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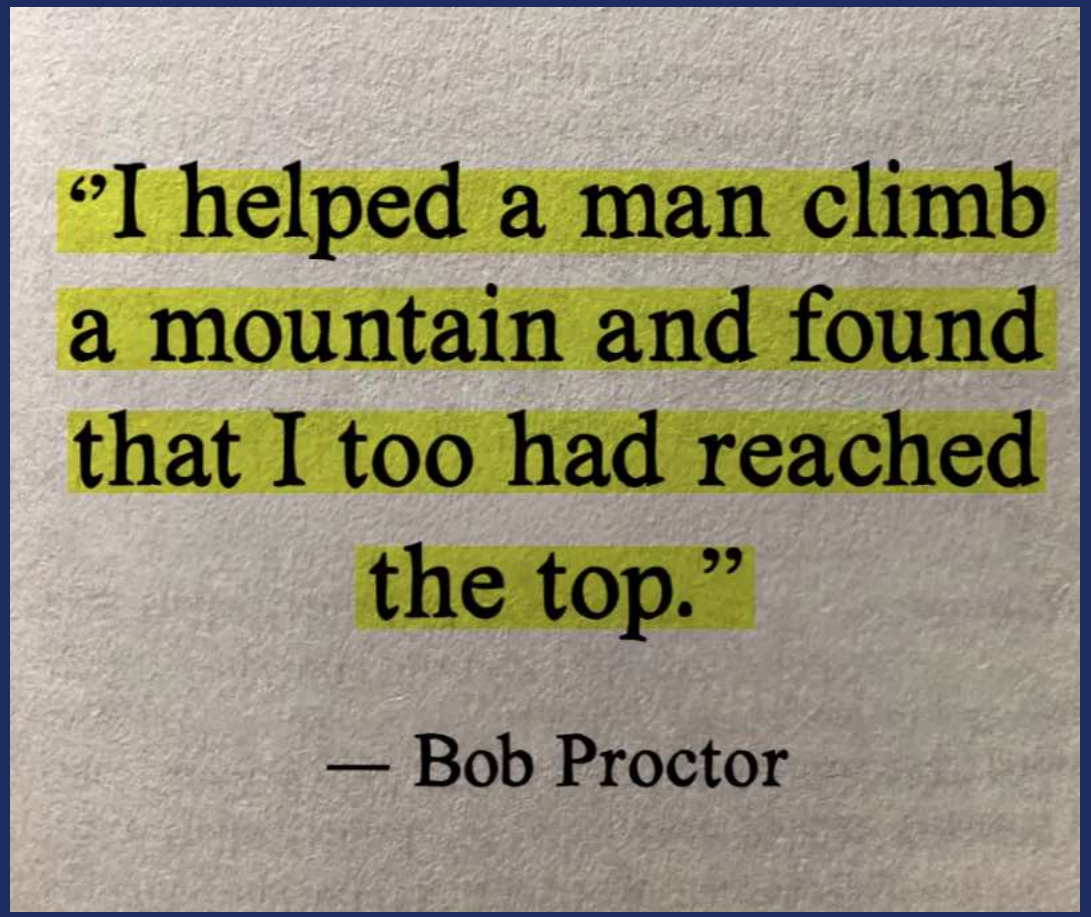
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By Bhunesh Sir

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"I helped a man climb a mountain and found that I too had reached the top."
— Bob Proctor

Today’s Current Affairs | 22 November 2026

आज के समसामयिक मुद्दे — The Hindu • Indian Express • Financial Express — 3 articles + exam PYQs + MCQs + Myth Buster

1. **1 crore HPV vaccine doses given in 9 months**
   9 महीनों में 1 करोड़ HPV टीके
2. **Mercury in fairness creams damages a teen’s kidneys**
   गोरेपन की क्रीम में पारा
3. **India joins Ocean Eye Alliance, pledges to double ocean observations**
   महासागर अवलोकन दोगुना


THE HINDU ON SUNDAY

One country, a hundred *dals*

Govt. changed limiting mindset, empowered the poor, says Modi

600 under treatment as hooch tragedy toll rises to 16 in Manipur

Jumbo crossing

U.S. court sends summonses to Doval, Goel in plea by Pannun

1

ark side of fairness creams: heavy metals pose health hazard

THE HINDU • 22 NOV 2026

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पृष्ठ 1 · मुख पृष्ठ

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

1 **Fairness creams & mercury | गोरेपन की क्रीम**

Mercury in fairness creams damages a teen's kidneys

गोरेपन की क्रीम में पारा

The dark side of fairness creams: heavy metals pose health hazard

Aathira Haridas
KOCHI

The craze for fairness is more than skin-deep, and the trade-off can be costly as inferior cosmetic products can leave more than mere marks. A 17-year-old girl in Keralam's Malappuram developed a serious kidney ailment allegedly after using a fairness cream purchased online following its promotion by social media influencers, according to the doctors treating her.

The incident came to light after the authorities at the hospital that treated the teenager, who was diagnosed with membranous nephropathy, held a press conference on Friday. Lab tests had confirmed 1.25% mercury, a heavy metal, in the cosmetic product, according to the hospital sources.

Medical experts say that the use of products containing heavy metals to lighten the skin is emerging as a major hazard that can lead to serious conditions if not diagnosed early.

A rise in the number of teenagers relying on spurious beauty products has forced the Drugs Control Department in Keralam to launch awareness campaigns targeting students in Classes XI and XII, an age group particularly vulnerable to online campaigns. Frequent inspections are carried out in marketplaces to confiscate spurious cosmetics. State Drugs Controller K. Sujith Kumar says raising awareness about such spurious cosmetic products is the only way forward.



"We have seized cosmetics that have high mercury levels from offline markets. But there is no way to track or regulate online marketplaces," he says.

Lack of awareness

M.M. Faizal, former president of the Indian Association of Dermatologists, says: "People are obsessed with fair skin. We have observed a rise in the number of people buying steroid creams that are easily available over the counter and applying them to their faces. Such steroid-based applications and creams containing heavy metals such as mercury can damage your kidneys easily. The government needs to bring in some mechanisms to control this," he says.

Prolonged use of such creams can lead to kidney damage, says former secretary of the Nephrology Association of Kerala, Jayant Thomas Mathew, who has come across a few cases of kidney disorders among users. The condition could be detected early because the patients were aware of the symptoms.

"The patients had used fairness creams and noticed symptoms related to kidney disorders. They probably had membranous nephropathy, and since they sought medical help at a very early stage, treatment was possible," says Dr. Mathew.

The symptoms

Swelling in the legs and face and frothing in the urine are some of the signs people need to be wary about, the doctor adds.

Much has changed in the beauty industry, with social media driving trends, says Liji Coleenz, a make-up artist and salon owner in Kochi.

"Even teenagers fall prey to the beauty aspirations set on social media. Our fixation with fairness is troublesome," she maintains.

Class24

The Dark Side of Fairness Creams:

Heavy Metals Pose Health Hazard

केरलम के मलप्पुरम में सोशल मीडिया इन्फ़्लुएंसरों द्वारा प्रचारित फ़ेयरनेस क्रीम ऑनलाइन ख़रीदकर लगाने वाली 17 वर्षीय लड़की को गंभीर किडनी रोग (मेम्ब्रेनस नेफ्रोपैथी) हुआ – क्रीम में 1.25% पारा मिला; राज्य औषधि नियंत्रण विभाग ने छात्रों के लिए जागरूकता अभियान शुरू किया

Spurious cosmetics
नकली सौंदर्य उत्पाद

1 The case | मामला

- **17-year-old** girl in **Malappuram**
  मलप्पुरम
- Cream bought **online**, promoted by **influencers**
  ऑनलाइन
- Lab found **1.25% mercury**
  1.25% पारा

2 The illness | बीमारी

- **Membranous nephropathy** – kidney filters damaged
  किडनी रोग
- Leaks **protein** into urine
  प्रोटीन रिसाव
- Treatable if caught **early**
  जल्दी इलाज

3 Warning signs | लक्षण

- **Swelling** of legs & face
  सूजन
- **Frothy** urine
  झागदार पेशाब
- See a doctor **promptly**
  तुरंत डॉक्टर

Mercury in fairness creams damages a teen's kidneys — in depth (1/2)

गोरेपन की क्रीम में पारा — विस्तार से (1/2)

4 State response राज्य की कार्रवाई

- Drives for **Class XI–XII** students
  छात्र
- **Seizures** of high-mercury cosmetics
  ज़ब्ती
- Drugs Controller **K. Sujith Kumar**: can't track online sales
  ऑनलाइन

5 Steroid creams too स्टेरॉयड क्रीम

- Sold **over the counter**
  बिना पर्ची
- Misused on faces for **fairness**
  गोरापन
- Dermatologists seek **controls**
  नियंत्रण

6 Root cause | जड़

- Social **obsession with fair skin**
  गोरेपन का जुनून
- **Social media** sets beauty goals
  सोशल मीडिया
- Teens most **vulnerable**
  किशोर

Mercury in fairness creams damages a teen's kidneys — in depth (2/2)

गोरेपन की क्रीम में पारा — विस्तार से (2/2)

7 How mercury harms | नुक़सान

Applied on skin
त्वचा पर
Daily
रोज़

→

Absorbed
अवशोषण
Into blood
रक्त

→

Kidneys
गुर्दे
Filter damaged
क्षति

→

Nerves
नसें
Long-term
दीर्घकालिक

8 Did you know? क्या आप जानते हैं?

- Mercury **blocks melanin**, so skin looks lighter
  मेलानिन रोकता
- Mercury is the only metal **liquid** at room temperature
  द्रव धातु

Mercury in fairness creams damages a teen's kidneys — background (1/2)

गोरेपन की क्रीम में पारा — पृष्ठभूमि (1/2)

9 Cosmetics rules | नियम

Law क़ानून	Role भूमिका
Drugs & Cosmetics Act **औषधि व प्रसाधन**	1940
Cosmetics Rules **प्रसाधन नियम**	2020
Regulator **नियामक**	CDSCO / DCGI
Ads curb **विज्ञापन**	Drugs & Magic Remedies Act 1954

10 Minamata Convention मिनामाता

- Global treaty on **mercury**, signed **2013**
  2013
- In force **2017**; India ratified **2018**
  भारत
- Bans skin creams with **>1 ppm** mercury
  1 ppm

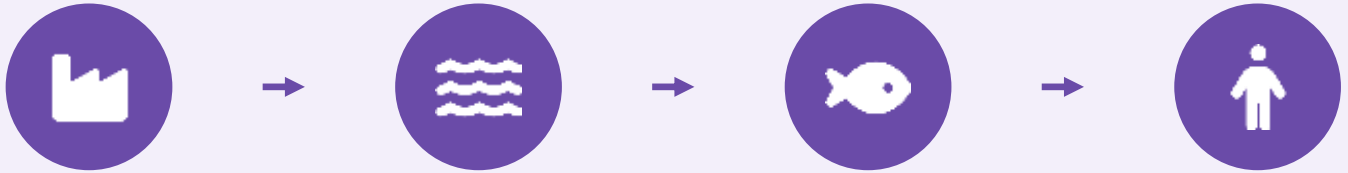
11 Influencer rules इन्फ़्लुएंसर नियम

- **CCPA** guidelines (2023) on endorsements
  CCPA
- Must **disclose** paid promotions
  खुलासा
- Under **Consumer Protection Act, 2019**
  उपभोक्ता संरक्षण

Mercury in fairness creams damages a teen's kidneys — background (2/2)

गोरेपन की क्रीम में पारा — पृष्ठभूमि (2/2)

12 Mercury in the environment | पर्यावरण



13 Kidney facts | गुर्दे

- Basic unit: **nephron** (~1 million per kidney)
  नेफ्रॉन
- Filter **~180 litres** of blood a day
  180 लीटर
- Dialysis via **PM National Dialysis Programme** (2016)
  डायलिसिस

Mercury in fairness creams damages a teen's kidneys — Static GK

गोरेपन की क्रीम में पारा — स्थैतिक सामान्य ज्ञान

14 Pollution diseases प्रदूषण रोग

Disease रोग	Cause कारण
Minamata मिनामाता	Mercury
Itai-itai इटाई-इटाई	Cadmium
Blackfoot ब्लैकफ़ुट	Arsenic
Fluorosis फ्लोरोसिस	Excess fluoride

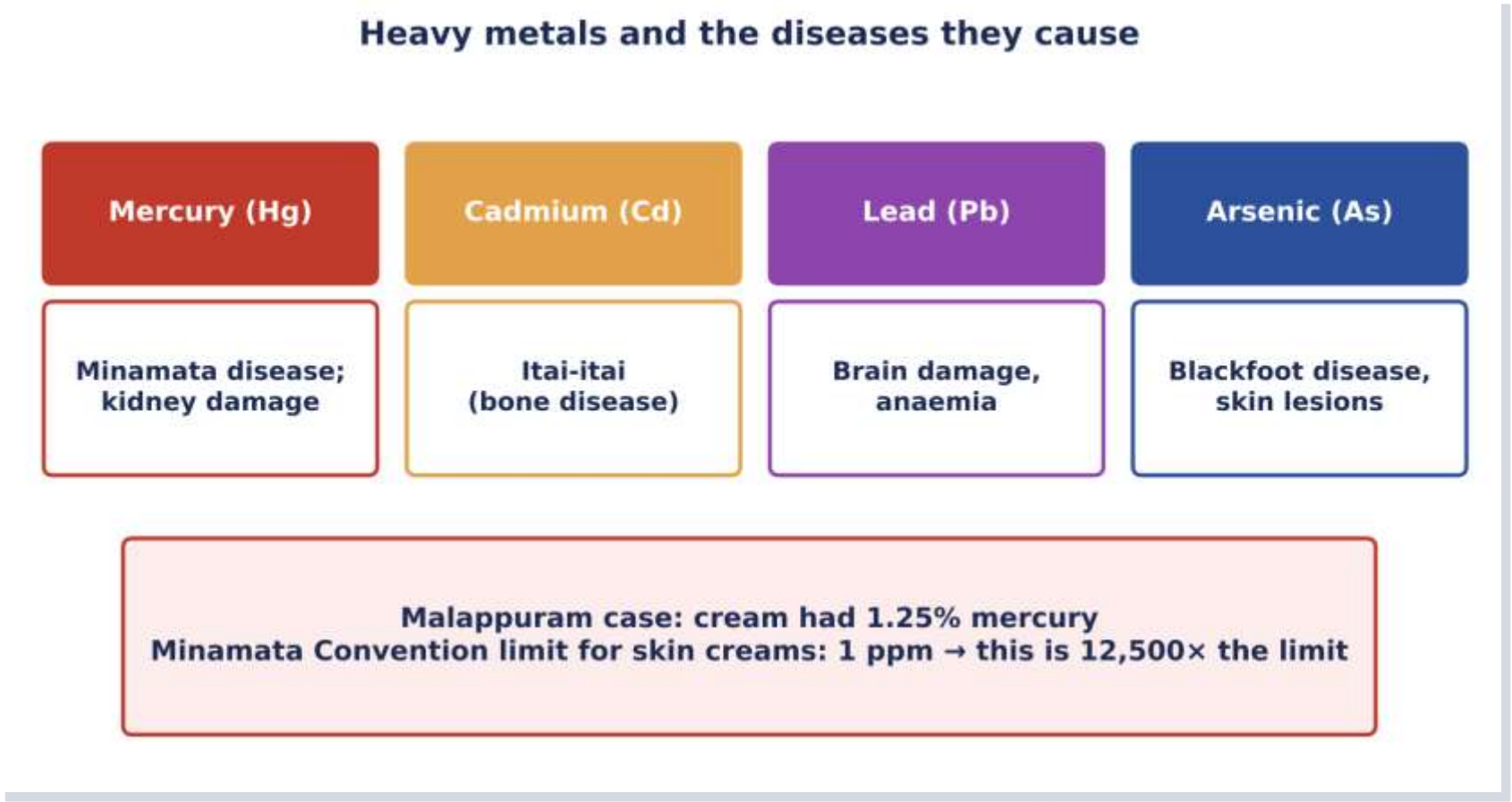
15 Skin science त्वचा विज्ञान

- Skin colour comes from **melanin** मेलानिन
- Made by **melanocytes** मेलानोसाइट
- Protects against **UV rays** UV सुरक्षा

16 Mercury facts | पारा

- Symbol **Hg** (Latin *hydrargyrum*) **Hg**
- Ore: **cinnabar** (HgS) सिनेबार
- Old use: **thermometers** – being phased out थर्मामीटर

Mercury in fairness creams damages a teen's kidneys — Map & Diagram
गोरेपन की क्रीम में पारा — मानचित्र व आरेख



Read the visual
चित्र को समझें

- Heavy metals **build up** in the body
  शरीर में जमा
- Names come from **Japanese** outbreaks
  जापान
- Damage is often **slow & silent**
  धीमा असर

Mercury in fairness creams damages a teen's kidneys — Map & Diagram

गोरेपन की क्रीम में पारा — मानचित्र व आरेख



Read the visual
चित्र को समझें

- Keralam runs **school awareness** drives
  जागरूकता
- Raids in **offline markets**
  छापे
- **Online sales** hard to track
  ऑनलाइन चुनौती


News

INBRIEF

NEET case: Delhi court frames charges against 14 accused

5 people killed as ambulance rams pickup truck in UP

Odisha govt. orders probe into foreign visits of Patnaik

14-year-old held for hacking Agniveer test portal using AI

SUDOKU

Ladakh's first panchayat poll after UT tag sees 70% turnout

Stop tax sops for rich, trade unions, farm outfits tell PM

1 ...e HPV vaccine doses ...inistered in 9 months

NCB busts pharmaceutical drug trafficking network

Beyond rescue: the fight against rising animal cruelty

THE HINDU • 22 NOV 2026

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पृष्ठ 5 · समाचार

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

1 **1 crore HPV doses | HPV टीका**

1 crore HPV vaccine doses given in 9 months

9 महीनों में 1 करोड़ HPV टीके

1 crore HPV vaccine doses administered in 9 months

Bindu Shajan Perappadan
NEW DELHI

India has administered more than one crore doses of the human papillomavirus (HPV) vaccine in less than nine months, covering nearly 87% of its annual target cohort of 14-year-old girls under the national cervical cancer prevention campaign launched in February 2026, a release issued by the Union Health Ministry on Saturday said.

It added that Uttar Pradesh leads with more than 29.33 lakh girls vaccinated, followed by Bihar (13.70 lakh) and Gujarat (7.75 lakh). Six States – Gujarat, Uttar Pradesh, Andhra Pradesh, Mizoram, Madhya Pradesh and Bihar – have achieved 100% coverage of their identified target populations.

The government provides the single-dose vaccine free of cost and voluntarily to eligible girls at designated government health facilities, with parental consent. The U-WIN digital platform facilitates beneficiary tracking, real-time monitoring, slot booking and digital certificates. Vaccinations are conducted under medical supervision, with arrangements for managing adverse events following immunisation, the Ministry said.

Among other high-performing States, Assam has recorded 95.63% coverage, followed by Telangana (95.28%), Karnataka (93.16%) and Uttarakhand (90.17%). Chhattisgarh (86.21%) and Rajasthan (85.23%) have also crossed the 80% coverage mark.

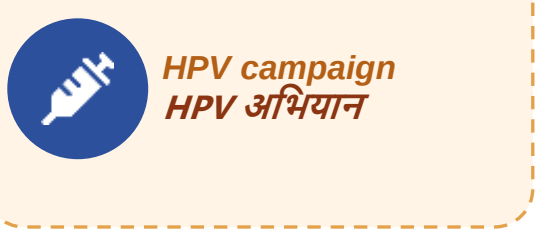
"School teachers, Accredited Social Health Activists (ASHAs), Auxiliary Nurse Midwives (ANMs) and other frontline healthcare workers have worked closely with parents and communities to encourage informed participation and counter misinformation," the Ministry added.

It stated that digital health infrastructure has been an important enabler of the nationwide campaign, with the U-WIN platform supporting real-time monitoring, beneficiary tracking and digital vaccination records.

The platform also enables parents to book HPV vaccination slots for their daughters and download digital vaccination certificates, making the vaccination process more accessible, convenient and transparent.

1 Crore HPV Vaccine Doses Administered in 9 Months

फ़रवरी 2026 में शुरू हुए राष्ट्रीय सर्वाइकल कैंसर रोकथाम अभियान के तहत 9 महीने से कम में 14 वर्षीय लड़कियों को 1 करोड़ से अधिक HPV वैक्सीन डोज़ दी गईं – वार्षिक लक्ष्य समूह का लगभग 87%; उत्तर प्रदेश 29.33 लाख के साथ सबसे आगे, छह राज्यों में 100% कवरेज



1 The milestone | उपलब्धि

- **1 crore+** doses in **under 9 months**
  1 करोड़
- Covers **~87%** of the year's target
  87%
- Campaign launched **Feb 2026**
  फ़रवरी 2026

2 Who gets it | किसे

- Girls aged **14**
  14 वर्ष की लड़कियाँ
- **Single dose**, free & **voluntary**
  एक डोज़, मुफ़्त
- Needs **parental consent**
  अभिभावक सहमति

3 Six at 100% छह राज्य 100%

- **Gujarat, UP, Andhra Pradesh**
  तीन
- **Mizoram, MP, Bihar**
  तीन और
- Of their **identified** target groups
  लक्षित समूह

1 crore HPV vaccine doses given in 9 months — in depth (1/2)

9 महीनों में 1 करोड़ HPV टीके — विस्तार से (1/2)

4 U-WIN platform | यू-विन

- **Beneficiary tracking** & real-time monitoring
  ट्रैकिंग
- Parents can **book slots** online
  स्लॉट बुकिंग
- **Digital certificates** downloadable
  डिजिटल प्रमाणपत्र

5 Frontline push ज़मीनी प्रयास

- **Teachers, ASHAs, ANMs** led outreach
  आशा, एएनएम
- Countered **misinformation**
  भ्रांतियाँ
- Ready to manage **AEFI** (adverse events)
  दुष्प्रभाव प्रबंधन

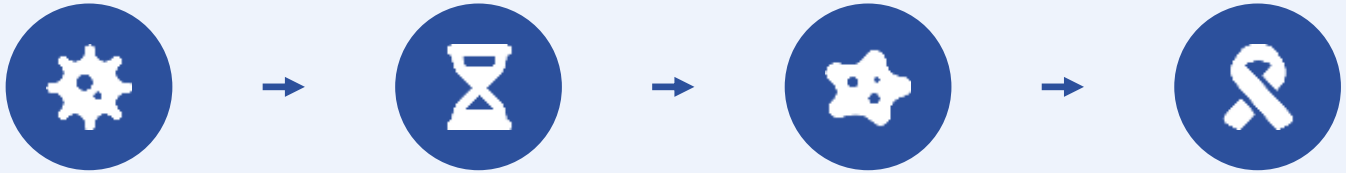
6 Why it matters | महत्व

- Cervical cancer – **2nd most common** in Indian women
  दूसरा सबसे आम
- Kills ~**75,000+** Indian women a year
  मौतें
- **HPV** causes nearly all cases
  HPV कारण

1 crore HPV vaccine doses given in 9 months — in depth (2/2)

9 महीनों में 1 करोड़ HPV टीके — विस्तार से (2/2)

7 How HPV leads to cancer | कैंसर कैसे



Types 16, 18
प्रकार

Years
वर्षों

Pre-cancer
पूर्व-कैंसर

Cervix
गर्भाशय-ग्रीवा

8 Did you know? क्या आप जानते हैं?

- India's own HPV vaccine **Cervavac** – Serum Institute (2022)
  सर्वावैक
- WHO goal: **90%** of girls vaccinated by 15, by **2030**
  90-70-90

1 crore HPV vaccine doses given in 9 months — background (1/2)

9 महीनों में 1 करोड़ HPV टीके — पृष्ठभूमि (1/2)

9 WHO 90-70-90 targets लक्ष्य

Target लक्ष्य	By 2030 2030 तक
Vaccinate girls by 15 टीका	90%
Screen women at 35 & 45 जाँच	70%
Treat disease found इलाज	90%

10 Universal Immunisation Programme UIP

- Began **1985** (EPI in 1978)
  1985
- Free vaccines against **12** diseases
  12 रोग
- **Mission Indradhanush** (2014) – reach the unreached
  इंद्रधनुष

11 Vaccine types टीकों के प्रकार

- **Live attenuated** – BCG, OPV, MR
  जीवित
- **Inactivated** – IPV
  निष्क्रिय
- HPV: **virus-like particles** – no DNA, can't infect
  VLP

1 crore HPV vaccine doses given in 9 months — background (2/2)

9 महीनों में 1 करोड़ HPV टीके — पृष्ठभूमि (2/2)

12 Women's cancer screening | जाँच

VIA test VIA	Pap smear पैप स्मीयर	HPV DNA test DNA	Treatment इलाज
Vinegar test सिरका जाँच	Cell check कोशिका	Most accurate सटीक	Early stage प्रारंभिक

13 Vaccine milestones उपलब्धियाँ

- Smallpox eradicated – **1980** (India 1977)
  चेचक
- India **polio-free** – certified **2014**
  पोलियो
- **Maternal & neonatal tetanus** eliminated – 2015
  टेटनस

1 crore HPV vaccine doses given in 9 months — Static GK

9 महीनों में 1 करोड़ HPV टीके — स्थैतिक सामान्य ज्ञान

14 Vaccine pioneers | अग्रणी

Scientist वैज्ञानिक	Vaccine टीका
Edward Jenner जेनर	Smallpox (1796)
Louis Pasteur पाश्चर	Rabies (1885)
Jonas Salk साल्क	Polio – injected (1955)
Harald zur Hausen हाउज़ेन	Nobel 2008 – HPV link

15 Health days | दिवस

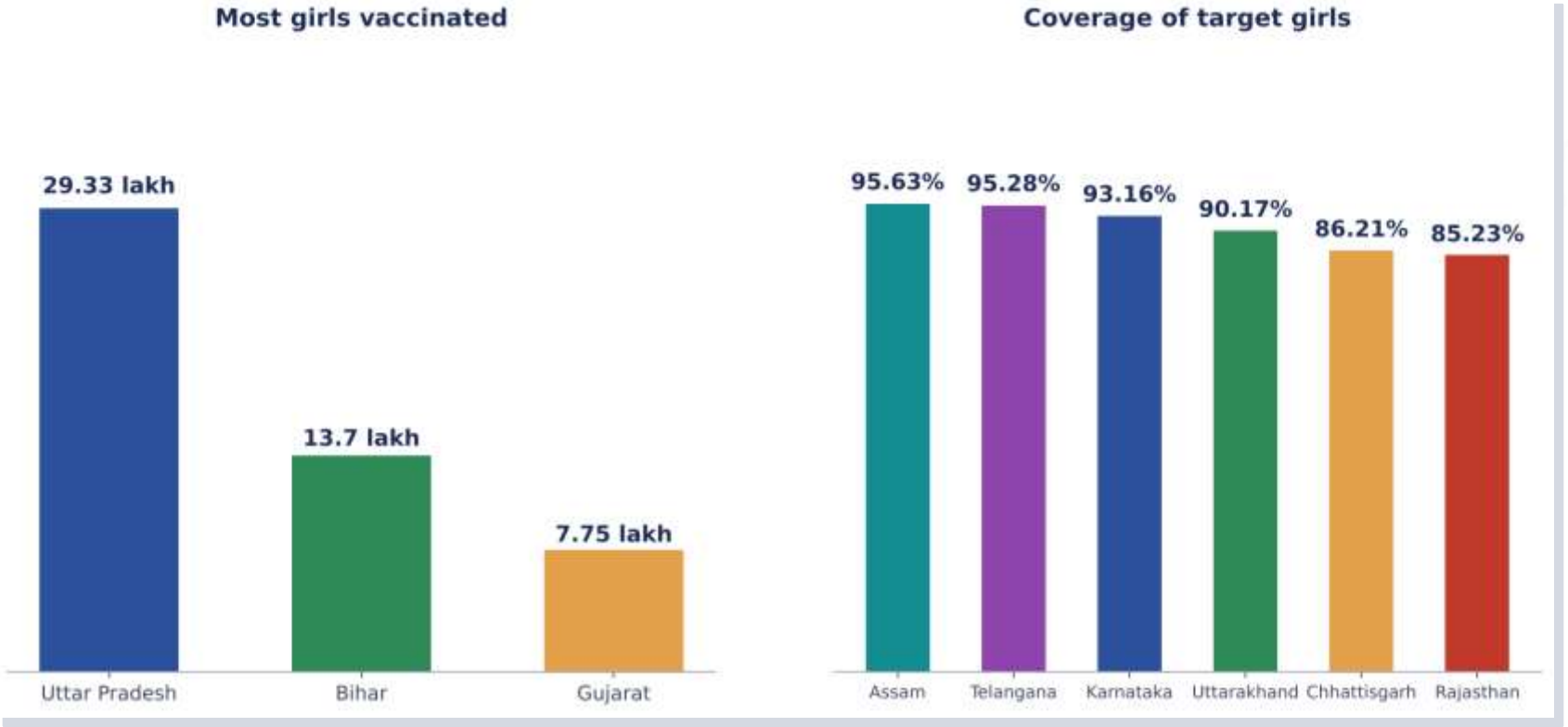
- **16 March** – National Vaccination Day
  टीकाकरण दिवस
- **24–30 April** – World Immunization Week
  टीकाकरण सप्ताह
- **January** – Cervical Cancer Awareness Month
  जनवरी

16 Frontline workers स्वास्थ्यकर्मी

- **ASHA** – from **NRHM 2005**
  आशा
- **ANM** – Auxiliary Nurse Midwife
  एएनएम
- ASHAs got the **WHO Global Health Leaders Award** (2022)
  WHO सम्मान

1 crore HPV vaccine doses given in 9 months — Map & Diagram

9 महीनों में 1 करोड़ HPV टीके — मानचित्र व आरेख

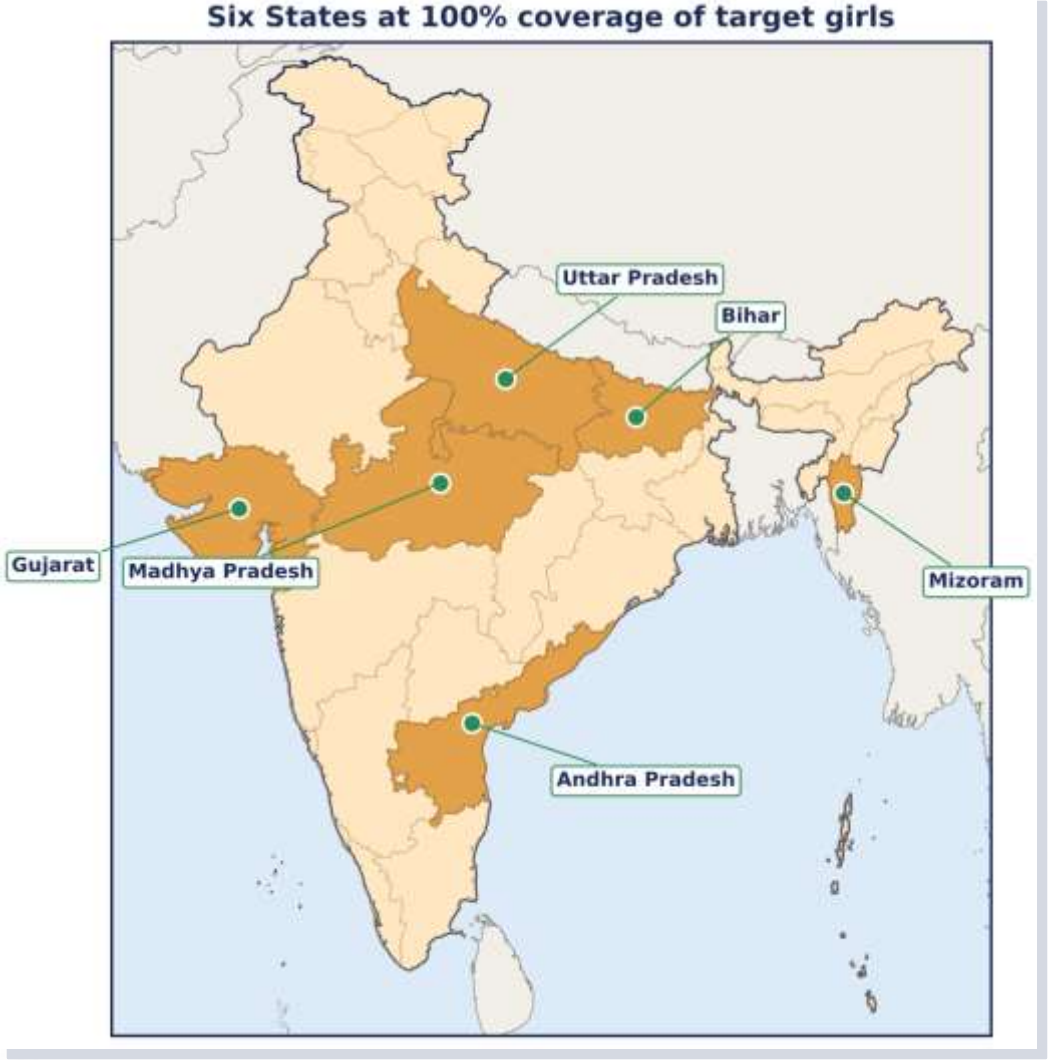


Read the visual
चित्र को समझें

- UP alone ≈ **30%** of all doses
  UP 30%
- North-east State **Assam** tops coverage list
  असम
- **Rajasthan** just crossed 85%
  राजस्थान

1 crore HPV vaccine doses given in 9 months — Map & Diagram

9 महीनों में 1 करोड़ HPV टीके — मानचित्र व आरेख



Read the visual
चित्र को समझें

- Big **Hindi-belt** States hit 100%
  हिंदी पट्टी
- **Mizoram** – small State, full coverage
  मिज़ोरम
- Mix of **east, west & south**
  हर क्षेत्र


2 States

Controversial writer Hanj stopped at Kochi airport, served notice

First tribal panchayat in Keralam grinds to a halt

Tamil Nadu govt. examines new site for Hosur airport

Police chief asked to probe alleged entrapment of Karnataka legislators

Keralam govt. staff, teachers protest at Secretariat

Crops of caution

1

pledges to expand its observation network

A.P. renames Vizag Bay City as Visakhapatnam Bay-Tech City

Periyar Reserve launches eco-friendly offering bags for Sabarimala devotees

THE HINDU • 22 NOV 2026

Page 2 · States

पृष्ठ 2 · राज्य

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

1 **Ocean observation | महासागर अवलोकन**

India joins Ocean Eye Alliance, pledges to double ocean observations

महासागर अवलोकन दोगुना

India pledges to expand its ocean observation network

The Hindu Bureau
HYDERABAD

The country has joined the Ocean Eye International Alliance to boost global climate resilience

India has joined the Ocean Eye International Alliance for the Global Ocean Observing System (GOOS) in a significant step towards strengthening global climate resilience and marine science, and pledged to expand its ocean monitoring network across the Indian Ocean on Saturday.

The announcement was made at a high-level event during the UN Climate Change Conference (COP31) in Antalya, Turkiye, on 'Ocean, Seas, Nature and Land Use Day'. India was represented by Indian National Centre for Ocean Information Services (INCOIS) Director T.M. Balakrishnan Nair, who formally announced the country's induction into the alliance alongside Albania and the Monterey Bay Aquarium Research Institute (MBARI).

Speaking at the event, Dr. Nair underscored the importance of the GOOS in improving weather and climate forecasts, strengthening disaster preparedness, and enhancing maritime safety.

An ambitious plan to expand ocean observations in the Indian Ocean region, by doubling its existing ocean observation network to address critical data gaps, was also unveiled on the occasion.

India will also extend technical and observational support to Least Developed Countries and Small Island Developing States. "We must work collectively to make the Global Ocean Observing System more resilient," said Dr. Nair.

Launched earlier this year with more than £211 million in initial pledges, the Ocean Eye Alliance has grown to over 30 members and seeks to strengthen global ocean observation efforts amid rising climate challenges, said a press release.

India Pledges to Expand

Its Ocean Observation Network

तुर्किये के अंताल्या में COP31 के 'महासागर दिवस' पर भारत ओशन आई इंटरनेशनल एलायंस में शामिल हुआ और हिंद महासागर में अपने महासागर अवलोकन नेटवर्क को दोगुना करने की योजना घोषित की; INCOIS निदेशक टी.एम. बालकृष्णन नायर ने प्रतिनिधित्व किया

Ocean Eye Alliance
ओशन आई

1 The pledge | संकल्प

- India joined the **Ocean Eye International Alliance**
  ओशन आई
- To strengthen the **Global Ocean Observing System (GOOS)**
  GOOS
- **Double** its Indian Ocean network
  दोगुना नेटवर्क

2 Where & who | कहाँ, कौन

- **COP31, Antalya** – "Ocean, Seas, Nature & Land Use Day"
  अंताल्या
- INCOIS Director **T.M. Balakrishnan Nair**
  टी.एम. बालकृष्णन नायर
- Joined with **Albania** & **MBARI**
  साथ में

3 The alliance | गठबंधन

2026 Launched शुरुआत	**£211 mn+** Initial pledges प्रतिज्ञाएँ
30+ Members सदस्य	**2×** India's network भारत

Class24

India joins Ocean Eye Alliance, pledges to double ocean observations — in depth (1/2)

महासागर अवलोकन दोगुना — विस्तार से (1/2)

4 Why observe oceans क्यों

- Better **weather & climate** forecasts
  मौसम पूर्वानुमान
- **Disaster preparedness** – cyclones, tsunamis
  आपदा तैयारी
- **Maritime safety**
  समुद्री सुरक्षा

5 Helping others | सहायता

- Technical support to **Least Developed Countries**
  LDC
- And **Small Island Developing States**
  SIDS
- Nair: make GOOS **more resilient**
  लचीला

6 INCOIS | इनकॉइस

- **Indian National Centre for Ocean Information Services**
  पूरा नाम
- Set up **1999**, **Hyderabad**
  हैदराबाद
- Under **Ministry of Earth Sciences**
  पृथ्वी विज्ञान मंत्रालय

India joins Ocean Eye Alliance, pledges to double ocean observations — in depth (2/2)

महासागर अवलोकन दोगुना — विस्तार से (2/2)

7 How an Argo float works | आर्गो फ़्लोट

Sinks डूबता	Drifts बहता	Rises ऊपर	Sends data डेटा
To 2,000 m 2,000 मी	~10 days 10 दिन	Measures temp, salt माप	Via satellite उपग्रह

8 Did you know? क्या आप जानते हैं?

- Oceans absorb **~90%** of extra heat from global warming
  90% ऊष्मा
- INCOIS runs the **Indian Tsunami Early Warning Centre** (2007)
  सुनामी चेतावनी

Class24

India joins Ocean Eye Alliance, pledges to double ocean observations — background (1/2)

महासागर अवलोकन दोगुना — पृष्ठभूमि (1/2)

9 Deep Ocean Mission गहरा महासागर मिशन

Part भाग	Detail विवरण
Launched शुरुआत	2021, MoES
Samudrayaan समुद्रयान	Manned dive to 6,000 m
Matsya-6000 मत्स्य-6000	3-person submersible
Builder निर्माता	NIOT, Chennai

10 Blue economy नीली अर्थव्यवस्था

- **SDG 14** – Life Below Water
  SDG 14
- India's **coastline ~11,000 km** (revised 2024)
  तटरेखा
- EEZ of **2 million+ km²**
  EEZ

11 Ocean bodies | संस्थाएँ

- **NIO** – Goa (1966)
  NIO
- **NCPOR** – polar & ocean research, Goa
  NCPOR
- **IOC-UNESCO** runs GOOS
  IOC

India joins Ocean Eye Alliance, pledges to double ocean observations — background (2/2)

महासागर अवलोकन दोगुना — पृष्ठभूमि (2/2)

12 Ocean layers | महासागर की परतें

Sunlit सूर्य-प्रकाशित	Twilight धुँधला	Midnight अंधकार	Abyss अगाध
0–200 m 0–200 मी	200–1,000 m मध्य	1,000–4,000 m गहरा	4,000 m+ अतल

13 UN Ocean Decade
महासागर दशक

- **2021–2030** – Decade of Ocean Science
  2021–30
- **8 June** – World Oceans Day
  विश्व महासागर दिवस
- **UN Ocean Conference 2025** – Nice, France
  नीस

Class24

India joins Ocean Eye Alliance, pledges to double ocean observations — Static GK

महासागर अवलोकन दोगुना — स्थैतिक सामान्य ज्ञान

14 Oceans ranked | महासागर

Ocean महासागर	Rank by size क्रम
Pacific प्रशांत	1 (deepest: Mariana Trench)
Atlantic अटलांटिक	2
Indian हिंद	3
Southern / Arctic दक्षिणी / आर्कटिक	4 / 5

15 Indian Ocean facts
हिंद महासागर

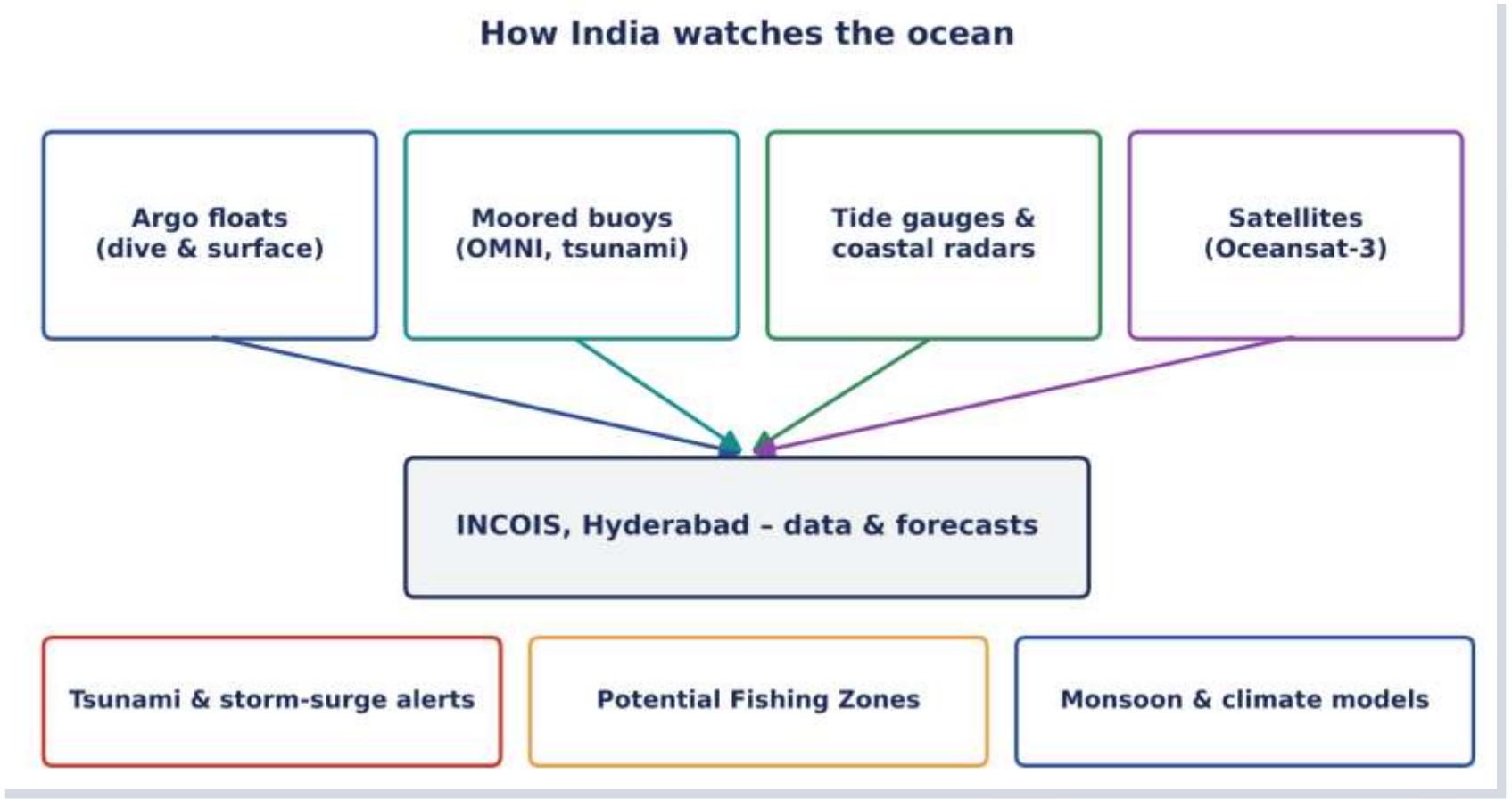
- Deepest point: **Java (Sunda) Trench**
  जावा गर्त
- Warmest ocean on Earth
  सबसे गर्म
- Has the **Indian Ocean Dipole** (IOD)
  IOD

16 Ocean satellites | उपग्रह

- **Oceansat-1** – 1999
  1999
- **Oceansat-3 (EOS-06)** – 2022
  2022
- **SARAL** – with France (2013)
  सरल

India joins Ocean Eye Alliance, pledges to double ocean observations — Map & Diagram

महासागर अवलोकन दोगुना — मानचित्र व आरेख



Read the visual
चित्र को समझें

- Data from **sea, coast & space**
  समुद्र, तट, अंतरिक्ष
- INCOIS issues **daily** fishing advisories
  दैनिक सलाह
- Feeds into **IMD** forecasts
  IMD

India joins Ocean Eye Alliance, pledges to double ocean observations — Map & Diagram

महासागर अवलोकन दोगुना — मानचित्र व आरेख



Read the visual
चित्र को समझें

- Indian Ocean has big **data gaps**
  आँकड़ों की कमी
- Joined at **COP31** with Albania & MBARI
  COP31
- India to support **LDCs & small islands**
  छोटे द्वीप

| 23 November 2026

आज के समसामयिक मुद्दे — The Hindu • Indian Express • Financial Express — 3 articles + exam PYQs + MCQs + Myth Buster

1. **COP31 talks fail over omission of fossil fuel**
   COP31 वार्ता विफल

2. **Weekly health capsule: vitamin C, B12, over-exercise, heart ageing**
   स्वास्थ्य कैप्सूल

3. **Nepal PM Balendra Shah on first India visit; multiple pacts on agenda**
   नेपाल PM की भारत यात्रा



THE HINDU • 23 NOV 2026

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पृष्ठ 1 · मुख पृष्ठ

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

1. **COP31 fails | COP31 विफल**
2. **Nepal PM visit | नेपाल PM**

COP31 talks fail over omission of fossil fuel

COP31 वार्ता विफल

COP31 talks fail over omission of fossil fuel

Over 130 countries refuse to accept cover text as they allege attempt to 'greenwash' fossil fuels

India, China, Saudi Arabia support text; India says climate goal must match means of implementation

Grouping of developing countries says principle on developed countries' responsibility is diluted

Jacob Koshy
NEW DELHI

A stand-off on a fossil fuel phase-out on Sunday prevented countries at COP31 from achieving consensus on future climate action, despite the 12-day climate summit held in Antalya, Turkiye, running a record 48 hours into overtime.

The European Union led the objections to COP31 President Murat Kurum's consensus cover text that failed to mention explicitly about moving away from fossil fuels. The EU's stance was reportedly supported by 130 countries.

"There is nothing to do. We did all that we could," Mr. Kurum told the closing plenary, saying he would not advance any new text.

The COP31 was the first since the UN confirmed the rise in global temperatures was set to overshoot the 1.5 degrees Celsius limit, a scenario in which scientists say extreme weather impacts intensify.

Panama formally objected to the text, saying that as a country battling droughts and other perilous impacts of climate change, the lack of any commitment to keep the rise in temperatures below 1.5 degrees Celsius with firm action on phasing out fossil fuels was "a setback".

On the other side of the divide, India was among the nations, including China and oil-rich Saudi Arabia, which supported the cover text as they want to keep using fossil fuels for the foreseeable future, with Union Environment Minister Bhupendra Yadav stressing that "climate ambition must go hand in hand with means of implementation."

'Risk of deep chasm'

Speaking on behalf of the EU, Ireland's Climate Minister Darragh O'Brien expressed "profound disappointment" over the outcome of the summit. "At a point where the world urgently needs action to avert disastrous levels of global warming, the draft cover decision falls well short," he said.



Talking point: COP31 President Murat Kurum amid discussions as the climate summit in Antalya, Turkiye, concluded on Sunday after running into 48 hours of overtime. AP

"We will not endorse a decision that does not respond to the science, that disregards the implementation gap, and that actually risks deepening the chasm between global commitments and the action required to correct the overshoot and bring 1.5 degrees Celsius back to within reach... We will not accept a COP that greenwashes fossil fuel," the Irish Minister added.

"Panama cannot support this decision. One, because it repeats previously agreed commitments without closing the gap between reality and what science demands. Two, because it weighs too much upon technologies such as CCUS [carbon capture utilisation and storage] instead of calling for deep changes, and three, because it weakens language agreed in previous decisions. This is a setback, a rollback," said Ana Aguilar, Panama's chief climate negotiator.

Saudi Arabia, China, and India, which are against explicit language on fossil fuel, favoured the way in which the cover text language was framed, while expressing misgivings on the lack of clarity on adaptation finance. The countries are part of the Like Minded Developing Countries (LMDC) coalition, who insist on the use of fossil fuel for the foreseeable future to further their economies, but have also significantly deployed renewable energy.

Nationally fixed goals

Mr. Bhupendra Yadav said that India's voice had shaped the draft COP31 outcome, especially on food security, livelihoods, and cultural practices recognised in action on methane. In a post on X, however, he emphasised that "climate ambition must go hand in hand with means of implementation. Energy transitions must be nationally determined, just and equitable, backed by finance, technology and capacity-building for developing countries."

Amandeep Garg, who led India's delegation but spoke in his capacity as a spokesperson on behalf of LMDC, said on the floor: "Everyone has worked tirelessly, and despite our discomfort with some elements of the text, are willing to move forward, and continue to engage."

LMDC expressed "concern" about the principles of equity and common but differentiated responsibility not being adequately reflected, adding that there was a "dilution" of the principle of developed countries taking historical responsibility and meeting their obligations.

"At the threshold of crossing 1.5 deg. C, we have raised a fundamental point - we need to reflect why we are here. Whose emissions, both past and continuing, have exhausted the global carbon budget? The cover decision does not reflect this, and only repeats agreed paragraphs from previous decisions to reflect responsibility and does not connect this with the imminent prospect of exceeding 1.5 deg. C," he said.

COP31 Talks Fail over Omission of Fossil Fuel

तुर्किये के अंताल्या में 12 दिन का जलवायु सम्मेलन COP31 रिकॉर्ड 48 घंटे ओवरटाइम के बाद भी भविष्य की जलवायु कार्रवाई पर सहमति के बिना ख़त्म हुआ – जीवाश्म ईंधन से दूर जाने का स्पष्ट ज़िक्र न होने पर EU समेत 130 देशों ने मसौदे को नकारा; भारत, चीन, सऊदी अरब ने समर्थन किया

COP31 Antalya
COP31

1 What happened | क्या हुआ

- **No consensus** on future climate action
  सहमति नहीं
- Ran a record **48 hours into overtime**
  48 घंटे
- President **Murat Kurum**: “We did all that we could”
  मुरात कुरुम

2 The objectors | विरोधी

- **EU** led, backed by ~**130 countries**
  130 देश
- Ireland’s **Darragh O’Brien**: text “greenwashes fossil fuel”
  आयरलैंड
- **Panama**: “a setback, a rollback”
  पनामा

3 Panama’s 3 objections आपत्तियाँ

- Only **repeats** old commitments
  दोहराव
- Leans too much on **CCUS**
  कार्बन कैप्चर
- **Weakens** language of past decisions
  कमज़ोर भाषा

Class24

COP31 talks fail over omission of fossil fuel — in depth (1/2)

COP31 वार्ता विफल — विस्तार से (1/2)

4 India's stand भारत का पक्ष

- **Bhupendra Yadav**: ambition must match **means of implementation**
  भूपेंद्र यादव
- Transitions must be **nationally determined, just**
  न्यायसंगत
- India shaped text on **food security & methane**
  खाद्य सुरक्षा

5 LMDC concerns LMDC की चिंता

- Spokesperson: India's **Amandeep Garg**
  अमनदीप गर्ग
- **CBDR & equity** not reflected
  CBDR
- "**Whose emissions** used up the carbon budget?"
  ऐतिहासिक ज़िम्मेदारी

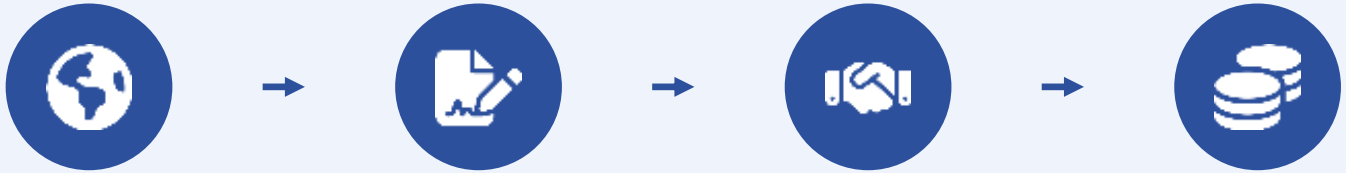
6 Why it matters | महत्व

- First COP after UN confirmed **1.5 °C overshoot**
  1.5 °C पार
- Extreme weather to **intensify**
  चरम मौसम
- Weak signal for **global climate action**
  कमज़ोर संकेत

COP31 talks fail over omission of fossil fuel — in depth (2/2)

COP31 वार्ता विफल — विस्तार से (2/2)

7 Road of climate summits | सम्मेलनों का सफ़र



8 Did you know? क्या आप जानते हैं?

- COP decisions need **consensus** – one objection can block
  सर्वसम्मति
- **COP28 Dubai** (2023) first called to "**transition away**" from fossil fuels
  COP28

Class24

COP31 talks fail over omission of fossil fuel — background (1/2)

COP31 वार्ता विफल — पृष्ठभूमि (1/2)

9 Key climate terms शब्दावली

Term शब्द	Meaning अर्थ
NDC एनडीसी	Country's own climate pledge
CBDR-RC सीबीडीआर	Common but differentiated responsibilities
NCQG एनसीक्यूजी	New climate finance goal ($300 bn/yr by 2035)
CCUS सीसीयूएस	Carbon capture, use & storage

10 Negotiating blocs वार्ता समूह

- **G77 + China** – 130+ developing nations
  G77
- **LMDC** – India, China, Saudi Arabia & others
  LMDC
- **AOSIS** – small island states
  AOSIS

11 India's climate goals भारत के लक्ष्य

- **Net zero by 2070** (COP26)
  2070
- **Panchamrit** – five pledges at Glasgow
  पंचामृत
- **LiFE** – Lifestyle for Environment
  LiFE

COP31 talks fail over omission of fossil fuel — background (2/2)

COP31 वार्ता विफल — पृष्ठभूमि (2/2)

12 Paris Agreement goals | पेरिस लक्ष्य

Well below 2 °C
2 °C से नीचे
Limit
सीमा

→

Aim 1.5 °C
1.5 °C
Ideal
आदर्श

→

Ratchet
बढ़ता लक्ष्य
NDCs every 5 yrs
5 वर्ष

→

Global Stocktake
समीक्षा
First 2023
2023

13 Loss & damage
हानि व क्षति

- Fund agreed at **COP27**, Sharm el-Sheikh
  COP27
- Made operational at **COP28**
  COP28
- Hosted by the **World Bank**
  विश्व बैंक

COP31 talks fail over omission of fossil fuel — Static GK

COP31 वार्ता विफल — स्थैतिक सामान्य ज्ञान

14 Recent COP hosts मेज़बान

COP सम्मेलन	Host मेज़बान
COP28 (2023) COP28	Dubai, UAE
COP29 (2024) COP29	Baku, Azerbaijan
COP30 (2025) COP30	Belém, Brazil
COP31 (2026) COP31	Antalya, Türkiye

15 Climate science bodies संस्थाएँ

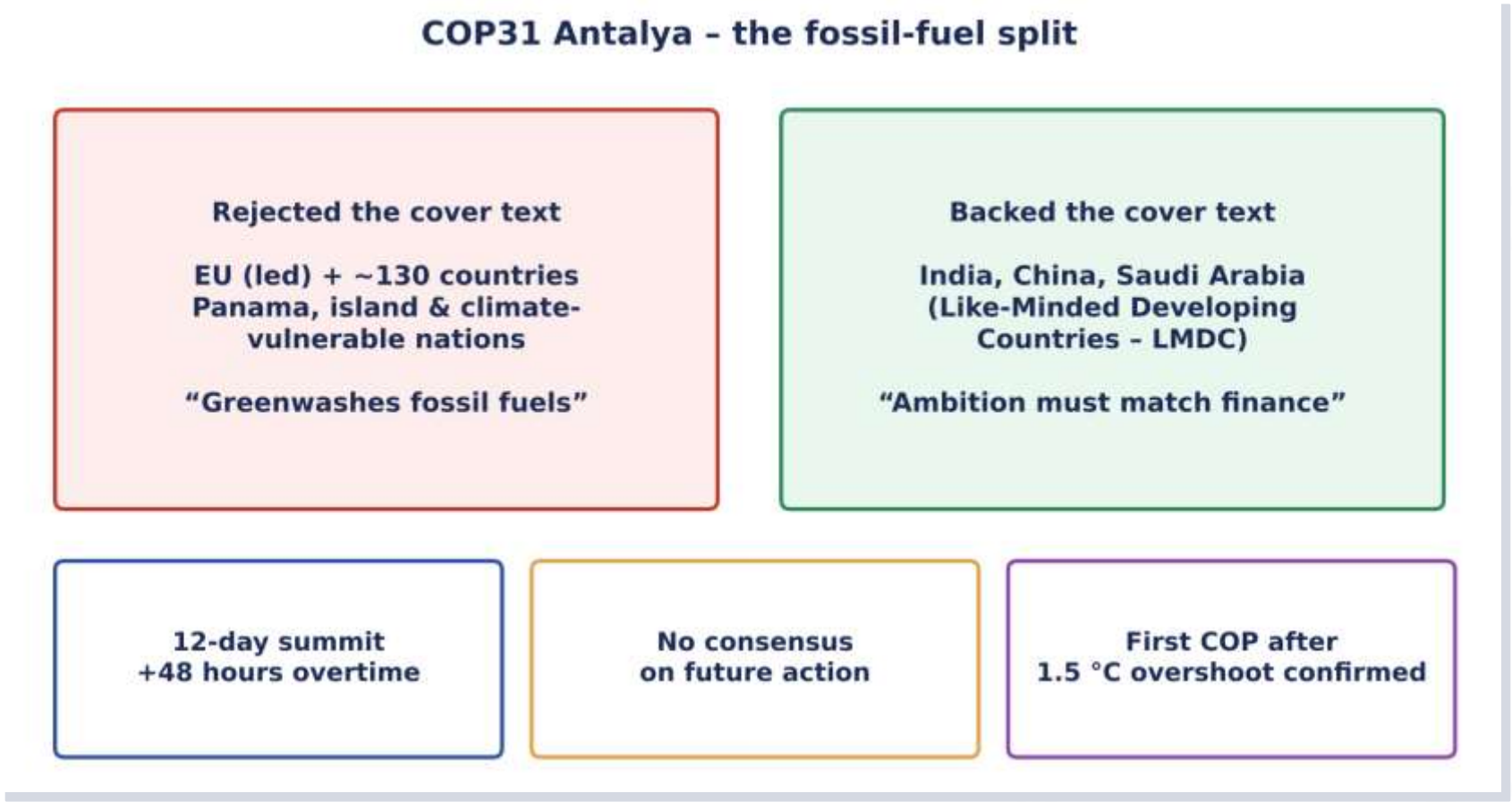
- **IPCC** – set up 1988 by WMO & UNEP
  IPCC
- Nobel Peace Prize **2007** (with Al Gore)
  नोबेल
- **AR6** – 6th assessment (2021–23)
  AR6

16 Greenhouse gases ग्रीनहाउस गैसें

- **CO_2** – biggest share of warming
  CO_2
- **Methane** – ~28× CO_2 over 100 yrs
  मीथेन
- **Nitrous oxide** – mainly from fertilisers
  नाइट्रस ऑक्साइड

COP31 talks fail over omission of fossil fuel — Map & Diagram

COP31 वार्ता विफल — मानचित्र व आरेख

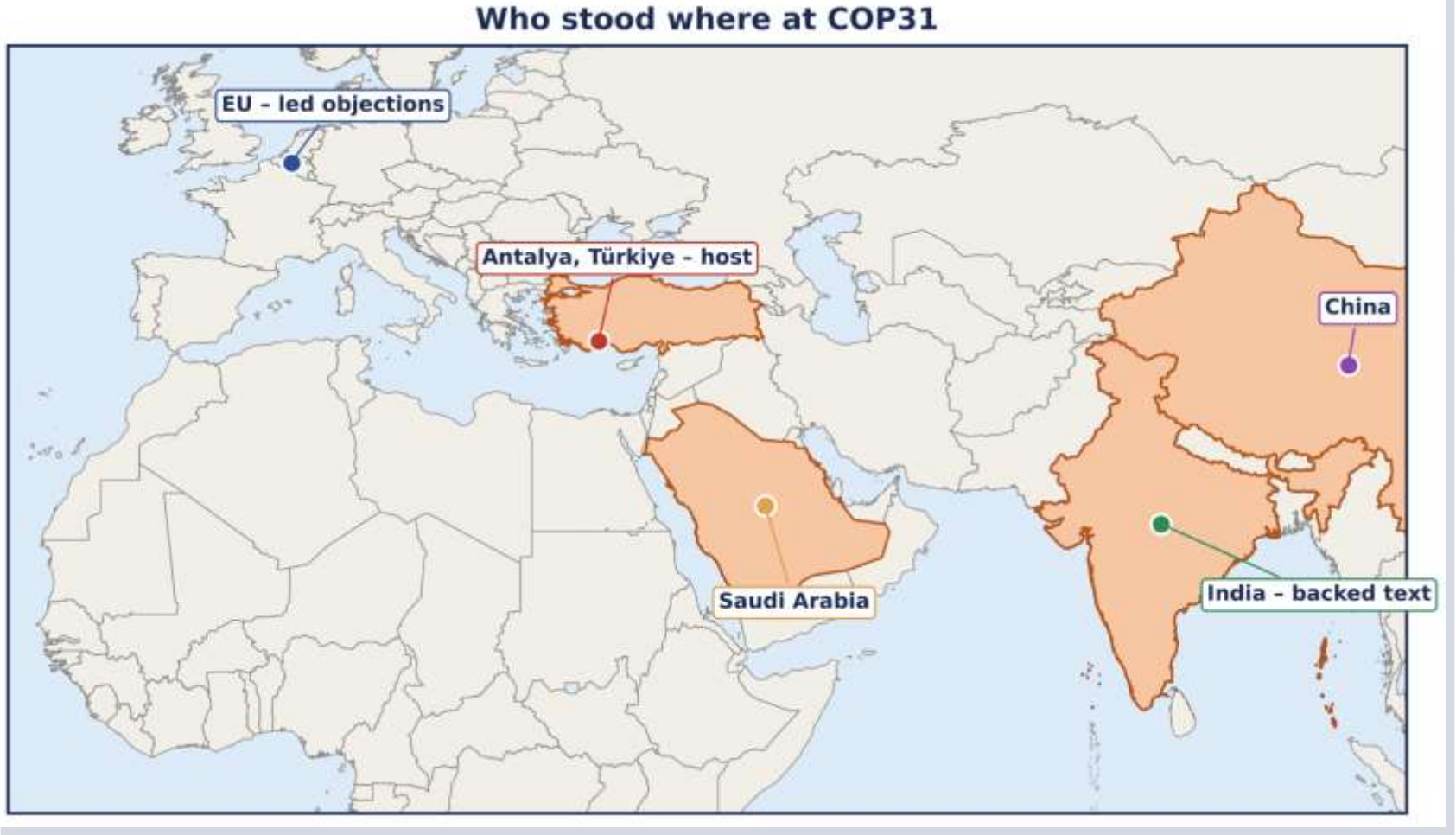


Read the visual
चित्र को समझें

- A rare COP with **no agreed cover text**
  सहमति नहीं
- Two blocs split on **fossil-fuel wording**
  दो गुट
- India stood with **LMDC** partners
  LMDC

COP31 talks fail over omission of fossil fuel — Map & Diagram

COP31 वार्ता विफल — मानचित्र व आरेख



Read the visual
चित्र को समझें

- Türkiye hosted on the **Mediterranean** coast
  भूमध्य तट
- **Oil exporters** & big emitters opposed phase-out
  तेल निर्यातक
- **Europe** pushed the hardest line
  यूरोप



THE INDIAN EXPRESS • 23 NOV 2026

Page 16 · Your Health

पृष्ठ 16 · आपका स्वास्थ्य

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

1 **Weekly health capsule | स्वास्थ्य कैप्सूल**

Weekly health capsule: vitamin C, B12, over-exercise, heart ageing

स्वास्थ्य कैप्सूल

{ WEEKLY CAPSULE }

How overexercise impacts brain



EXERCISING TOO much without adequate recovery may disrupt brain chemistry in surprising ways. Scientists at the University of Sau Paulo found that mice subjected to prolonged, intense training had elevated dopamine levels in a brain region linked to memory and emotions, even 48 hours after exercising. The discovery could help explain why overtrained athletes sometimes struggle with insomnia, anxiety and persistent fatigue. Dopamine is often associated with pleasure and motivation, but it also

Obesity has a gender link



SCIENTISTS AT the University of California, Riverside have uncovered a surprising difference in how the immune systems of males and females respond to obesity. Their findings suggest that certain immune cells found in body fat can help protect against inflammation and metabolic problems, while others may worsen harmful effects. The discovery centres on eosinophils, immune cells best known for their role in allergies and asthma. In mice experiments, researchers found these cells behave differently

Vitamin C can block carcinogens



VITAMIN C may do more than support everyday health. New research from the University of Waterloo suggests that it could also help prevent potentially cancer-causing chemicals from forming during digestion. A new mathematical model suggests that taking vitamin C after meals could reduce these harmful reactions, offering a possible new strategy for lowering cancer risk. Dietary nitrates and nitrites can convert into potentially cancer-causing compounds called nitrosamines inside the acidic

Vitamin B12 can halt rare disorder



SCIENTISTS AT the Max Planck Institute for Biology of Ageing discovered that vitamin B12 largely reversed developmental abnormalities in worms carrying a genetic mutation linked to Verheij syndrome, a rare disorder that causes developmental delays. Similar metabolic changes were identified in human patients. The findings pivot on a cellular process called RNA splicing, which helps prepare the genetic instructions cells use to make proteins. During splicing, unnecessary portions of messenger RNA are

Heart doesn't age uniformly



SCIENTISTS AT The Jackson Laboratory have discovered that the heart ages unevenly, with hotspots of inflammation and scarring concentrated in the valves and major blood vessels rather than the heart muscle. These areas contain immune cells and connective tissue cells whose interactions change with age, potentially affecting the surrounding heart muscle. The findings challenge long-standing assumptions about cardiac aging. Researchers concluded that ageing is not something linear. "What we know now is

Your Health Weekly Capsule:

Vitamins, Exercise, Obesity & Heart Ageing

इंडियन एक्सप्रेस के साप्ताहिक स्वास्थ्य कैप्सूल में पाँच नए शोध – भोजन के बाद विटामिन C कैंसरकारी नाइट्रोसामीन बनने से रोक सकता है, विटामिन B12 ने दुर्लभ वेरहाइज सिंड्रोम के दोष पलटे, अत्यधिक व्यायाम से मस्तिष्क रसायन बिगड़ता है, और हृदय असमान रूप से बूढ़ा होता है

Health research
स्वास्थ्य शोध

1 Vitamin C & cancer
विटामिन C

- **University of Waterloo** model
  वाटरलू
- Vitamin C **after meals** may stop **nitrosamines** forming
  नाइट्रोसामीन
- Nitrates/nitrites react in the **acidic stomach**
  अम्लीय पेट

2 Vitamin B12 | विटामिन B12

- **Max Planck Institute for Biology of Ageing**
  मैक्स प्लांक
- Largely reversed defects of **Verheij syndrome** (in worms)
  वेरहाइज सिंड्रोम
- Linked to **RNA splicing**
  RNA स्प्लाइसिंग

3 Over-exercise
अत्यधिक व्यायाम

- **University of São Paulo** study in mice
  साओ पाउलो
- **Dopamine** high in memory region **48 h** later
  डोपामिन
- May explain **insomnia, anxiety** in athletes
  अनिद्रा

Class24

Weekly health capsule: vitamin C, B12, over-exercise, heart ageing — in depth (1/2)

स्वास्थ्य कैप्सूल — विस्तार से (1/2)

4 Obesity & gender
मोटापा और लिंग

- **UC Riverside** study
  यूसी रिवरसाइड
- Immune cells **eosinophils** in fat
  इओसिनोफ़िल
- Respond **differently** in males and females
  अलग प्रतिक्रिया

5 Heart ageing
हृदय की उम्र

- **Jackson Laboratory** study
  जैक्सन लैब
- Hotspots of **inflammation & scarring**
  सूजन
- In **valves & big vessels**, not muscle
  वाल्व

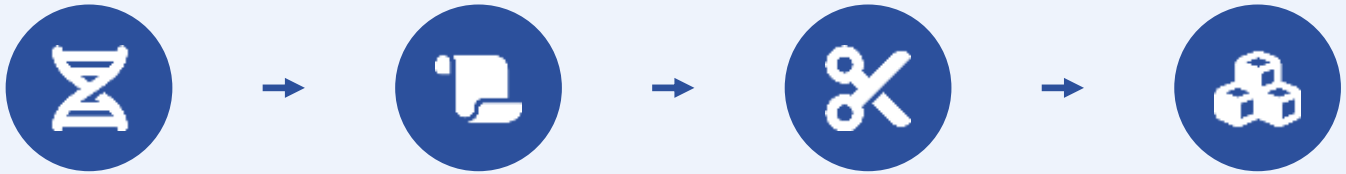
6 Same page: other news
अन्य ख़बरें

- Stopping **weight-loss drugs** midway may **double heart-attack risk**
  दिल का दौरा
- **Hand-held ultrasound** helps detect breast cancer
  अल्ट्रासाउंड
- A week of **toxic air** harms the body
  ज़हरीली हवा

Weekly health capsule: vitamin C, B12, over-exercise, heart ageing — in depth (2/2)

स्वास्थ्य कैप्सूल — विस्तार से (2/2)

7 RNA splicing in brief | RNA स्प्लाइसिंग



Gene
जीन

Copy
प्रतिलिपि

Cut introns
इंट्रॉन हटाना

Made
निर्माण

8 Did you know? क्या आप जानते हैं?

- Vitamin B12 is the only vitamin with a **metal – cobalt**
  कोबाल्ट
- Humans **can't make** vitamin C – most animals can
  मनुष्य नहीं बनाते

Class24

Weekly health capsule: vitamin C, B12, over-exercise, heart ageing — background (1/2)

स्वास्थ्य कैप्सूल — पृष्ठभूमि (1/2)

9 Vitamin deficiencies विटामिन कमी

Vitamin विटामिन	Deficiency disease रोग
A ए	Night blindness
B1 बी1	Beriberi
B3 बी3	Pellagra
C सी	Scurvy

10 Fat vs water soluble घुलनशीलता

- **Fat-soluble**: A, D, E, K – stored in body
  वसा में घुलनशील
- **Water-soluble**: B group & C – need daily
  जल में घुलनशील
- Excess fat-soluble vitamins can be **toxic**
  अधिकता

11 Vitamin B12 sources B12 स्रोत

- Mainly **animal foods** – milk, eggs, meat
  पशु आहार
- Vegetarians at **higher risk** of deficiency
  शाकाहारी
- Lack causes **pernicious anaemia**
  एनीमिया

Class24

Weekly health capsule: vitamin C, B12, over-exercise, heart ageing — background (2/2)

स्वास्थ्य कैप्सूल — पृष्ठभूमि (2/2)

12 Exercise – the right dose | सही मात्रा

WHO डब्ल्यूएचओ	Strength शक्ति	Rest आराम	Overtraining अति
150–300 min/wk प्रति सप्ताह	2 days/wk 2 दिन	Recovery रिकवरी	Harms नुक़सान

13 Nutrition schemes
पोषण योजनाएँ

- **POSHAN Abhiyaan** (2018)
  पोषण अभियान
- **Fortified rice** with iron, folic acid, B12
  फ़ोर्टिफ़ाइड चावल
- **Eat Right India** – FSSAI
  ईट राइट

Class24

Weekly health capsule: vitamin C, B12, over-exercise, heart ageing — Static GK

स्वास्थ्य कैप्सूल — स्थैतिक सामान्य ज्ञान

14 Vitamin discoverers खोजकर्ता

Person व्यक्ति	Contribution योगदान
Casimir Funk फ़ंक	Coined “vitamine” (1912)
James Lind लिंड	Citrus cures scurvy (1747)
Albert Szent-Györgyi सेंट-ग्योर्गी	Isolated vitamin C, Nobel 1937

15 Vitamin C facts विटामिन C

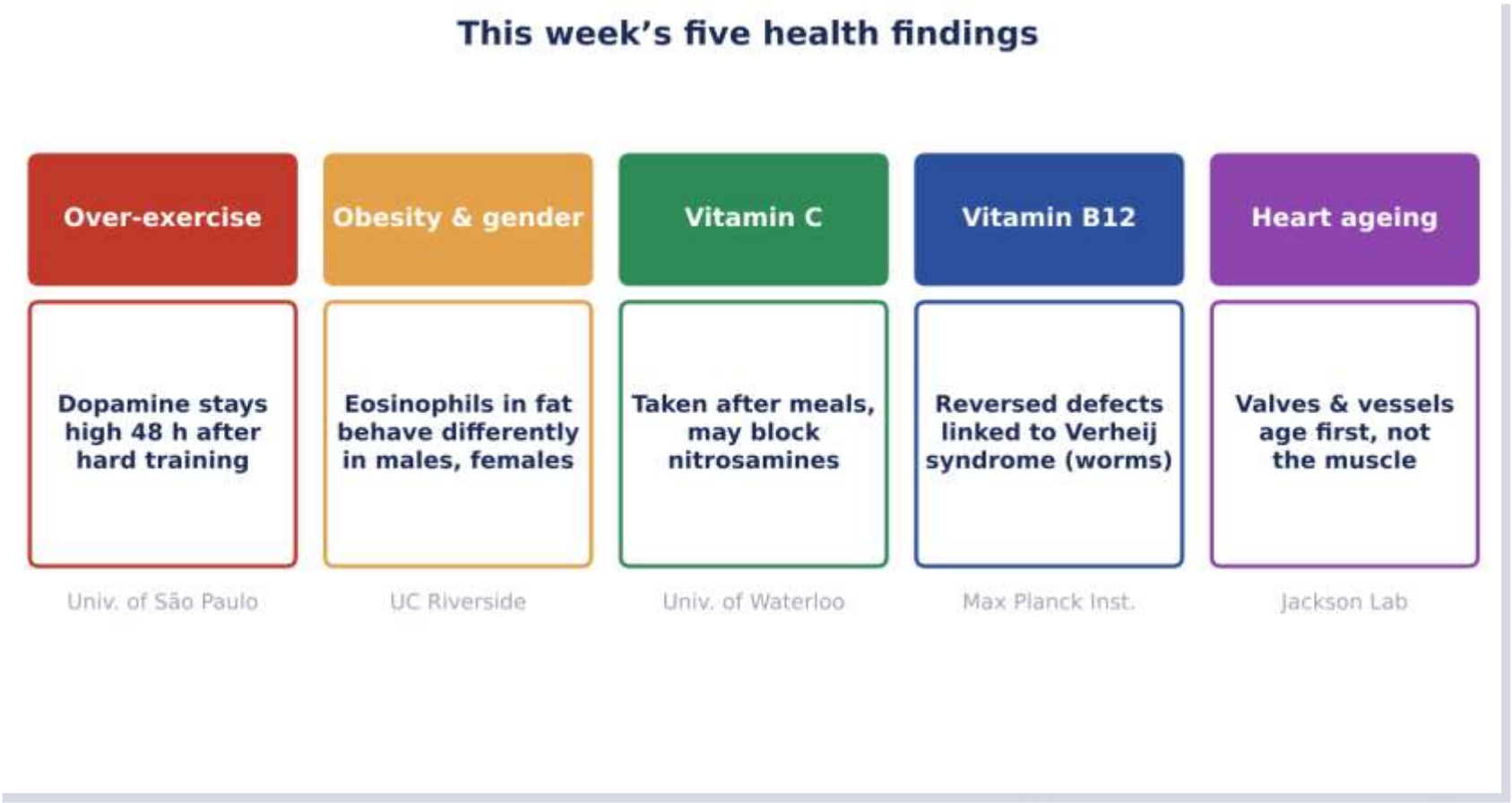
- Chemical name: **ascorbic acid**
  एस्कॉर्बिक अम्ल
- Richest Indian source: **amla**
  आँवला
- Destroyed by **heat & long cooking**
  ताप से नष्ट

16 Brain chemicals मस्तिष्क रसायन

- **Dopamine** – reward & motivation
  डोपामिन
- **Serotonin** – mood & sleep
  सेरोटोनिन
- **Endorphins** – “runner’s high”
  एंडोर्फ़िन

Weekly health capsule: vitamin C, B12, over-exercise, heart ageing — Map & Diagram

स्वास्थ्य कैप्सूल — मानचित्र व आरेख

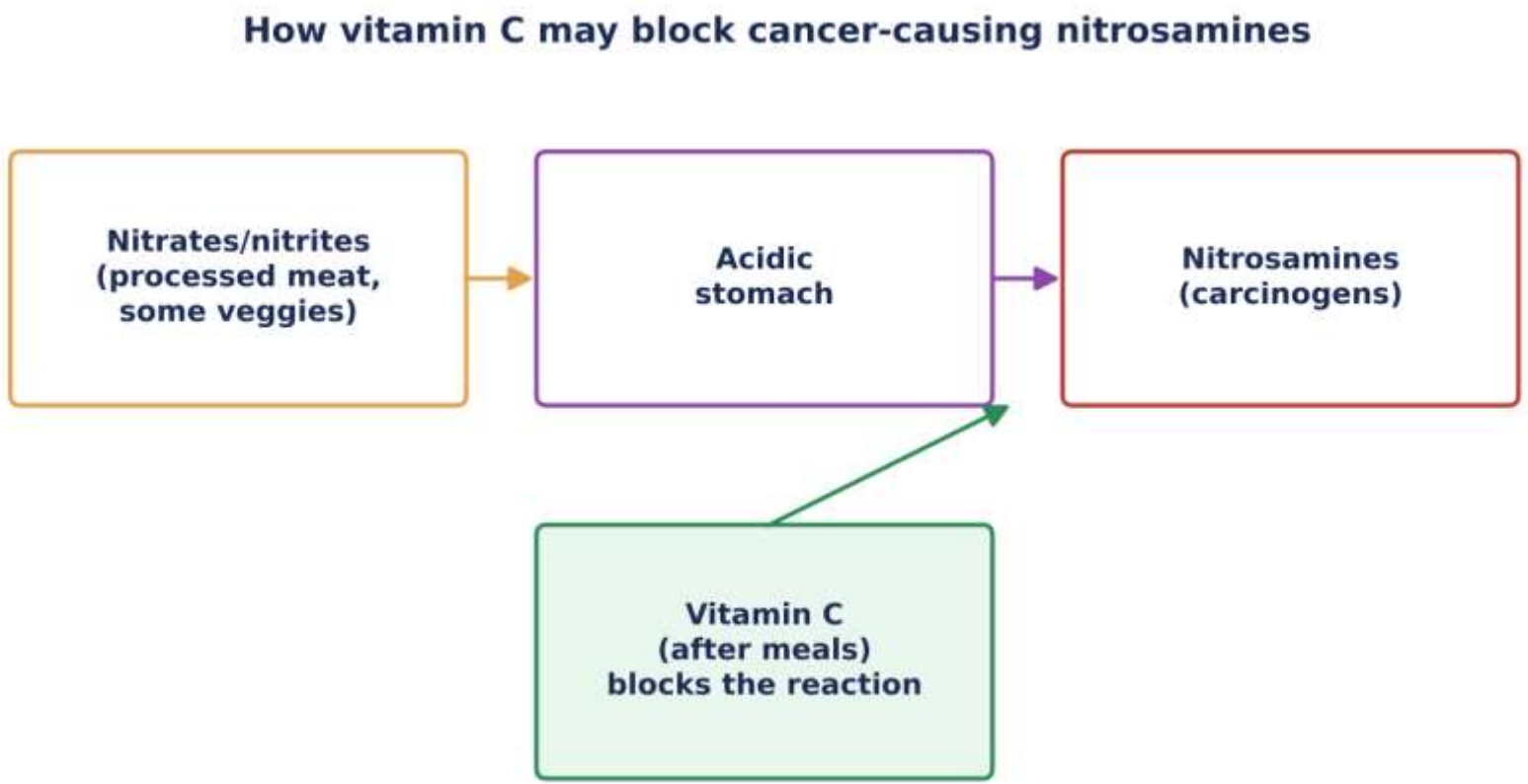


Read the visual
चित्र को समझें

- Five studies from **5 institutions**
  पाँच शोध
- Mostly **animal / lab** studies
  पशु प्रयोग
- Not yet **medical advice**
  सलाह नहीं

Weekly health capsule: vitamin C, B12, over-exercise, heart ageing — Map & Diagram

स्वास्थ्य कैप्सूल — मानचित्र व आरेख



Read the visual
चित्र को समझें

- Based on a **mathematical model**
  गणितीय मॉडल
- Timing matters – **after meals**
  भोजन के बाद
- A possible **new strategy** to cut cancer risk
  नई रणनीति

Nepal PM Balendra Shah on first India visit; multiple pacts on agenda

नेपाल PM की भारत यात्रा

Multiple pacts on agenda as Nepal PM visits India

Kallol Bhattacherjee
NEW DELHI

Nepal Prime Minister Balendra Shah arrived here on Sunday afternoon on his first official visit to India. Sources said that Mr. Shah is scheduled to hold talks with Prime Minister Narendra Modi, which will give a "political direction" to bilateral relations for the coming years.

The Hindu was told that the two sides are expected to sign major agreements in the areas of development partnership, energy, hydropower, railways, connectivity, climate change, disaster resilience, infrastructure, and technology.

The two leaders are also expected to inaugurate several projects, including the Dharchula Bridge, the land port of Banbasa on the India-Nepal border in Uttarakhand, and a train connection between Janakpur and Gorakhpur.

The two sides are in talks for new railway links between Raxaul and Kathmandu, which would open new freight and passenger connections.

On Sunday, Mr. Shah, who arrived with a 35-member team for engagements in New Delhi, was received at the airport by Jitin Prasada, Union Minister of State for Commerce and Industry, Electronics and Information Technology. In the evening, External Affairs Minister S. Jaishankar called on the Nepal Prime Minister.

"Privileged to call on PM Balen Shah of Nepal on his visit to New Delhi this evening. India cherishes the special friendship with Nepal. Look forward to his engagements with PM Narendra Modi tomorrow," Mr. Jaishankar said after the meeting.



Opening meet: External Affairs Minister S. Jaishankar with visiting Nepali Prime Minister Balendra Shah in New Delhi on Sunday. PTI

Mr. Shah, a rapper and former mayor of Kathmandu, took office as Nepal's Prime Minister in March after his Rastriya Swatantra Party's (RSP's) landslide victory in the elections. The elected government replaced the interim government that was in place following the Gen Z uprising of September 2025.

Business delegation

Mr. Modi had invited Mr. Shah to India soon after the latter was sworn in as Prime Minister. Monday will be the first time they meet in person.

The business delegation from Nepal was hosted at an event organised by the Confederation of Indian Industry on Sunday evening, which was attended by the country's Finance Minister, Swarnim Wagley. Nepal's Foreign Minister, Shisir Khanal, is also accompanying Mr. Shah.

Mr. Shah will call on President Droupadi Murmu in the afternoon before emplaning for Kathmandu.

Nepal PM Balendra Shah on first India visit; multiple pacts on agenda

नेपाल PM की भारत यात्रा

AHMEDABAD, CHANDIGARH, DELHI, JAIPUR, KOLKATA, LUCKNOW, MUMBAI, NAGPUR, PATNA, PUN

NEPAL PRIME MINISTER BEGINS FIRST STATE VISIT TO INDIA

Modi, Balen meet today: Focus on economic and energy ties

Connectivity, support for Nepal's start-ups and cricket team also on agenda

Shubhajit Roy
New Delhi, November 22

AN ECONOMIC vision document, a proposed financial assistance package to tide over post-flood reconstruction in Nepal, connectivity including train service between Ayodhya and Janakpur, new air routes, energy



THE EDITORIAL PAGE
DELHI MUST SIZE UP NEW KATHMANDU, SPEAK TO IT PAGE 8

several completed initiatives and carry out foundation stone-laying ceremonies for some new projects. A number of forward-looking bilateral documents, across diverse areas, are expected to be concluded, sources said.

External Affairs Minister S Jaishankar called on Shah on Sunday evening. "Privileged to call on PM Balendra Shah of Nepal on his visit to New Delhi

Nepal PM Balendra Shah on first India visit; multiple pacts on agenda

नेपाल PM की भारत यात्रा



The Indian EXPRESS

-FOUNDED BY-

RAMNATH GOENKA

IN 1932

BECAUSE THE TRUTH INVOLVES US ALL

Delhi must size up new Kathmandu, speak to it

PRIME MINISTER Balendra Shah of Nepal is on his first official visit to India — also his first bilateral visit abroad — since taking office in March 2026. He came to power riding the wave of a Gen Z-led uprising that brought down the K P Sharma Oli government; the mandate secured by him and the Rastriya Swatantra Party reflected the youth's exhaustion with the traditional political establishment. At the helm in Nepal, therefore, is a new generation of leaders whose legitimacy rests on a promise to break with the past. For India, PM Shah's visit is a chance to understand a changing Nepal and reassess an old relationship defined by geography, economic ties and shared culture.

The onus is on New Delhi to address the concerns of its smaller neighbour. India continues to be Nepal's largest trading partner and an important source of investment, development assistance, and employment opportunities. But Nepal's concerns over its dependence on Indian transit routes and the asymmetry in economic weight have often created turbulence in ties. The dispute over the Lipulekh Pass in May, after India and China agreed to resume the Kailash Mansarovar pilgrimage through the route without consulting Kathmandu, is a recent example. The new political order, led by a prime minister who has publicly emphasised a "Nepal First" doctrine, will likely look askance at it. Amending this approach does not mean India has to compromise its own national interests. But it must acknowledge that stability in ties between unequally-sized neighbours cannot be sustained by deference alone. Respect for Nepal's political choices must underpin an engagement that focuses on tangible outcomes.

Assistance in the reconstruction in the aftermath of the catastrophic floods that engulfed Nepal, in which around 1,500 people died and thousands are still missing, could provide an immediate

Why certa

SUPPOSE SOMEON
off a cliff without wa
the same man invit
top picnic, promi
views and a feast, v
The answer to this is also the a
Minister Narendra Modi's qu
Inc — why are you not investi
ating well-paying jobs and pr
quality goods?

For 33 minutes at last we
nual conclave, PM Modi
country's top industrialists. "
tax, yet you did not invest. I rai
tax threshold, but you did no
or hire more people. You ran a
culture. You produce poor-qu
Indian consumers," he said.

Modi is absolutely right ab
tons of India's economic di
$100bn was given away as tax
ate India since the cut of 2019.
what the Union government
education since then, reflectin
belief in 'trickle-down' econo
tax cuts will spur investment a

Corporates pocketed th
eschewed investment. The
tained profits) rose to 11.2 per
2023 from 10.5 per cent befo
investment remained stagna
of GDP. Not enough jobs hav
by private industry over a
lusionment over which br
people to Jantar Mantar aft
paper leak. PM Modi also su
nominy of thousands of unem
forcing out his cabinet minis
to be livid.

Multiple Pacts on Agenda as Nepal PM Visits India

नेपाल के प्रधानमंत्री बालेंद्र शाह (बालेन) अपनी पहली आधिकारिक भारत यात्रा पर नई दिल्ली पहुँचे – प्रधानमंत्री मोदी से वार्ता में विकास साझेदारी, ऊर्जा, जलविद्युत, रेल, कनेक्टिविटी, जलवायु और आपदा-लचीलापन पर समझौते अपेक्षित; धारचूला पुल, बनबसा लैंड पोर्ट और जनकपुर–गोरखपुर ट्रेन का उद्घाटन

India–Nepal
भारत–नेपाल

1 The visitor | अतिथि

- **Balendra (Balen) Shah** – rapper, ex-**Kathmandu mayor**
  बालेन शाह
- PM since **March 2026** after **RSP** landslide
  RSP
- Came after the **Gen Z uprising** of Sept 2025
  Gen Z आंदोलन

2 The visit | यात्रा

- His **first bilateral visit abroad**
  पहली विदेश यात्रा
- **35-member** team; received by **Jitin Prasada**
  35 सदस्य
- Meets **Modi**, calls on **President Murmu**
  मोदी, मुर्मू

3 Agreements expected समझौते

- **Energy, hydropower, railways**
  ऊर्जा, रेल
- **Climate change & disaster resilience**
  जलवायु
- **Infrastructure & technology**
  ढाँचा, तकनीक

Class24

Nepal PM Balendra Shah on first India visit; multiple pacts on agenda — in depth (1/2)

नेपाल PM की भारत यात्रा — विस्तार से (1/2)

4 New connectivity नई कनेक्टिविटी

- **Raxaul–Kathmandu** rail link under talks
  रक्सौल–काठमांडू
- **Ayodhya–Janakpur** train & new air routes
  अयोध्या–जनकपुर
- **Banbasa** land port, Uttarakhand
  बनबसा

5 Express editorial view संपादकीय

- Delhi must **size up a new Kathmandu**
  नया काठमांडू
- Shah's "**Nepal First**" doctrine
  नेपाल फ़र्स्ट
- Ties need **respect, not deference**
  सम्मान

6 Irritants | विवाद

- **Lipulekh** row – India–China route deal (May)
  लिपुलेख
- Dependence on **Indian transit**
  पारगमन निर्भरता
- Post-flood need: **~1,500 died** in floods
  बाढ़

Class24

Nepal PM Balendra Shah on first India visit; multiple pacts on agenda — in depth (2/2)

नेपाल PM की भारत यात्रा — विस्तार से (2/2)

7 Nepal's political churn | राजनीतिक बदलाव

Monarchy ends
राजशाही ख़त्म
2008
2008

→

New Constitution
संविधान
2015
2015

→

Gen Z uprising
Gen Z आंदोलन
Sept 2025
2025

→

Balen PM
बालेन PM
Mar 2026
2026

8 Did you know? क्या आप जानते हैं?

- Indians & Nepalis need **no visa or passport** to cross
  वीज़ा नहीं
- **Gorkha** soldiers serve in the Indian Army
  गोरखा

Class24

Nepal PM Balendra Shah on first India visit; multiple pacts on agenda — background (1/2)

नेपाल PM की भारत यात्रा — पृष्ठभूमि (1/2)

9 India–Nepal treaties संधियाँ

Treaty संधि	Year वर्ष
Peace & Friendship शांति व मैत्री	1950
Kosi Agreement कोसी	1954
Gandak Agreement गंडक	1959
Mahakali Treaty महाकाली	1996

10 Energy ties | ऊर्जा संबंध

- India to buy **10,000 MW** from Nepal in 10 years (2024 pact)
  10,000 MW
- **Pancheshwar** project on the **Mahakali**
  पंचेश्वर
- **Motihari–Amlekhgunj** – South Asia's first cross-border oil pipeline
  पाइपलाइन

11 Border States सीमावर्ती राज्य

- **Uttarakhand, UP, Bihar**
  उत्तराखंड, UP, बिहार
- **West Bengal, Sikkim**
  बंगाल, सिक्किम
- Guarded by **SSB**
  एसएसबी

Class24

Nepal PM Balendra Shah on first India visit; multiple pacts on agenda — background (2/2)

नेपाल PM की भारत यात्रा — पृष्ठभूमि (2/2)

12 Disputed areas | विवादित क्षेत्र

Kalapani
कालापानी
Pithoragarh
पिथौरागढ़

→

Lipulekh
लिपुलेख
Kailash route
कैलाश मार्ग

→

Limpiyadhura
लिंपियाधुरा
Nepal map 2020
नक्शा

→

Susta
सुस्ता
Gandak shift
गंडक

13 Neighbourhood First
पड़ोस पहले

- India's policy since **2014**
  2014
- Linked to **SAGAR / MAHASAGAR** & Act East
  सागर
- Nepal also in **BIMSTEC**
  बिम्सटेक

Class24

Nepal PM Balendra Shah on first India visit; multiple pacts on agenda — Static GK

नेपाल PM की भारत यात्रा — स्थैतिक सामान्य ज्ञान

14 Nepal at a glance | नेपाल

Fact तथ्य	Detail विवरण
Capital राजधानी	Kathmandu
Currency मुद्रा	Nepalese rupee
Highest peak सर्वोच्च	Mt Everest (Sagarmatha)
Flag ध्वज	Only non-rectangular national flag

15 Shared heritage
साझा विरासत

- **Lumbini** – Buddha's birthplace (UNESCO)
  लुंबिनी
- **Janakpur** – Sita's birthplace
  जनकपुर
- **Pashupatinath** – Kathmandu
  पशुपतिनाथ

16 Nepal's rivers into India
नदियाँ

- **Kosi** – "Sorrow of Bihar"
  कोसी
- **Gandak** – Narayani in Nepal
  गंडक
- **Mahakali / Sharda** – border river
  महाकाली

Nepal PM Balendra Shah on first India visit; multiple pacts on agenda — Map & Diagram

नेपाल PM की भारत यात्रा — मानचित्र व आरेख



Read the visual
चित्र को समझें

- Talks to give "**political direction**"
  राजनीतिक दिशा
- Mix of **hard infra & people ties**
  ढाँचा, जन-संबंध
- Also **foundation stones** for new projects
  शिलान्यास

Class24

Nepal PM Balendra Shah on first India visit; multiple pacts on agenda — Map & Diagram

नेपाल PM की भारत यात्रा — मानचित्र व आरेख



Read the visual
चित्र को समझें

- Nepal is **landlocked** – relies on Indian transit
  स्थलरुद्ध
- **Open border** of ~1,750 km
  खुली सीमा
- Borders **5 Indian States**
  5 राज्य

ECI's software use needs reconsideration



Joseph C. Mathew
Former IT Adviser, Government of Kerala

With every technological leap in India, the public must fight another battle for freedom as the direction of information flow is shaped by power. Government responsibilities and duties, even those decentralised to ensure delivery based on local needs are now being centralised, overlooking Acts and rules, simply because technology offers that option. Denying ration cards or food supplies due to failures in biometric or Aadhaar authentication poses a serious threat to the fundamental right to life.

The right to vote is a constitutional right, and the Election Commission of India (ECI) is the constitutional body entrusted with the responsibility of ensuring that this right is protected. However, this responsibility seems to have been turned on its head because technology offered the ECI the convenience of carrying out the exercise centrally. Under 13B of the Representation of the People Act, the sole authority for editing the voters' list is entrusted to local Electoral Registration Officers (EROs) and Booth Level Officers (BLOs). However, the ECI's centralised ECINet and ERONet software architectures have effectively stripped them of their legally mandated powers. In the process, it appears to have created its own Act and Rules. The ECI had resorted to mass elimination of voters using a centralised software in 2015 itself by linking voter IDs with Aadhaar data under the National Electoral Roll Purification and Authentic Program, before the top court put an end to it.

Voters deprived of their rights can protest but the case of Electronic Voting Machines (EVMs) does not lend itself to such a simple yes-or-no verification. It is essentially a counting mechanism that produces a final tally, leaving us with little means to independently verify what actually happened.

Closer look at EVMs

In *Kamal Nath vs Election Commission of India and Others*, the top court observed that the ECI had built a reputation as an impartial constitutional authority committed to conducting fair elections, in which the people of this country participate with great trust and faith. However, the very 'great trust and faith' that the court recognised as the ECI's strength appears to have eroded among large sections of the electorate. This loss of confidence makes it all the more important that the courts examine the functioning of EVMs with greater objectivity.

In the *ADR vs. Election Commission* judgment, the Court observed, that it would "like to put on record the procedure and safeguards adopted by the ECI to ensure free and fair elections and the integrity of the electoral process." The ECI then had presented the court with its safeguards. First, it stated that the control unit was agnostic to any political party or candidate, and only recognises the push button on the ballot unit. It is programmed to compute the number of times a particular button/key has been pressed. This happens well before the elections, when the serial numbers of candidates are not yet known. Therefore, pre-programming an EVM to favour or disadvantage any particular candidate is not possible. Second, the EVM system is designed in a simple, standalone manner. Its units are not networked and cannot be connected to any third-party machine or external input source.

The foundation of trust in EVMs is the assurance that they are key-agnostic. The judgment also clarifies that an EVM comprises of the ballot unit, control unit and the VVPAT (Voter Verifiable Paper Audit Trail Unit).

But the ECI itself has submitted, that "a laptop/PC with the symbol loading application is used to create a bitmap file comprising the serial number, the candidate name and the symbol. This file is loaded on VVPAT units by using the symbol loading units." The ECI argues that the symbol loading unit and the process of uploading data through it cannot be classified as software being uploaded. But can it deny that input data is being fed into the EVM? This bitmap provides information about which key is assigned to which political party and candidate. From that moment onwards, the EVM is no longer key-agnostic. Given this, the conclusion that it is impossible to pre-program an EVM in a spurious manner deserves to be reconsidered. One knows that a source code can accept dynamic values. Without independently examining the programme burnt into the chip, how can anyone be certain that it does not contain a piece of code that selectively extracts votes from one party's symbol and adds them to another? This is not an allegation; but the safeguards presented do not make the system foolproof. Therefore, a reconsideration is necessary, particularly at a time when the ECI is using software to dictate addition in the electoral list itself.

The very 'great trust and faith' that the court recognised as the ECI's strength appears to have eroded among large sections of the electorate

Indian science needs fewer borders



Vasudevan Mukunth

Modern science rightly prides itself on independent scrutiny, irrespective of where the scrutiniser is located. There is no reason seeking the assessment of someone outside India has to construe colonialism. Yet this was the charge in a widely debated article by Sanjeev Sanyal, Satvik Dev, and Payal Sharma, respectively a Member, the Joint Director, and a Young Professional on the Economic Advisory Council to the Prime Minister.

Researchers write up a study and submit it as a manuscript to a journal. Editors at the journal assess the manuscript and send it out to other experts in the field, asking if the work is worth publishing, or needs to be revised or rejected. If the journal accepts the paper, it will be published, brought to the attention of scientists worldwide, and have a permanent record of it preserved.

This research publishing system has become an essential part of science today. Its choices affect researchers' careers, university policies, and funding for research. But even this outsized influence does not mean it can be held responsible for all shortcomings of the research enterprise.

While the research publishing landscape has some colonial overtones, more urgent factors that influence publishing practices today should concern the Indian government. For one, a few publishers have concentrated the enterprise's commercial power, yet the government's recent 'One Nation, One Subscription' scheme lacks mechanisms to militate against the steep publishing fees the participating journals charge, thus failing to subtract from the concentration. The Chinese Academy of Sciences, on the other hand, has refused to pay for publishing in 30 open-access journals.

In response to the common inclination to judge a researcher by the number of papers they published and the reputation of the journals they published them in, the San Francisco Declaration on Research Assessment recommends assessors focus on the substance of each paper instead. Whether the identity of the journal publishing it and the paper is Indian should not matter.

What the enterprise needs

Assessing a paper based on its contents rather than where it appeared requires time, focus, and the freedom to make independent decisions. To institutionalise this behaviour, research establishments need more and timely funding, better incentives for leading versus research, research autonomy, incentives and sanctions to discourage *quid pro quo* arrangements, the power to appoint their leaders, and breaks from administrative responsibilities, among other measures.

This way, researchers can focus on research, appreciate the directions in which inquiries proceed in various fields, collaborate, and have the inclination to assess each other's work. The China example is again instructive: its Ministries of Education and of Science and Technology disallowed assessors from using the journals in which a candidate's papers appeared as the basis of admission or reward but the government also ramped up its R&D expenditure to 2.7% of GDP in 2024, versus 0.84% in India in 2023-24.

Even then, an Indian researcher who publishes in an international journal is not subordinating "Indian scholarship" to foreign priorities. Journals differ in their editorial priorities and some research traditions do privilege certain theoretical approaches over others. Credible journals do not generally select papers on ideological grounds either, although there is some evidence of a national bias. A 2024 study of an ecology journal found reviewers and editors often favoured researchers from wealthier countries. But such discrimination is a reason to reform editorial practices, not regard independent scrutiny as colonial subordination.

These problems are compounded by other disadvantages. For example, researchers across the Global South have often struggled to publish in the more sought-after journals due to material constraints as well as the journals' historical preference for sensational results and their adoption of 'gold' open-access: a model in which researchers pay a sizeable fee to publish in 'prestigious' open-access titles. Yet replacing these journals with domestic alternatives will not immediately mean the quality of work published therein will improve or even be seen in new light. To fix that, India's researchers need financial power, institutional autonomy, and the state's trust. India needs to stop drawing borders where they do not belong.

mukunth.v@thehindu.co.in

DATA POINT

An 'unusual' AI company's largest-ever IPO

Anthropic has positioned itself as a safety-first AI company, but can it stay ahead of the competition while prioritising 'public benefit'?

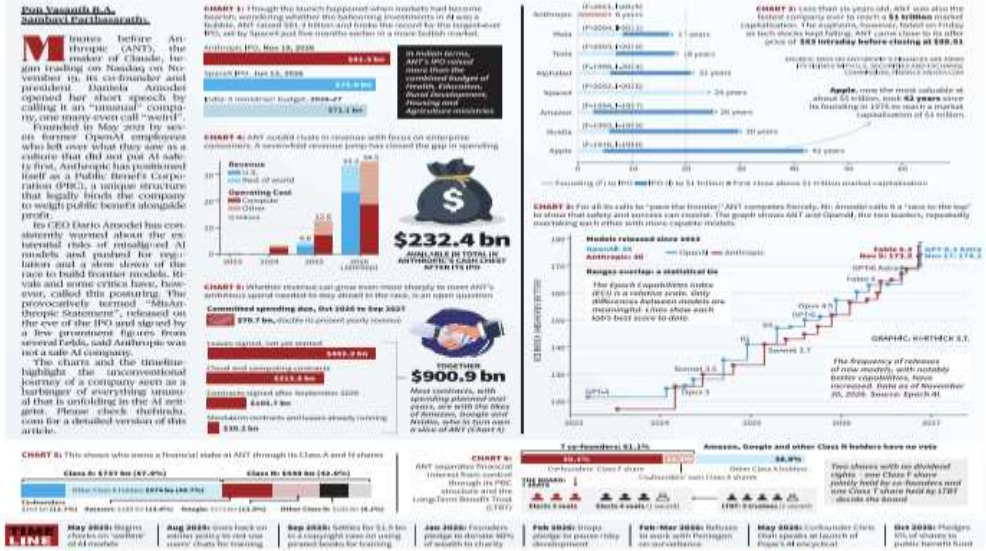
Pon Vasanth R.A.
Sambavi Karthikeyarthy

Minutes before Anthropic (ANT), the maker of Claude, began trading on Nasdaq on November 19, its co-founder and president Daniela Amodei opened her short speech by calling it an "unusual" company, one many even call "weird".

Founded in May 2021 by seven former OpenAI employees who left over what they saw as a culture that did not put AI safety first, Anthropic has positioned itself as a Public Benefit Corporation (PBC), a unique structure that legally binds the company to weigh public benefit alongside profit.

Its CEO Dario Amodei has consistently warned about the existential risks of misaligned AI models and pushed for regulation and a slow down of the race to build frontier models. Rivals and some critics have, however, called this posturing. The provocatively termed "MisAnthropic Statement", released on the eve of the IPO and signed by a few prominent figures from several Febs, said Anthropic was not a safe AI company.

The charts and the timeline highlight the unconventional journey of a company seen as a harbinger of everything unusual that is unfolding in the AI zeitgeist. Please check thehindu.com for a detailed version of this article.



FROM THE ARCHIVES

The Hindu.

FIFTY YEARS AGO NOVEMBER 23, 1975

New design bullock cart

New Delhi, November 22: Sumit Sen, a 15-year-old student from Calcutta has designed a bullock cart with foot brakes, adjustable yoke and a separate drive system that frees the animals from shoulder load.

He design is on display at the sixth annual children's science exhibition at Teen Murthy House here.

In Sen's design, the body of the cart is divided into two parts. The front portion consisting of the bullocks, a pair of small wheels and the yoke makes up the drive system. It draws the rear portion, consisting of the load and the driver in the fashion of a car pulling a trailer.

The front and rear parts are joined with a ball-bearing arrangement which makes turnings easy. The bearings and the extra pair of wheels in the front part free the animals from vertical load according to the designer.

The exhibition, which ends to-morrow, has drawn over 50,000 visitors. Schools from all States, except Andhra Pradesh, Jammu and Kashmir and some Eastern States are participating in the exhibition.

A HUNDRED YEARS AGO NOVEMBER 23, 1926

Plea for gold currency

Delhi, November 22: The Hon. Mr. Manmohandas Ramjee, member of the Council of State, has explained his views on the proposals for currency reform in his letter to the Bombay Government on the draft Currency Bill published by the Government of India. He is in favour of Is. 6d. ratio, but puts forward a strong plea for the early introduction of a gold currency without which public opinion in India would not be satisfied. The Is. 6d. ratio, he says, has been working for at least two years pretty fairly and the substitution of any other ratio at this stage would mean the unsettling of business conditions and giving firms a set-back to whatever recovery it has been possible to effect in the world of trade and industries. He does not agree with the argument that the adjustment of prices has not taken place and that, therefore, the substitution of Is 4d. would not lead to any unsettled conditions. He believes with the Royal Commission that adjustment of prices has taken place and that therefore, any substitution now would lead to a great deal of unfairness against particular sections of business world and also, against a large body of consumers.

CHART 1: Though the launch happened when markets had become bearish, wondering whether the ballooning investments in AI was a bubble, ANT raised $81.3 billion and broke the record for the largest-ever IPO, set by SpaceX just five months earlier in a more bullish market.

Anthropic IPO, **Nov 19, 2026**

$81.3 bn

SpaceX IPO, **Jun 12, 2026**

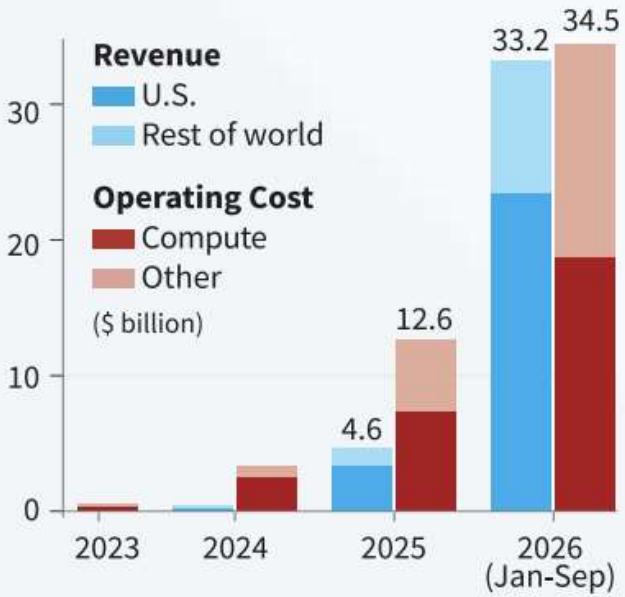
$75.0 bn

India: 5 ministries' budget, **2026-27**

$71.1 bn

In Indian terms, ANT's IPO raised more than the combined budget of Health, Education, Rural Development, Housing and Agriculture ministries

CHART 4: ANT outdid rivals in revenue with focus on enterprise consumers. A seven-fold revenue jump has closed the gap in spending





$232.4 bn

AVAILABLE IN TOTAL IN ANTHROPIC'S CASH CHEST AFTER ITS IPO

CHART 5: Whether revenue can grow even more sharply to meet ANT's ambitious spend needed to stay ahead in the race, is an open question

Committed spending due, Oct 2026 to Sep 2027

$70.7 bn, double its present yearly revenue



Leases signed, not yet started

$451.2 bn

Cloud and computing contracts

$313.8 bn

Contracts signed after September 2026

$105.7 bn

Short-term contracts and leases already running

$30.2 bn

TOGETHER

$900.9 bn

Most contracts, with spending planned over years, are with the likes of Amazon, Google and Nvidia, who in turn own a slice of ANT (Chart 5)

CHART 5: This shows who owns a financial stake at ANT through its Class A and N shares

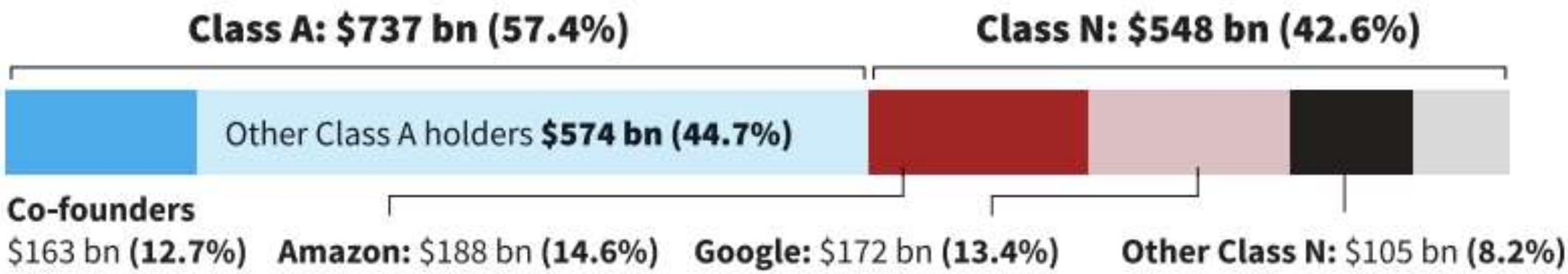
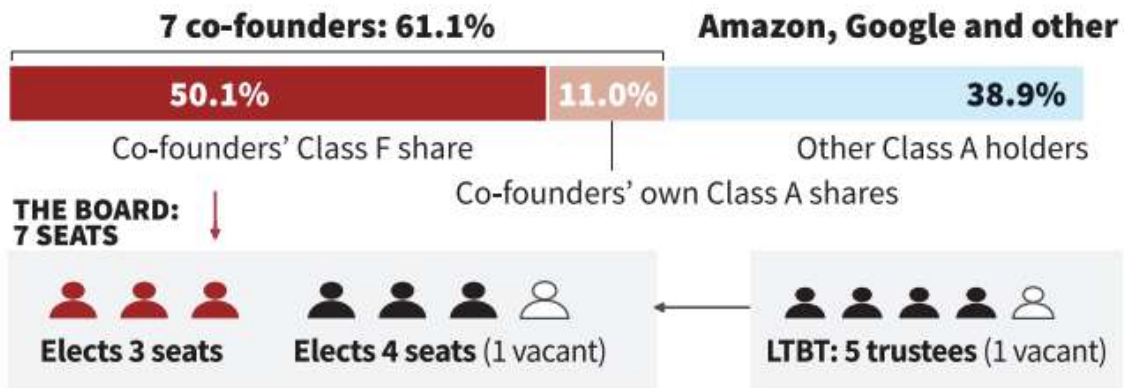


CHART 6: ANT separates financial interest from control through its PBC structure and the Long-Term Benefit Trust (LTBT)



Two shares with no dividend rights - one Class F share jointly held by co-founders and one Class T share held by LTBT - decide the board

TIMELINE

May 2025: Begins checks on 'welfare' of AI models

Aug 2025: Goes back on earlier policy to not use users' chats for training

Sep 2025: Settles for $1.5 bn in a copyright case on using pirated books for training

Jan 2026: Founders pledge to donate 80% of wealth to charity

Feb 2026: Drops pledge to pause risky development

Feb–Mar 2026: Refuses to work with Pentagon on surveillance

May 2026: Co-founder Chris Olah speaks at launch of Pope's AI encyclical

Oct 2026: Pledges 5% of shares to public benefit fund

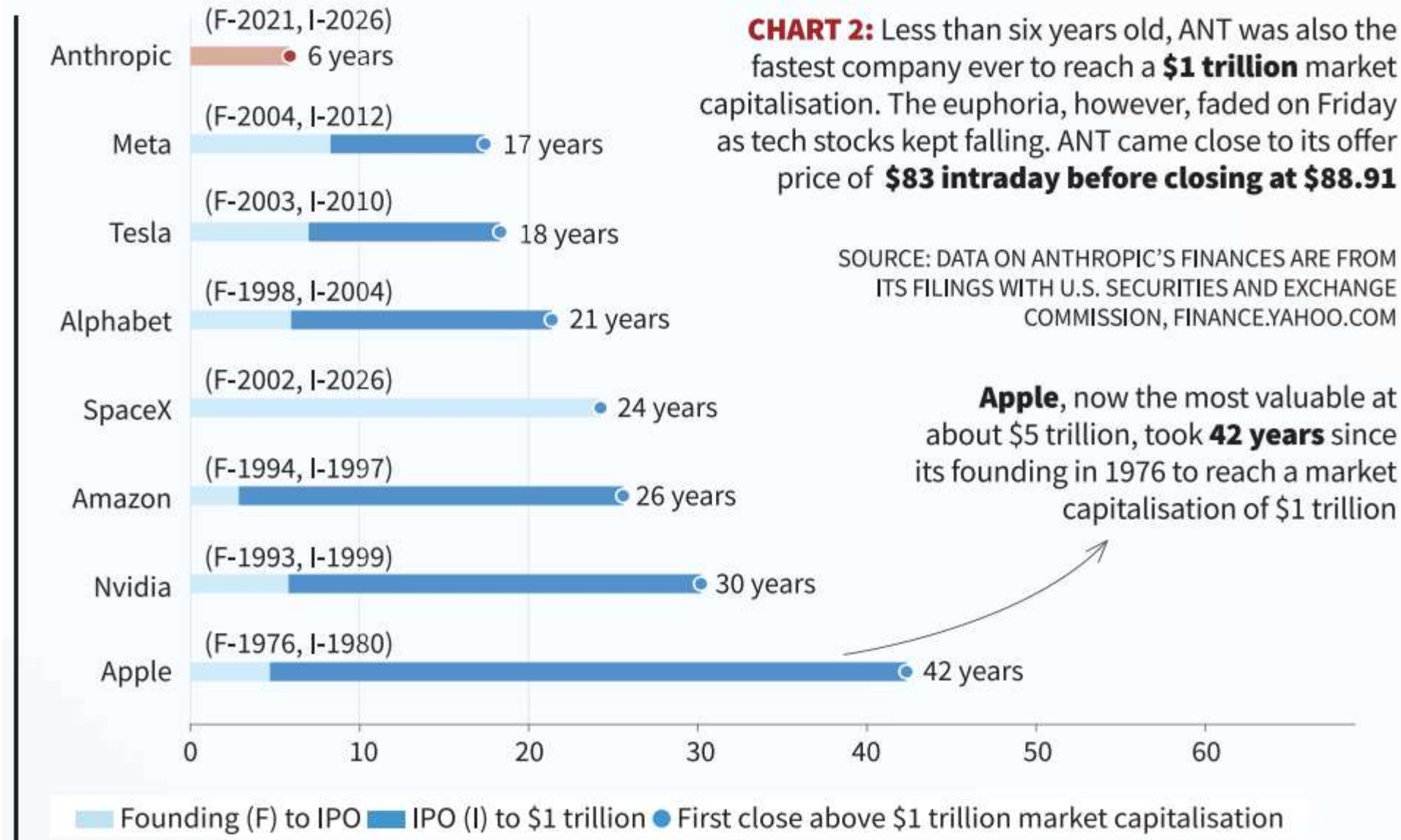
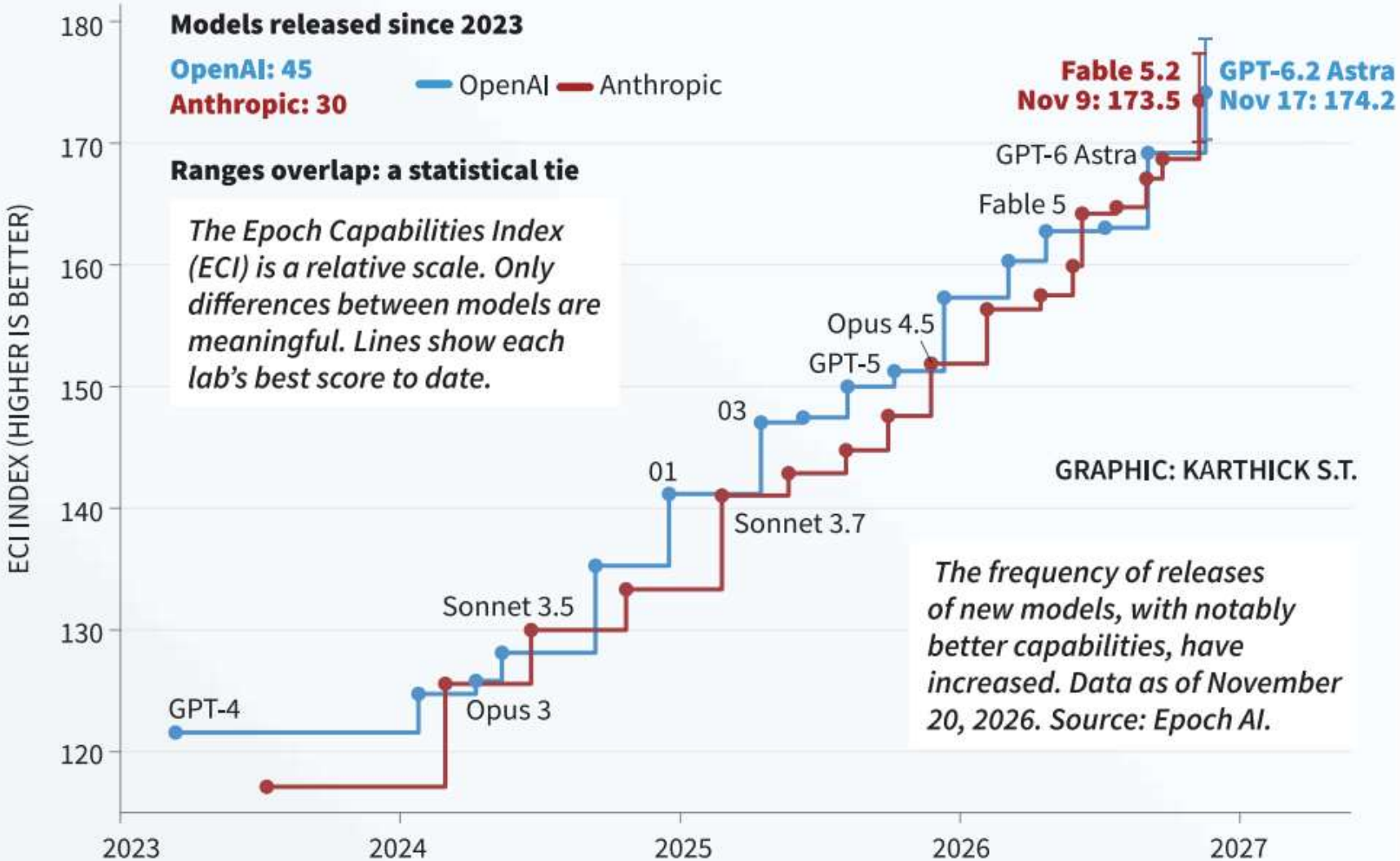


CHART 2: Less than six years old, ANT was also the fastest company ever to reach a **$1 trillion** market capitalisation. The euphoria, however, faded on Friday as tech stocks kept falling. ANT came close to its offer price of **$83 intraday before closing at $88.91**

SOURCE: DATA ON ANTHROPIC'S FINANCES ARE FROM ITS FILINGS WITH U.S. SECURITIES AND EXCHANGE COMMISSION, FINANCE.YAHOO.COM

Apple, now the most valuable at about $5 trillion, took **42 years** since its founding in 1976 to reach a market capitalisation of $1 trillion

CHART 3: For all its calls to "pace the frontier," ANT competes fiercely. Mr. Amodei calls it a "race to the top" to show that safety and success can coexist. The graph shows ANT and OpenAI, the two leaders, repeatedly overtaking each other with more capable models



| 24 November 2026

आज के समसामयिक मुद्दे — The Hindu • Indian Express • Financial Express — 4 articles + exam PYQs + MCQs + Myth Buster

1. **SC in favour of allowing only BS-VI vehicles in Delhi**
   दिल्ली में केवल BS-VI वाहन?

2. **Trial runs on a stretch of the bullet-train corridor to start in 2027**
   बुलेट ट्रेन परीक्षण 2027

3. **The cost of handing a smartphone to a child**
   बच्चे को स्मार्टफ़ोन देने की क़ीमत

4. **Alcaraz bags maiden ATP Finals title**
   अल्कराज़ का पहला ATP फ़ाइनल्स ख़िताब

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Centre	English Medium	हिंदी माध्यम
Karol Bagh	23 Nov | 11:30 AM	26 नवंबर | सुबह 11:30 बजे
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New Launch: Agra Admissions Open

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BRANDING PROPOSAL

West Bengal may soon become 'Pashchim Banga'

NEWS » PAGE 12

LONG-TERM OUTLOOK

'Production of oil, gas to pick up in 4-5 years'

BUSINESS » PAGE 10



DEFAMATION CASE

Non-bailable warrant issued against Rathee

NEWS » PAGE 13

Voters' Form 6 data exposed on ECI portal, claims report

Sreeparna Chakrabarty
NEW DELHI

For at least three years, personal data that voters submitted to the Election Commission of India (ECI) through Form 6 remained exposed on its citizen service portal, claims a report by Chavchagreen, a civic-tech initiative seeking more transparency and accountability in public systems.

As per the report, at least seven crore enrolments took place in this period.

Each Form 6 application for enrolment holds a citizen's name, gender, contact details, Aadhaar information, and age-proof document among other details. Chavchagreen said while records going back to 2023 were verified for the report, there was nothing to suggest earlier records were protected.

CONTINUED ON » PAGE 12

India offers ₹15,000 cr. in aid to flood-hit Nepal

After talks with visiting Nepal PM, Modi condoles the deadly floods in August; he says the fund will 'strengthen' the neighbour; India reiterates 'forward-looking' approach to 'boundary issues'

Kallol Bhattacherjee
NEW DELHI

India on Monday extended a ₹15,000-crore development package to Nepal to help it deal with reconstruction and long-term development in the aftermath of the devastating flood in the Bheriganga River in August.

Announcing the package following talks with Nepal Prime Minister Balendra Shah on his first official visit to India, Prime Minister Narendra Modi said the assistance is aimed at "strengthening" Nepal's capacity in dealing with natural disasters in the future.

In his remarks at the joint press statement event at Hyderabad House, Mr. Shah welcomed Indian investments and tourists to Nepal. A press release said that the two Prime Ministers have instructed the Foreign Secretaries of the two countries to "work on the outstanding boundary issues". "We express our deepest condolences over the loss of lives caused by the devastating floods that struck Nepal in August," said Mr. Modi, announcing the package.



Holding hands: Prime Minister Narendra Modi with his Nepal counterpart Balendra Shah in New Delhi on Monday. PTI

Foreign Secretary Vikram Misri said that of the total amount, ₹11,200 crore will be in a super-denominated concessionary line of credit entirely for energy projects, and ₹3,500 crore will be in direct grants that will go to reconstruction projects for infrastructure building.

Elaborating on the "boundary issues" between the two sides, which include the dispute over the strategically important Kalapani region of Uttarakhand, Mr. Misri reiterated the "forward-looking" approach. India and Nepal have been dealing with the Kalapani-Limpiyadhura-Lipulekh tripartite dispute and the Susta border-related issues for which an Eminent Persons Group (EPG) was set up in 2016 during the visit of former Prime Minister K. P. Sharma Oli. The EPG had submitted its report some years ago, but it was not made public.

CONTINUED ON » PAGE 13

IN BRIEF



SP, Cong. kick off talks on sharing seats for U.P. poll

LUCKNOW

The first round of seat-sharing talks between the SP and Congress for the 2027 Uttar Pradesh Assembly poll started in New Delhi on Monday, with leaders from both parties indicating that a deal could be finalised soon. » Page 12

Dec. 23 civic poll: Akali Dal sparks BJP tie-up buzz

CHANDIGARH

The Shiromani Akali Dal on Monday said it is open to an alliance for the December 23 Chandigarh Municipal Corporation election, sparking speculation about joining hands again with the BJP ahead of the upcoming Punjab Assembly poll. » Page 4

Hear inclusion petitions first, Supreme Court directs West Bengal SIR tribunals

Krishnadas Rajagopal
NEW DELHI

The Supreme Court on Monday ordered that tribunals hearing appeals on the special intensive revision (SIR) in West Bengal segregate and prioritise cases of voters whose names were excluded from the electoral roll.

The court directed the Election Commission of India (ECI) to increase the number of tribunals, in consultation with the Chief Justice of the Calcutta High Court, and relocate them to created hubs of Kolkata to facilitate expeditious disposal of the substantial backlog of pending appeals.

A three-judge Bench headed by Chief Justice of India Surya Kant passed the order days after the West Bengal government moved the Supreme Court, challenging a Calcutta High Court stay on the Kolkata Municipal Corporation elections. Earlier this year, the SIR drive left lakhs of electors without a vote in the West Bengal Assembly poll, which saw the firm Bharatiya Janata Party go-



Making it count

The order by the CJI-led Bench comes days after the State government challenged a HC stay on Kolkata Municipal Corporation polls

Over 36 lakh appeals filed before 19 tribunals in West Bengal

Around 22 lakh of those were filed by persons whose names were left out from the roll

Hearing duties: People gathered to appeal on issues related to the SIR in Bankura in April 2026. PTI

Directions to tribunals

- Segregate pending appeals into those to be heard today, and those adjourning to a later date
- Prioritise appeals filed by voters from within the Kolkata Municipal Corporation area

The Supreme Court also asked the ECI to increase the number of tribunals, in consultation with the Chief Justice of the Calcutta High Court, and relocate them to central hubs of Kolkata

CONTINUED FROM PAGE 1

The court directed the tribunals to separate the pending appeals into those filed by excluded voters seeking re-inclusion in the list and those objecting to the inclusion of certain names. Over 36 lakh appeals were filed in 19 tribunals, of which around 22 lakh were filed by voters whose names were excluded, as per an ECI affidavit. The court directed the tribunals to decide the appeals seeking re-inclusion first and keep the rest for later. It directed the further prioritisation of appeals filed by excluded voters from within the Kolkata Municipal Corporation area within a week.

CONTINUED ON » PAGE 12

RAS 2024 RESULTS
36 in Top 50 Ranks
72 in Top 100 Ranks

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Pak. infiltrated defence-linked WhatsApp groups, says BRO

A. Vijay Kumar
CHENNAI

The Border Roads Organisation (BRO) has issued a cybersecurity alert, warning that Pakistan-based intelligence operatives (PIOs) had infiltrated 11 unofficial WhatsApp groups used by Indian defence, paramilitary, and civil defence personnel to gather sensitive information.

In an advisory, the BRO said reliable government agencies had flagged the targeted cyber-espionage campaign and emphasised on strengthening threat detection and rapid response. Some of the unofficial groups used by the security personnel pertained to transfers and postings. The operatives gained unauthorised access to these groups using spoofed or compromised Indian mobile numbers and renamed "silent members", monitoring conversations, the BRO said.

The alert referred to a recent incident in which a civilian staff member allegedly communicated with a PIO posing as a DRDO scientist under the name 'Soniya'.

The communication reportedly took place through a WhatsApp group titled 'All India Defence Civilian Mutual Transfer Posting'. The civilian allegedly leaked sensitive defence-related information "in exchange for monetary consideration".

In view of the threat, the BRO directed its personnel to exercise heightened caution while using social networking applications.

WhatsApp Web misuse flagged

CHENNAI

The Indian Cyber Crime Coordination Centre (I4C) has asked WhatsApp users about the possible misuse of authenticated web sessions to gain unauthorised access to their accounts. » PAGE 13

Jensen Huang returns to the helm of Nvidia

Associated Press

In a surprise move, the Nvidia Board on Monday reinstated Jensen Huang as the company's president and CEO, just days after rejecting his offer to return to the artificial intelligence chipmaker.

It was the latest twist in the fallout from Mr. Huang's admission of an affair with a woman suspected of being a Chinese spy.

Chairperson of the Board Harvey C. Jones said that it believes Mr. Huang was the right person to lead Nvidia.

CONTINUED ON » PAGE 12


THE INDIAN EXPRESS

The City

1

HAD 'LUCKY WINTER' THIS YEAR, AQI LEVELS WERE NOT 'SEVERE'

y BS-VI vehicles in Delhi? SC in favour of step to curb air pollution

Waqf Board opposes plan to remove Krishi Bhawan mosque for Central Vista

Say any action by Centre against mosque without considering Board's statutory role will be premature

MCD navigating legal hurdles to clear Ghazipur landfill, meet 2027 deadline

EXPRESS special

Indian Polo Association withdraws last legal challenge against Jaipur Polo Ground takeover

Face action if Chandni Chowk is encroached again, warns CM

'Can't leave to doctors alone': Calls for support system for children with Type 1 diabetes

THE INDIAN EXPRESS • 24 NOV 2026

Page 6 · The City

पृष्ठ 6 · शहर (also TH p14)

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

1 **Only BS-VI in Delhi? | केवल BS-VI**

SC in favour of allowing only BS-VI vehicles in Delhi

दिल्ली में केवल BS-VI वाहन?

SAYS DELHI HAD 'LUCKY WINTER' THIS YEAR, AQI LEVELS WERE NOT 'SEVERE'

Only BS-VI vehicles in Delhi? SC in favour of step to curb air pollution

Ananthakrishnan G.
New Delhi, November 23

THE SUPREME Court on Monday said it is in favour of allowing only vehicles compliant with BS-VI emission standards in Delhi and it would be an effective measure to combat air pollution in the city. As a three-judge bench, presided by Chief Justice of India Surya Kant, heard proceedings initiated suo motu by the top court to deal with the annual air pollution woes in the Capital, it underlined that Delhi had a "lucky winter" as the air pollution did not touch "Severe" levels this year.

BS-VI standards became mandatory across India on April 1, 2020, for manufacturing, sale, and registration of new vehicles.

During the hearing, Justice Joymalya Bagchi, who was part of a three-judge bench said, "The BS-VI compliance must follow...and restricted not only to Delhi but to the entire National Capital Region (NCR). That is one thing which will significantly contribute to reduction of (pollution)."

During the hearing, a counsel pointed out that the SC had — by an order dated December 17, 2025 — said that BS-IV vehicles would be permitted and that no coercive action should be taken against them. "They have now stopped doing Pollution Under Control (PUC) certification of these vehicles. Let them do the PUC," the counsel urged the bench.

The CJI, however, said, "...Let the status quo remain for next month or so too."

The counsel once again requested the court to allow PUC for BS-IV vehicles saying "because of that (not allowing PUC), these vehicles are not getting fuel."

"That's what we want. We want that. We want only BS-VI vehicles in Delhi, if not NCR," Justice Bagchi was emphatic.

At the outset of Monday's hearing, the bench, also comprising Justice V Mohana, said Delhi had a "lucky winter" as the air pollution had not spiked and touched severe levels this time.

The CJI too said weather was favourable this time while amicus curiae senior advocate Aparajitha Singh said there was good wind movement.

Agreeing, Additional Solicitor General Aishwarya Bhati, who appeared for the the Commission for Air Quality Management (CAQM), added that while it was "nature primarily, but efforts (by authorities) have also fructified".

Justice Mohana said that it is a "cumulative effect".

"Whatever, the lungs of the people are safe till now, to a certain extent", remarked Justice Bagchi pointing out that "it has not gone into severe (this time)".

"Yes, otherwise this month is the most polluted," said Bhati.

The CJI said that the court will consider what further directions, both short term and long term, are needed in the matter.

Justice Bagchi then flagged the issue of BS-IV vehicles.

The CJI wondered "why neighbouring states are very passively participating and not actively involved" in air pollution efforts in Delhi.

The court directed that the Advocate Generals of Punjab, Uttar Pradesh, Haryana, Rajasthan to before it on the next date of hearing and "let all states file their respective affidavits regarding steps taken by them to reduce pollution in the NCR."

Senior Advocate Sanjiv Sen, appearing for the Municipal Corporation of Delhi (MCD), said that "thanks to orders of Your Lordships permitting us to increase ECC (Environment Compensation Charge), there is a 30% reduction of commercial vehicles coming into Delhi from neighbouring states, which has also contributed greatly to reduction of pollution."

CJI Kant said the question is "how to ensure that commercial vehicles do not enter Delhi at all?"

He, however, pointed out that the Capital has its own demands for food, groceries, and vegetables, which have to come from outside. "So what can be the alternative? Can there be warehouses at the border and battery-operated vehicles to bring the goods into Delhi?"

The CJI wondered if it can become a reality in at least five years if not immediately. "May not be possible this year or next year, but why not try to make it work in the next five years?" he asked. The court, meanwhile, asked the states to file their replies to a report submitted by an expert committee appointed by the CAQM.

The next hearing is likely on November 25.



Smog shrouds Noida on Monday. ABHINAV SAHA

AQI Tracker

Delhi	Gurugram	Noida	Faridabad
AQI: 261 (Poor)	AQI: 274 (Poor)	AQI: 225 (Poor)	AQI: 155 (Moderate)

Good (0-50); Satisfactory (51-100); Moderate (101-200); Poor (201-300); Very Poor (301-400); Severe (401-500)

Forecast: Nov. 24, 2026
Mainly clear sky. Shallow fog.

MAX: 24-26	MIN: 10-12
0.7°C below normal	0.7°C below normal

Only BS-VI Vehicles in Delhi?

SC in Favour of Step to Curb Air Pollution

मुख्य न्यायाधीश सूर्यकांत की तीन-न्यायाधीश पीठ ने दिल्ली के वायु प्रदूषण पर स्वतः संज्ञान मामले में कहा कि दिल्ली (और संभव हो तो पूरे NCR) में केवल BS-VI मानक वाले वाहनों को अनुमति देना प्रदूषण घटाने का प्रभावी उपाय होगा; इस बार दिल्ली की "भाग्यशाली सर्दी" रही, AQI 'गंभीर' नहीं हुआ

Supreme Court
सर्वोच्च न्यायालय

1 What the court said
अदालत ने कहा

- Bench led by **CJI Surya Kant**
  CJI सूर्यकांत
- Justice **Joymalya Bagchi**: "We want only **BS-VI** vehicles in Delhi, if not NCR"
  जस्टिस बागची
- Status quo on **BS-IV** for another month
  BS-IV यथास्थिति

2 A "lucky winter"
भाग्यशाली सर्दी

- AQI did **not touch "Severe"** this year
  गंभीर नहीं
- **Good wind movement** – amicus Aparajitha Singh
  हवा
- ASG for CAQM: nature **plus efforts**
  प्रयास भी

3 Monday's AQI
सोमवार का AQI

261 Delhi – Poor दिल्ली	**274** Gurugram – Poor गुरुग्राम
225 Noida – Poor नोएडा	**155** Faridabad – Moderate फ़रीदाबाद

SC in favour of allowing only BS-VI vehicles in Delhi — in depth (1/2)

दिल्ली में केवल BS-VI वाहन? — विस्तार से (1/2)

4 Neighbours told to act
पड़ोसी राज्य

- CJI: States participate "**very passively**"
  निष्क्रिय
- AGs of **Punjab, UP, Haryana, Rajasthan** summoned
  महाधिवक्ता
- All to file **affidavits** on steps taken
  हलफ़नामा

5 Truck entry curbs
ट्रक प्रवेश

- Higher **Environment Compensation Charge**
  ECC
- **30% fewer** commercial vehicles entering Delhi
  30% कमी
- CJI: think of **warehouses at the border** & battery vehicles
  सीमा गोदाम

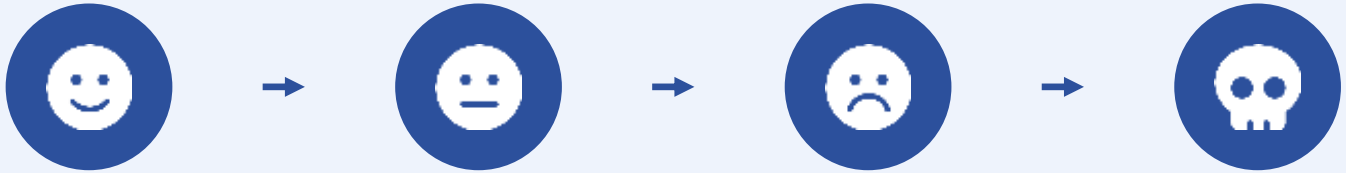
6 The BS-IV issue
BS-IV मुद्दा

- Dec 2025 SC order: **no coercive action** on BS-IV
  2025 आदेश
- But **PUC** not being issued, so no **fuel**
  PUC
- Court kept **status quo** for now
  यथास्थिति

SC in favour of allowing only BS-VI vehicles in Delhi — in depth (2/2)

दिल्ली में केवल BS-VI वाहन? — विस्तार से (2/2)

7 AQI bands | AQI श्रेणियाँ



Good–Satisfactory अच्छा	Moderate मध्यम	Poor–Very Poor ख़राब	Severe गंभीर
0–100 0–100	101–200 101–200	201–400 201–400	401–500 401–500

8 Did you know? क्या आप जानते हैं?

- BS-VI became mandatory on **1 April 2020**
  1 अप्रैल 2020
- "Bharat Stage" norms are set by **MoRTH** with **CPCB** inputs
  MoRTH

SC in favour of allowing only BS-VI vehicles in Delhi — background (1/2)

दिल्ली में केवल BS-VI वाहन? — पृष्ठभूमि (1/2)

9 Who fights Delhi's smog संस्थाएँ

Body संस्था	Role भूमिका
CAQM आयोग	NCR air quality, 2021 Act
GRAP ग्रैप	4-stage emergency plan
CPCB केंद्रीय बोर्ड	National AQI, monitoring
NCAP स्वच्छ वायु कार्यक्रम	City clean-air plans (2019)

10 Key pollutants प्रमुख प्रदूषक

- **PM2.5 / PM10** – fine dust & smoke
  कण
- **NOx** – from vehicle exhaust
  NOx
- **SO_2** – from sulphur in fuel & coal
  SO_2

11 Landmark SC cases प्रमुख मामले

- **M.C. Mehta** (1998) – CNG for Delhi buses
  CNG
- 10-yr diesel / 15-yr petrol ban (**NGT 2015**)
  पुराने वाहन
- Art **21** – right to clean air
  अनु. 21

SC in favour of allowing only BS-VI vehicles in Delhi — background (2/2)

दिल्ली में केवल BS-VI वाहन? — पृष्ठभूमि (2/2)

12 GRAP stages | ग्रैप चरण



Stage I चरण I	Stage II चरण II	Stage III चरण III	Stage IV चरण IV
Poor ख़राब	Very Poor बहुत ख़राब	Severe गंभीर	Severe+ अति गंभीर

13 Cleaner mobility
स्वच्छ परिवहन

- **PM E-DRIVE** – EV subsidies
  पीएम ई-ड्राइव
- **Vehicle Scrapping Policy** (2021)
  स्क्रैपिंग नीति
- **E20 petrol** – 20% ethanol blend
  E20

SC in favour of allowing only BS-VI vehicles in Delhi — Static GK

दिल्ली में केवल BS-VI वाहन? — स्थैतिक सामान्य ज्ञान

14 Emission norm history इतिहास

Norm मानक	Based on आधार
BS-I (2000) **BS-I**	Euro 1
BS-IV (2017 all-India) **BS-IV**	Euro 4
BS-VI (2020) **BS-VI**	Euro 6

15 Catalytic converter उत्प्रेरक परिवर्तक

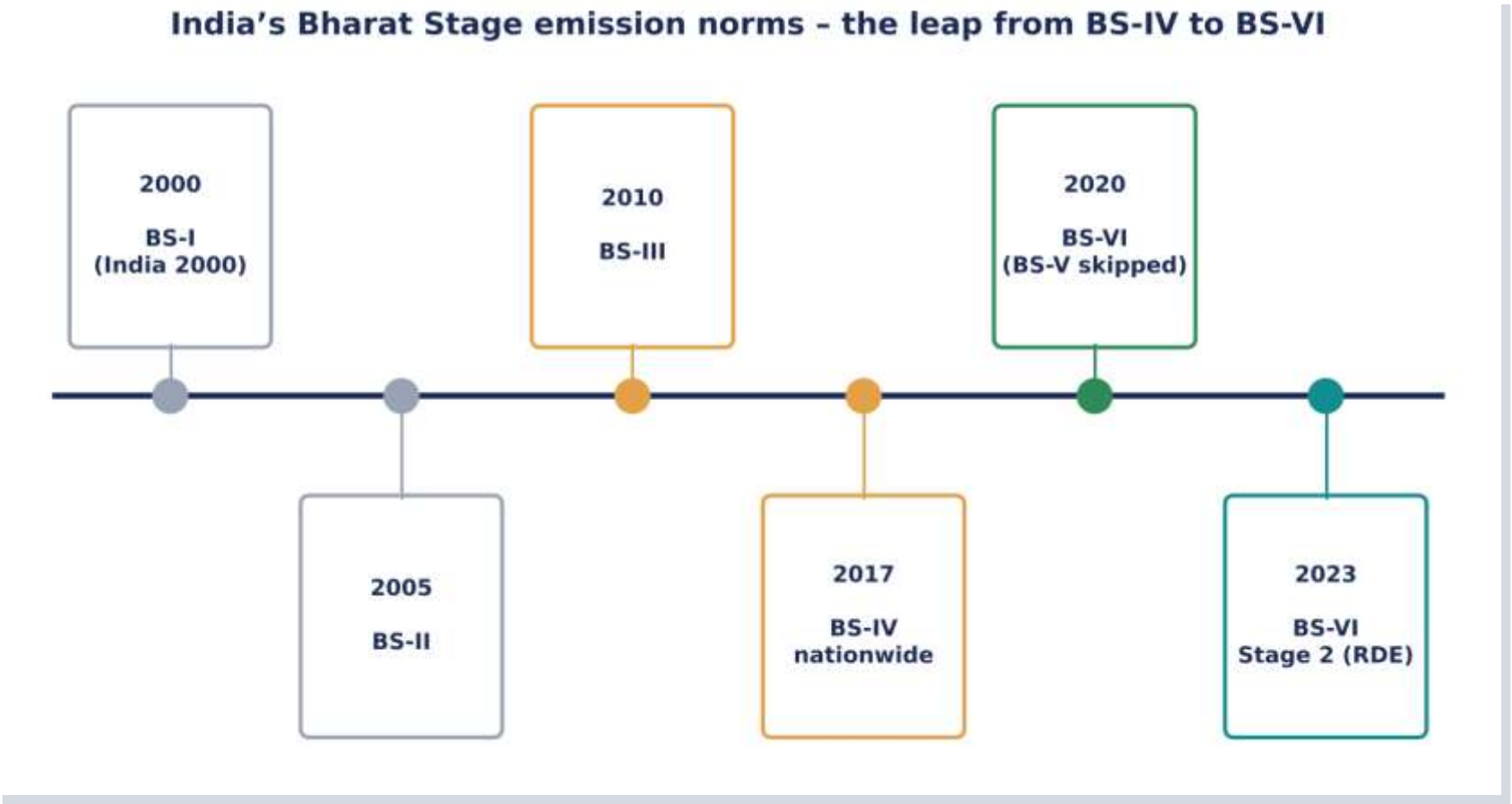
- Turns **CO, NOx, HC** into safer gases
  गैस परिवर्तन
- Uses **platinum, palladium, rhodium**
  धातुएँ
- Diesel uses a **DPF** to trap soot
  DPF

16 Pollution days | दिवस

- **2 December** – National Pollution Control Day
  प्रदूषण नियंत्रण दिवस
- Marks **Bhopal gas tragedy** (1984) victims
  भोपाल
- **7 September** – Clean Air for Blue Skies Day
  स्वच्छ वायु दिवस

SC in favour of allowing only BS-VI vehicles in Delhi — Map & Diagram

दिल्ली में केवल BS-VI वाहन? — मानचित्र व आरेख

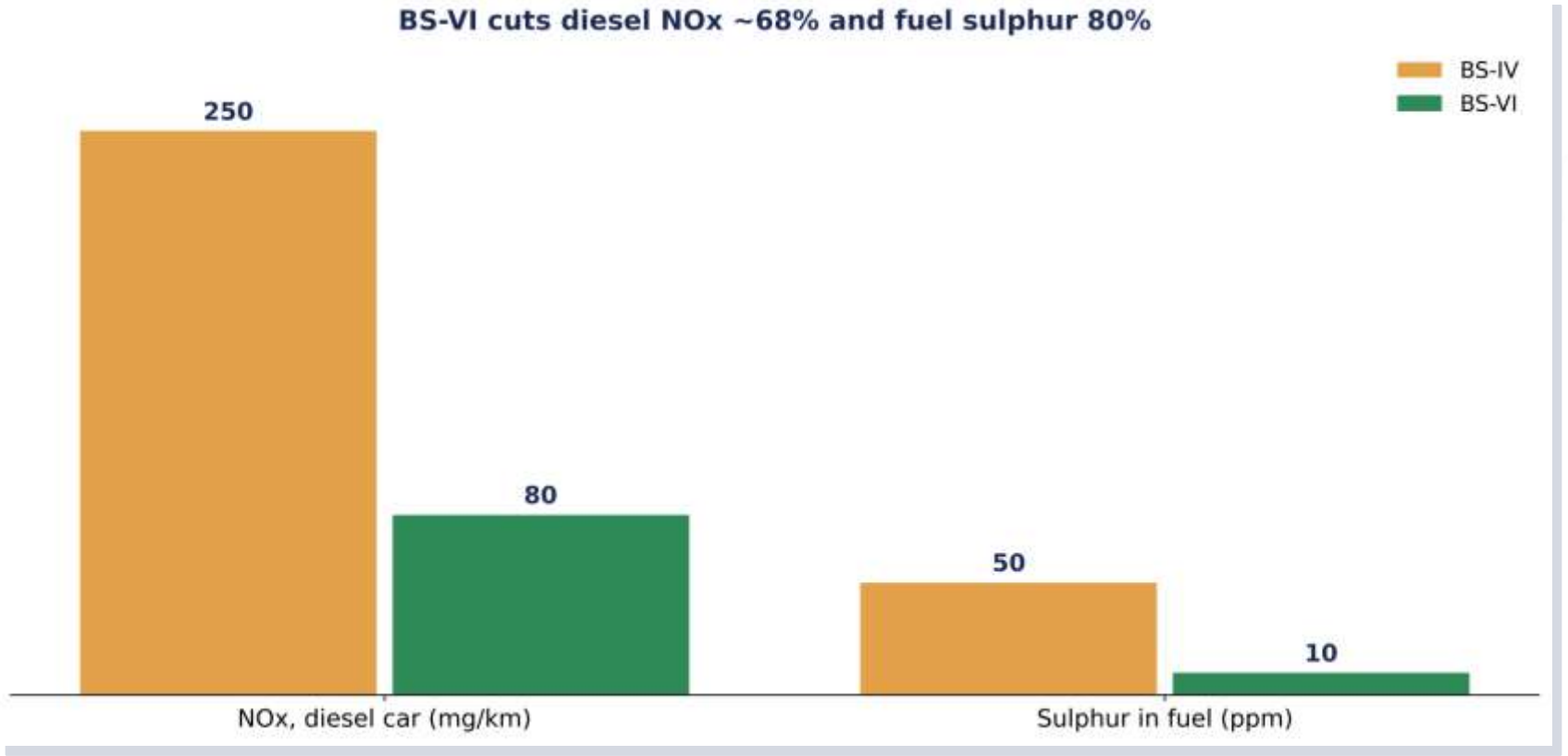


Read the visual
चित्र को समझें

- India **jumped straight** from BS-IV to BS-VI
  BS-V छोड़ा
- BS-VI is close to **Euro 6**
  यूरो 6
- Stage 2 checks **real-driving** emissions
  वास्तविक उत्सर्जन

SC in favour of allowing only BS-VI vehicles in Delhi — Map & Diagram

दिल्ली में केवल BS-VI वाहन? — मानचित्र व आरेख



Read the visual
चित्र को समझें

- **NOx** – a key smog ingredient
  NOx
- Cleaner **fuel** was needed first
  स्वच्छ ईंधन
- Diesel cars cut **particulate matter** sharply too
  कण प्रदूषण


14
News
INBRIEF
SC moots allowing only BS-VI compliant vehicles into Delhi
India maps landslide-prone zones across 4.3 lakh sq. km
1
runs on stretch of bullet corridor to start in 2027
Cybercrime centre warns of misuse of WhatsApp Web
After outcry, BRO says Sheshnag track-widening is aimed at safety of pilgrims
Delhi court issues non-bailable warrant against Dhruv Rathee
Court flags 'connivance' of civic authorities in flagrant violation of building bylaws
THE CROSSWORD 14956
SUDOKU
FAITH
Do service: Guru Nanak

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पृष्ठ 14 · समाचार

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

1 **Bullet train trials | बुलेट ट्रेन**

Trial runs on a stretch of the bullet-train corridor to start in 2027

बुलेट ट्रेन परीक्षण 2027

Trial runs on stretch of bullet train corridor to start in 2027

Sources say high-speed train expected to cover 50-km Surat-Bilimora stretch in 6 minutes; Railway Minister Ashwini Vaishnaw says train successfully underwent crucial squeeze test demonstration

Maitri Porecha
NEW DELHI

Trial runs of the indigenously manufactured high-speed train that will run on the bullet train corridor between Surat and Bilimora will begin in April and May next year, Railway Minister Ashwini Vaishnaw said on Monday.

Sources indicated that the high-speed rail service – which is set to cover the 50 km stretch in about six minutes, as opposed to the regular trains that currently take 45 minutes to an hour and a half – may open to the public as early as Independence Day, August 15, 2027.

In a Substack post in October, Mr. Vaishnaw had said that the first section to open would be from Surat to Vapi, a distance of almost 120 km. "Due to multiple reasons including non-completion of work and delays, it has been designed to begin the trial runs on only the Surat to Bilimora section to begin with," a senior official told *The Hindu*.

"Manufacturing of rolling stock for the first Made-In-India bullet train B28, is underway at the Aditya manufacturing facility run by BEML in Bengaluru. Work on signalling systems will be finished by January end next year, and the section will be ready to receive trains in April and May for trial runs," Mr. Vaishnaw said.



An aerial view of a traction substation under construction along the Mumbai-Ahmedabad bullet train corridor. PTI

India dropped plans to import Japan's E5 Shinkansen trains, chose to build its own due to cost concerns

The entire bullet train corridor between Mumbai and Ahmedabad spans 508 km, and will take approximately two hours to traverse when the full stretch is operationalised. The corridor is being constructed by National High Speed Rail Corporation Ltd. (NHSRCL).

Mr. Vaishnaw added that the train sets manufactured by BEML had recently undergone a successful "squeeze test demonstration", which is a critical quality assurance process in which a train car's body is subjected to heavy pressure generated by controlled compressive forces to test its structural strength, rigidity, and stability.

"This is a crucial test because when the train runs beyond 240 kmph, a vacuum is created where the entire atmospheric pressure falls on the train... So, in the squeeze test, we subject the train car body to double the pressure that could be generated in real life situations," Mr. Vaishnaw said.

It is pertinent to note that there is no technical difference between a high-speed train and a bullet train. The latter is an informal, popular nickname for a high-speed train that originated in 1964 with Japan's Shinkansen series that had pointed, aerodynamic nose cones. India was earlier set to receive Japanese Shinkansen train sets (E5 series) which ply at a speed of up to 320 kmph on certain routes in Japan. However, it was later decided to manufacture indigenous high-speed train sets after negotiations with Japanese counterparts stagnated on multiple grounds, including the costs of acquiring the train sets. While the Shinkansen train set plan has not been scrapped, it has been shifted to a later timeline as Japan transitions from the older E5 series to the next-generation E10 series, which India is set to receive tentatively in 2030, officials added.

Trial Runs on Stretch of Bullet Train Corridor to Start in 2027

रेल मंत्री अश्विनी वैष्णव ने कहा कि सूरत–बिलिमोरा खंड (50 किमी) पर स्वदेशी हाई-स्पीड ट्रेन का परीक्षण अप्रैल–मई 2027 में शुरू होगा; यह दूरी लगभग 6 मिनट में तय होगी और 15 अगस्त 2027 तक जनता के लिए खुल सकता है; BEML बेंगलुरु में ट्रेन बना रहा है

Mumbai–Ahmedabad HSR
बुलेट ट्रेन

1 The plan | योजना

- Trials on **Surat–Bilimora** in **Apr–May 2027**
  परीक्षण
- May open by **15 August 2027**
  15 अगस्त
- Signalling done by **end-January 2027**
  सिग्नलिंग

2 Made in India स्वदेशी ट्रेन

- First indigenous bullet train **B28**
  B28
- Built by **BEML** at its Aditya facility, **Bengaluru**
  BEML
- India **dropped** Japan's E5 import over **cost**
  लागत

3 Squeeze test स्क्वीज़ परीक्षण

- Car body under **heavy compressive force**
  दबाव परीक्षण
- Tests **strength, rigidity, stability**
  मज़बूती
- At **240+ km/h** a vacuum puts full air pressure on the train
  निर्वात

Class24

Trial runs on a stretch of the bullet-train corridor to start in 2027 — in depth (1/2)

बुलेट ट्रेन परीक्षण 2027 — विस्तार से (1/2)

4 Japan's role | जापान

- Project funded largely by **JICA** loan
  JICA
- **E5 Shinkansen** – up to **320 km/h**
  320 किमी/घं.
- India may get next-gen **E10** around **2030**
  E10

5 Who builds it | निर्माता

- **NHSRCL** – National High Speed Rail Corporation
  NHSRCL
- Joint venture of **Centre, Gujarat & Maharashtra**
  संयुक्त उपक्रम
- Corridor length: **508 km**
  508 किमी

6 Bullet vs high-speed अंतर

- **No technical difference**
  कोई अंतर नहीं
- "Bullet" = nickname from Japan's **1964** Shinkansen
  1964
- After its **pointed, aerodynamic nose**
  नुकीली नाक

Class24

Trial runs on a stretch of the bullet-train corridor to start in 2027 — in depth (2/2)

बुलेट ट्रेन परीक्षण 2027 — विस्तार से (2/2)

7 Indian Railways' speed ladder | गति

Rajdhani राजधानी	Vande Bharat वंदे भारत	RRTS Namo Bharat नमो भारत	Bullet train बुलेट
~130 km/h 130	160 design 160	180 design 180	320 320

8 Did you know? क्या आप जानते हैं?

- Foundation stone: **14 Sept 2017**, Modi & Shinzo Abe
  2017
- China has the world's **largest** high-speed network
  चीन

Class24

Trial runs on a stretch of the bullet-train corridor to start in 2027 — background (1/2)

बुलेट ट्रेन परीक्षण 2027 — पृष्ठभूमि (1/2)

9 Railway firsts | प्रथम

First प्रथम	Detail विवरण
First train **पहली ट्रेन**	Bori Bunder–Thane, 1853
First metro **पहली मेट्रो**	Kolkata, 1984
First Vande Bharat **वंदे भारत**	Delhi–Varanasi, 2019
First RRTS **आरआरटीएस**	Delhi–Meerut, 2023

10 Dedicated freight corridors DFC

- **Eastern DFC** – Ludhiana to Sonnagar
  पूर्वी
- **Western DFC** – Dadri to JNPT
  पश्चिमी
- Run by **DFCCIL**
  DFCCIL

11 Rail safety & tech सुरक्षा

- **Kavach** – indigenous anti-collision system
  कवच
- **100% electrification** of broad gauge nearly done
  विद्युतीकरण
- **Amrit Bharat Station** scheme
  अमृत भारत

Class24

Trial runs on a stretch of the bullet-train corridor to start in 2027 — background (2/2)

बुलेट ट्रेन परीक्षण 2027 — पृष्ठभूमि (2/2)

12 How the line is built | निर्माण

Viaducts वायाडक्ट	River bridges पुल	Tunnels सुरंगें	Stations स्टेशन
Mostly elevated ऊँचा	Narmada, Tapi नदियाँ	Thane creek ठाणे	12 total 12

13 India–Japan ties
भारत–जापान

- **Special Strategic & Global Partnership** (2014)
  विशेष साझेदारी
- Japan funded **Delhi Metro** too
  दिल्ली मेट्रो
- Both are **Quad** members
  क्वाड

Class24

Trial runs on a stretch of the bullet-train corridor to start in 2027 — Static GK

बुलेट ट्रेन परीक्षण 2027 — स्थैतिक सामान्य ज्ञान

14 World's fast trains विश्व

Train ट्रेन	Country देश
Shinkansen शिंकानसेन	Japan (1964)
TGV टीजीवी	France
Fuxing फ़ुशिंग	China
Maglev मैग्लेव	Shanghai airport line

15 BEML | बीईएमएल

- Formerly **Bharat Earth Movers Ltd**
  भारत अर्थ मूवर्स
- Set up **1964**, HQ **Bengaluru**
  1964
- Under the **Ministry of Defence**
  रक्षा मंत्रालय

16 Railway Ministry रेल मंत्रालय

- Minister: **Ashwini Vaishnaw**
  अश्विनी वैष्णव
- Rail Budget merged with Union Budget in **2017**
  2017
- **Railway Board** – apex body
  रेलवे बोर्ड

Class24

Trial runs on a stretch of the bullet-train corridor to start in 2027 — Map & Diagram

बुलेट ट्रेन परीक्षण 2027 — मानचित्र व आरेख

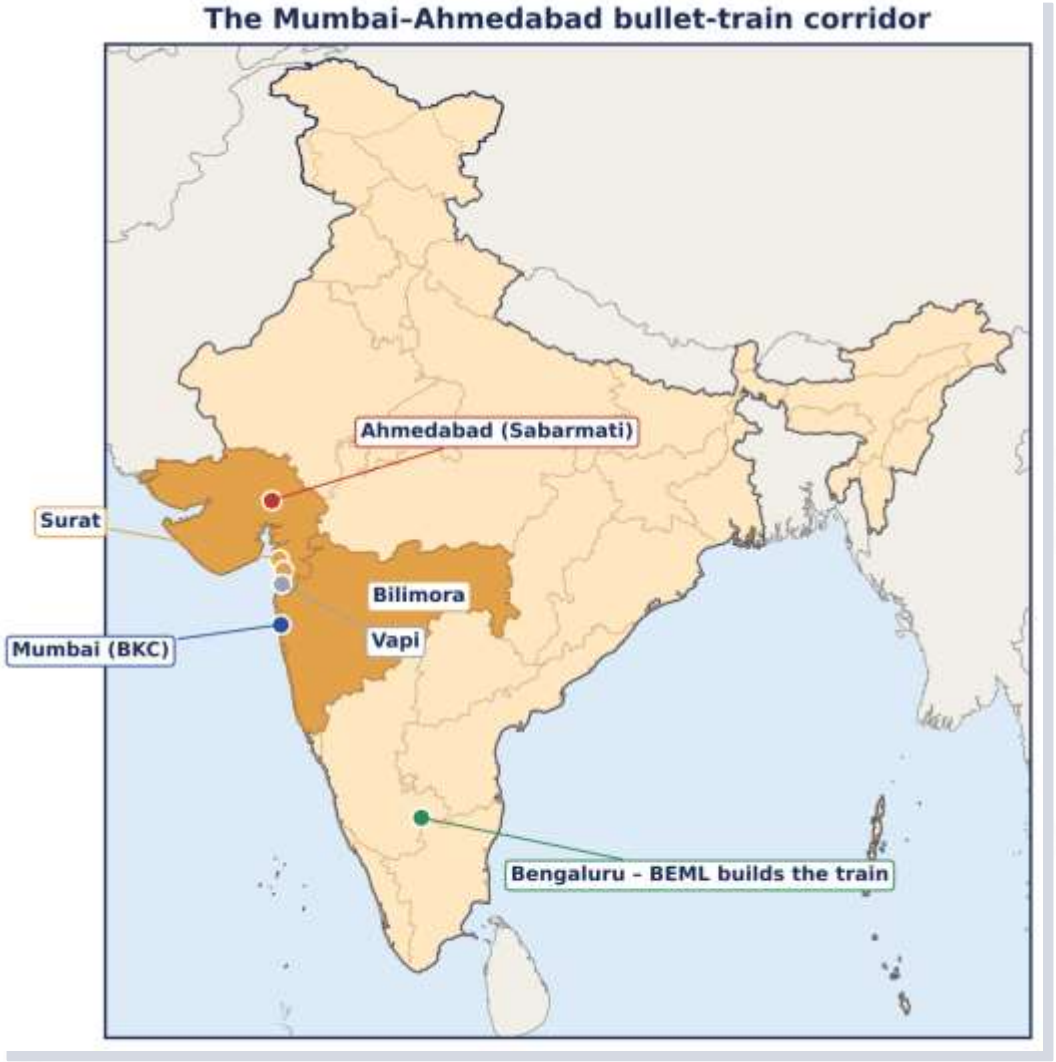


Read the visual
चित्र को समझें

- First stretch shortened from **Surat–Vapi**
  छोटा खंड
- Delay due to **unfinished work**
  विलंब
- Full line: **12 stations**
  12 स्टेशन

Trial runs on a stretch of the bullet-train corridor to start in 2027 — Map & Diagram

बुलेट ट्रेन परीक्षण 2027 — मानचित्र व आरेख



Read the visual
चित्र को समझें

- Most of the line is in **Gujarat**
  गुजरात
- Mumbai end is **underground**
  भूमिगत
- Includes India's **first undersea rail tunnel** (Thane creek)
  समुद्र-तल सुरंग


SCIENCE

Beyond Delhi's smog: What AQI data says about the rest of India

1

cost of handing a smartphone to a child

THE SCIENCE QUIZ

Famous fossils that revealed who we are

THE HINDU • 24 NOV 2026

Page 20 · Science

पृष्ठ 20 · विज्ञान

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

1 **Smartphones & children | बच्चे और स्मार्टफ़ोन**

The cost of handing a smartphone to a child

बच्चे को स्मार्टफ़ोन देने की क़ीमत



The Indian Academy of Paediatrics recommends parents to adhere to its age-specific guidelines for children to use smartphones. GETTY IMAGES

The cost of handing a smartphone to a child

Haider Ali Khan

Paediatricians are worried about an alarming trend: parents handing smartphones to toddlers to appease them at mealtime or soothe them when they throw a tantrum.

An AIIMS Delhi survey published in the Indian Journal of Medical Research found that half of all the children (in the cohort) exceeded the World Health Organisation's recommended screen time limit of an hour per day for children aged 2-4 years.

Paediatricians are also reporting children resisting attempts to take the devices away, Ashwani Parashar, a former senior resident at PGIMER Chandigarh, said. By displacing physical activity, screen time can hamper the development of motor skills. Deprived of regular face-to-face communication and peer interactions, children miss out on crucial social lessons such as sharing toys and waiting for their turn.

A critical area of concern is emotional regulation. When smartphones are routinely handed over as a quick fix for boredom, sadness or restlessness, children lose a chance to develop intrinsic self-soothing mechanisms. As a result, abruptly taking the device away can trigger severe emotional outbursts, including crying, shouting, throwing objects, and physical aggression towards parents.

When they are constantly stimulated by videos, children also tend to find other activities like as reading and painting to be boring

Dr. Parashar said, using screens as a quick fix can mask underlying developenental concerns.

Excessive screen exposure can alter the brain's architecture during critical developenental windows. A child's brain thrives on tactile exploration, conversation, questioning, and active environmental discovery. When using a screen displaces other activities typical of a healthy childhood, cognitive deficits such as delayed verbal communication, difficulty in maintaining sustained focus, disrupted circadian rhythms, and a reduced capacity to interpret real-world social cues can emerge.

To counter this, Dr. Parashar said parents should follow structured paediatric strategies such as actively engaging with the child. Parents must also reflect on how much they use their own devices and avoid being physically present while mentally occupied with the phone.

When children interact with video-sharing platforms, an AI behind the screen can also understand their behaviour and push content that can hook children to screens for hours, affecting their cognitive behaviour. *The New York Times* reported that in a 15-minute session during which kids watched videos, 40% was driven by AI.

When they are constantly stimulated by videos, children also tend to develop an imaginary world removed from reality and could find other activities such as reading and painting to be boring.

The Indian Academy of Paediatrics recommends parents adhere to its age-specific guidelines and avoid screen exposure entirely for children under 2 years and limit screen time to a maximum of an hour per day, supervised, for ages 2 to 5. If a child becomes persistently aggressive, suffers very disturbed sleep, withdraws from social interactions or does poorly at school, a paediatrician will need to conduct a clinical evaluation.

For feedback and suggestions for 'Science', please write to **science@thehindu.co.in** with the subject 'Daily page'

The Cost of Handing a Smartphone to a Child

बाल रोग विशेषज्ञ चिंतित हैं कि माता-पिता छोटे बच्चों को खाना खिलाते समय या रोने पर स्मार्टफ़ोन थमा देते हैं – एम्स दिल्ली के सर्वे में आधे बच्चे WHO की 1 घंटा प्रतिदिन सीमा से अधिक स्क्रीन देखते मिले; इससे मोटर कौशल, भाषा, ध्यान और भावनात्मक नियंत्रण पर असर पड़ता है

Screen time
स्क्रीन टाइम

1 The trend | चलन

- Phones given to **appease toddlers** at meals
  भोजन के समय
- Or to **soothe tantrums**
  रोना शांत
- Children **resist** when phones are taken away
  विरोध

2 The evidence | प्रमाण

- **AIIMS Delhi** survey in **IJMR**
  एम्स सर्वे
- **Half** of children crossed WHO's **1 hour/day** limit
  आधे बच्चे
- For ages **2–4** years
  2–4 वर्ष

3 Emotional cost भावनात्मक असर

- Kids don't learn **self-soothing**
  स्वयं शांत होना
- Outbursts: **crying, throwing, aggression**
  ग़ुस्सा
- Phones can **mask** developmental problems
  समस्या छिपाना

The cost of handing a smartphone to a child — in depth (1/2)

बच्चे को स्मार्टफ़ोन देने की क़ीमत — विस्तार से (1/2)

4 Brain effects मस्तिष्क पर असर

- Can **alter brain architecture** in key windows
  मस्तिष्क संरचना
- **Delayed speech**, weak **sustained focus**
  भाषा, ध्यान
- Disturbed **circadian rhythm** (sleep)
  नींद चक्र

5 AI hooks | AI का जाल

- Algorithms learn a child's **behaviour**
  व्यवहार
- Push content to keep them **watching for hours**
  घंटों
- Reading & painting start to feel **boring**
  ऊब

6 What parents can do अभिभावक क्या करें

- **Engage actively** – talk, play
  सक्रिय जुड़ाव
- Cut **own phone use**
  ख़ुद कम करें
- Expert: **Dr Ashwani Parashar**, ex-PGIMER
  विशेषज्ञ

The cost of handing a smartphone to a child — in depth (2/2)

बच्चे को स्मार्टफ़ोन देने की क़ीमत — विस्तार से (2/2)

7 When to see a doctor | डॉक्टर कब

Aggression आक्रामकता	Sleep नींद	Withdrawal अलगाव	School स्कूल
Persistent लगातार	Very disturbed बहुत ख़राब	From people लोगों से	Poor results कमज़ोर

8 Did you know? क्या आप जानते हैं?

- Australia banned **social media for under-16s** (from Dec 2025)
  ऑस्ट्रेलिया
- India's **DPDP Act 2023** needs **parental consent** for children's data
  DPDP

The cost of handing a smartphone to a child — background (1/2)

बच्चे को स्मार्टफ़ोन देने की क़ीमत — पृष्ठभूमि (1/2)

9 Child laws & bodies क़ानून

Law / body क़ानून	Year वर्ष
NCPCR बाल अधिकार आयोग	2007
POCSO Act पॉक्सो	2012
DPDP Act (child data) डेटा संरक्षण	2023
IT Rules (platforms) आईटी नियम	2021

10 Early childhood care प्रारंभिक बाल्यावस्था

- **NEP 2020**: 85% of brain develops before **age 6**
  6 वर्ष
- **Anganwadis** under **ICDS** (1975)
  आंगनवाड़ी
- **Poshan Bhi, Padhai Bhi** (2023)
  पोषण भी, पढ़ाई भी

11 Digital wellbeing tools डिजिटल उपाय

- **Parental controls** & screen-time limits
  पैरेंटल कंट्रोल
- **Kids modes** on video apps
  किड्स मोड
- **Phone-free** family meal times
  फ़ोन-मुक्त भोजन

The cost of handing a smartphone to a child — background (2/2)

बच्चे को स्मार्टफ़ोन देने की क़ीमत — पृष्ठभूमि (2/2)

12 Healthy day for a young child | स्वस्थ दिनचर्या

Active play खेल	Sleep नींद	Reading पढ़ना	Screens स्क्रीन
3 hrs (WHO) 3 घंटे	10–13 hrs 10–13 घंटे	With parents साथ	≤1 hr ≤1 घंटा

13 Gaming disorder
गेमिंग विकार

- WHO lists it in **ICD-11** (2019)
  ICD-11
- Loss of control over gaming for **12+ months**
  12 माह
- India's **Online Gaming Act, 2025** bans real-money games
  ऑनलाइन गेमिंग अधिनियम

The cost of handing a smartphone to a child — Static GK

बच्चे को स्मार्टफ़ोन देने की क़ीमत — स्थैतिक सामान्य ज्ञान

14 Child-focused days | दिवस

Day दिवस	Date तिथि
Children's Day, India बाल दिवस	14 November
World Children's Day विश्व बाल दिवस	20 November
Safer Internet Day सुरक्षित इंटरनेट	2nd Tuesday of Feb

15 Paediatrics bodies
संस्थाएँ

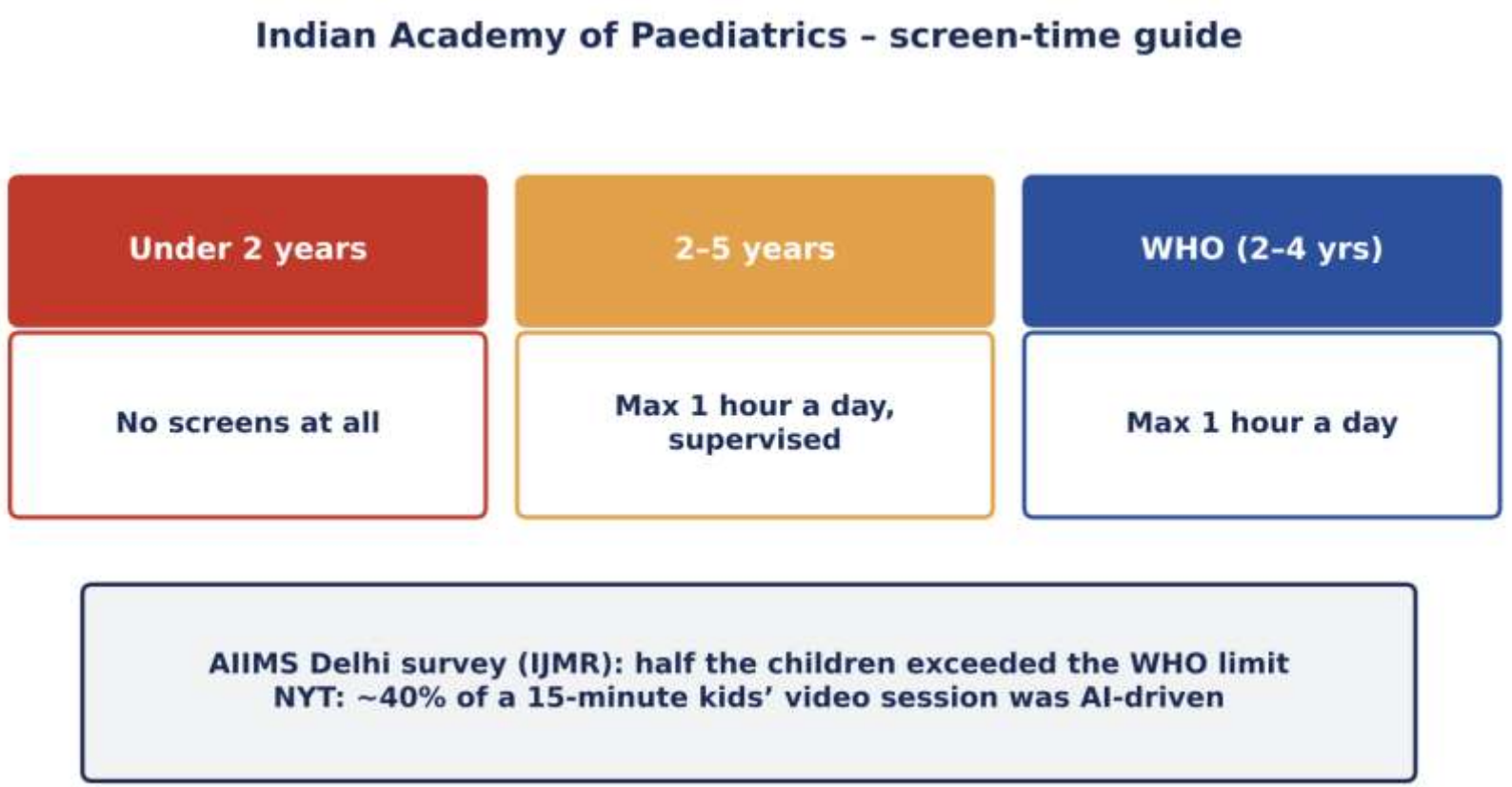
- **IAP** – Indian Academy of Paediatrics (1963)
  IAP
- **PGIMER**, Chandigarh – est. 1962
  PGIMER
- **IJMR** – journal of **ICMR**
  IJMR

16 Circadian rhythm
सर्कैडियन लय

- The body's **24-hour clock**
  24 घंटे की घड़ी
- Controlled by **melatonin** hormone
  मेलाटोनिन
- **Blue light** from screens delays sleep
  नीली रोशनी

The cost of handing a smartphone to a child — Map & Diagram

बच्चे को स्मार्टफ़ोन देने की क़ीमत — मानचित्र व आरेख



Read the visual
चित्र को समझें

- Indian guidance is **stricter** than many think
  सख़्त दिशानिर्देश
- "Supervised" = an adult **watches with** the child
  निगरानी
- AI feeds keep kids **hooked**
  AI

The cost of handing a smartphone to a child — Map & Diagram

बच्चे को स्मार्टफ़ोन देने की क़ीमत — मानचित्र व आरेख



Read the visual
चित्र को समझें

- Effects hit **body, mind & behaviour**
  शरीर, मन
- Brain grows fastest in **early years**
  शुरुआती वर्ष
- **Parents'** habits matter most
  अभिभावक



THE HINDU • 24 NOV 2026

Page 18 · Sport

पृष्ठ 18 · खेल

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

1 **Alcaraz wins ATP Finals | अल्कराज़**

Alcaraz bags maiden ATP Finals title

अल्कराज़ का पहला ATP फ़ाइनल्स ख़िताब

Alcaraz finally gets it right, bags maiden ATP Finals title

The Spaniard overpowers Zverev and becomes one of four men to win all Majors and the season finale

TENNIS

Agence France-Presse
TURIN

Carlos Alcaraz won the ATP Finals with a 6-2, 7-6(7) win over World No. 1 Alexander Zverev in the title match on Sunday.

After becoming the youngest man to complete a career Grand Slam at the start of the season with victory in the Australian Open, the 23-year-old has bookended an up-and-down year with a first title at the season-ending showpiece tournament.

Alongside Roger Federer, Andre Agassi and Novak Djokovic, Alcaraz now forms part of an exclusive list of men to have won all four Majors and the ATP Finals. The seven-time Grand Slam winner is the youngest man to have won all five of the titles at least once.

Topsy-turvy

Indeed Zverev had marched into the final without dropping a service game, but he was mightily tested straight out of the traps by Alcaraz as the World No. 3 forced three break points in the very first game before the German dug in to hold.

Alcaraz was not so wasteful two games later, however, as he broke Zverev to love when the 29-year-old overcooked a midcourt forehand. Zverev forced break-back points in the next game but, after failing to convert, he was left to rue his luck even further as the Spaniard broke to 30 to grow his lead to 4-1. Zverev wiped out one break but Alcaraz was nonetheless firmly in the ascendancy and pounced for a third time on the Hamburg native's serve in an entertaining seventh game.

A netted backhand by Zverev – his 19th unforced error of the match –on Alcaraz's first set point then brought an end to a surprisingly sloppy opening frame.

Alcaraz took a 3-0 lead in the tie-break before Zverev won the next six points to bring up three set points. But the Spaniard struck back to wipe them out before getting a mini-break to bring up championship point on his own serve. He sealed the title with a backhand.



Euphoric: Alcaraz drops to the floor after sealing championship point with a backhand winner. AP

> This one means the world to me, my team and my family

With his illustrious compatriot Rafael Nadal never managing to win the season-ending tournament, Alcaraz became the first Spanish champion since Alex Corretja in 1998

Alcaraz Finally Gets It Right,
Bags Maiden ATP Finals Title

23 वर्षीय स्पेनिश खिलाड़ी कार्लोस अल्कराज़ ने ट्यूरिन में विश्व नंबर 1 अलेक्ज़ेंडर ज़्वेरेव को 6-2, 7-6(7) से हराकर पहली बार ATP फ़ाइनल्स जीता – चारों ग्रैंड स्लैम और ATP फ़ाइनल्स जीतने वाले फ़ेडरर, अगासी, जोकोविच के बाद चौथे और सबसे कम उम्र के पुरुष खिलाड़ी बने

ATP Finals 2026
ATP फ़ाइनल्स

1 The final | फ़ाइनल

- Beat **Alexander Zverev** (World No. 1)
  ज़्वेरेव
- Score **6-2, 7-6(7)** in **Turin**
  ट्यूरिन
- Sealed with a **backhand winner**
  बैकहैंड

2 Elite club | विशिष्ट क्लब

- All **4 Majors + ATP Finals**
  पाँचों ख़िताब
- Joins **Federer, Agassi, Djokovic**
  चौथे खिलाड़ी
- **Youngest** man to do it
  सबसे कम उम्र

3 Spanish history | स्पेनिश इतिहास

- First Spanish champion since **Àlex Corretja (1998)**
  कोरेत्जा
- **Rafael Nadal** never won it
  नडाल नहीं
- Alcaraz: “This one means **the world** to me”
  भावुक

Alcaraz bags maiden ATP Finals title — in depth (1/2)

अल्कराज़ का पहला ATP फ़ाइनल्स ख़िताब — विस्तार से (1/2)

4 Match story | मैच कहानी

- Zverev reached final **without dropping serve**
  सर्विस अटूट
- Alcaraz broke him **three times** in set 1
  तीन ब्रेक
- Saved **three set points** in the tie-break
  तीन सेट पॉइंट

5 His year | उसका साल

- Won **Australian Open** at season start
  ऑस्ट्रेलियन ओपन
- Youngest to complete **career Grand Slam**
  करियर स्लैम
- An "**up-and-down**" season
  उतार-चढ़ाव

6 Rankings now | रैंकिंग

- **Zverev** – World No. 1
  ज़्वेरेव
- Alcaraz was **No. 3** entering final
  नंबर 3
- **Sinner** away from tour
  सिनर

Alcaraz bags maiden ATP Finals title — in depth (2/2)

अल्कराज़ का पहला ATP फ़ाइनल्स ख़िताब — विस्तार से (2/2)

7 How ATP Finals works | प्रारूप

Top 8
शीर्ष 8
By season points
अंक

→

Two groups
दो समूह
Round robin
राउंड रॉबिन

→

Semi-finals
सेमीफ़ाइनल
Top 2 each
शीर्ष 2

→

Final
फ़ाइनल
Champion
विजेता

8 Did you know? क्या आप जानते हैं?

- First held in **1970**, Tokyo
  1970
- **Djokovic** holds the record – **7 titles**
  7 ख़िताब

Alcaraz bags maiden ATP Finals title — background (1/2)

अल्कराज़ का पहला ATP फ़ाइनल्स ख़िताब — पृष्ठभूमि (1/2)

9 2025 Grand Slam men's winners 2025 विजेता

Event प्रतियोगिता	Winner विजेता
Australian Open ऑस्ट्रेलियन	Jannik Sinner
French Open फ्रेंच	Carlos Alcaraz
Wimbledon विंबलडन	Jannik Sinner
US Open यूएस	Carlos Alcaraz

10 Career Grand Slam club करियर स्लैम

- Men include **Laver, Agassi, Federer, Nadal, Djokovic** दिग्गज
- **Rod Laver** – calendar Slam twice (1962, 1969) रॉड लेवर
- Alcaraz the **youngest** man to complete it सबसे कम उम्र

11 Indian tennis भारतीय टेनिस

- **Leander Paes** – most Indian Slam titles (doubles/mixed) लिएंडर पेस
- **Mahesh Bhupathi** – first Indian Slam winner (1997) भूपति
- **Rohan Bopanna** – oldest Slam winner (AO 2024) बोपन्ना

Alcaraz bags maiden ATP Finals title — background (2/2)

अल्कराज़ का पहला ATP फ़ाइनल्स ख़िताब — पृष्ठभूमि (2/2)

12 Tie-break rules | टाई-ब्रेक

6–6 in games
6–6
Tie-break starts
शुरू

→

First to 7
7 अंक
Points
अंक

→

Win by 2
2 का अंतर
Must lead
बढ़त

→

Set won
सेट
7-6
7-6

13 Tennis bodies | संस्थाएँ

- **ATP** – men's tour (1972)
  ATP
- **WTA** – women's tour (1973)
  WTA
- **ITF** – world governing body (1913)
  ITF

Alcaraz bags maiden ATP Finals title — Static GK

अल्कराज़ का पहला ATP फ़ाइनल्स ख़िताब — स्थैतिक सामान्य ज्ञान

14 Sports & surfaces | सतहें

Tournament प्रतियोगिता	Surface सतह
Wimbledon विंबलडन	Grass
French Open फ्रेंच	Clay
US / Australian Open यूएस, ऑस्ट्रेलियन	Hard
ATP Finals ATP फ़ाइनल्स	Indoor hard

15 Turin | ट्यूरिन

- City in north-west **Italy**
  इटली
- Hosted **2006 Winter Olympics**
  2006 शीतकालीन ओलंपिक
- Home of **Juventus** & **Fiat**
  युवेंटस, फ़िएट

16 Spain's sports stars स्पेन

- **Rafael Nadal** – 22 Majors, 14 French Opens
  नडाल
- **Pau Gasol** – NBA champion
  गासोल
- Spain won the **2010 FIFA World Cup**
  2010 विश्व कप

Alcaraz bags maiden ATP Finals title — Map & Diagram

अल्कराज़ का पहला ATP फ़ाइनल्स ख़िताब — मानचित्र व आरेख

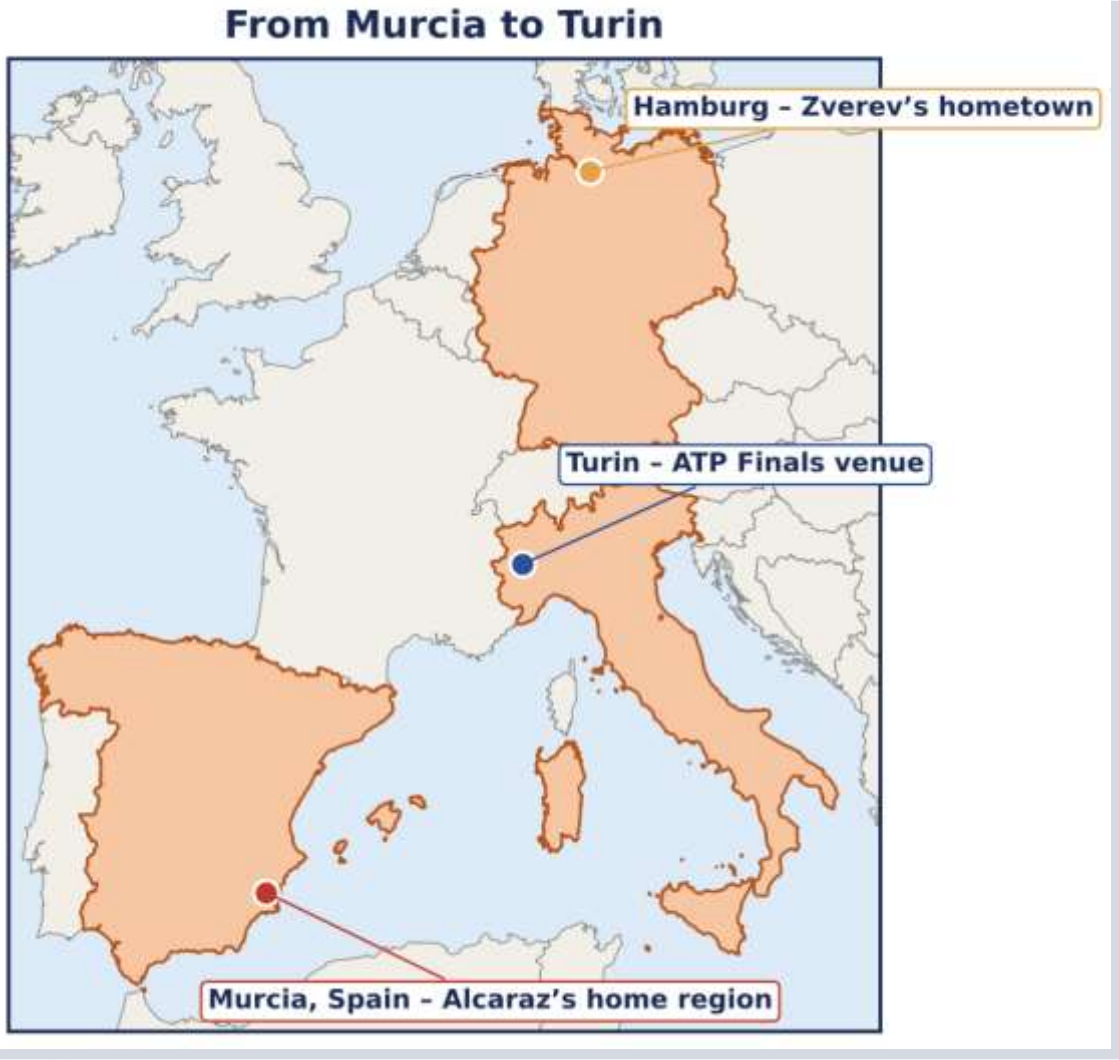


Read the visual
चित्र को समझें

- Career Grand Slam completed at **AO 2026**
  करियर स्लैम
- Now a **seven-time** Major winner
  7 ग्रैंड स्लैम
- Season bookended with **two big titles**
  दो बड़े ख़िताब

Alcaraz bags maiden ATP Finals title — Map & Diagram

अल्कराज़ का पहला ATP फ़ाइनल्स ख़िताब — मानचित्र व आरेख



Read the visual
चित्र को समझें

- Turin hosts the Finals through **2030**
  ट्यूरिन
- Zverev from **Hamburg**, Germany
  हैम्बर्ग
- Alcaraz from **El Palmar, Murcia**
  मर्सिया

Thank you ?



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

SSC CGL 2025 – Tier I
12 Sep 2025 (Shift 2) • Topic: Nepal PM visit

Consider the following statements regarding India's water-sharing treaties with its neighbours: 1. The 1996 Mahakali Treaty with Nepal covers integrated development of the river and the Pancheshwar Project. 2. The 1996 Ganga Water Treaty with Bangladesh shares Ganga waters at Farakka for the whole year. Which of the statements is/are correct?

(a) Only 1
(b) Only 2
(c) Both 1 and 2
(d) Neither 1 nor 2

SSC CGL 2025 – Tier I
25 Sep 2025 (Shift 1) • Topic: COP31

Which entity/entities publish the Climate Change Performance Index 2025?

(a) UNEP
(b) IPCC
(c) Germanwatch & NewClimate Institute
(d) WWF

Answers & Explanation | उत्तर व व्याख्या

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(a) Only 1
(b) Only 2
(c) Both 1 and 2
(d) Neither 1 nor 2

Answer: (a) — Farakka sharing is only for the lean season (Jan–May).
केवल 1।

SSC CGL 2025 – Tier I
25 Sep 2025 (Shift 1) • Topic: COP31

Which entity/entities publish the Climate Change Performance Index 2025?

(a) UNEP
(b) IPCC
(c) Germanwatch & NewClimate Institute
(d) WWF

Answer: (c) — With Climate Action Network.
जर्मनवॉच व न्यूक्लाइमेट इंस्टीट्यूट।

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

UPSC CSE Prelims 2026 – GS I (Q75)
24 May 2026* • Topic: Ocean observation

Which of the following statements with regard to India's Deep Ocean Mission is/are correct? 1. It was launched by the Ministry of Ports, Shipping and Waterways. 2. Matsya-6000 has been designed to carry 3 people for deep sea exploration. 3. Samudrayaan is a project under this mission.

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

Answers & Explanation | उत्तर व व्याख्या

UPSC CSE Prelims 2026 – GS I (Q75)

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(a) 1 only

(b) 2 and 3 only

(c) 1 and 2 only

(d) 1, 2 and 3

Answer: (b) — Mission is under the Ministry of Earth Sciences.
केवल 2 और 3।

Test Yourself — Q1–4 | स्वयं को परखें

Q1 COP31 was held in:
COP31 कहाँ हुआ?

(a) Baku
(b) Belém
(c) Antalya
(d) Dubai

Q2 India is part of which negotiating bloc at COPs?
COP में भारत किस समूह का हिस्सा है?

(a) AOSIS
(b) Umbrella Group
(c) LMDC
(d) EIG

Q3 The NCQG climate finance goal was agreed at:
NCQG जलवायु वित्त लक्ष्य कहाँ तय हुआ?

(a) COP26
(b) COP28
(c) COP29
(d) COP30

Q4 Scurvy is caused by a deficiency of:
स्कर्वी किस विटामिन की कमी से?

(a) Vitamin A
(b) Vitamin B12
(c) Vitamin C
(d) Vitamin D

Test Yourself — Q5–8 | स्वयं को परखें

Q5 **Which vitamin contains cobalt?**
किस विटामिन में कोबाल्ट होता है?

(a) Vitamin B1
(b) Vitamin B12
(c) Vitamin C
(d) Vitamin K

Q6 **Nitrosamines are linked to:**
नाइट्रोसामीन किससे जुड़े हैं?

(a) Bone growth
(b) Cancer risk
(c) Vision
(d) Blood clotting

Q7 **Nepal PM Balendra Shah earlier served as mayor of:**
बालेंद्र शाह पहले कहाँ के मेयर थे?

(a) Pokhara
(b) Lalitpur
(c) Kathmandu
(d) Biratnagar

Q8 **The India–Nepal Treaty of Peace and Friendship was signed in:**
भारत–नेपाल शांति व मैत्री संधि:

(a) 1947
(b) 1950
(c) 1962
(d) 1996

Test Yourself — Q9–10 | स्वयं को परखें

Q9 **Banbasa land port lies in:**
बनबसा लैंड पोर्ट कहाँ है?

(a) Bihar
(b) Sikkim
(c) Uttarakhand
(d) Uttar Pradesh

Q10 **Which border force guards the India–Nepal border?**
भारत–नेपाल सीमा की सुरक्षा कौन करता है?

(a) BSF
(b) ITBP
(c) SSB
(d) Assam Rifles

Answer Key — Q1–5 | उत्तर व व्याख्या

1-c **Antalya** — Türkiye, 2026.
अंताल्या।

2-c **LMDC** — Like-Minded Developing Countries.
LMDC।

3-c **COP29** — Baku, $300 bn/yr by 2035.
COP29।

4-c **Vitamin C** — Ascorbic acid.
विटामिन C।

5-b **Vitamin B12** — Cobalamin.
विटामिन B12।

Answer Key — Q6–10 | उत्तर व व्याख्या

6-b **Cancer risk** — Carcinogens.
कैंसर जोखिम।

7-c **Kathmandu** — Also a rapper.
काठमांडू।

8-b **1950** — Basis of open border.
1950।

9-c **Uttarakhand** — On the Sharda/Mahakali.
उत्तराखंड।

10-c **SSB** — Sashastra Seema Bal.
SSB।

Myth Buster 1/2 — Biology | आज का भ्रम-भंजन

MYTH | भ्रम

"Camels store water in their humps."

ऊँट अपने कूबड़ में पानी जमा करता है।

FACT | तथ्य

A camel's hump stores fat, not water – up to about 35 kg of it. Keeping fat in one place helps the rest of the body lose heat in the desert. When food is scarce, the fat is broken down for energy, and the hump shrinks and flops over. Camels survive long without water because their oval red blood cells keep flowing even when they are dehydrated, their kidneys save water, and they can then drink over 100 litres in about 10 minutes.

ऊँट का कूबड़ पानी नहीं, चर्बी जमा करता है – लगभग 35 किलो तक। चर्बी एक जगह रहने से रेगिस्तान में शरीर का बाक़ी हिस्सा गर्मी आसानी से निकाल पाता है। भोजन न मिलने पर यही चर्बी ऊर्जा देती है, और कूबड़ छोटा होकर लटक जाता है। ऊँट बिना पानी लंबे समय तक इसलिए जीवित रहता है क्योंकि उसकी अंडाकार लाल रक्त कोशिकाएँ पानी की कमी में भी बहती रहती हैं, गुर्दे पानी बचाते हैं, और फिर वह लगभग 10 मिनट में 100 लीटर से अधिक पानी पी सकता है।

💡 **The secret is in the blood, not the hump! | राज़ कूबड़ में नहीं, ख़ून में है!**

Thank you ?

