचान, रोकथाम व उपचार पर जोर।
किशोरों व महिलाओं के स्वास्थ्य पर फोकस।



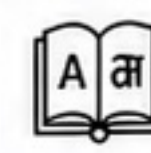
मंगल पर जीवन: रहस्य बरकरार
वैज्ञानिकों को अतीत के संकेत मिले,
पर जीवन का पक्का प्रमाण नहीं।



ट्रीटफ्लेशन: दस्य संस्कृति की नई चुनौती
महंगाई के बीच अनावश्यक खर्च बढ़ रहे हैं।
मानसिक व विचीय संतुलन की आवश्यकता।



गुजराती फिल्म 'लालो' की सफलता
मजबूत वर्ड-ऑफ-माउथ से वॉक्स ऑफिस हिट।
क्षेत्रीय सिनेमा की बढ़ती ताकत का उदाहरण।



CBSE ने दो विदेशी भाषाएँ जारी
कक्षा 7-9 के छात्रों को दो विदेशी भाषाएँ
पढ़ने का विकल्प मिलेगा।

प्रीलिम्स तथ्य (Prelim Facts)

- IORA (Indian Ocean Rim Association): 23 सदस्य देश; मुख्यालय मॉरिशस।
- SAGAR: Security and Growth for All in the Region – भारत की पहल।
- सिंधु जल संधि: 1960 में भारत-पाक के बीच हस्ताक्षरित।
- POSHAN अभियान: 2018 में शुरू; पोषण स्तर सुधार हेतु।
- UNCLOS: 1982 में अंगीकृत; भारत ने 1995 में अनुमोदित किया।
- ITLOS: समुद्र न्यायाधिकरण; UNCLOS के तहत; मुख्यालय हैमानर्तु।
- FAO: मुख्यालय रोम, इटली; स्थापना 1945।
- MPI (वहुआयामी गरीबी सूचकांक): UNDP द्वारा वार्षिक जारी।
- SECI (Solar Energy Corporation of India): MNRE के तहत स्थापित।

शब्दावली (Vocabulary)

- Ubiquitous (सर्वव्यापी) – जो हर जगह मौजूद हो।
- Conundrum (दुविधा) – जटिल, उलझा हुआ प्रश्न या स्थिति।
- Gordian (गॉटी-सदस्य) – अत्यंत जटिल; कठिन समस्या।
- Mendacious (असत्यवादी) – जो झूठ बोलता हो।
- Malleable (लचीला) – जिसे दाला या प्रभावित किया जा सके।