

Read
Analyse
Understand
Excel

DAILY CURRENT AFFAIRS CLASS

We cover The Hindu, The Indian Express, Financial Express, PIB, PRS & other important sources every day.



Same News
Deeper Insights
For A Brighter
Tomorrow

POLITY
ECONOMY
INTERNATIONAL RELATIONS
ENVIRONMENT
SCIENCE & TECHNOLOGY
SOCIAL ISSUES
AND MORE...

Stay Informed
Build a Better
Tomorrow



By **Bhunesh Sir**

Daily analysis for serious exam preparation



Exam Focused



Fact-Based Analysis



Relevant for All Major Exams

UPSC | State PCS | SSC | Banking | Defence | CUET | Others



Build Informed Citizens

Knowledge
for a
Better India

Current
Affairs
Stronger
Citizens
Brighter India

The Hindu
The Indian Express
Financial Express

Great
Questions
Build
Great Futures

- ☒ Read
- ☒ Analyse
- ☒ Revise
- ☒ Apply
- ☒ Stay Ahead

INDIAN POLITY
ECONOMY
INTERNATIONAL RELATIONS
ENVIRONMENT
SCIENCE & TECHNOLOGY

“

Rumi said:

”As you start to walk on the way, the way appears.”

Clarity doesn't come before action. It comes from action.

BATCH B3

START DATE - 19 OCT

100% MONEY BACK STOCK MARKET COURSE

▲ +2.45%
▲ +5.76%
▲ +1.32%
▲ +4.18%



**SCAN AND
FILL FORM NOW**

BATCH B3

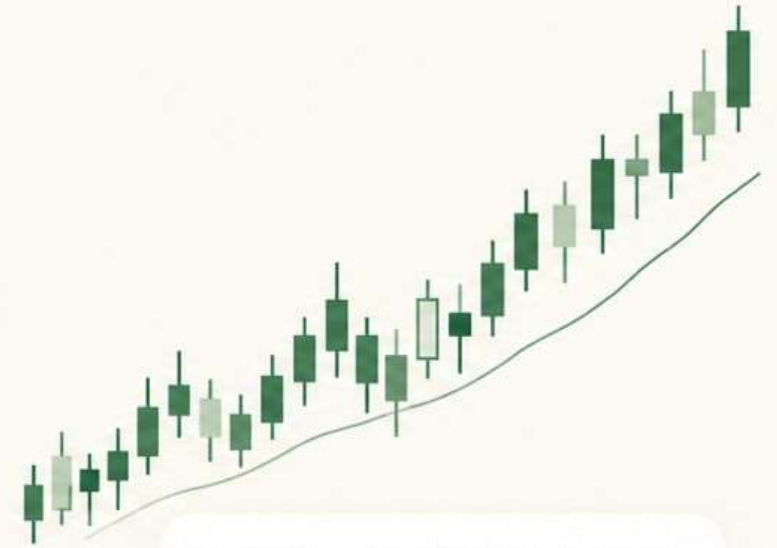
LUCK X | SKILL ✓

STOCK MARKET IS A SKILL

STOCK MARKET COURSE

100% MONEY BACK

START DATE - 19 OCT



**SCAN AND
FILL FORM NOW**

Today's Current Affairs | 16 October 2026

आज के समसामयिक मुद्दे — The Hindu • Indian Express • Financial Express — 10 articles + exam
PYQs + MCQs + Myth Buster

1

ECI: summary revision of
rolls
मतदाता सूची का सारांश
पुनरीक्षण

2

Goods exports jump 23%
निर्यात 23% बढ़ा

3

Conversion & reservation
धर्मांतरण व आरक्षण

4

Indian-origin scientist to
lead NASA PUFFINS
नासा पफ़िन्स

5

₹4,106-cr deals: GSAT-7C
& Varunastra
रक्षा सौदे

6

Rich Indians more prone
to heart disease
हृदय रोग

7

World Food Day and food
security
विश्व खाद्य दिवस

8

Two-thirds of oil from 3
nations
तेल आयात

9

Imran Khan told to leave
India
OCI व विदेशी नागरिक

10

Diabetes is a disease of
childhood habits
मधुमेह

THE HINDU • 16 OCT 2026

Page 1 • Front Page

पृष्ठ 1 • मुख पृष्ठ

Articles covered from this page | इस पृष्ठ से लिए गए लेख

1 ECI: summary revision of rolls | मतदाता सूची पुनरीक्षण

2 Exports jump 23% | निर्यात 23% उछला

3 Oil imports (p12) | तेल आयात



ECI: summary revision of rolls

मतदाता सूची का सारांश पुनरीक्षण

ECI to hold summary revision of rolls

Annual exercise to enrol new voters and update rolls was stalled due to SIR launch

Sreeparna Chakrabarty
NEW DELHI

Amid protests against the special intensive revision (SIR) and Chief Election Commissioner Gyanesh Kumar, the Election Commission of India (ECI) on Thursday announced the special summary revision (SSR) of electoral rolls in 17 States and Union Territories, including poll-bound Uttarakhand, Uttar Pradesh, and Punjab.

The SSR seeks to enrol new voters and update electoral rolls. The annual exercise was stalled last year due to the launch of the now-controversial SIR. Election Commissioners S.S. Sandhu and Vivek Joshi are understood to have raised this as an anomaly among other issues.

Unlike the SIR, applicants do not have to submit documents to prove citizenship or be mapped with earlier electoral rolls when enrolling through the SSR.

Following protests against the 13 crore SIR deletions, the ECI announced on September 29 a special drive to re-enlist voters who were left out.

Electronic rolls

This re-enrolment through special camps and house-to-house visits by booth-level officers (BLOs) is being done using the original Form 6, without the declaration appended during the SIR.

The Commission has also capped the number of Form 7s, used for voter de-

17 States and UTs, including poll-bound Uttarakhand, U.P. and Punjab, part of SSR

Roll reboot

The Election Commission has ordered voter roll revisions across 17 States and Union Territories

■ Voters **need no citizenship proof** under the standard SSR process

■ Candidates will **receive searchable and readable PDF** electoral rolls electronically

■ Revision process **skips home visits by booth officers** and lists will be displayed locally

■ ECI **limits Form 7 applications** to prevent bulk voter deletions



letions, that an individual can submit amid reports of such applications being filed in bulk. The SSR is over and above this special re-enrolment drive.

Among the firsts in this year's SSR, the ECI said that it will provide a "readable PDF" of the alphabetically arranged electoral rolls to contesting candidates and recognised political parties during elections. Opposition parties have been demanding machine-readable electoral rolls rather than image-based PDFs so that they are digitally searchable, indexable, and verifiable.

Political parties will get supplementary voter lists that were earlier kept only for record and future use.

The SSR process will not

include house-to-house visits by BLOs. Instead, draft and final lists will be put up at polling booths.

In its order to the Chief Electoral Officers of the States and Union Territories (UTs) where the exercise will begin, the Commission said that through the SSR it aims to "facilitate the enrolment of eligible electors with reference to the qualifying date of January 1, 2027 along with seeking advance applications for the three subsequent qualifying dates of April 1, July 1 and October 1, 2027."

17 States and UTs

The ECI directive said that the SSR will be held in Andaman and Nicobar Islands, Assam, Bihar, Chhattisgarh, Goa, Gujarat, Kerala, Lakshadweep,

Madhya Pradesh, Manipur, Puducherry, Punjab, Rajasthan, Tamil Nadu, Uttar Pradesh, Uttarakhand, and West Bengal.

In States/UTs where the SIR is going on or has just been completed, the SSR schedule will be announced later.

These are Andhra Pradesh, Arunachal Pradesh, Chandigarh, Dadra and Nagar Haveli and Daman and Diu, Haryana, Jharkhand, Karnataka, Maharashtra, Meghalaya, Mizoram, Nagaland, NCT of Delhi, Odisha, Sikkim, Tripura, and Telangana.

For Himachal Pradesh, Jammu and Kashmir, and Ladakh, where SIR has not been done, the schedule for roll revision will be announced after considering the weather conditions.

ECI to Hold Special Summary Revision of Electoral Rolls

चुनाव आयोग 17 राज्यों/केंद्रशासित प्रदेशों में मतदाता सूची का विशेष सारांश पुनरीक्षण (SSR) करेगा – SIR के कारण पिछले वर्ष रुका वार्षिक अभ्यास फिर शुरू



SSR, not SIR
SSR, SIR नहीं

1 The decision | निर्णय



- ▶ **SSR in 17 States/UTs**
17 राज्य/UT
- ▶ Annual exercise **stalled last year** due to SIR
पिछले वर्ष रुका
- ▶ Enrol **new voters** & update rolls
नए मतदाता

2 Firsts this year | पहली बार



- ▶ **Readable (searchable) PDF** rolls to parties
खोजयोग्य PDF
- ▶ Parties get **supplementary lists**
पूरक सूचियाँ
- ▶ Cap on **Form 7** (deletion) per person
फ़ॉर्म 7 सीमा

3 SSR vs SIR | अंतर



SSR सारांश	SIR गहन
No citizenship proof प्रमाण नहीं	Documents needed दस्तावेज़
No mapping with old rolls मैपिंग नहीं	Mapped to last SIR मैपिंग
Lists at booths बूथ पर सूची	House-to-house BLOs घर-घर

ECI: summary revision of rolls — in depth (1/2)

मतदाता सूची का सारांश पुनरीक्षण — विस्तार से (1/2)

4
Qualifying dates
अर्हता तिथियाँ


1 Jan 2027
Main date
मुख्य

1 Apr
Advance
अग्रिम

1 Jul
Advance
अग्रिम

1 Oct
Advance
अग्रिम

5
Legal base | कानूनी
आधार


- ▶ **Art 324** – ECI superintends rolls
अनु. 324
- ▶ **Art 326** – adult suffrage (18+)
अनु. 326
- ▶ **Sec 21, RP Act 1950** – revision of rolls
धारा 21

6
Context | पृष्ठभूमि


- ▶ Protests over ~**13 crore SIR deletions**
13 करोड़
- ▶ ECs **Sandhu & Joshi** flagged the anomaly
चुनाव आयुक्त
- ▶ Re-enrolment drive (from **29 Sept**) uses original **Form 6**
फॉर्म 6

ECI: summary revision of rolls — in depth (2/2)

मतदाता सूची का सारांश पुनरीक्षण — विस्तार से (2/2)

7 How the SSR runs | SSR प्रक्रिया



Draft roll
प्रारूप

At booths
बूथ पर



Claims
दावे

Form 6/7/8
फॉर्म



ERO decides
ERO निर्णय

Verification
सत्यापन



Final roll
अंतिम सूची

Readable PDF
PDF

8

Did you know?
क्या आप जानते हैं?



► **Four** qualifying dates a year since the **2021** RP Act amendment

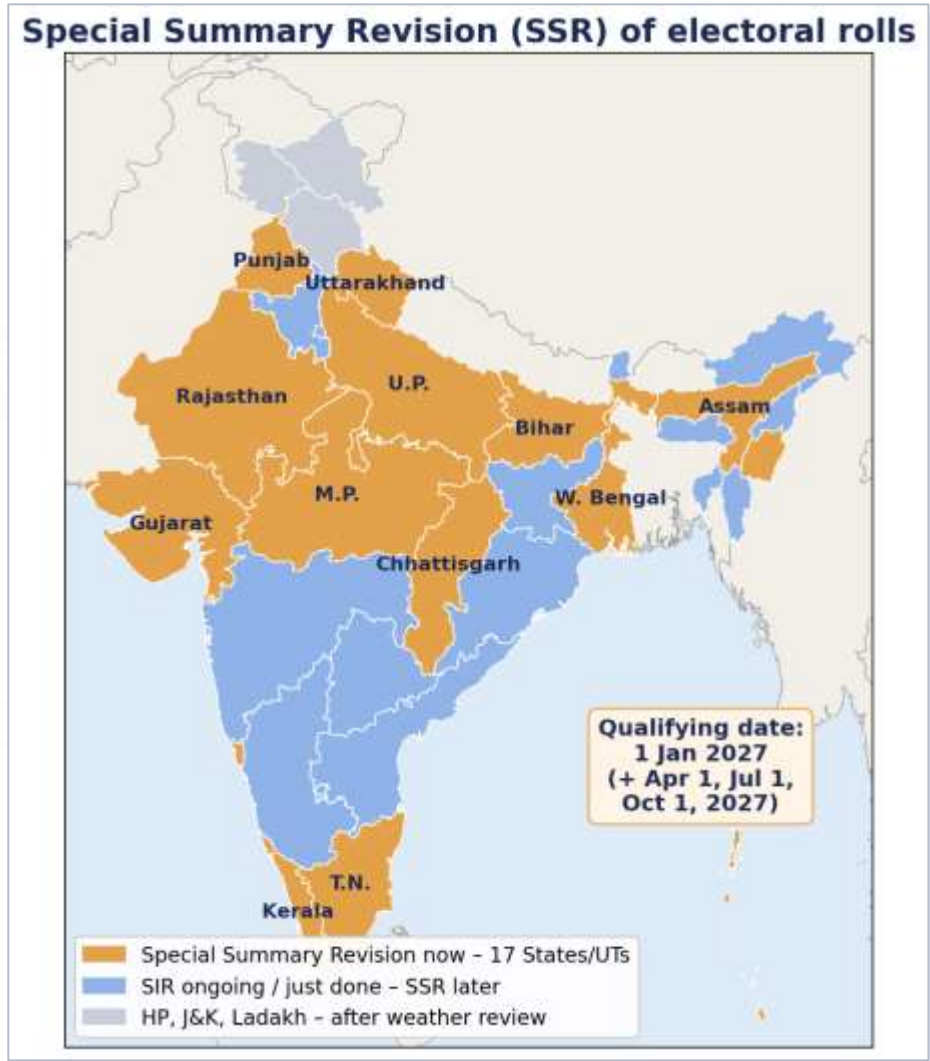
चार तिथियाँ

► **61st Amendment (1988)** cut voting age **21** → **18**

61वाँ संशोधन

ECI: summary revision of rolls — Map & Diagram

मतदाता सूची का सारांश पुनरीक्षण — मानचित्र व आरेख



Read the visual चित्र को समझें

- **17 States/UTs** – incl. poll-bound **U.P., Punjab, Uttarakhand**
17 राज्य/UT
- Blue: SIR on / just done – **SSR later**
बाद में
- **HP, J&K, Ladakh** – after weather review
मौसम के बाद
- Qualifying date **1 Jan 2027**
1 जनवरी 2027

Goods exports jump 23%

निर्यात 23% बढ़ा



rose from \$36.08 billion to \$44.4 billion in September 2025, government data released on Thursday said. However, the deficit widened when compared to \$26.86 billion recorded during August 2026.

Exports of petroleum products, electronic goods and chemicals grew by 31.9% (\$6.2 billion), 70.44% (\$5.3 billion) and 24.21% (\$3 billion) respectively, during the month.

High crude oil prices amid the West Asia crisis have helped India earn better realisations from petroleum product exports.

Imports rose by 8% year-on-year to \$74.61 billion in September.

Gold imports down

Gold and silver imports declined by 81.27% and 49.11%, respectively, to \$1.8 billion and \$665 million during the month. In-bound shipments of crude oil, on the other hand, rose by 30.76% to \$18.34 billion.

Brent crude oil prices have been hovering over \$100 per barrel during the last few weeks.

expressed the hope that if the trend continued, the country's merchandise exports would cross \$500 billion. They were at \$442 billion in 2025-26.

Services exports

As per government estimates, services exports stood at \$36.35 billion in September, and imports were at \$19.44 billion.

On services exports, the secretary said the rise in oil prices due to the West Asia crisis has impacted the exports in areas, including travel and tourism.

Commenting on the data, Federation of Indian Export Organisations (FIEO) president S.C. Ralhan said exporters continue to respond to global uncertainty with agility, strengthening their presence across markets. "This strong first-half performance provides a firm foundation to advance towards India's \$1 trillion export ambition. The priority now is to translate this momentum into sustained orders and deeper market penetration," he said.

A IN-X

Goods Exports Jump 23% in September; Trade Deficit Narrows

सितंबर में वस्तु निर्यात 23% बढ़कर \$44.4 अरब – पेट्रोलियम, इलेक्ट्रॉनिक्स और रसायनों से बढ़त; सोने का आयात घटने से व्यापार घाटा कम



\$500 bn target
\$500 अरब लक्ष्य

1 September 2026 | सितंबर

\$44.4 bn

Exports (+23%)
निर्यात

\$74.61 bn

Imports (+8%)
आयात

\$30.21 bn

Trade deficit
व्यापार घाटा

\$36.35 bn

Services
exports
सेवा निर्यात

2 Growth drivers वृद्धि के कारण

- ▶ **Electronic goods +70.44%**
इलेक्ट्रॉनिक्स
- ▶ **Petroleum products +31.9%** (high crude prices)
पेट्रोलियम
- ▶ **Chemicals +24.21%**
रसायन

3 Imports | आयात

- ▶ **Gold –81.27%, silver –49.11%**
सोना घटा
- ▶ **Crude +30.76% to \$18.34 bn**
कच्चा तेल बढ़ा
- ▶ **Brent above \$100/barrel**
\$100 से ऊपर

Goods exports jump 23% — in depth (1/2)

निर्यात 23% बढ़ा — विस्तार से (1/2)

4

First half (Apr–Sep)
प्रथम छमाही



Item मद	H1 2026-27
Exports निर्यात	\$259.89 bn (+18.5%)
Imports आयात	\$437.53 bn (+16.3%)
Deficit घाटा	\$177.64 bn

5

Targets | लक्ष्य



- ▶ Goods exports to cross **\$500 bn**
\$500 अरब
- ▶ **\$442 bn** in 2025-26
2025-26
- ▶ **\$1 trillion** export ambition (FIEO)
\$1 ट्रिलियन

6

Key terms | शब्दावली



- ▶ **Trade deficit** = imports – exports
व्यापार घाटा
- ▶ **Merchandise** = goods; services counted separately
वस्तु
- ▶ Data released by **Commerce Ministry** monthly
वाणिज्य मंत्रालय

Goods exports jump 23% — in depth (2/2)

निर्यात 23% बढ़ा — विस्तार से (2/2)

7 Why the deficit narrowed | घाटा क्यों घटा



High crude
महँगा तेल

Better fuel export
price
निर्यात मूल्य



Electronics
इलेक्ट्रॉनिक्स

PLI boost
PLI



Less gold
कम सोना

Imports fall
आयात घटा



Deficit ↓
घाटा कम

\$33 → \$30.2 bn
कमी

8

Did you know?
क्या आप जानते हैं?

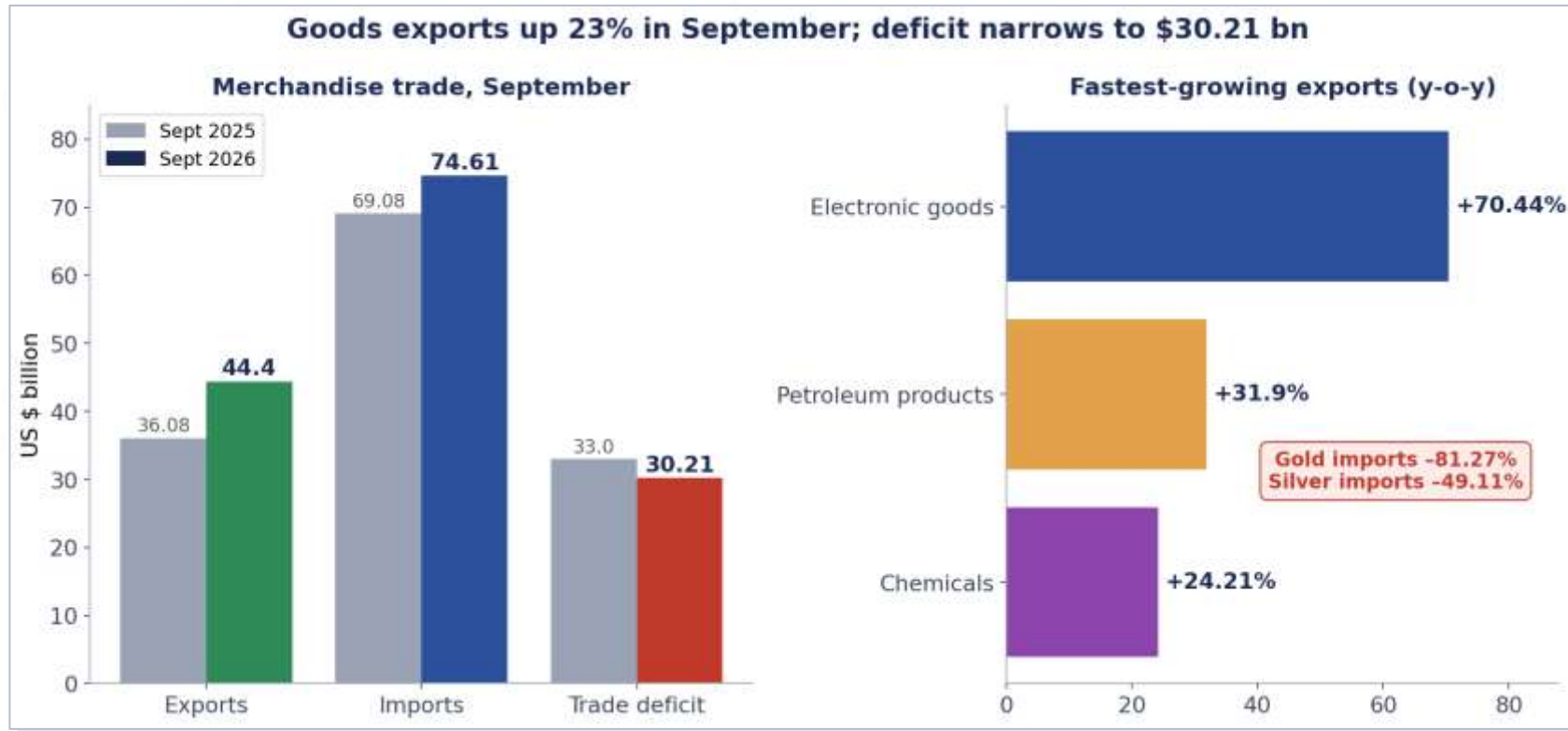


► **USA** is India's largest
export destination
अमेरिका

► **Foreign Trade Policy**
2023 has no end date
FTP 2023

Goods exports jump 23% — Map & Diagram

निर्यात 23% बढ़ा — मानचित्र व आरेख



Read the visual
चित्र को समझें

- ▶ Exports \$36.08 → \$44.4 bn
निर्यात
- ▶ Deficit narrows to \$30.21 bn
घाटा घटा
- ▶ Electronics +70%, petroleum +32%
इलेक्ट्रॉनिक्स
- ▶ Gold imports -81%
सोना आयात घटा



1 says conversion does not automatically grant benefits of reservation

UP govt. appeal seeking confirmation of order issued by court in 2014 dismissed, case identity cannot be treated as an immutable personal attribute irrespective of a change in religious affiliation

By Anshu Kumar
NEW DELHI
The Supreme Court on Thursday said that a Hindu converting to another religion does not automatically grant him the benefits of reservation under the Constitution. The court, in a judgment delivered by a five-judge bench, said that the conversion of a Hindu to another religion is not an immutable personal attribute and, therefore, it cannot be treated as such for the purpose of granting reservation.



The court, in a judgment delivered by a five-judge bench, said that the conversion of a Hindu to another religion is not an immutable personal attribute and, therefore, it cannot be treated as such for the purpose of granting reservation.

HC allows CPI(M) bookstall near puja pandal in Bengal

Perth Press of India

The Calcutta High Court on Thursday allowed the CPI(M) to set up a bookstall near a Hindu puja pandal in Bengal. The court, in a judgment delivered by a three-judge bench, said that the CPI(M) has the right to set up a bookstall near a puja pandal, as it is a public place and the CPI(M) has the right to set up a bookstall in a public place.

2020 Delhi riots: court acquits 3 accused of attempt to murder

A Delhi court has acquitted three men of attempting to murder a man during the 2020 Delhi riots, saying the prosecution failed to prove their guilt. The court, in a judgment delivered by a three-judge bench, said that the prosecution failed to prove the guilt of the three men, as they did not have any direct evidence against them.

The court, in a judgment delivered by a three-judge bench, said that the prosecution failed to prove the guilt of the three men, as they did not have any direct evidence against them.

The court, in a judgment delivered by a three-judge bench, said that the prosecution failed to prove the guilt of the three men, as they did not have any direct evidence against them.

When SP is in power, it brings mafia, BJP brings change and development: Adityanath

By Anshu Kumar

Chief Minister Yogi Adityanath on Thursday said that when the Samajwadi Party (SP) is in power, it brings mafia, and when the BJP is in power, it brings change and development. He said that the BJP has brought a lot of development in Uttar Pradesh, and he is proud of the progress that the state has made.

Chief Minister Yogi Adityanath on Thursday said that when the Samajwadi Party (SP) is in power, it brings mafia, and when the BJP is in power, it brings change and development. He said that the BJP has brought a lot of development in Uttar Pradesh, and he is proud of the progress that the state has made.

Odisha to continue with ballot papers for rural polls, EVMs in urban local bodies

By Anshu Kumar

Odisha's Chief Minister Nara Chandrababu Naidu on Thursday said that the state will continue to use ballot papers for rural polls and EVMs for urban local bodies. He said that the state has a long way to go in terms of improving the electoral process, and he is committed to ensuring that the process is fair and transparent.

Odisha's Chief Minister Nara Chandrababu Naidu on Thursday said that the state will continue to use ballot papers for rural polls and EVMs for urban local bodies. He said that the state has a long way to go in terms of improving the electoral process, and he is committed to ensuring that the process is fair and transparent.

Chief Minister Yogi Adityanath on Thursday said that when the Samajwadi Party (SP) is in power, it brings mafia, and when the BJP is in power, it brings change and development. He said that the BJP has brought a lot of development in Uttar Pradesh, and he is proud of the progress that the state has made.

Chief Minister Yogi Adityanath on Thursday said that when the Samajwadi Party (SP) is in power, it brings mafia, and when the BJP is in power, it brings change and development. He said that the BJP has brought a lot of development in Uttar Pradesh, and he is proud of the progress that the state has made.

Chief Minister Yogi Adityanath on Thursday said that when the Samajwadi Party (SP) is in power, it brings mafia, and when the BJP is in power, it brings change and development. He said that the BJP has brought a lot of development in Uttar Pradesh, and he is proud of the progress that the state has made.

Uttarakhand Minister files case against her husband

By Anshu Kumar

A Minister from the Uttarakhand government has filed a case against her husband in a court of law. The case is related to a dispute over property, and the Minister has accused her husband of misappropriating funds. The court has accepted the case, and the Minister has been granted interim relief.

54 killed in 18 boat accidents in 3 years in Bihar

By Anshu Kumar

At least 54 people were killed in 18 boat accidents in Bihar over the last three years, according to a report by the state government. The accidents were caused by a combination of factors, including poor weather conditions, lack of proper training for boat operators, and overcrowding on the boats. The government has taken steps to improve safety, but more needs to be done.

Meitei groups criticise 'media trial' of Manipur MP Bimol Akoljam

By Anshu Kumar

Meitei groups in Manipur have criticised the media trial of a Manipur MP, Bimol Akoljam, who is accused of sexual harassment. They said that the media has been unfair to the MP, and that the case should be handled by the courts. They also said that the government should take steps to protect the rights of the accused.

THE HINDU • 16 OCT 2026

Page 2 • States पृष्ठ 2 • राज्य

Articles covered from this page | इस पृष्ठ से लिए गए लेख

1 Conversion & reservation | धर्मांतरण व आरक्षण

Conversion & reservation

धर्मांतरण व आरक्षण

SC says conversion does not automatically grant benefits of reservation

T.N. govt. appeal seeking confirmation of order issued by State in 2024 dismissed; caste identity cannot be treated as an immutable personal attribute, irrespective of a change in religious affiliation: court

Krishnadas Rajagopal
NEW DELHI

The Supreme Court on Thursday declared that a Hindu belonging to a Backward order cannot claim the same reservation benefits as a Muslim Backward Class member, merely on conversion to Islam or other religions.

"A person who converts from a Hindu social order to a non-Hindu social order cannot claim affirmative action under Article 16 (4) of the Constitution merely on the basis of the social backwardness associated with his pre-conversion status," it held.

The court clarified the law while dismissing a Tamil Nadu government appeal seeking confirmation of an order issued by the State government in March 2024 to provide reservation benefits to members of the Backward Classes, Most Backward Classes, De-notified communities, and Scheduled Castes who



had embraced Islam. The policy of the State was intended to create a level-playing field by preserving affirmative action despite the change of religion.

A Bench headed by Justice Prashant Kumar Mishra held that a member of a Backward Hindu community does not automatically become a member of a notified Backward Muslim community merely through conversion.

It said a caste identity cannot be treated as an immutable personal attribute, irrespective of a change in religious affiliation. It said the constitu-

tional benefits of reservation under Article 16(4) cannot be made to travel from the religion in which the backwardness arose to a religion of which the basic theological structure did not recognise caste as its foundational basis.

"No statutory benefit, protection, reservation or other entitlement under Article 16(4) of the Constitution, the enjoyment of which is predicated upon a particular Hindu social order, can be claimed or extended merely on the basis of such antecedent membership after the person has converted to Islam, Christianity or any other non-Hindu social order. Conversion severs the legal foundation of an entitlement specifically conditioned upon membership of that Hindu social order," the court held.

The State's appeal was based on a Madras High Court decision to reject the petition of Sameer Ahamed, a convert to Islam. The Thoothukudi resi-

dent, born to Hindu parents, changed his faith to Islam in 2015. He was issued a certificate of conversion by the Sunnath Jamath.

He had subsequently applied for a community certificate certifying him as 'Muslim Lebbai', but the request was declined by the Tahsildar.

HC decision upheld

Confirming the High Court's decision to deny him quota benefits, the top court explained that the identity of a Backward Class Muslim community was historically constituted by social membership. A mere declaration of conversion cannot be treated as proof of such membership.

"A Jamath may certify that a person has embraced Islam. However, it cannot, merely by issuing a testimonial, conclusively determine a statutory Backward Class status," Justice Mishra, who authored the judgment, held.

SC: Conversion Does Not Automatically Grant Benefits of Reservation

सुप्रीम कोर्ट: हिंदू पिछड़ा वर्ग का व्यक्ति इस्लाम या अन्य धर्म अपनाकर अपने-आप मुस्लिम पिछड़ा वर्ग का आरक्षण लाभ नहीं ले सकता; तमिलनाडु सरकार की अपील खारिज



Art 16(4)
अनु. 16(4)

1 The ruling | फैसला

- ▶ Hindu BC convert ≠ **automatically** Muslim BC
स्वतः नहीं
- ▶ Art 16(4) benefit **cannot** “travel” with religion
लाभ साथ नहीं जाता
- ▶ Bench headed by **J. Prashant Kumar Mishra**
न्या. मिश्रा

2 The case | मामला

- ▶ **Sameer Ahamed**, Thoothukudi – converted **2015**
- ▶ Sought “**Muslim Lebbai**” certificate
मुस्लिम लेब्बई
- ▶ T.N. **March 2024** order struck; **Madras HC** upheld
मद्रास HC

3 Key reasoning | तर्क

- ▶ Caste is **not an immutable** attribute
अपरिवर्तनीय नहीं
- ▶ Islam’s theology does **not recognise caste**
जाति मान्य नहीं
- ▶ **Jamath certificate** ≠ proof of BC status
जमात प्रमाणपत्र

Conversion & reservation — in depth (1/2)

धर्मांतरण व आरक्षण — विस्तार से (1/2)

4

Constitutional articles

अनुच्छेद



Article अनु.	Provision प्रावधान
15(4) 15(4)	Special provisions – SEBC/SC/ST विशेष
16(4) 16(4)	Reservation in posts पदों में
341 / 342 341/342	President notifies SC / ST अधिसूचना
342A 342A	SEBC list (102nd/105th Amdt) SEBC

5

SC status & religion

SC दर्जा



- **Constitution (SC) Order, 1950 – para 3**
1950 आदेश
- Sikhs added **1956**,
Buddhists **1990**
1956, 1990
- **K.G. Balakrishnan Commission (2022)** on
Dalit converts
बालकृष्णन आयोग

6

OBC vs SC | अंतर



- **OBC** lists include many
Muslim groups
मुस्लिम OBC
- **SC** status is **religion-bound**
धर्म-आधारित
- **Indra Sawhney (1992):**
50% cap, creamy layer
इंद्रा साहनी

Conversion & reservation — in depth (2/2)

धर्मांतरण व आरक्षण — विस्तार से (2/2)

7 Claiming BC status after conversion | धर्मांतरण के बाद



Conversion
धर्मांतरण

Hindu BC
हिंदू BC



Apply
आवेदन

Community cert
प्रमाणपत्र



Test
परीक्षण

Historic
membership
ऐतिहासिक



Not automatic
स्वतः नहीं

Proof needed
प्रमाण

8 Did you know? क्या आप जानते हैं?



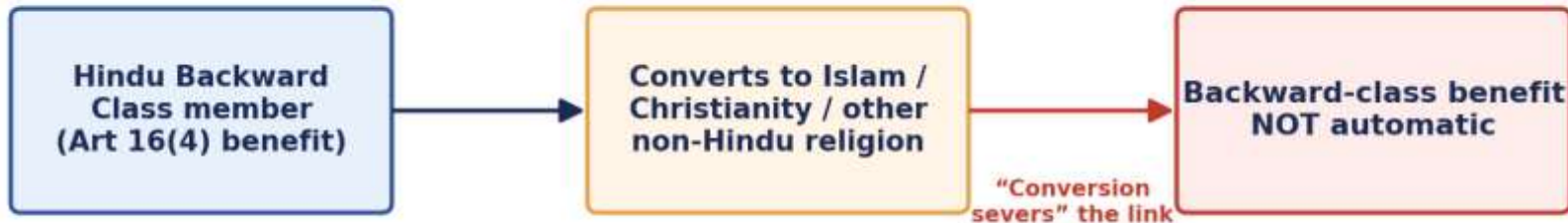
► **Mandal Commission**
(1979) – B.P. Mandal
मंडल आयोग

► OBC creamy-layer
ceiling: **₹8 lakh** a year
₹8 लाख

Conversion & reservation — Map & Diagram

धर्मांतरण व आरक्षण — मानचित्र व आरेख

Does reservation travel with religious conversion?



- SC (Oct 2026), J. P.K. Mishra:
- Caste is not an immutable attribute
 - Must prove membership of a notified Muslim Backward Class - historically
 - A Jamath certificate is not enough

For Scheduled Castes (Art 341):
Presidential Order, 1950 -
SC status only for Hindus,
Sikhs (1956) and Buddhists (1990)
Dalit Christians/Muslims: issue before SC

Read the visual चित्र को समझें

► Hindu BC → converts
→ **benefit not automatic**
स्वतः नहीं

► "Conversion **severs**"
the legal link
संबंध टूटता है

► Must prove **historic**
Muslim BC membership
ऐतिहासिक सदस्यता

► SC status: **Hindu, Sikh, Buddhist** only
(1950 Order)
SC दर्जा

THE HINDU • 16 OCT 2026

Page 3

States

पृष्ठ 3 • राज्य

Articles covered from this page | इस पृष्ठ से लिए गए लेख

1 NASA PUFFINS mission | नासा पफ़िन्स



Indian-origin scientist to lead NASA PUFFINS

नासा पफ़िन्स

Bengaluru-born astronomer chosen to lead NASA's \$20-million telescope mission

Hemanth C.S.
BENGALURU

A Bengaluru-born astronomer will be heading the \$20-million NASA space telescope mission PUFFINS (Polarimetry in the ultra-violet to find features in interstellar dust).

Ramya Anche, an assistant research professor at Steward Observatory, University of Arizona, has been selected as the Principal Investigator of the PUFFINS mission. PUFFINS is a small spacecraft (SmallSat) selected under NASA's highly competitive Astrophysics Pioneers programme.

It is targeted for a 2030 launch and during the mis-



Ramya Anche grew up in Devanahalli; she joined the IIA in 2012. SPECIAL ARRANGEMENT

sion, a 10-inch telescope will observe ultraviolet light from about 70 distant stars to decode a 50-year-old mystery regarding how cosmic dust builds new

stars and planets.

"PUFFINS will study the smallest grains of dust between the stars: particles roughly the size of a common cold virus. These grains are invisible to most telescopes, yet they play a critical role in how starlight travels through the galaxy, and ultimately in our understanding of how new stars and planets form," Ms. Anche told *The Hindu*.

She added that PUFFINS will observe them using UV spectropolarimetry, a technique that has not been attempted from space in 30 years. "The data it returns will fill a long-standing gap in our understanding of interstellar dust and by extension, the structure, and

evolution of the universe," she added.

Anche's selection

Ms. Anche, who grew up in Devanahalli, near Bengaluru, completed her education in various institutions in the city before joining Indian Institute of Astrophysics (IIA) in 2012. She said the selection for the mission was done through a competitive process.

Teams of scientists and engineers submit full mission proposals through NASA's ROSES (Research Opportunities in Space and Earth Science) solicitation, covering everything from scientific objectives to instrument design and mission architecture.

A IN-X

Bengaluru-born Astronomer to Lead NASA's \$20-million Telescope Mission

बेंगलुरु में जन्मी खगोलविद रम्या अंचे नासा के \$2 करोड़ के अंतरिक्ष दूरबीन मिशन PUFFINS की प्रमुख अन्वेषक चुनी गई – 2030 में प्रक्षेपण



Launch 2030
प्रक्षेपण 2030

1 The mission | मिशन



\$20 mn

Cost
लागत

2030

Launch
प्रक्षेपण

10-inch

UV telescope
दूरबीन

~70

Stars observed
तारे

2 Who leads | कौन



► **Ramya Anche** –
Principal Investigator
रम्या अंचे

► Steward Observatory,
Univ. of Arizona
एरिज़ोना

► From **Devanahalli**;
joined **IIA** in 2012
IIA

3 Science goal वैज्ञानिक लक्ष्य



► Study **smallest**
interstellar dust grains
अंतरतारकीय धूल

► Solve a **50-year-old**
mystery
50 वर्ष पुराना

► How dust helps **form**
stars & planets
तारों का निर्माण

Indian-origin scientist to lead NASA PUFFINS — in depth (1/2)

नासा पफ़िन्स — विस्तार से (1/2)

4 Key terms | शब्दावली

- ▶ **PUFFINS** – Polarimetry in the UV to Find Features in Interstellar dust
PUFFINS
- ▶ **SmallSat** – small, low-cost spacecraft
लघु उपग्रह
- ▶ **Polarimetry** – measures direction of light waves
ध्रुवणमिति

5 How selected | चयन

- ▶ NASA Astrophysics **Pioneers** programme
पायनियर्स
- ▶ Proposals via **ROSES** solicitation
ROSES
- ▶ Highly **competitive** review
प्रतिस्पर्धी

6 Why UV? | पराबैंगनी क्यों

- ▶ UV is **blocked by Earth's atmosphere**
वायुमंडल रोकता है
- ▶ So must observe **from space**
अंतरिक्ष से
- ▶ India's **AstroSat** also has a UV telescope (**UVIT**)
एस्ट्रोसैट

Indian-origin scientist to lead NASA PUFFINS — in depth (2/2)

नासा पफ़िन्स — विस्तार से (2/2)

7 From dust to planets | धूल से ग्रह



Dust & gas
cloud
धूल-गैस

Nebula
नीहारिका



Gravity
collapse
गुरुत्व

Clumps form
संघनन



Star ignites
तारा

Fusion
संलयन



Planets form
ग्रह

From dust disk
धूल डिस्क

8 Did you know? क्या आप जानते हैं?



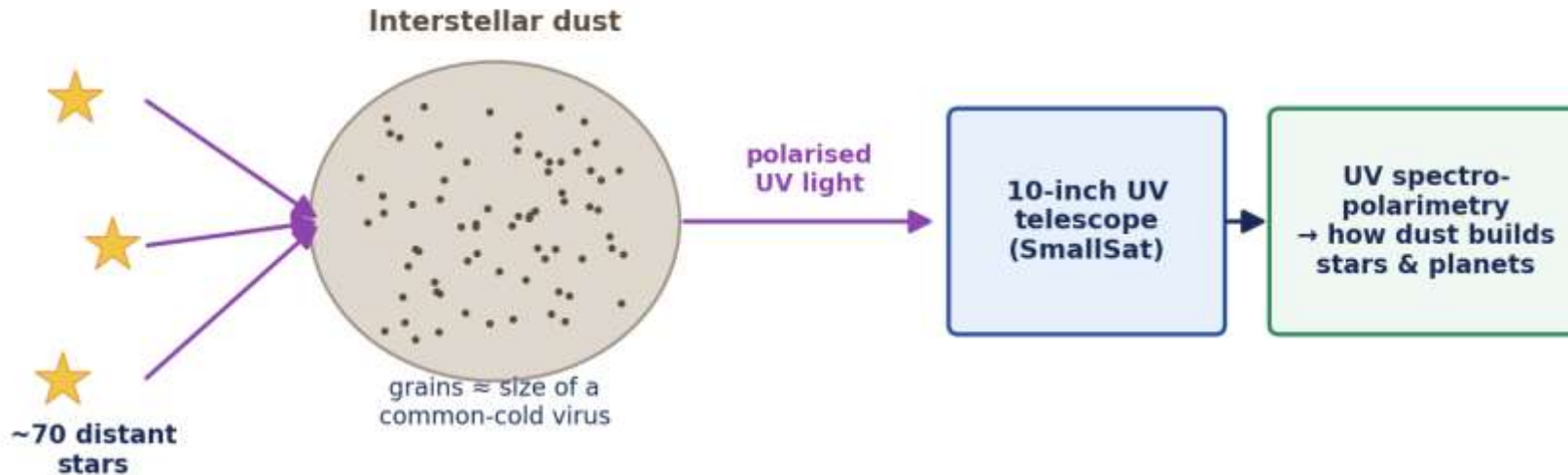
► IIA Bengaluru runs the
**Indian Astronomical
Observatory, Hanle**
(Ladakh)
हानले

► **AstroSat (2015)** –
India's first multi-
wavelength space
observatory
एस्ट्रोसैट 2015

Indian-origin scientist to lead NASA PUFFINS — Map & Diagram

नासा पफ़िन्स — मानचित्र व आरेख

PUFFINS: how a small NASA telescope will study cosmic dust



Cost: \$20 million • Launch: 2030 • NASA Astrophysics Pioneers
PI: Ramya Anche (Univ. of Arizona; ex-IIA Bengaluru)

Read the visual चित्र को समझें

- ▶ Starlight from **~70 stars** passes through dust
70 तारे
- ▶ Dust grains ≈ **cold-virus size**
सूक्ष्म कण
- ▶ **UV spectropolarimetry** – first from space in **30 yrs**
30 वर्ष
- ▶ Goal: how dust **builds stars & planets**
तारे व ग्रह



PM launches development projects in Ladakh
Prime Minister of India

Stir against anti-drug activist's murder hits normal life in Punjab

The Hindu Bureau
A murder case, now seen to engulf the state, has stirred a stir in Punjab. The state is known for its rich cultural heritage and is a major hub for the textile industry. The murder of an anti-drug activist has hit the state's normal life. The state government has taken steps to ensure the safety of the people and the normalcy of life. The state is also known for its rich cultural heritage and is a major hub for the textile industry. The murder of an anti-drug activist has hit the state's normal life. The state government has taken steps to ensure the safety of the people and the normalcy of life.

Talks between govt., Ladakh groups remain 'inconclusive'

The Hindu Bureau
New round of discussions on Oct. 22 by Delhi and the Home Ministry made a presentation with details on the way forward during the meeting in Delhi. Key groups submitted their own draft proposal. The talks between the government and the Ladakh groups remain inconclusive. The government has made a presentation with details on the way forward during the meeting in Delhi. Key groups submitted their own draft proposal. The talks between the government and the Ladakh groups remain inconclusive. The government has made a presentation with details on the way forward during the meeting in Delhi. Key groups submitted their own draft proposal.

Ladakh was never a part of China, says LAB leader

The Hindu Bureau

Ladakh was never a part of China, says LAB leader. The LAB leader has made a statement that Ladakh was never a part of China. The LAB leader has made a statement that Ladakh was never a part of China. The LAB leader has made a statement that Ladakh was never a part of China.

The LAB leader has made a statement that Ladakh was never a part of China. The LAB leader has made a statement that Ladakh was never a part of China. The LAB leader has made a statement that Ladakh was never a part of China.

The LAB leader has made a statement that Ladakh was never a part of China. The LAB leader has made a statement that Ladakh was never a part of China. The LAB leader has made a statement that Ladakh was never a part of China.

The LAB leader has made a statement that Ladakh was never a part of China. The LAB leader has made a statement that Ladakh was never a part of China. The LAB leader has made a statement that Ladakh was never a part of China.

The LAB leader has made a statement that Ladakh was never a part of China. The LAB leader has made a statement that Ladakh was never a part of China. The LAB leader has made a statement that Ladakh was never a part of China.

House panel questions Centre, States on issues in SC scholarship schemes

The Hindu Bureau
The Public Accounts Committee of Parliament on Thursday questioned the Centre and the States on issues in SC scholarship schemes. The committee has questioned the Centre and the States on issues in SC scholarship schemes. The committee has questioned the Centre and the States on issues in SC scholarship schemes. The committee has questioned the Centre and the States on issues in SC scholarship schemes.

Congress writes to President over 'VIP angle' in Ankita murder case

The Hindu Bureau
The Congress party has written to the President over the 'VIP angle' in the Ankita murder case. The Congress party has written to the President over the 'VIP angle' in the Ankita murder case. The Congress party has written to the President over the 'VIP angle' in the Ankita murder case. The Congress party has written to the President over the 'VIP angle' in the Ankita murder case.

Congress flags govt. silence on Rubin's visit to India

The Hindu Bureau
The Congress party has flagged the government's silence on Rubin's visit to India. The Congress party has flagged the government's silence on Rubin's visit to India. The Congress party has flagged the government's silence on Rubin's visit to India. The Congress party has flagged the government's silence on Rubin's visit to India.

BJP slams Rahul's remarks calling for 'political resistance'

The Hindu Bureau
The BJP has slammed Rahul's remarks calling for 'political resistance'. The BJP has slammed Rahul's remarks calling for 'political resistance'. The BJP has slammed Rahul's remarks calling for 'political resistance'. The BJP has slammed Rahul's remarks calling for 'political resistance'.

Govt. signs ₹4,106-cr. deals with IAF satellite, torpedoed

The Hindu Bureau
The government has signed ₹4,106-cr. deals with the IAF satellite, which have been torpedoed. The government has signed ₹4,106-cr. deals with the IAF satellite, which have been torpedoed. The government has signed ₹4,106-cr. deals with the IAF satellite, which have been torpedoed. The government has signed ₹4,106-cr. deals with the IAF satellite, which have been torpedoed.

Remove defamatory posts against official, court tells Mahua

The Hindu Bureau
The court has told Mahua to remove defamatory posts against an official. The court has told Mahua to remove defamatory posts against an official. The court has told Mahua to remove defamatory posts against an official. The court has told Mahua to remove defamatory posts against an official.

THE HINDU • 16 OCT 2026

Page 4 • News

पृष्ठ 4 • समाचार

Articles covered from this page | इस पृष्ठ से लिए गए लेख

1

₹4,106-cr defence deals | रक्षा सौदे

₹4,106-cr deals: GSAT-7C & Varunastra

रक्षा सौदे

Centre signs ₹4,106-cr. deals for IAF satellite, torpedoes

The Hindu Bureau
NEW DELHI

The Ministry of Defence on Thursday signed contracts worth approximately ₹4,106 crore for a dedicated communication satellite for the Indian Air Force (IAF) and *Varunastra* heavy-weight torpedoes for the Indian Navy, in a push to strengthen indigenous defence capabilities.

According to the Ministry of Defence, the contracts cover the acquisition of GSAT-7C, valued at ₹2,563 crore, from New Space India Limited (NSIL), Bengaluru, and *Varunastra* heavy-weight torpedoes worth ₹1,543 crore from Bharat Dynamics Limited (BDL), Hyderabad.

The GSAT-7C satellite, indigenously designed, developed and manufactured, will enhance secure, resilient and seamless communication capabilities for IAF assets, strengthening the force's operational effectiveness.

The dedicated satellite



Senior officials from the MoD, IAF, Indian Navy, and industry representatives during the signing of contracts in New Delhi. PTI

communication capability is expected to improve the Indian Air Force's ability to maintain reliable communications in support of its operational requirements, it added.

The second contract is for *Varunastra*, an indigenous ship-launched anti-submarine warfare torpedo developed by the Naval Science and Technological Laboratory (NSTL). Equipped with advanced manoeuvring capabilities, the heavyweight torpedo can engage enemy submarines at long ranges, en-

hancing the Indian Navy's underwater warfare capabilities.

The contracts were signed in New Delhi in the presence of A. Anbarasu, Additional Secretary and Director-General (Acquisition), Department of Defence.

Both agreements are aimed at advancing domestic defence manufacturing and promoting self-reliance in critical technologies, in line with the government's Aatmanirbhar Bharat and Make in India initiatives.

Centre Signs ₹4,106-crore Deals for IAF Satellite, Torpedoes

रक्षा मंत्रालय ने वायुसेना के लिए GSAT-7C संचार उपग्रह और नौसेना के लिए वरुणास्त्र भारी टॉरपीडो के ₹4,106 करोड़ के अनुबंध किए



Aatmanirbhar Bharat
आत्मनिर्भर

1 Two contracts | दो अनुबंध



Item मद	Value मूल्य
GSAT-7C (IAF) GSAT-7C	₹2,563 cr
Varunastra (Navy) वरुणास्त्र	₹1,543 cr
Total कुल	₹4,106 cr

2 GSAT-7C | GSAT-7C



- Dedicated **IAF communication** satellite
वायुसेना उपग्रह
- Supplier: **NSIL** (ISRO's commercial arm)
NSIL
- Secure, **resilient** links for IAF assets
सुरक्षित संचार

3 Varunastra | वरुणास्त्र



- Ship-launched **heavyweight torpedo**
भारी टॉरपीडो
- **Anti-submarine** warfare, long range
पनडुब्बी-रोधी
- Designed by **NSTL (DRDO)**, built by **BDL**
NSTL, BDL

₹4,106-cr deals: GSAT-7C & Varunastra — in depth (1/2)

रक्षा सौदे — विस्तार से (1/2)

4

GSAT-7 family
GSAT-7 शृंखला



Satellite उपग्रह	User उपयोगकर्ता
GSAT-7 “Rukmini” (2013) रुक्मिणी	Navy नौसेना
GSAT-7A (2018) GSAT-7A	IAF/Army वायुसेना
GSAT-7C GSAT-7C	IAF वायुसेना

5

Key bodies
प्रमुख संस्थाएँ



- ▶ **NSIL** – est. **2019**, under Dept of Space
NSIL 2019
- ▶ **BDL** – Defence PSU, Hyderabad (1970)
BDL
- ▶ **NSTL** – DRDO lab for underwater weapons
NSTL

6

Policy link | नीति संबंध



- ▶ **DAP 2020** – “Buy (Indian-IDDMM)” top priority
DAP 2020
- ▶ **Positive indigenisation lists**
सकारात्मक सूची
- ▶ Record defence production > **₹1.5 lakh cr**
रिकॉर्ड उत्पादन

₹4,106-cr deals: GSAT-7C & Varunastra — in depth (2/2)

रक्षा सौदे — विस्तार से (2/2)

7 Network-centric warfare | नेटवर्क युद्ध



GSAT-7C
उपग्रह

Space link
अंतरिक्ष



Aircraft
विमान

Real-time data
डेटा



Ground /
AWACS
भूमि

Command
कमान



Faster
response
तेज़ कार्रवाई

Jam-resistant
सुरक्षित

8 Did you know? क्या आप जानते हैं?



► **Varuna** – Vedic god of the waters

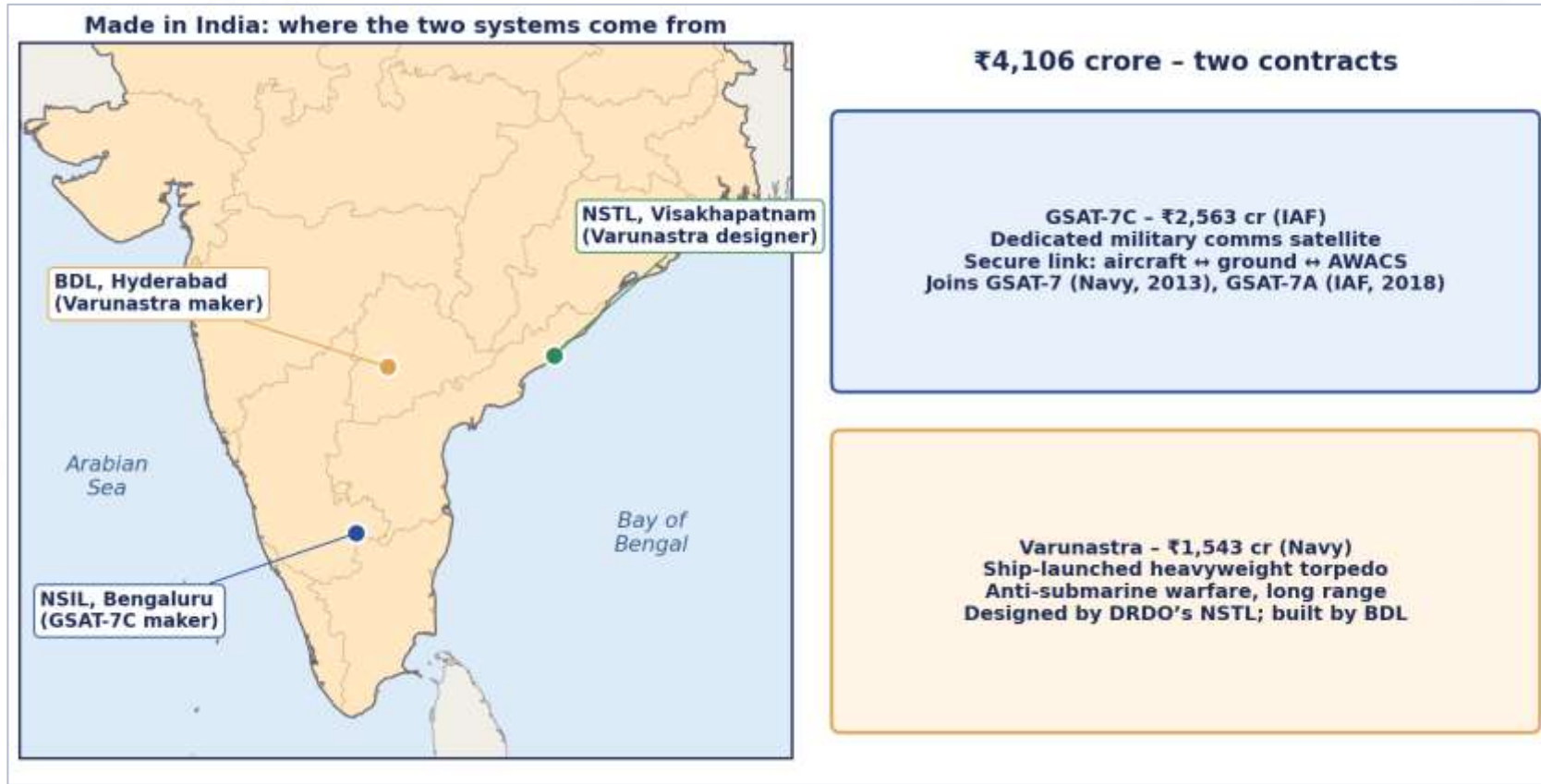
वरुण

► India's other torpedoes: **Shyena** (light), **SMART** (missile-assisted)

श्येन, SMART

₹4,106-cr deals: GSAT-7C & Varunastra — Map & Diagram

रक्षा सौदे — मानचित्र व आरेख



Read the visual
चित्र को समझें

- ▶ GSAT-7C from **NSIL**, Bengaluru
- ▶ Varunastra made by **BDL**, Hyderabad
- ▶ Designed by DRDO's **NSTL**, Visakhapatnam
- ▶ Push for **Aatmanirbhar Bharat**
आत्मनिर्भर

Rich Indians more prone to heart disease

हृदय रोग

Indians with high socio-economic position are more prone to heart disease than the poor: study

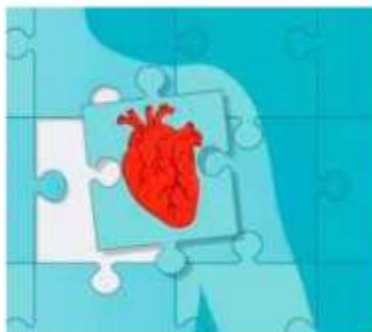
Divya Gandhi

A vast study of 65,364 Indians has revealed that people with a consistently high socio-economic position are more prone to heart disease than the consistently poor.

In fact, those with sustained life-course socioeconomic advantage had nearly twice (1.8 times) the odds of heart failure and 1.7 times the chances of a heart attack than those who experienced sustained socioeconomic disadvantage, found the study, published in the *American Journal of Preventive Medicine*.

The cardiac conditions among the rich in India ranged from a higher likelihood of congestive heart failure, heart attack, abnormal heart rhythm, heart diseases and composite cardiovascular disease.

For the study, scientist from the All India Institute of Medical Sciences, New Delhi and the Harvard T.H. Chan School of Public Health in Boston, studied Indians aged 45 and older, looking into their childhood too. The study sampled both rural and urban residents, men and women, and



The cardiac conditions among the rich ranged from a higher likelihood of congestive heart failure, heart diseases and composite cardiovascular disease. GETTY IMAGES

several religious and caste groups, and documented information on health, social, and economic indicators.

The scientists studied heart health in the context of life-course socio-economic mobility, not just their static status: the categories included consistently high economic positions (in both childhood and adulthood); upward mobility (low economic status in childhood but high

in adulthood); downward mobility (high economic status in childhood but low in adulthood); and consistently low economic position in both periods.

The understanding of how life-course social mobility is associated with heart disease and risk factors is crucial in tackling India's health, added the paper.

Several mechanisms may possibly contribute to the malaise, lead author Immanuel Longkumer, Narotam Sekhsaria Fellow at the Harvard T.H. Chan School of Public Health India Research Center and senior author S.V. Subramanian, professor of population health and geography at Harvard University said.

"Economic advancement can increase access to processed foods, refined carbohydrates, sugary beverages, and energy-dense diets, while occupational and domestic life may become less physically active," they said. This data, however serves as a snapshot of a country that is undergoing an epidemiological transition. As socioeconomic patterns change over time, cardiovascular

disease and its risk factors become more widespread among disadvantaged groups as well, said Prof. Subramanian.

Financial impact

Another study published earlier this year in *Global Heart Journal* reflected on the catastrophic financial impact of heart disease among India's poor, who find themselves riddled in debt: the cost of treating heart failure patients with a single hospitalisation averaged ₹1.19 lakh.

Co-author Jeemon P., of the Sree Chitra Tirunal Institute for Medical Sciences and Technology, Thiruvananthapuram, told *The Hindu* that hospitalisation for cardiovascular disease is highly resource-intensive, and for many families, the financial consequences do not end when the patient is discharged. Although social health insurance schemes provide an important degree of financial protection, families may still have to bear a significant proportion of the total cost, said Dr. Jeemon.

(divya.gandhi@thehindu.co.in)

ANX

Indians with High Socio-economic Position More Prone to Heart Disease than the Poor



65,364 Indians
65,364 लोग

AIIMS-हार्वर्ड अध्ययन: लगातार संपन्न भारतीयों में हृदय विफलता की संभावना 1.8 गुना और हार्ट अटैक की 1.7 गुना अधिक

1 The study | अध्ययन



► 65,364 Indians aged 45+

65,364

► By AIIMS Delhi & Harvard T.H. Chan

AIIMS-हार्वर्ड

► Published in **American Journal of Preventive Medicine**

प्रकाशन

2 Findings | निष्कर्ष



1.8×

Heart failure odds
हृदय विफलता

1.7×

Heart attack odds
हार्ट अटैक

45+

Age group
आयु

₹1.19 lakh

Avg cost per admission
खर्च

3 Why the rich? संपन्न क्यों



► **Processed food, refined carbs**

प्रसंस्कृत भोजन

► **Sugary drinks, energy-dense diets**

मीठे पेय

► **Less physical activity at work & home**

कम गतिविधि

Rich Indians more prone to heart disease — in depth (1/2)

हृदय रोग — विस्तार से (1/2)

4

Life-course groups
जीवन-क्रम समूह



Group समूह	Child → Adult बचपन → वयस्क
Consistently high लगातार उच्च	High → High
Upward ऊर्ध्व	Low → High
Downward अधोमुखी	High → Low
Consistently low लगातार निम्न	Low → Low

5

Epidemiological transition
महामारी संक्रमण



- ▶ Today: disease **concentrated among the rich**
संपन्न में
- ▶ Over time: spreads to **poorer groups**
गरीब भी
- ▶ Poor face **catastrophic** health spending
विनाशकारी खर्च

6

Govt response | सरकारी पहल



- ▶ **NP-NCD** (earlier NPCDCS) – screening
NP-NCD
- ▶ **Ayushman Bharat PM-JAY**: ₹5 lakh cover
PM-JAY
- ▶ **Fit India, Eat Right India**
फ़िट इंडिया

Rich Indians more prone to heart disease — in depth (2/2)

हृदय रोग — विस्तार से (2/2)

7 Road to heart disease | हृदय रोग का मार्ग



Higher income
उच्च आय

Lifestyle shift
जीवनशैली



Processed diet
प्रसंस्कृत

Sugar, fat
चीनी, वसा



Inactivity
निष्क्रियता

Desk jobs
बैठे रहना



Heart disease
हृदय रोग

BP, diabetes
रक्तचाप

8

Did you know?
क्या आप जानते हैं?



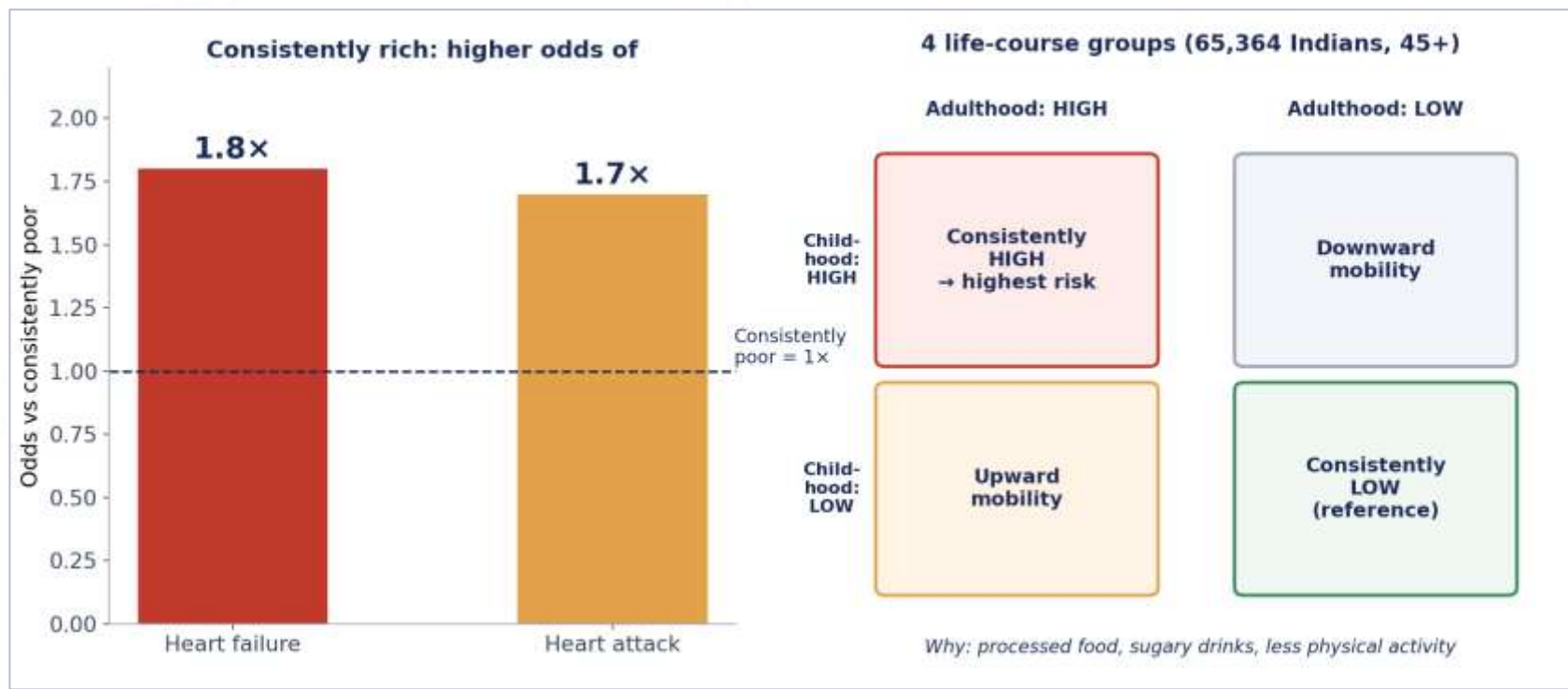
► Cardiovascular disease is India's **leading cause of death**

मृत्यु का प्रमुख कारण

► **World Heart Day – 29 September**
29 सितंबर

Rich Indians more prone to heart disease — Map & Diagram

हृदय रोग — मानचित्र व आरेख



Read the visual

चित्र को समझें

- Consistently rich: **1.8x** heart failure
1.8 गुना
- **1.7x** heart attack odds
1.7 गुना
- 4 groups by **childhood + adult status**
4 समूह
- Cause: **processed food, less activity**

जीवनशैली

World Food Day and food security

विश्व खाद्य दिवस

Innovate today, nourish tomorrow for food security

The simple yet profound theme, "Innovate today, nourish tomorrow", for World Food Day 2026, observed on October 16, reminds us that the future cannot be built with the tools of the past alone. The need to scale up innovation is urgent, as 645 million people still face hunger, while one-third of the world's population cannot afford a healthy diet.

Three interconnected factors continue to push these numbers. Climate-related risks are reducing yields and disrupting growing seasons. Economic shocks and stubborn food-price inflation are eroding purchasing power. Conflict, war and civil strife tear up harvests, displace farmers, disrupt supply chains and destroy the very institutions that protect people from hunger.

From scarcity to surplus and nutrition

Over the decades, India has emerged as a food-surplus nation and one of the world's largest producers of foodgrains, milk, pulses, fruits and vegetables. One of the decisive factors in this transformation from scarcity was the 'Green Revolution'. The introduction of high-yielding varieties, backed by expanded irrigation and assured prices, increased cereal production, which became the basis for India's public distribution and nutrition schemes.

India's abundance in food production has become the foundation of the world's largest food safety net. Under the National Food Security Act, 2013, India provides a legal entitlement to subsidised foodgrains to up to 75% of its rural population and 50% of its urban population, reaching approximately 81 crore people. Since January 2024, the government has provided these foodgrains free of cost under the Pradhan Mantri Garib Kalyan Anna Yojana, a guarantee that has been extended until 2028.

This architecture rests on the Targeted Public Distribution System, strengthened by digitised ration cards, Aadhaar seeding and the One Nation One Ration Card portability scheme, which lets migrant workers draw their foodgrain entitlements anywhere in the country.

Konda Reddy Chavva

Officer-in-Charge,
Food Agriculture
Organisation (FAO)
Representation
in India

James Marc de Sousa-Shields

Country Director
and Representative,
International Fund
for Agricultural
Development (IFAD)

Elisabeth Faure

Representative and
Country Director, the
World Food
Programme (WFP)
in India

As countries
across the
Global South
grapple with
climate change,
conflict and
economic
uncertainty,
India offers
lessons that can
be adapted to
their needs.

India's transformation in food security and nutrition is being driven by innovation. The government is focusing on technology, data and finance to make farming more resilient, resource-efficient and viable, while improving access to and the efficiency of food safety nets.

Complementing efforts

It is at this intersection that the Food and Agriculture Organization of the United Nations (FAO), the International Fund for Agricultural Development (IFAD) and the World Food Programme (WFP) are complementing India's efforts by providing technical expertise, developing solutions and strengthening institutional capacities.

On the farm, the FAO is supporting digital agriculture by developing advisory road maps and building the capacities of frontline extension workers. In livestock and dairy, FAO's Clean Milk Scorecard gives farmers a digital tool to assess cattle management, hygiene and milk production practices and provides actionable feedback. These tools translate technical knowledge into actionable advice, supporting better farm-level decisions and improved productivity. The FAO is also working to address food loss, a challenge with implications for nutrition, resource efficiency, climate action and farmers' incomes. Its work includes measuring losses, assessing their environmental impacts and identifying pathways to valorise them through composting, bioenergy and recycling.

On financing and investment, the IFAD focuses on the first mile of food systems, where risks are highest and private investment is thinnest. Its "financing plus" approach integrates support across the value chain – from production and market access to finance and small-scale infrastructure – and is designed to crowd in domestic public and private capital, rather than substitute for it. Every dollar IFAD has invested in India has leveraged more than three dollars in total investment. Across IFAD's global portfolio, projects with strong private sector participation

have delivered income gains of 64%, four times higher than those without such participation. IFAD is now beginning to lend directly to the private sector to bridge this gap, and India has one of its largest pipelines of such operations in Asia and the Pacific.

On access and availability, the WFP, the world's largest humanitarian organisation and the winner of the 2020 Nobel Peace Prize, has worked in India for over 63 years. It now focuses on enhancing the efficiency of the public food distribution system through innovations such as Grain ATMs, supply chain optimisation and the incubation of solutions through the Public Services Lab at the Indian Institute of Technology Delhi. The WFP also works to improve the nutritional effectiveness of food assistance, particularly for children and pregnant women. This includes assessing food baskets, recommending dietary diversity and integrating nutrition considerations, including the incorporation of nutrient-rich millets and other nutri-cereals.

India's blueprint

India's experience is increasingly relevant beyond its borders. Its innovations have been shaped by constraints, including fragmented landholdings, monsoon-fed agriculture, multilingual populations and limited resources. As nations across the Global South face climate change, conflict and economic uncertainty, India offers principles to adapt.

The future requires us to look beyond sufficiency towards better nutrition, scalable innovations and equitable food systems built around climate-resilient and biofortified crops, nutritionally diverse diets and value chains that reward smallholders. Innovation must remain pro-smallholder and pro-woman, drawing deeply on traditional knowledge even as it embraces scientific advances.

On this World Food Day, we reaffirm our shared resolve with India: to innovate today, and in doing so, to nourish tomorrow.

“Innovate Today, Nourish Tomorrow” for Food Security

विश्व खाद्य दिवस 2026 (16 अक्टूबर): FAO, IFAD व WFP के भारत प्रमुख – भारत खाद्य-अधिशेष राष्ट्र बना, अब पोषण और नवाचार की ज़रूरत



World Food Day
विश्व खाद्य दिवस

1

Global picture वैश्विक स्थिति



- ▶ **645 million** face hunger
64.5 करोड़
- ▶ **1/3** of world can't afford a healthy diet
एक-तिहाई
- ▶ Drivers: **climate, inflation, conflict**
जलवायु, महँगाई, संघर्ष

2

India's safety net सुरक्षा जाल



81 crore
NFSA
beneficiaries
लाभार्थी

75% / 50%
Rural / urban
cover
ग्रामीण/शहरी

2028
Free grain
(PMGKAY) till
तक

ONORC
Portable ration
पोर्टेबल राशन

3

Next challenges आगे की चुनौतियाँ



- ▶ Move from **sufficiency to nutrition**
पोषण
- ▶ **Climate-resilient, biofortified crops**
जैव-संवर्धित
- ▶ Reduce **food loss**
खाद्य हानि

World Food Day and food security — in depth (1/2)

विश्व खाद्य दिवस — विस्तार से (1/2)

4

UN food agencies
UN खाद्य संस्थाएँ



Agency संस्था	Role भूमिका
FAO (1945) FAO	Knowledge, digital agri ज्ञान
IFAD (1977) IFAD	Rural finance ग्रामीण वित्त
WFP (1961) WFP	Food aid; Nobel 2020 खाद्य सहायता

5

Innovations in India
नवाचार



- ▶ WFP Grain ATMs (Annapurthi)
अन्नपूर्ति
- ▶ FAO Clean Milk Scorecard
स्वच्छ दूध
- ▶ **Millet**s in food baskets
श्री अन्न

6

From scarcity to surplus
अभाव से अधिशेष



- ▶ **Green Revolution** – HYV seeds, irrigation, MSP
हरित क्रांति
- ▶ India: top producer of **milk & pulses**
दूध व दालें
- ▶ **TPDS** + Aadhaar seeding
TPDS

World Food Day and food security — in depth (2/2)

विश्व खाद्य दिवस — विस्तार से (2/2)

7 Grain from farm to plate | खेत से थाली



Farmer
किसान

MSP procurement
MSP



FCI
FCI

Storage
भंडारण



Ration shop
राशन दुकान

TPDS
TPDS



Family
परिवार

5 kg/person free
5 किग्रा

8 Did you know? क्या आप जानते हैं?



► World Food Day marks
FAO's founding (16 Oct
1945)

FAO स्थापना

► **M.S. Swaminathan** –
father of India's Green
Revolution

स्वामीनाथन

World Food Day and food security — Map & Diagram

विश्व खाद्य दिवस — मानचित्र व आरेख

World Food Day (16 Oct) 2026: “Innovate today, nourish tomorrow”

645 million people
still face hunger
1/3 of world can't afford
a healthy diet

India's safety net
NFSA 2013: 75% rural,
50% urban ≈ 81 crore
Free grain (PMGKAY) to 2028

Delivery tools
TPDS • digitised ration cards
Aadhaar seeding
One Nation One Ration Card

Three Rome-based UN agencies helping India

FAO (1945)
Digital agri advisory,
Clean Milk Scorecard,
food-loss reduction

IFAD (1977)
Finance for the “first mile”;
1→3+ total investment
in India

WFP (1961)
Grain ATMs, PDS efficiency,
millets in food baskets;
Nobel Peace Prize 2020

Read the visual
चित्र को समझें

► 645 mn still hungry
worldwide

64.5 करोड़ भूखे

► NFSA: 75% rural, 50%
urban ≈ 81 crore

81 करोड़

► Free grain under
PMGKAY till 2028

2028 तक

► **FAO, IFAD, WFP —**
Rome-based UN
agencies

रोम स्थित

IN BRIEF



BEML, Czech team discuss potential collaboration

State-owned BEML discussed opportunities for potential collaboration with Ladang from the Czech Republic, led by Vladimír Štěrba, Deputy Prime Minister and Minister of Industry and Trade of the Czech Republic. The strategic partnership is expected to involve collaboration and "learning lessons for design, production, and advanced engineering services from both sides", according to a statement.

SEBI to partly reverse derivative settlement rules

India's market regulator said on Thursday it will ease its rules on margining and settlement of derivatives contracts to partly reverse the impact of the recent market volatility. The clearing and settlement rules, introduced in August 2019, will continue to determine the margining of derivatives contracts, but the settlement and clearing rules of India's derivatives market will be revised.

ITAT orders ₹2000-crore tax relief to Maruti Suzuki India

Maruti Suzuki India has received a tax relief of ₹2,000 crore from the Income Tax Appellate Tribunal (ITAT) for its investment in research and development (R&D) activities. The relief is granted for the period from April 1, 2018, to March 31, 2020, under Section 35AD of the Income Tax Act, 1962.

Two-thirds oil imports from just 3 nations

Oil imports from the U.S., Saudi Arabia and Russia have increased to 67% of total imports, up from 54% in 2017, as the U.S. and Saudi Arabia have become the top two sources of oil for India, according to a report by the Ministry of Petroleum and Natural Gas.



Jio Platforms to focus on technology monetisation, targets debt-free status

Jio Platforms Ltd. (JPL) said on Thursday it will focus on monetising its technology assets and targeting a debt-free status by 2025. The company, which is a subsidiary of Reliance Industries Ltd., has been investing heavily in technology and infrastructure. It aims to become a leading technology company in India and globally.

India-U.S. trade deal's first tranche 'finalised'

The first tranche of the India-U.S. trade deal, which covers the export of goods, has been finalised, according to a statement from the Ministry of Commerce. The deal is expected to be signed soon and will significantly boost trade between the two countries.

Wipro Q2 net slips 1.4%, large deals dive

Wipro Ltd. reported a 1.4% decline in net profit for the second quarter (Q2) of 2020, compared to the same period last year. The decline was primarily due to a decrease in revenue from large deals. However, the company's operating profit remained stable, indicating that its core business is still performing well.

Sensex, Nifty surge 2%, rupee stronger

The Sensex and Nifty indices surged by 2% on Thursday, driven by a recovery in the market after a volatile session on Wednesday. The rupee also strengthened against the dollar, reflecting investor confidence in the Indian economy.

Essar Oil bags five coal bed methane blocks

Essar Oil & Gas Ltd. has secured five coal bed methane (CBM) blocks from the government. The blocks are located in the states of Gujarat, Rajasthan, and Madhya Pradesh. This acquisition is a significant step towards diversifying the company's energy portfolio and tapping into the growing CBM market in India.

Kingfisher: HC asks why claim more post ₹14,131-cr. recovery

The High Court (HC) has asked the Kingfisher group to explain why it is claiming more than ₹14,131 crore in assets, after a previous order had directed it to pay back the same amount. The court is currently hearing a petition filed by the government to recover the amount.

SC voids Yes Bank's ₹883 mn AT-1 bond write-off

The Supreme Court (SC) has voided the write-off of ₹883 million of Yes Bank's AT-1 bonds. The court ruled that the bank's decision to write off the bonds was not in accordance with the law. This decision is a major victory for the bondholders and could have significant implications for other banks facing similar issues.

FMCG earnings to remain stable in Q2, but rising input costs may squeeze margins

Fast-moving consumer goods (FMCG) companies are expected to maintain stable earnings in the second quarter (Q2) of 2020. However, rising input costs, particularly for raw materials and packaging, may lead to a squeeze in profit margins. Companies are likely to pass on some of these costs to consumers.

TCS unveils industrial AI platform for productivity

Tata Consultancy Services (TCS) has unveiled a new industrial AI platform designed to improve productivity in manufacturing and other industrial sectors. The platform uses advanced artificial intelligence and machine learning algorithms to optimize processes and reduce waste.

THE HINDU • 16 OCT 2020

Page 12 • Business

पृष्ठ 12 • व्यापार

Articles covered from this page | इस पृष्ठ से लिए गए लेख

1 Two-thirds oil from 3 nations | तेल आयात

Two-thirds of oil from 3 nations

तेल आयात

Two-thirds oil imports from just 3 nations

While Russia's share in India's oil imports fell to 44%, from a historic high in July, share of both the U.S. and UAE surged, resulting in cumulative shares of the three countries reaching an all-time high; American oil came at a substantial premium compared with the average price India paid

T.C.A. Sharad Raghavan
NEW DELHI

In a sign of increasing concentration of India's oil supplies and its limited options to source from, latest data shows that more than two-thirds of the country's oil imports came from just three countries – Russia, the U.S., and the UAE – marking a record high share.

Notably, Russia's share in India's oil imports fell to around 44% in August 2026, the latest month for which official data is available, from a historic high of 51% in July.

Data shows that India's

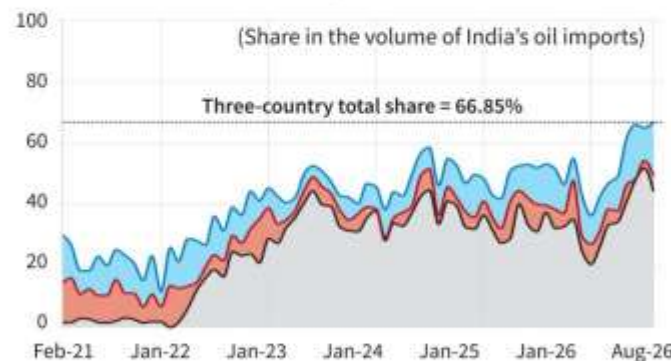
oil imports from both the U.S. and the UAE surged in August, with the American oil coming at a substantial premium compared with the average price India paid for oil imports.

India's total oil imports stood at 191.2 lakh tonnes in August 2026, which was 10.3% lower than in July, but 3.4% higher than in August last year. However, the elevated price of oil has meant that India's oil import bill was nearly 25% higher in August this year than in the same month last year.

Within this, Russian oil accounted for 84.8 lakh tonnes of Indian oil imports, or 44.3% of the total.

Increased concentration

Three countries account for more than two-thirds of India's oil imports



Source: Ministry of Commerce and Industry

In terms of India's oil import bill of \$12.2 billion in August 2026, payments to Russia accounted for 44.5%. That said, India im-

ported 23% less oil from Russia in August 2026 than in July, although this figure was still 22.5% higher than in August last year.

India's elevated oil imports from Russia have been a sore point in its relations with the U.S. and its President Donald Trump, who in September signed into law an Act that could see tariffs of up to 100% being levied on countries that import large amounts of Russian oil and gas, as India does.

On the other hand, India's oil imports from the U.S. once again surged in August 2026 to 9.7 lakh tonnes, making up 5.1% of India's total oil imports that month. In terms of quantity, this was nearly 82% higher than in July, and more than 130% higher than in August last year.

The data also shows that India paid an average of \$810.6 per tonne of oil to the U.S., much higher than the average price of \$640 per tonne it paid across all its oil imports in August. Oil from the U.S. has been costlier than average since June 2026.

Notably, India's oil imports from the UAE also jumped in August 2026 as the two countries established alternate supply routes through ports relatively un-impacted by the war in West Asia.

Oil imports from the UAE, at 33 lakh tonnes, made up 17.4% of India's total oil imports and 16.9% of its oil import bill.

Two-thirds of Oil Imports from Just Three Nations

भारत के तेल आयात का दो-तिहाई से अधिक अब केवल रूस, अमेरिका और UAE से – रिकॉर्ड केंद्रीकरण; रूस का हिस्सा 51% से घटकर 44%



Record concentration
रिकॉर्ड

1 August 2026 | अगस्त



191.2 lakh t
Total oil imports
कुल आयात

\$12.2 bn
Import bill
आयात बिल

44.3%
Russia share
रूस

+25%
Bill vs Aug 2025
वृद्धि

2 The three | तीन देश



Country देश	Share हिस्सा
Russia रूस	44.3% (from 51% in July)
UAE UAE	17.4%
U.S. अमेरिका	5.1% (+82% m-o-m)

3 Risks | जोखिम



- ▶ **Limited options** to source oil
सीमित विकल्प
- ▶ U.S. law: tariffs **up to 100%** on Russian-oil buyers
100% टैरिफ़
- ▶ West Asia war; **Hormuz** disruptions
होर्मुज़

Two-thirds of oil from 3 nations — in depth (1/2)

तेल आयात — विस्तार से (1/2)

4

Energy security tools
ऊर्जा सुरक्षा



- ▶ **Strategic Petroleum Reserves:** Vizag, Mangaluru, Padur
SPR
- ▶ Run by **ISPRL** — ~**5.33 MMT** capacity
ISPRL
- ▶ **Diversify** suppliers; ethanol blending
विविधीकरण

5

Import dependence
आयात निर्भरता



- ▶ India imports ~**85–88%** of its crude
85%+
- ▶ **3rd largest** oil consumer in world
तीसरा सबसे बड़ा
- ▶ Higher oil → **CAD, inflation, rupee stress**
चालू खाता घाटा

6

Price paid | कीमत



- ▶ **U.S.:** \$810.6/tonne
अमेरिका
- ▶ **Average:** \$640/tonne
औसत
- ▶ U.S. oil costlier than average **since June 2026**
जून से महँगा

Two-thirds of oil from 3 nations — in depth (2/2)

तेल आयात — विस्तार से (2/2)

7 Oil price → your wallet | तेल से जेब तक



Crude ↑
कच्चा तेल

> \$100/bbl
\$100+



Import bill ↑
आयात बिल

+25%
25%



Rupee
pressure
रुपया

CAD widens
घाटा



Inflation
महँगाई

Transport, goods
परिवहन

8

Did you know?
क्या आप जानते हैं?



► Before 2022, **Iraq** was India's top crude supplier

इराक

► **E20** – 20% ethanol-blended petrol rolled out in **2025**

E20

Two-thirds of oil from 3 nations — Map & Diagram

तेल आयात — मानचित्र व आरेख



Read the visual
चित्र को समझें

► Russia 44.3%, UAE 17.4%, U.S. 5.1%

रूस, UAE, US

► Together ~67% – record concentration

रिकॉर्ड केंद्रीकरण

► U.S. oil costlier: \$810.6/t vs \$640 avg

महँगा

► UAE routes avoid **West Asia** war zone

वैकल्पिक मार्ग

Imran Khan told to leave India

OCI व विदेशी नागरिक

Actor Imran Khan told to leave India over CEC protest

Vinaya Deshpande Pandit
MUMBAI

Actor Imran Khan has been issued notice for violating the Immigration and Foreigners Act, 2025, and has been asked to leave India by October 28, the Mumbai Police said on Thursday. Mr. Khan is a foreign national.

The action comes after he participated in the October 10 protest in Mumbai, seeking the resignation of Chief Election Commissioner Gyanesh Kumar.

The Foreigners Regional Registration Office (FRRO) in Mumbai issued the notice to the actor. Deputy Commissioner of Police, Special Branch 2, is the designated Foreigners Regional Registration Officer. "Mr. Khan's acts are in violation of visa conditions and the provisions of the Foreigners' Act. *Suo moto* action has been initiated in the matter. Law will take its due course. Process is going on," a senior officer told *The Hindu*. Under provisions of the Act, foreign nationals do not have the fundamental right to protest or participate in political activities in India.

The actor is considering



Imran Khan

filing a writ petition against the notice.

"Money is coming from Pakistan, foreign countries are powering this. These foreign nationals are trying to spread anarchy in the country. I had filed a complaint against American citizen Imran Khan," said BJP leader Kirit Somaiya.

NCP(SP) leader Supriya Sule said everyone has the right to protest. "Several of our friends live in foreign countries. They participate in protests. Nobody throws them out of the country," she said. Shiv Sena UBT leader Sanjay Raut said several celebrities hold NRI status. "Imran Khan participated in the anti-CEC protest. If he has been asked to leave for supporting the young generation, then the government is scared," he said.

Actor Imran Khan Told to Leave India over CEC Protest

अभिनेता इमरान खान (अमेरिकी नागरिक, OCI) को CEC के इस्तीफे की माँग वाले विरोध में शामिल होने पर आप्रवासन और विदेशियों विषयक अधिनियम 2025 के तहत 28 अक्टूबर तक भारत छोड़ने का नोटिस



Immigration & Foreigners Act 2025
2025 अधिनियम

1 The case | मामला

- ▶ Actor **Imran Khan** (US citizen, OCI)
इमरान खान
- ▶ Joined protest against **CEC** in Mumbai
CEC विरोध
- ▶ **FRRO**: leave India by **Oct 28**
28 अक्टूबर

2 Who is an OCI? | OCI कौन?

- ▶ Scheme from **2005**; foreigners of **Indian origin 2005**
- ▶ **Lifelong multiple-entry visa**
आजीवन वीज़ा
- ▶ India has **no dual citizenship**
दोहरी नागरिकता नहीं

3 Limits | सीमाएँ

- ▶ No **vote/contest** – **Sec 7B**
मताधिकार नहीं
- ▶ **Art 19** rights only for citizens
अनु. 19
- ▶ Permission for **research, journalism, mission work** (2021)
अनुमति

Imran Khan told to leave India — in depth (1/2)

OCI व विदेशी नागरिक — विस्तार से (1/2)

4

Two legal routes
दो क़ानूनी रास्ते



Leave India notice नोटिस	OCI cancellation रद्द
Imm. & Foreigners Act 2025	Citizenship Act 1955
Sec 7(2)(c), 29 धारा 7, 29	Sec 7D धारा 7D
No hearing spelt out सुनवाई नहीं	Must be heard सुनवाई

5

Past cases | पिछले मामले



- ▶ **Aatish Taseer** – OCI cancelled (2019)
आतिश तासीर
- ▶ **Ashok Swain** – Delhi HC struck order (2025)
अशोक स्वेन
- ▶ **Christo Philip** – OCI restored (2019)
क्रिस्टो फ़िलिप

6

Citizenship basics
नागरिकता



- ▶ **Arts 5–11**, Part II of Constitution
अनु. 5–11
- ▶ **Art 11**: Parliament regulates citizenship
अनु. 11
- ▶ 2025 Act replaced **Foreigners Act, 1946**
1946

Imran Khan told to leave India — in depth (2/2)

OCI व विदेशी नागरिक — विस्तार से (2/2)

7 What Khan can do | उपाय



Notice
नोटिस

Leave by Oct 28
28 अक्टू.



Representation
अभ्यावेदन

To FRRO/Centre
FRRO



High Court
हाई कोर्ट

Art 226
अनु. 226



Interim relief?
अंतरिम राहत

Bombay HC
बॉम्बे HC

8 Did you know? क्या आप जानते हैं?



► **PIO card** was merged
into **OCI** in **2015**

PIO विलय

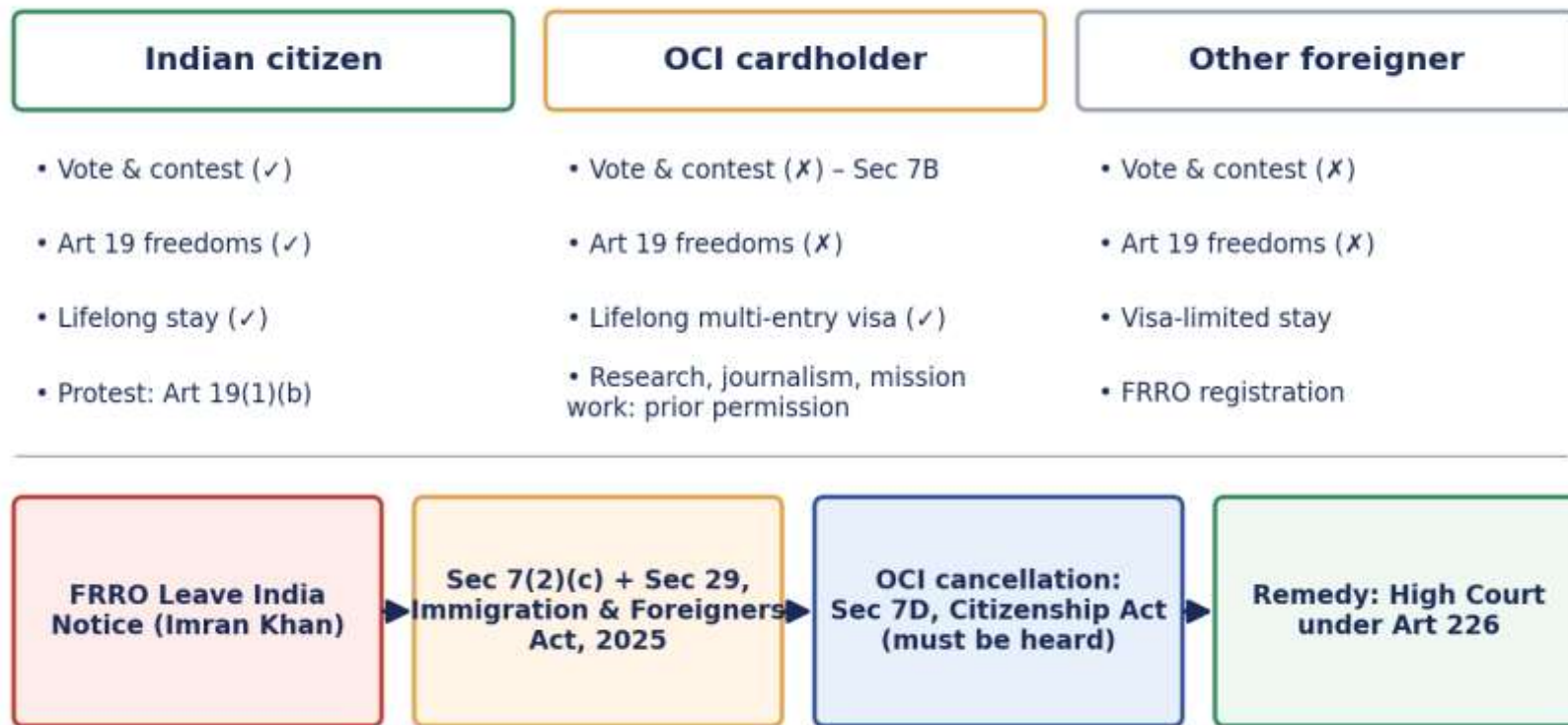
► **Pravasi Bharatiya
Divas** – 9 January

9 जनवरी

Imran Khan told to leave India — Map & Diagram

OCI व विदेशी नागरिक — मानचित्र व आरेख

OCI cardholder: a foreign national with privileges



Read the visual

चित्र को समझें

► OCI = foreign national with privileges

विदेशी नागरिक

► No voting or Art 19 rights

मताधिकार नहीं

► Leave notice: Sec 7(2)(c) + Sec 29, 2025 Act

धारा 7, 29

► Remedy: Art 226 – High Court

अनु. 226

Diabetes is a disease of childhood habits

मधुमेह

• WORLD FOOD DAY TODAY

Diabetes is a disease of childhood habits: the fight against it must start from school



EXPERT EXPLAINS

DR SHASHANK JOSHI

MUMBAI-BASED ENDOCRINOLOGIST

IN MY clinic in Mumbai last month, I met a 13-year-old boy with Type 2 diabetes, fatty liver and a Body Mass Index of 32. His mother told me: “He hardly eats home food, doctor. Only chips, fast food, biscuits and cola.” For 35 years, I have treated diabetes as a disease of adults. Today, I am treating it as a disease of habits formed in childhood. That child is no exception. Rather, he is an early warning.

This year, on World Food Day, the world has chosen a powerful theme: “Innovate

today. Nourish tomorrow.” The core goal is to harness science, technology, data and traditional knowledge to build resilient, sustainable agrifood systems and fight global hunger. It is a timely theme. But as a doctor who sees the end of the food chain in the form of diabetes and obesity, I want to add: We cannot nourish tomorrow if we do not innovate in our classrooms today.

Our Vedas answered this 3,000 years ago: “*Annam hi bhootanam jyeshtham, tasmaat sarvaushadham uchyate* (food is the eldest of all beings, therefore it is called the medicine for all)”; and: “*Aahar shuddhau sattva shuddhi* (When food is pure, the mind becomes pure).”

Modern science is now catching up with this traditional knowledge. That is exactly what this year’s World Food Day calls for — blending science, technology and tradition.

The numbers should concern us. The ICMR-INDIAB study estimates that India now has 101 million people living with diabetes and 136 million with pre-diabetes.

The National Family Health Survey shows one in four children between five and nine years is overweight. More than half of what urban adolescents eat is ultra-processed, and 70% of adult non-communicable diseases have roots in habits formed before age 15.

We once worried about children not getting enough to eat. Now, we must fight both hunger and hidden hunger caused by eating too much of the wrong kind, too early.

This is where innovation must begin — not just in labs and farms, but in schools. A child spends nearly 8,000 hours in school between ages five and 15.

More than with a doctor, a playground, or even the family dining table, it is in these hours that taste is formed, that the palate is programmed, that the brain learns what “normal” food looks like. Yet, our education system, even after National Education Policy 2020’s welcome focus on foundational literacy and numeracy, has no foundation for wellbeing.

Diabetes is a disease of childhood habits

मधुमेह

In four decades of treating metabolic disease, I have come to believe five simple school habits predict fifty years of health. They are the perfect example of this year's theme in action, using science, data and traditional wisdom together.

FIRST, the breakfast habit. Data shows nearly a third of urban Indian children skip breakfast. Science shows a child who skips breakfast is 40% more likely to be overweight and performs poorly in attention and mathematics. Our traditional wisdom offers the solution: ragi, peanut, sattu or eggs — local, seasonal brain food.

SECOND, the water habit. India has recorded the fastest growth in sugar-sweetened beverage consumption among adolescents — over 300% in a decade. One cola has many spoons of sugar. Innovation here requires policy: Water bells, safe drinking water stations and no-sugar drink zones, as schools in Kerala and Maharashtra have pioneered.

THIRD, the millet and fruit habit. Millets

are low glycemic, high fibre and climate-resilient — the ultimate answer to sustainable agrifood systems. If we can make Millet Mondays and Rainbow Tiffin Tuesdays aspirational, we can build both health and resilience.

FOURTH, the movement habit. Data shows only 18% of Indian adolescents meet the 60-minute daily activity norm, according to a study in The Lancet. We have steadily replaced PT periods with extra maths tuition. We are building sharper brains but sicker bodies.

FIFTH, the sleep habit. Research shows average sleep in 12 to 15-year-olds is now 6.5 hours against the required 8-9 hours. Sleep deprivation increases the levels of ghrelin, the hunger hormone, and drives insulin resistance. A 10 pm lights-off rule is more powerful than any vitamin supplement.

All this just requires a new lens — the World Food Day lens of innovation. Seven low-cost, innovative nudges can transform a school tomorrow: fruit birthdays instead

of chocolate birthdays; five minutes of mindful eating at lunchtime; teaching children to read food labels using mobile apps and data; a 10x10 feet kitchen garden using traditional knowledge; a monthly parent tiffin workshop; a safe playground hour; and an annual wellbeing report card alongside the marks card.

There is also an economic reason to act. The direct economic burden of diabetes alone will cross \$90 billion by 2033. One rupee invested in school health and nutrition returns 16 rupees in healthcare savings and productivity, according to WHO.

Some argue diet is a family matter, not a school matter. In reality, it is both. A child cannot say no to junk if the canteen sells it and the food environment is stacked against him/her. If we truly want to “Innovate today to Nourish tomorrow,” we must start with the tiffin today. A resilient, sustainable agrifood system will mean little if the next generation has lost the ability and desire to eat from it.

Diabetes Is a Disease of Childhood Habits: the Fight Must Start from School

विश्व खाद्य दिवस पर डॉ. शशांक जोशी: मधुमेह अब बचपन की आदतों से शुरू होता है – स्कूलों में नाश्ता, पानी, मिलेट, खेल और नींद की पाँच आदतें ज़रूरी



101 mn diabetics
10.1 करोड़

1 The numbers | आँकड़े



101 mn

Diabetes
(ICMR-INDIAB)
मधुमेह

136 mn

Pre-diabetes
पूर्व-मधुमेह

1 in 4

Children
overweight
अधिक वज़न

\$90 bn

Cost by 2033
आर्थिक बोझ

2 Early warning | चेतावनी



► **13-year-old** with Type 2 diabetes, BMI 32

13 वर्ष

► >50% of urban teen diet **ultra-processed**

अति-प्रसंस्कृत

► Child spends ~**8,000 hours** in school (5–15)

8,000 घंटे

3 Five school habits पाँच आदतें



► **Breakfast** (ragi, sattu) • **Water** (no-sugar zones)

नाश्ता, पानी

► **Millets & fruit** • **Movement** (60 min)

मिलेट, खेल

► **Sleep** 8–9 h – 10 pm lights-off

नींद

Diabetes is a disease of childhood habits — in depth (1/2)

मधुमेह — विस्तार से (1/2)

4 Type 1 vs Type 2 | प्रकार

Type 1 टाइप 1	Type 2 टाइप 2
No insulin made इंसुलिन नहीं	Insulin resistance प्रतिरोध
Autoimmune स्वप्रतिरक्षी	Lifestyle-linked जीवनशैली
Usually in childhood बचपन	Now in children too बच्चों में भी

5 Low-cost nudges सस्ते उपाय

- ▶ Fruit birthdays;
mindful lunch
फल जन्मदिन
- ▶ Read food labels;
school kitchen garden
लेबल
- ▶ Annual wellbeing
report card
स्वास्थ्य रिपोर्ट

6 Govt schemes | योजनाएँ

- ▶ PM POSHAN – school
meals
पीएम पोषण
- ▶ FSSAI: limits on HFSS
food near schools
FSSAI
- ▶ Fit India, Khelo India
फ़िट इंडिया

Diabetes is a disease of childhood habits — in depth (2/2)

मधुमेह — विस्तार से (2/2)

7 From tiffin to diabetes | टिफिन से मधुमेह



Junk food
जंक फूड

Chips, cola
चिप्स



Obesity
मोटापा

High BMI
उच्च BMI



**Insulin
resistance**
प्रतिरोध

Sleep loss adds
नींद



**Type 2
diabetes**
मधुमेह

At age 13
13 वर्ष

8 Did you know? क्या आप जानते हैं?



► **World Diabetes Day –**
14 November (Banting's
birthday)

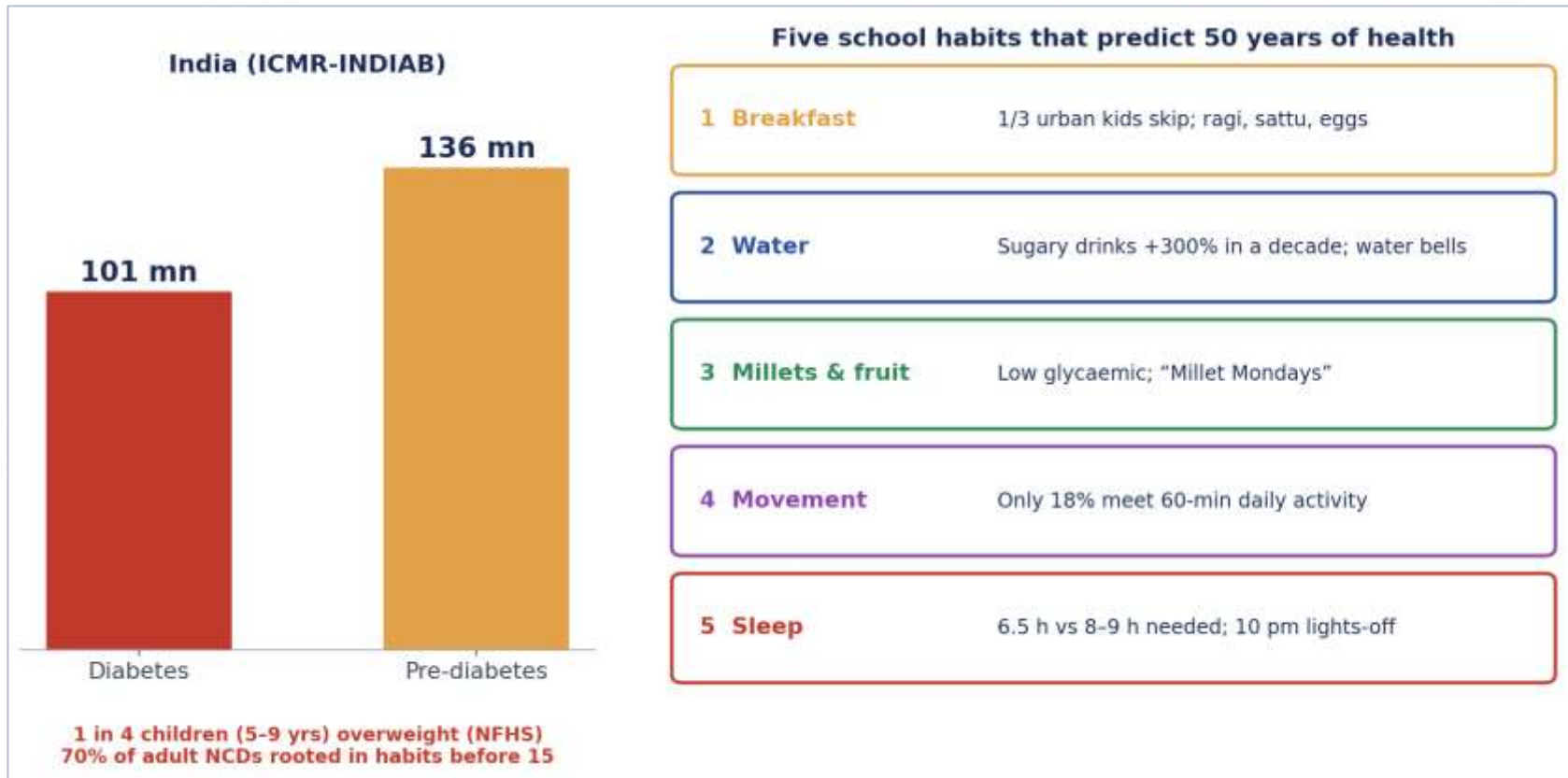
14 नवंबर

► Insulin was discovered
in **1921** by **Banting &
Best**

1921

Diabetes is a disease of childhood habits — Map & Diagram

मधुमेह — मानचित्र व आरेख



Read the visual चित्र को समझें

- **101 mn** diabetic, **136 mn** pre-diabetic
10.1 करोड़
- **1 in 4** children (5–9) overweight
4 में 1
- **70%** of adult NCDs begin before **15**
15 वर्ष से पहले
- 5 school habits:
breakfast, water, millets, movement, sleep
5 आदतें

Asked in Exams — guess the answer! | पहले स्वयं उत्तर सोचें

RRB Group D 2025

Exam date: 18 Aug 2026 (Shift 1) • Topic: Electoral rolls – ECI

In May 2026, the Supreme Court observed that the Election Commission of India's power to conduct a Special Intensive Revision (SIR) of electoral rolls is derived from which of the following Articles of the Constitution?

- (a) Article 324
- (b) Article 327
- (c) Article 326
- (d) Article 325

UPSC CSE Prelims 2026 (GS Paper I)

Exam date: 24 May 2026 • Topic: FAO – food security

At the UN Ocean Conference 2025, FAO's "Blue Transformation" for sustainable fisheries was cited. Which of the following is the correct combination of FAO's "Four Betters"?

- (a) Better production, better nutrition, better environment and better ocean
- (b) Better production, better nutrition, better environment and better life
- (c) Better coral reefs, better nutrition, better environment and better life
- (d) Better estuaries, better nutrition, better environment and better mangrove vegetation

Answers & Explanation | उत्तर व व्याख्या

RRB Group D 2025

Exam date: 18 Aug 2026 (Shift 1) • Topic: Electoral rolls – ECI

In May 2026, the Supreme Court observed that the Election Commission of India's power to conduct a Special Intensive Revision (SIR) of electoral rolls is derived from which of the following Articles of the Constitution?

(a) Article 324

(b) Article 327

(c) Article 326

(d) Article 325

Answer: (a) Art 324 – superintendence, direction and control of elections.
अनुच्छेद 324।

UPSC CSE Prelims 2026 (GS Paper I)

Exam date: 24 May 2026 • Topic: FAO – food security

At the UN Ocean Conference 2025, FAO's "Blue Transformation" for sustainable fisheries was cited. Which of the following is the correct combination of FAO's "Four Betters"?

(a) Better production, better nutrition, better environment and better ocean

(b) Better production, better nutrition, better environment and better life

(c) Better coral reefs, better nutrition, better environment and better life

(d) Better estuaries, better nutrition, better environment and better mangrove vegetation

Answer: (b) FAO Strategic Framework 2022–31: production, nutrition, environment, life.
उत्पादन, पोषण, पर्यावरण, जीवन।

Asked in Exams — guess the answer! | पहले स्वयं उत्तर सोचें

UPSC CSE Prelims 2026 (GS Paper I)

Exam date: 24 May 2026 • Topic: Defence – indigenous hardware

Which of the following items of defence hardware is/are manufactured in India? 1. Su-30 MKI Fighter Jets 2. T-90 MK-III Tanks 3. Akula Class Submarine

- (a) 1 and 2
- (b) 1 and 3
- (c) 1 only
- (d) 2 only

RRB NTPC 2025 (UG) CBT-2

Exam date: 17 Sep 2026 (Shift 1) • Topic: Diabetes & heart disease – NCDs

Diabetes, cancer, and asthma are collectively known as which type of disorders?

- (a) Communicable diseases
- (b) Airborne diseases
- (c) Non-communicable diseases
- (d) Deficiency diseases

Answers & Explanation | उत्तर व व्याख्या

UPSC CSE Prelims 2026 (GS Paper I)

Exam date: 24 May 2026 • Topic: Defence – indigenous hardware

Which of the following items of defence hardware is/are manufactured in India? 1. Su-30 MKI Fighter Jets 2. T-90 MK-III Tanks 3. Akula Class Submarine

(a) 1 and 2

(b) 1 and 3

(c) 1 only

(d) 2 only

Answer: (a) Su-30 MKI by HAL; T-90 at HVF Avadi; Akula was leased from Russia.

1 और 2।

RRB NTPC 2025 (UG) CBT-2

Exam date: 17 Sep 2026 (Shift 1) • Topic: Diabetes & heart disease – NCDs

Diabetes, cancer, and asthma are collectively known as which type of disorders?

(a) Communicable diseases

(b) Airborne diseases

(c) Non-communicable diseases

(d) Deficiency diseases

Answer: (c) NCDs – not spread person to person.

गैर-संचारी रोग।

Test Yourself — Q1–4 | स्वयं को परखें

Q1 Revision of electoral rolls is provided for under which Act?

मतदाता सूची का पुनरीक्षण किस अधिनियम के तहत?

- (a) RP Act, 1950 (b) RP Act, 1951
(c) Delimitation Act, 2002 (d) Citizenship Act, 1955

Q2 How many qualifying dates a year are there for voter enrolment in India now?

मतदाता पंजीकरण की अर्हता तिथियाँ प्रति वर्ष:

- (a) One (b) Two
(c) Three (d) Four

Q3 Consider: 1. Trade deficit = imports – exports. 2. Gold imports rose sharply in Sept 2026. 3. Electronic goods were the fastest-growing export. Correct?

1. व्यापार घाटा = आयात – निर्यात। 2. सितंबर 2026 में सोना आयात बढ़ा। 3. इलेक्ट्रॉनिक्स सबसे तेज़ बढ़ा। सही?

- (a) 1 and 2 only (b) 1 and 3 only
(c) 2 and 3 only (d) 1, 2 and 3

Q4 Under the Constitution (Scheduled Castes) Order, 1950 (as amended), SC status is available to persons professing:

SC आदेश 1950 के अनुसार SC दर्जा किन्हें?

- (a) Any religion (b) Hinduism only
(c) Hinduism, Sikhism and Buddhism (d) Hinduism and Islam

Test Yourself — Q5–8 | स्वयं को परखें

Q5 The PUFFINS mission, to be led by Ramya Anche, belongs to which space agency?
PUFFINS मिशन किस अंतरिक्ष एजेंसी का है?

- (a) ISRO
- (b) ESA
- (c) NASA
- (d) JAXA

Q6 Varunastra, recently ordered by the Navy, is a:
वरुणास्त्र है:

- (a) Surface-to-air missile
- (b) Heavyweight torpedo
- (c) Light combat helicopter
- (d) Naval radar

Q7 World Food Day is observed on 16 October to mark the founding of:
16 अक्टूबर विश्व खाद्य दिवस किसकी स्थापना की याद में?

- (a) WFP
- (b) IFAD
- (c) FAO
- (d) WHO

Q8 Under the National Food Security Act, 2013, coverage of the urban population is up to:
NFSA 2013 में शहरी आबादी का कवरेज:

- (a) 25%
- (b) 50%
- (c) 67%
- (d) 75%

Test Yourself — Q9–10 | स्वयं को परखें

Q9

OCI cardholders are barred from voting under which provision?

OCI कार्डधारकों को मताधिकार किस प्रावधान से नहीं?

(a) Article 326

(b) Section 7B, Citizenship Act

(c) Section 29, Foreigners Act

(d) Article 15

Q10

Which pair of the 2026 data is correct?

सही युग्म:

(a) ICMR-INDIAB – 101 million diabetics in India

(b) NFHS – 18% adolescents meet activity norms

(c) Lancet – 1 in 4 children overweight

(d) WHO – ₹1.19 lakh heart-failure cost

Answer Key — Q1–5 | उत्तर व व्याख्या

1-a **RP Act, 1950** — RP Act 1950 (Sec 21) – rolls; 1951 – conduct of elections.
RP अधिनियम 1950।

2-d **Four** — Jan 1, Apr 1, Jul 1, Oct 1 (2021 amendment).
चार।

3-b **1 and 3 only** — Gold imports fell 81%.
1 और 3।

4-c **Hinduism, Sikhism and Buddhism** — Sikhs 1956, Buddhists 1990.
हिंदू, सिख, बौद्ध।

5-c **NASA** — NASA Astrophysics Pioneers; launch 2030.
नासा।

Answer Key — Q6–10 | उत्तर व व्याख्या

6-b **Heavyweight torpedo** — Anti-submarine torpedo by NSTL; built by BDL.
भारी टॉरपीडो।

7-c **FAO** — FAO founded 16 Oct 1945.
FAO।

8-b **50%** — 75% rural, 50% urban.
50%।

9-b **Section 7B, Citizenship Act** — Sec 7B lists rights denied to OCIs.
धारा 7B।

10-a **ICMR-INDIAB – 101 million diabetics in India** — ICMR-INDIAB: 101 mn diabetic, 136 mn pre-diabetic.
ICMR-INDIAB।

Myth Buster of the Day — Health | आज का मिथक



MYTH | मिथक

“Type 2 diabetes is a disease of old age – children don’t get it.”

टाइप 2 मधुमेह केवल बुढ़ापे की बीमारी है – बच्चों को नहीं होती।



FACT | तथ्य

False. Type 2 diabetes is now being diagnosed in children as young as 13. One in four Indian children aged 5–9 is overweight, more than half of what urban teenagers eat is ultra-processed, and about 70% of adult non-communicable diseases have their roots in habits formed before age 15. Healthy breakfast, water instead of sugary drinks, millets, daily play and enough sleep protect children.

ग़लत। अब 13 वर्ष के बच्चों में भी टाइप 2 मधुमेह मिल रहा है। 5–9 वर्ष के हर चार में से एक भारतीय बच्चे का वज़न अधिक है, शहरी किशोरों का आधे से अधिक भोजन अति-प्रसंस्कृत है, और वयस्कों के लगभग 70% गैर-संचारी रोगों की जड़ 15 वर्ष से पहले की आदतों में है। अच्छा नाश्ता, मीठे पेय की जगह पानी, मिलेट, रोज़ खेल और पर्याप्त नींद बच्चों की रक्षा करते हैं।



Healthy adults are built in childhood. स्वस्थ वयस्क बचपन में बनते हैं।

Word of the day

Exonerate:

to free someone from accusation or blame

Synonyms: acquit, discharge, exculpate

Usage: *The new evidence helped exonerate the accused.*

Pronunciation: newsth.live/exonerate

International Phonetic Alphabet: /ɪɡˈzɒnəreɪt/

BATCH B3

START DATE - 19 OCT

100% MONEY BACK STOCK MARKET COURSE

▲ +2.45%
▲ +5.76%
▲ +1.32%
▲ +4.18%



**SCAN AND
FILL FORM NOW**

BATCH B3

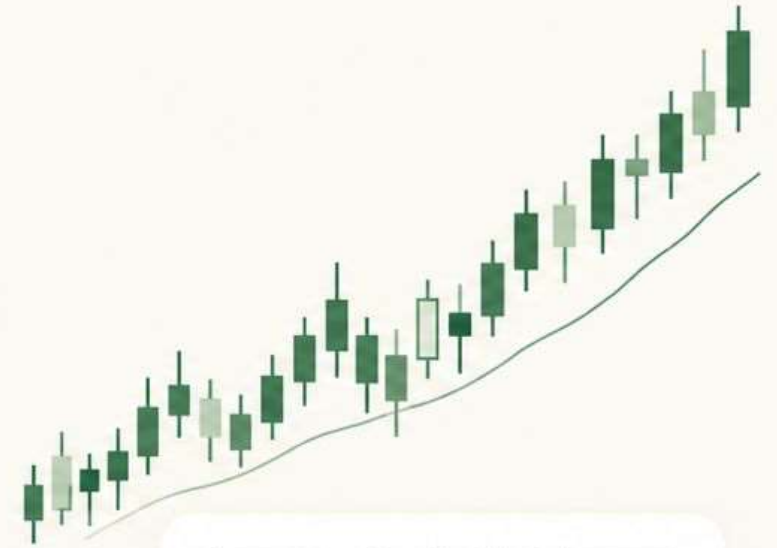
LUCK X | SKILL ✓

STOCK MARKET IS A SKILL

STOCK MARKET COURSE

100% MONEY BACK

START DATE - 19 OCT



**SCAN AND
FILL FORM NOW**

Thank you ?

