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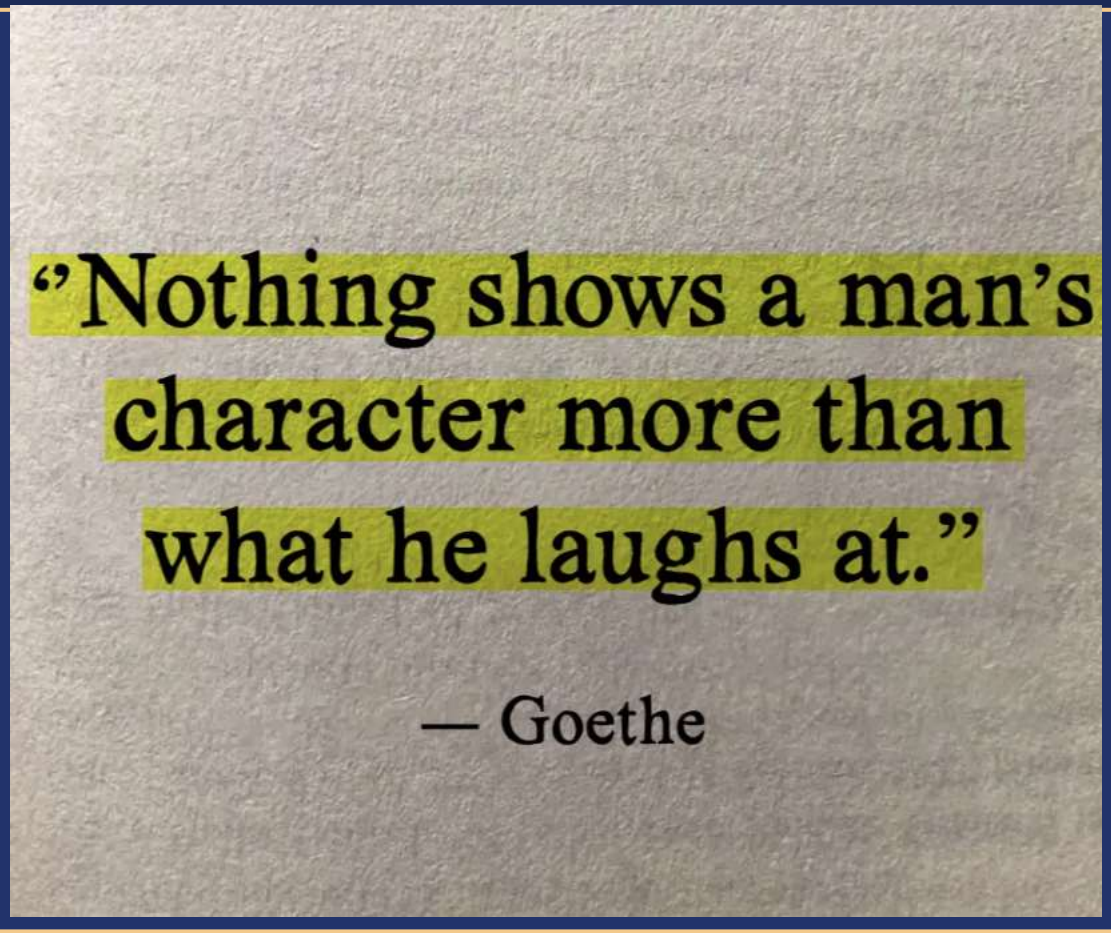


By Bhunesh Sir

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Quote of the Day | आज का विचार



Today’s Current Affairs | 28 November 2026

आज के समसामयिक मुद्दे — The Hindu • Indian Express • Financial Express — 6 articles + exam PYQs + MCQs + Myth Busters

1. **Govt moots freeze on States’ Lok Sabha seat share till 2051**
   2051 तक सीट हिस्सेदारी स्थिर

2. **Ex-CJI Gavai writes to President, alleges bias in judicial appointments**
   पूर्व CJI का राष्ट्रपति को पत्र

3. **SC sees conspiracy, orders lamp lit at deepathoon today**
   SC: आज दीपथून पर दीप जले

4. **Wayanad declared India’s first e-waste-free district**
   वायनाड पहला ई-कचरा मुक्त ज़िला

5. **Navy receives Vindhyagiri, final Project 17A stealth frigate**
   प्रोजेक्ट 17A पूर्ण

6. **Early-life sugar restriction linked to lower cancer risk: study**
   कम चीनी, कम कैंसर जोखिम



THE HINDU • 28 NOVEMBER 2026

Page 1 · Front Page

पृष्ठ 1 · मुखपृष्ठ

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

1. **LS seat share freeze till 2051** | सीट हिस्सेदारी
2. **Lamp at deepathoon** | दीपथून पर दीप
3. **Ex-CJI's letter** | पूर्व CJI का पत्र

Govt moots freeze on States' Lok Sabha seat share till 2051

2051 तक सीट हिस्सेदारी स्थिर

Govt. moots freeze on States' LS seat share till 2051

132nd Constitutional Amendment Bill proposes to increase Lok Sabha seats in each State by 50%

Strength of the Lower House will rise from 550 to 850; it is accompanied by a new Delimitation Bill

If passed, the legislations will bring into force 33% reservation for women in the Lok Sabha

Varghese K. George
Nistula Hebbar
NEW DELHI

A new Constitution Amendment Bill approved by the Union Cabinet on Friday proposes an extension of the existing freeze on the inter-State distribution of Lok Sabha seats for another 25 years, until 2051, addressing the core concern of States that feared a loss of their proportionate strength due to the decline in their share of the national population.

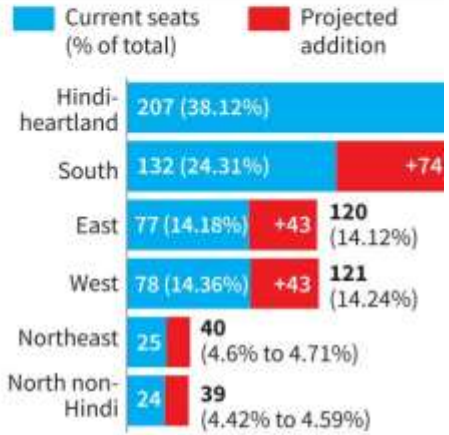
The 132nd Constitutional Amendment Bill marks a significant turn from the 131st Amendment Bill moved by the Centre in April that sought to redistribute Lok Sabha seats among States according to the 2011 Census population.

The proposed amendment removes the linkage of the existing distribution of Lok Sabha seats to the 1971 Census and links it with provisions related to women's quota in Article 334A of the Constitution.

The guarantee for a 50% increase in the number of Lok Sabha seats for each State is being written into this, providing that, for the purposes of giving immediate effect to such reservation for women, "the delimitation so undertaken shall provide for an increase of fifty per cent in the number of seats allocated to each State and Union territory in the House

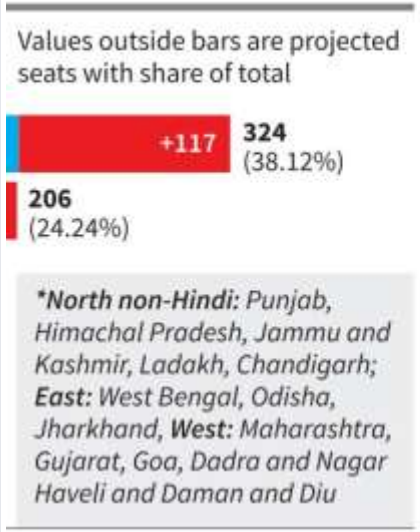
Possible change

The projected region-wise changes, assuming 850 Lok Sabha seats (815 for States and 35 for UTs). Minor changes in shares are due to seats rounded off as per the largest remainder method used in delimitation exercises



Govt moots freeze on States' Lok Sabha seat share till 2051

2051 तक सीट हिस्सेदारी स्थिर



DMK stands firm on two demands, maintains Stalin

CHENNAI

DMK chief M.K. Stalin reiterated that the party stands firm on two demands: protecting Tamil Nadu's 7.18% Lok Sabha seat share, and freezing State seat proportions based on 1971 Census for 25 years. » PAGE 4

of the People."

The total number of seats in the Legislative Assembly of each State and Union territory will also increase similarly, "over and above the number of seats existing immediately before such delimitation", according to the proposed amendment.

The new Bill, accompanied by a fresh Delimitation Bill, proposes to increase the number of Lok Sabha seats in each State by 50%, while the maximum strength of the Lower House will rise from the current 550 to 850.

If these Bills are passed by Parliament in its special sittings from November 30 to December 3, the path to immediate delimitation will open, which will also bring into force the 33% reservation for women in the Lok Sabha. Amendments to Articles 81 and 82, which mandate the distribution of Lok Sabha seats among the States, propose to extend a sunset clause for the existing proportion until the first Census after 2051.

The existing provision in Article 82 that says that "until the relevant figures for the first Census taken after the year 2026 have been published, it shall not be necessary to readjust" the distribution of seats is being amended in the Bill and will be changed to read "until the year 2051".

Article 82 currently has two definitions for population: for the purposes of distribution among States, the 1971 population; and for the purposes of delimitation of individual constituencies within the States, the 2001 Census. The proposed amendment will extend the sunset clause to "until the year 2051", but the reference to the 1971 Census has been dropped.

The Bill proposes that the distribution among States will be determined "in accordance with Article 334A", while the boundaries of constituencies will be determined by the "latest published Census figures available on the date of the commencement of the Constitution (One Hundred and Thirty-second Amendment) Act, 2026".

RELATED REPORTS
» PAGE 4

Govt. Moots Freeze on States' LS Seat Share till 2051

132nd Constitution Amendment Bill

132nd Amendment Bill
132वाँ संशोधन

केंद्रीय कैबिनेट द्वारा स्वीकृत 132वाँ संविधान संशोधन विधेयक राज्यों के बीच लोकसभा सीटों के वितरण पर रोक को 25 वर्ष बढ़ाकर 2051 तक करता है; हर राज्य की सीटें 50% बढ़ेंगी और लोकसभा की अधिकतम सदस्य संख्या 550 से 850 होगी – इससे घटती जनसंख्या-हिस्सेदारी वाले राज्यों की चिंता दूर होती है

1 What the Bill does
विधेयक क्या करता है

- Extends inter-State seat freeze **till 2051**
  2051 तक
- **+50%** Lok Sabha seats in **every** State & UT
  50% वृद्धि
- State **Assembly** seats rise similarly
  विधानसभा भी

2 Key numbers
प्रमुख आँकड़े

550 → 850 Max LS strength अधिकतम संख्या	**2051** Freeze till रोक तक
33% Women's quota in LS महिला आरक्षण	**30 Nov–3 Dec** Special sittings विशेष बैठकें

3 Big shift from April
अप्रैल से बदलाव

- 131st Bill: seats by **2011 Census** population
  131वाँ विधेयक
- 132nd Bill: share **frozen**, link to **1971 Census dropped**
  132वाँ विधेयक
- Comes with a fresh **Delimitation Bill**
  नया परिसीमन विधेयक

Govt moots freeze on States' Lok Sabha seat share till 2051 — in depth (1/2)

2051 तक सीट हिस्सेदारी स्थिर

4 Article 82 rewrite
अनुच्छेद 82

- Now: no readjustment till first Census **after 2026**
  अभी
- New: **"until the year 2051"**
  नया
- Distribution "**in accordance with Article 334A**"
  अनु. 334A

5 Two population bases
दो आधार

Purpose उद्देश्य	Census used जनगणना
Seats among States (now) राज्यों में	**1971**
Constituency borders (now) क्षेत्र सीमा	**2001**
Borders (new Bill) नया	**Latest published**

6 Political reactions
प्रतिक्रियाएँ

- **DMK** (Stalin): protect TN's **7.18%** share; 1971 base for 25 yrs
  DMK
- **Naidu**: opponents on "wrong side of history"
  नायडू
- **INDIA bloc** to chalk out strategy
  इंडिया गठबंधन

Govt moots freeze on States' Lok Sabha seat share till 2051 — in depth (2/2)

2051 तक सीट हिस्सेदारी स्थिर

7 Why the freeze began
रोक का कारण

Population control
जनसंख्या नियंत्रण
1970s push
1970 का दशक

→

South succeeded
दक्षिण सफल
Low fertility
कम प्रजनन

→

Share would fall
हिस्सा घटता
If by population
जनसंख्या आधार

→

Freeze
रोक
Protects them
संरक्षण

8 Delinking population
जनसंख्या से अलग

- LS share **no longer tied** to population stabilisation
  संबंध समाप्त
- Federal **balance** over "one person, one vote"
  संघीय संतुलन
- Debate on **north–south** representation continues
  उत्तर–दक्षिण बहस

Govt moots freeze on States' Lok Sabha seat share till 2051 — Background (1/2)

2051 तक सीट हिस्सेदारी स्थिर

9 Article 334A
अनुच्छेद 334A

Feature विशेषता	Detail विवरण
Inserted by जोड़ा गया	**106th Amdt, 2023**
Women's quota महिला आरक्षण	**One-third seats**
Starts लागू	**After next delimitation**
Lasts अवधि	**15 years (extendable)**

10 Fertility divide
प्रजनन अंतर

- National TFR **2.0** (NFHS-5) – below replacement **2.1**
  TFR 2.0
- Southern States mostly **below 2.0**
  दक्षिण कम
- Bihar, U.P. still **higher**
  बिहार, उ.प्र. अधिक

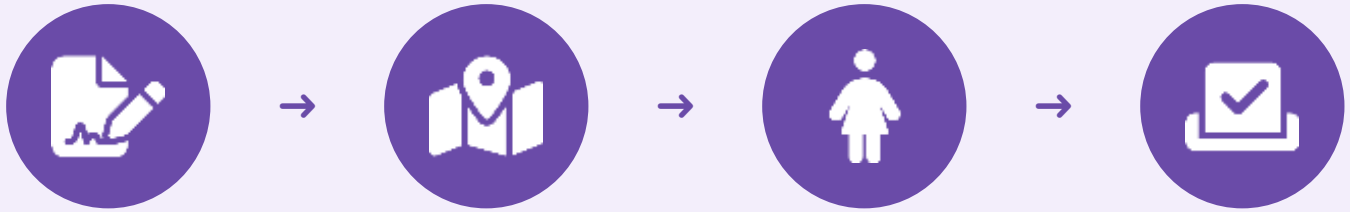
11 Rajya Sabha seats
राज्यसभा

- **Art 80** – max **250** (238 + 12 nominated)
  अनु. 80
- State-wise seats in **Fourth Schedule**
  चौथी अनुसूची
- RS **not touched** by this Bill
  अप्रभावित

Govt moots freeze on States' Lok Sabha seat share till 2051 — Background (2/2)

2051 तक सीट हिस्सेदारी स्थिर

12 Road to women's quota
महिला आरक्षण की राह



13 Global comparison
वैश्विक तुलना

- **US House** fixed at **435** since 1929
  अमेरिका 435
- UK House of Commons: **650** seats
  ब्रिटेन 650
- India ~**25 lakh** people per MP (avg)
  प्रति सांसद

Govt moots freeze on States' Lok Sabha seat share till 2051 — Static GK

2051 तक सीट हिस्सेदारी स्थिर

14 Constituency extremes
निर्वाचन क्षेत्र

Fact तथ्य	Constituency क्षेत्र
Largest by area क्षेत्रफल में बड़ा	**Ladakh**
Smallest by voters सबसे कम मतदाता	**Lakshadweep**
Smallest by area क्षेत्रफल में छोटा	**Chandni Chowk**

15 Census facts
जनगणना

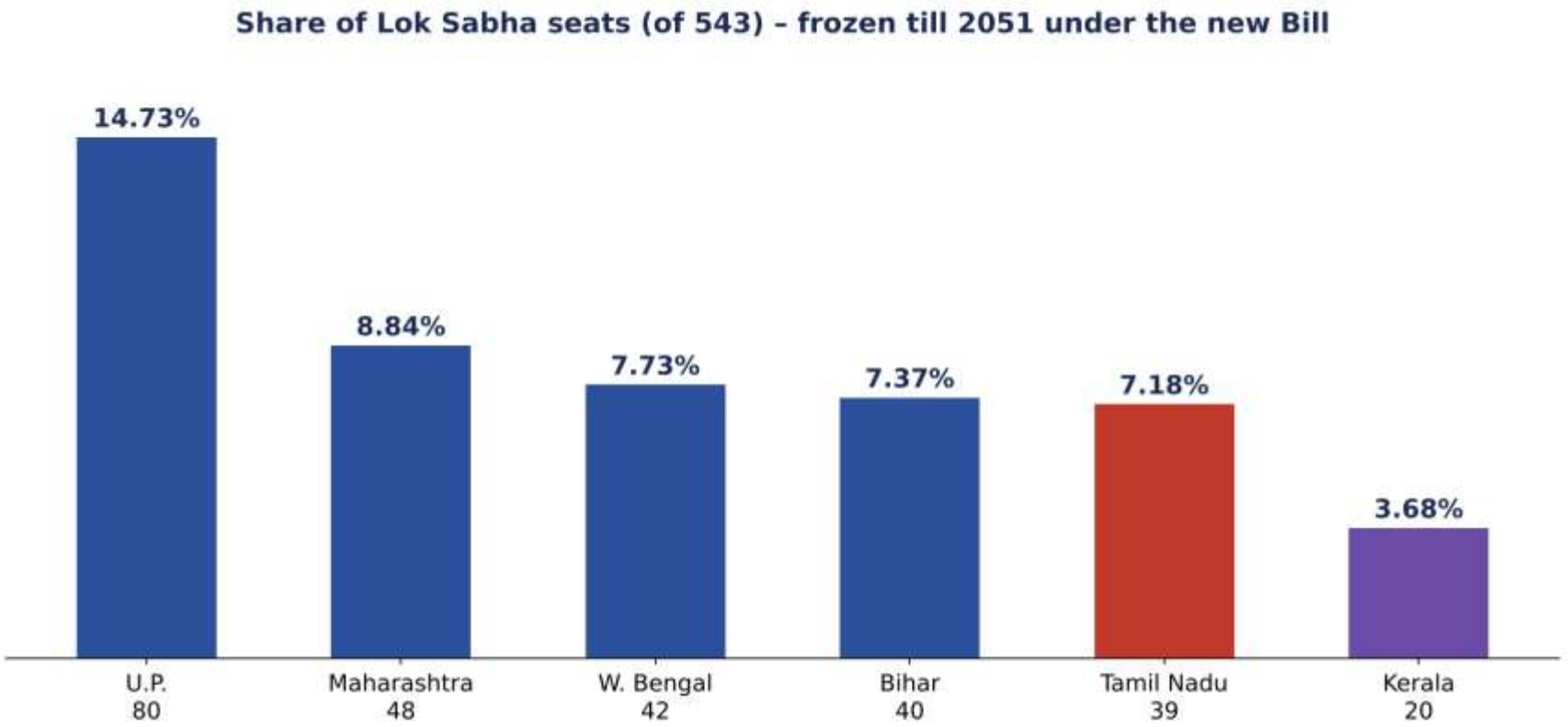
- First synchronous Census: **1881**
  1881
- Last full Census: **2011**
  2011
- Census Act: **1948**
  जनगणना अधिनियम 1948

16 Did you know?
क्या आप जानते हैं?

- Art **368** – amendment power
  अनु. 368
- **Kesavananda Bharati** (1973) – basic structure
  मूल ढाँचा
- Federalism is part of the **basic structure**
  संघवाद मूल ढाँचे में

Govt moots freeze on States' Lok Sabha seat share till 2051 — Map & Diagram (1/2)

2051 तक सीट हिस्सेदारी स्थिर

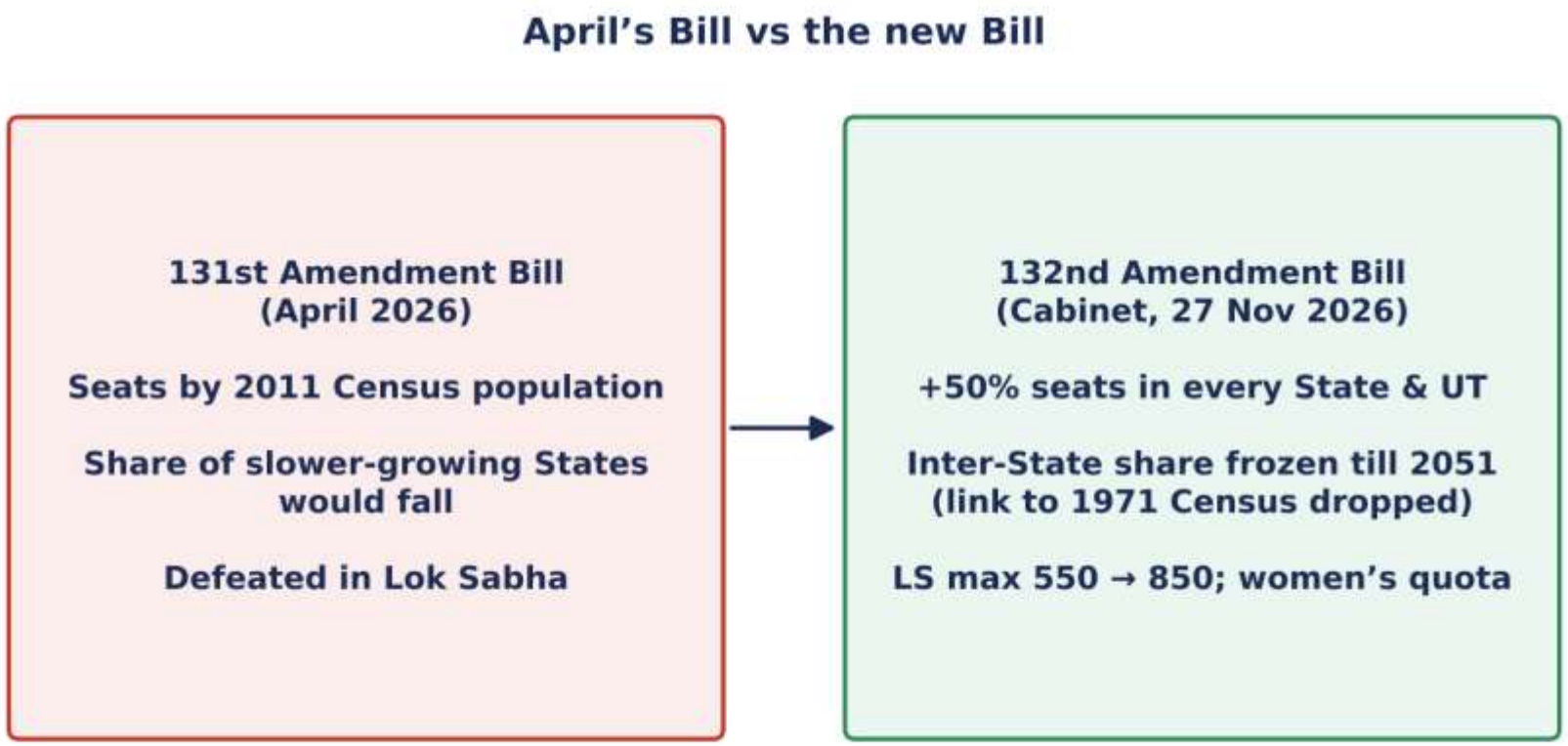


Read the visual
चित्र को समझें

- Each State keeps its **current share**
  वर्तमान हिस्सा
- Tamil Nadu's **7.18%** – DMK's key demand
  तमिलनाडु 7.18%
- Shares are seats ÷ **543**
  543 में हिस्सा

Govt moots freeze on States' Lok Sabha seat share till 2051 — Map & Diagram (2/2)

2051 तक सीट हिस्सेदारी स्थिर



Read the visual
चित्र को समझें

- April's Bill used **2011 Census** for shares
  2011 जनगणना
- New Bill: **+50%** for all, share frozen
  सबको 50%
- Opens the door to the **women's quota**
  महिला आरक्षण

Ex-CJI Gavai writes to President, alleges bias in judicial appointments

पूर्व CJI का राष्ट्रपति को पत्र

In letter to President, ex-CJI alleges bias in judicial appointments

Krishnadas Rajagopal
NEW DELHI



Justice B.R. Gavai

Former Chief Justice of India B.R. Gavai on Friday wrote a letter to President Droupadi Murmu alleging that recent judicial recommendations are being made with "complete disregard to principles of merit and inclusivity", while candidates from one particular section of the society are being "favoured".

The letter is an open indictment of the Supreme Court Collegium headed by his successor and incumbent, Chief Justice of India Surya Kant.

"In the recent past, disturbing events have unfolded, showing complete disregard to principles of merit and inclusivity. Candidates belonging to one one particular community had held sway over the Supreme Court judgeships.

"Each of us bears some share of that failure. It is because I know how such patterns persist through familiarity, through networks, and through unexamined ideas of who 'looks like' a Supreme Court judge, that I can no longer stay silent," Justice Gavai

Ex-CJI Gavai writes to President, alleges bias in judicial appointments

पूर्व CJI का राष्ट्रपति को पत्र

particular section of the society are being favoured for recommendation/elevation to the exclusion of everyone else including marginalised communities..." Justice Gavai wrote.

SC 'barely moved'

There are "compelling circumstances which support the perception that increasingly recommendations are being made to appease and reward a single community," he said, adding that the trend had begun in the "recent past", and not when he was part of the collegium.

"Adequate representation was ensured to different sections of the society including those belonging to forward section of the society, and also to marginalised section of the society... while considering candidates for recommendation for elevation to High Courts and Supreme Court in the Collegium of which I was part of and later headed," Justice Gavai said. He the profile of the Supreme Court has "barely moved" in the past 75 years. He said wrote. The letter referred to a couple of instances to buttress his arguments that merit was ignored in recent Collegium recommendations. He referred to how a High Court Chief Justice transferred from "one High Court to another smaller High Court and thereafter from that High Court to one of the smallest High Court of the country, has now been rewarded, for being from a particular community, by transfer to a prominent High Court".

'Centre has equal stake'

The letter follows the Supreme Court Collegium's recent recommendation to transfer the Chief Justice of the Tripura High Court to the Karnataka High Court. This is accompanied by a corresponding proposal to transfer Chief Justice Vibhu Bakhru from the Karnataka High Court to the Jharkhand High Court. Justice Gavai said that the Centre was an equal stakeholder in judicial appointments to the High Courts and the Supreme Court.

In Letter to President, Ex-CJI Alleges Bias in Judicial Appointments

An Open Indictment of the Collegium

पूर्व मुख्य न्यायाधीश बी.आर. गवई ने राष्ट्रपति द्रौपदी मुर्मू को पत्र लिखकर आरोप लगाया कि हाल की न्यायिक सिफ़ारिशें "योग्यता और समावेशिता के सिद्धांतों की पूर्ण अवहेलना" में की जा रही हैं और एक विशेष वर्ग के उम्मीदवारों को "तरजीह" दी जा रही है; यह वर्तमान CJI सूर्यकांत की अध्यक्षता वाले कॉलेजियम पर सीधा आरोप है

Collegium system
कॉलेजियम प्रणाली

1 The allegation
आरोप

- "Complete disregard to principles of **merit and inclusivity**"
  योग्यता व समावेशिता
- One section **favoured**, marginalised **excluded**
  एक वर्ग को तरजीह
- Trend began in the "**recent past**"
  हाल में

2 Who is involved
कौन

- Writer: **B.R. Gavai**, former CJI
  बी.आर. गवई
- To: **President Droupadi Murmu**
  राष्ट्रपति
- Target: Collegium under CJI **Surya Kant**
  CJI सूर्यकांत

3 Examples cited
उदाहरण

- HC Chief Justice shifted to a **smaller** HC, then "rewarded"
  स्थानांतरण
- Proposed transfer: Tripura HC CJ → **Karnataka HC**
  त्रिपुरा → कर्नाटक
- Karnataka HC CJ → **Jharkhand HC**
  कर्नाटक → झारखंड

Ex-CJI Gavai writes to President, alleges bias in judicial… — in depth (1/2)

पूर्व CJI का राष्ट्रपति को पत्र

4 "Each of us bears a share"
आत्मस्वीकृति

- Patterns persist through **familiarity & networks**
  परिचय व नेटवर्क
- Unexamined ideas of who "**looks like**" an SC judge
  कैसा दिखे
- "I can **no longer stay silent**"
  चुप नहीं रह सकता

5 Supreme Court profile
SC की संरचना

- Has "**barely moved**" in 75 years – Gavai
  75 वर्षों में
- Says one community long **held sway**
  एक समुदाय
- His Collegium ensured **adequate representation**
  प्रतिनिधित्व

6 "Centre has equal stake"
केंद्र की भूमिका

- Centre an **equal stakeholder** in appointments
  बराबर भागीदार
- Hence the letter to the **President**
  राष्ट्रपति को पत्र
- Response of SC/Centre **awaited**
  प्रतिक्रिया प्रतीक्षित

Ex-CJI Gavai writes to President, alleges bias in judicial… — in depth (2/2)

पूर्व CJI का राष्ट्रपति को पत्र

7 Two sides of the debate
दोनों पक्ष

For Collegium
पक्ष

Judicial independence
स्वतंत्रता

Against
विपक्ष

Opaque, no reasons
अपारदर्शी

Diversity
विविधता

SC/ST/OBC, women
प्रतिनिधित्व

Reform
सुधार

New MoP
नई प्रक्रिया

8 Why it is unusual
असामान्य क्यों

- A **former CJI** publicly faulting his successor
  पूर्व CJI
- Gavai: India's **first Buddhist** & 2nd Dalit CJI
  पहले बौद्ध CJI
- Raises questions on **transparency**
  पारदर्शिता

Ex-CJI Gavai writes to President, alleges bias in judicial… — Background (1/2)

पूर्व CJI का राष्ट्रपति को पत्र

9 Key Articles
प्रमुख अनुच्छेद

Article अनुच्छेद	Subject विषय
124 124	**SC – appointment**
217 217	**HC – appointment**
222 222	**Transfer of HC judges**
124(4) 124(4)	**Removal (impeachment)**

10 Collegium size
कॉलेजियम

- SC appointments: **CJI + 4** senior-most judges
  CJI + 4
- HC appointments (at SC): **CJI + 2**
  CJI + 2
- HC level: **HC CJ + 2** senior judges
  HC स्तर

11 Judges in numbers
संख्या

38 SC strength incl. CJI SC न्यायाधीश	**65** SC retirement age सेवानिवृत्ति
62 HC retirement age HC सेवानिवृत्ति	**25** High Courts उच्च न्यायालय

Ex-CJI Gavai writes to President, alleges bias in judicial… — Background (2/2)

पूर्व CJI का राष्ट्रपति को पत्र

12 Judges Cases
न्यायाधीश मामले

S.P. Gupta एस.पी. गुप्ता	SC AoRA एससी एओआरए	Reference संदर्भ	NJAC case NJAC
1981 – Executive कार्यपालिका	1993 – Collegium कॉलेजियम	1998 – CJI + 4 अनु. 143	2015 – struck रद्द

13 NJAC (2014)
राष्ट्रीय न्यायिक नियुक्ति आयोग

- **99th Amendment** + NJAC Act
  99वाँ संशोधन
- Members: CJI, 2 judges, Law Minister, **2 eminent persons**
  सदस्य
- Struck down **4:1**; dissent: **J. Chelameswar**
  चेलमेश्वर

Ex-CJI Gavai writes to President, alleges bias in judicial… — Static GK

पूर्व CJI का राष्ट्रपति को पत्र

14 Recent CJIs
हाल के CJI

CJI मुख्य न्यायाधीश	Number क्रम
D.Y. Chandrachud चंद्रचूड़	50th
Sanjiv Khanna खन्ना	51st
B.R. Gavai गवई	52nd
Surya Kant सूर्यकांत	53rd

15 Firsts
प्रथम

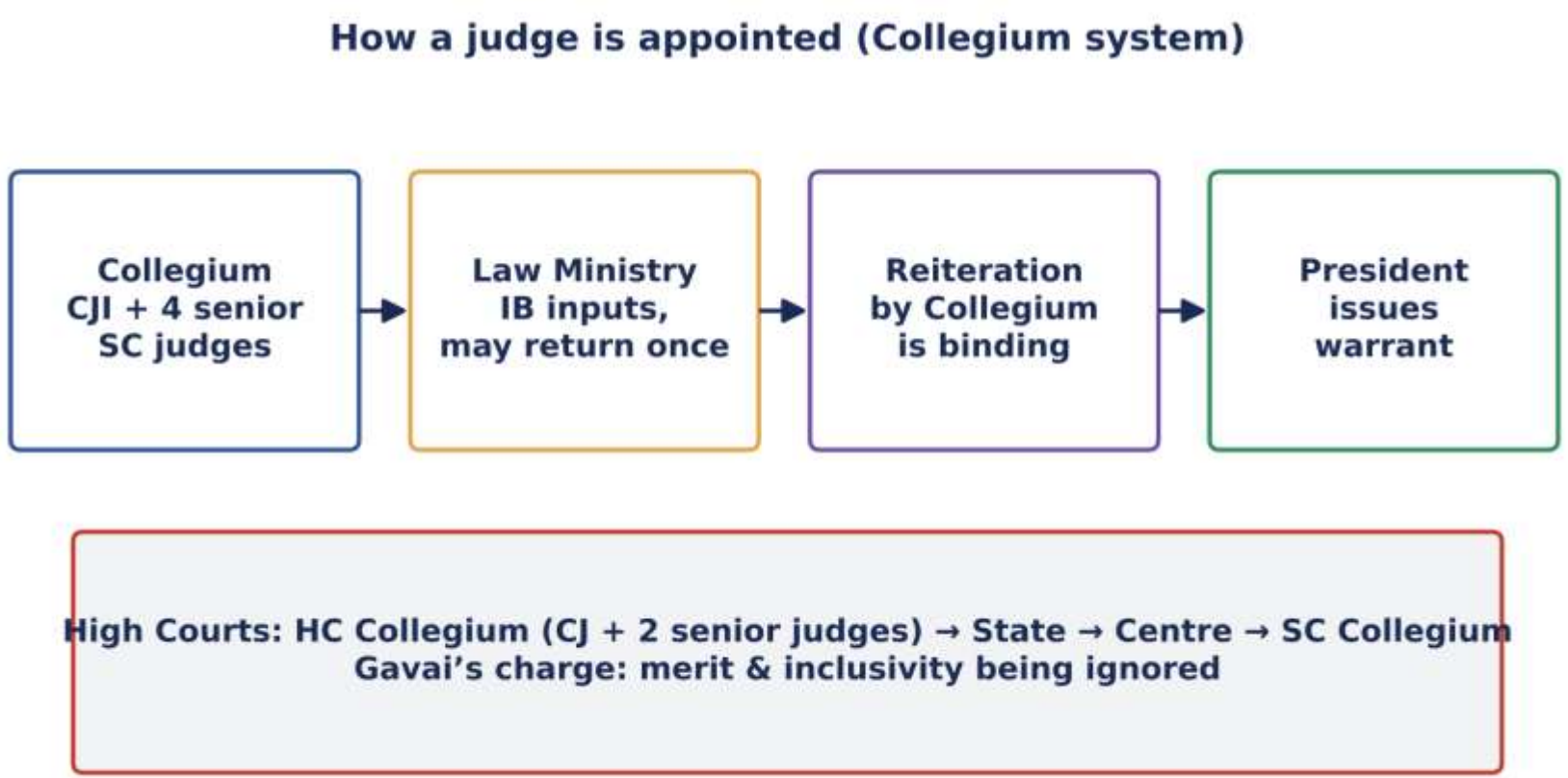
- 1st CJI: **H.J. Kania** (1950)
  एच.जे. कानिया
- 1st woman SC judge: **Fathima Beevi** (1989)
  फ़ातिमा बीवी
- 1st Dalit CJI: **K.G. Balakrishnan** (2007)
  के.जी. बालकृष्णन

16 Did you know?
क्या आप जानते हैं?

- CJI is appointed on the **seniority** convention
  वरिष्ठता
- Oath of SC judges: by **President**
  शपथ – राष्ट्रपति
- **MoP** – Memorandum of Procedure guides appointments
  MoP

Ex-CJI Gavai writes to President, alleges bias in judicial… — Map & Diagram (1/2)

पूर्व CJI का राष्ट्रपति को पत्र

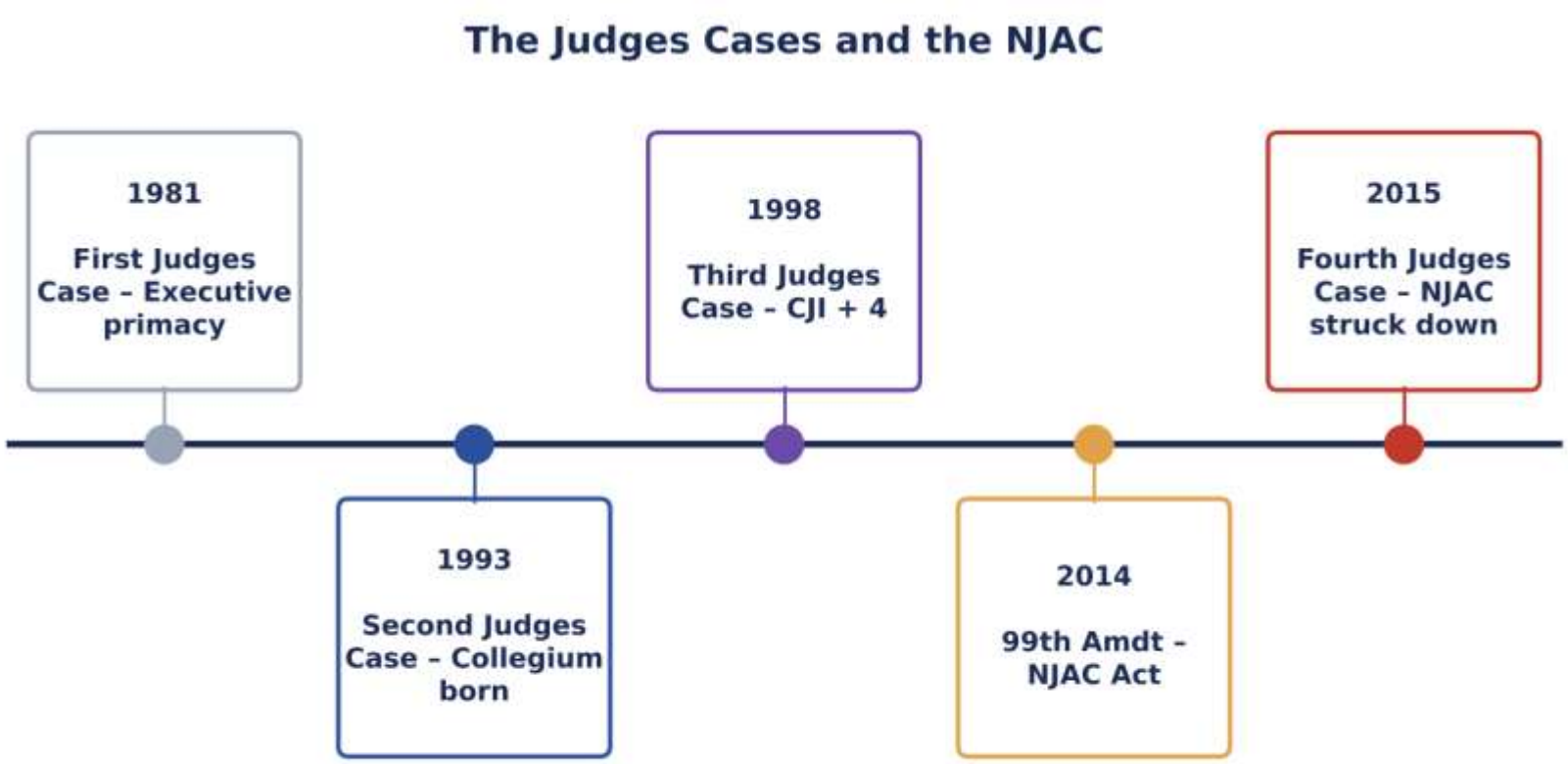


Read the visual
चित्र को समझें

- Collegium **recommends**; Centre can return **once**
  कॉलेजियम
- Reiterated names are **binding**
  बाध्यकारी
- President signs the **warrant**
  वारंट

Ex-CJI Gavai writes to President, alleges bias in judicial… — Map & Diagram (2/2)

पूर्व CJI का राष्ट्रपति को पत्र



Read the visual
चित्र को समझें

- Collegium is **judge-made** – not in the text
  न्यायिक निर्माण
- **NJAC** tried to replace it (2014)
  NJAC
- Struck down **4:1** in 2015
  4:1

SC sees conspiracy, orders lamp lit at deepathoon today

SC: आज दीपथून पर दीप जले

SC sees conspiracy, orders lamp lit at *deepathoon* today

Rejecting the Tamil Nadu government's claim that it stayed aloof from the Arulmigu Subramaniaswamy Temple management's customary decisions, the Supreme Court on Friday said non-compliance with its November 20 order to light the *Karthigai Deepam* on the *deepathoon* (stone pillar) atop the Thiruppparankundram Hill in Madurai amounted to "wilful disobedience" born of a "pre-meditated conspiracy" between the State and the temple trustees.

A Bench of Justices Aravind Kumar and Vipul M. Pancholi ordered the Board of Trustees of the temple to be suspended before appointing two former High Court judges – former Chief Justice of Meghalaya High Court S. Vaidyanathan and former Madras High Court judge Justice V. Parthiban – to act as Receivers.

The court directed the *Karthigai Deepam* to be lit again on Saturday, this time on the stone pillar, as was originally ordered on November 20. Central forces would provide security. The Receivers have to ensure the ceremony is carried out in consultation with the temple *stanikars*.

However, the interim order would not grant any future equities in favour of any parties. The main case on religious rights concerning the Thirupparankundram lamp-lighting row would be heard in the second week of January.



Security cover: Police personnel guard the *deepathoon* located atop

Ownership row

The row stems from the claims of ownership over the hilltop. The *deepathoon* is located near the Sikandar Badusha Dargah on top of the hill, while the Subramaniaswamy temple is at the base of the hill. The dargah side has claimed ownership of the hilltop, including the *deepathoon* site.

The court order comes two days after the ceremonial lamp was lit at the customary location – Deepa Mandapam – atop the hill and not as the Bench mandated.

In its order, the court allowed members of the public to light lamps on the hill on Saturday. A 50-metre boundary around the dargah would be cordoned off. Access to the dargah would not be affected, the court ordered.

The Bench issued show cause notices to the Tamil Nadu Chief Secretary, the Director General of Police, Madurai Collector and Police Commissioner, Hindu Religious and Charitable Endowments Commissioner and Deputy Commissioner, the chairperson, Executive Officer and trus-

SC sees conspiracy, orders lamp lit at deepathoon today

SC: आज दीपथून पर दीप जले



the Thirupparankundram Hill in Madurai on Friday. G. MOORTHY

tees of the temple to respond on why contempt action should not be issued against them for "brazen, calculated" disobedience of the November 20 order.

The court ordered them to be personally present on December 15, the next date of hearing.

The Chief Secretary was directed to forthwith, and not later than 10 days, to file a personal affidavit explaining the "apparent disregard" shown by the State to perform its constitutional duty under Article 144 to obey a Supreme Court order.

One of the contempt petitioners had sought an inquiry into whether Government Ministers, including Chief Minister C. Joseph Vijay, had a role to play in what happened on November 24. "No person, however high, can defy a Supreme Court order. Anybody who tries to do that, creates constitutional chaos. We will set this right... We will deal this with an iron hand," Justice Kumar observed. The Bench said its order was not an "invitation for negotiation". If there was any modification to be done, the court would do it. Justice Kumar said temple trustees and the State authorities cannot read discretion or leeway into a Supreme Court order.

The contempt petitioners termed the temple trustees did not have the "guts" to defy a Supreme Court order on their own and pass a resolution to light the lamp at the Deepa Mandapam rather than the stone pillar. They submitted that the Collector's claims that he did "everything under the sun to ensure compliance with the November 20 order" was bogus.

Solicitor-General Tushar Mehta, for the Archaeological Survey of India, suggested a neutral agency to manage the temple.

The court said the contempt petitioners' arguments and the responses of the State invokes a sense of pain and anguish. It summarised the feeling in one word, "alas".

Justice Kumar said it was hard to believe the Collector could not have done anything with the kind of powers he wielded. The court expressed dissatisfaction with his report.

The Bench said the facts prima facie show a serious infraction on the part of the trustees, aided by State authorities, which has undermined the authority of the court. "This has shocked the conscience of the court," he added.

PM, BJP REACT
» PAGE 3

SC Sees Conspiracy, Orders Lamp Lit at Deepathoon Today

Temple Trustees Suspended; Receivers Appointed

सुप्रीम कोर्ट ने कहा कि मदुरै की थिरुप्परनकुंद्रम पहाड़ी पर स्थित दीपथून (पत्थर स्तंभ) पर कार्तिगई दीपम जलाने के 20 नवंबर के आदेश का पालन न होना "पूर्व-नियोजित षड्यंत्र" से उपजी "जानबूझकर अवज्ञा" है; मंदिर न्यासी बोर्ड निलंबित कर दो पूर्व HC न्यायाधीशों को रिसीवर नियुक्त किया

Contempt of court
न्यायालय की अवमानना

1 SC's findings
SC के निष्कर्ष

- "**Wilful disobedience**" from "**pre-meditated conspiracy**"
  जानबूझकर अवज्ञा
- Rejected TN's claim it stayed **aloof**
  राज्य का दावा ख़ारिज
- "No person, however high, can **defy** an SC order"
  कोई ऊपर नहीं

2 Orders passed
आदेश

- Temple **Board of Trustees suspended**
  न्यासी निलंबित
- Receivers: ex-judges **S. Vaidyanathan & V. Parthiban**
  रिसीवर
- Lamp on the **stone pillar** today; **central forces** for security
  केंद्रीय बल

3 Show-cause notices
कारण बताओ

- **Chief Secretary, DGP**, Madurai Collector & Police Commissioner
  अधिकारी
- **HR&CE** Commissioner & temple trustees
  HR&CE
- Appear in person on **15 Dec**
  15 दिसंबर

SC sees conspiracy, orders lamp lit at deepathoon today — in depth (1/2)

SC: आज दीपथून पर दीप जले

4 The ownership row
स्वामित्व विवाद

- **Subramaniaswamy temple** at the base of the hill
  मंदिर
- **Sikandar Badusha Dargah** on top
  दरगाह
- Dargah side claims the **hilltop** incl. the pillar
  दावा

5 Balancing rights
अधिकारों का संतुलन

- Public may light lamps on the hill **today**
  जनता भी
- **50-metre** boundary around the dargah
  50 मीटर
- Access to the dargah **not affected**
  दरगाह पहुँच

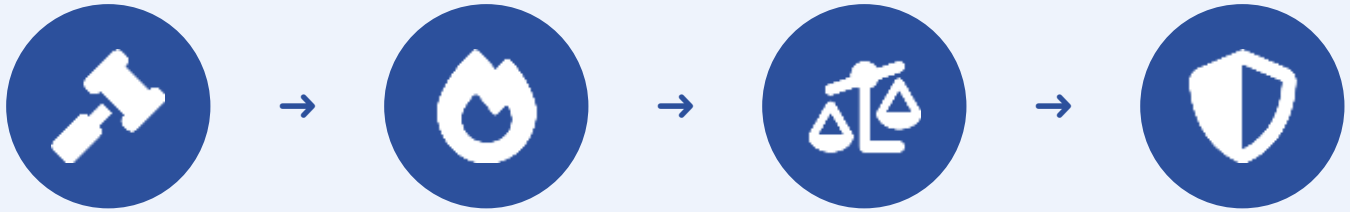
6 Art 144 duty
अनुच्छेद 144

- All authorities must **act in aid** of the SC
  SC की सहायता
- Chief Secretary: **personal affidavit** in 10 days
  10 दिन में शपथपत्र
- Contempt plea sought probe into role of **CM C. Joseph Vijay**
  CM की भूमिका

SC sees conspiracy, orders lamp lit at deepathoon today — in depth (2/2)

SC: आज दीपथून पर दीप जले

7 How it unfolded
घटनाक्रम



20 Nov
20 नवंबर
Lamp on pillar
स्तंभ पर

24 Nov
24 नवंबर
At Mandapam
मंडपम पर

27 Nov
27 नवंबर
“Conspiracy”
षड्यंत्र

28 Nov
28 नवंबर
Lamp + forces
दीप + बल

8 Other views
अन्य पक्ष

- SG **Tushar Mehta** (for ASI): a **neutral agency** to manage temple
  तटस्थ एजेंसी
- Court: order is **not an invitation to negotiate**
  बातचीत नहीं
- PM, BJP react; TN govt to respond in court
  प्रतिक्रियाएँ

SC sees conspiracy, orders lamp lit at deepathoon today — Background (1/2)

SC: आज दीपथून पर दीप जले

9 Contempt laws
अवमानना क़ानून

Provision प्रावधान	Role भूमिका
Art 129 अनु. 129	**SC a court of record**
Art 215 अनु. 215	**HC a court of record**
Contempt of Courts Act अधिनियम	**1971**
Art 142 अनु. 142	**Complete justice**

10 Karthigai Deepam
कार्तिगई दीपम

- Festival of lights in Tamil month **Karthigai**
  कार्तिगई माह
- On **Krittika** star & full moon
  कृत्तिका नक्षत्र
- Famous **Maha Deepam** at **Tiruvannamalai**
  तिरुवन्नामलै

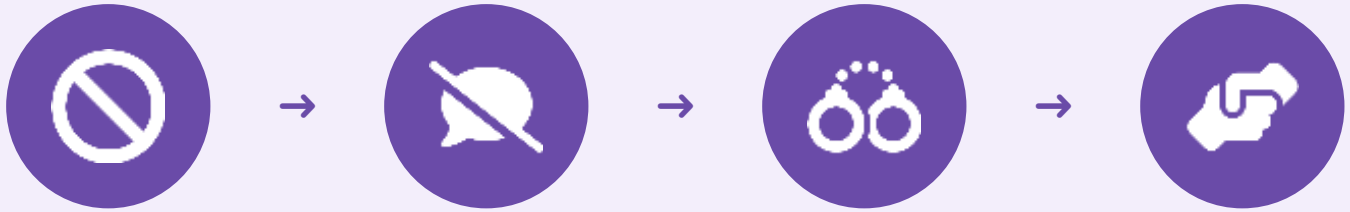
11 Six abodes of Murugan
अरुपडै वीडु

- **Thiruparankundram** – 1st abode
  पहला धाम
- Tiruchendur, Palani, Swamimalai
  अन्य धाम
- Tiruttani, **Pazhamudircholai**
  अन्य धाम

SC sees conspiracy, orders lamp lit at deepathoon today — Background (2/2)

SC: आज दीपथून पर दीप जले

12 Contempt types
अवमानना के प्रकार



Civil सिविल	Criminal आपराधिक	Penalty दंड	Apology माफ़ी
Wilful disobedience अवज्ञा	Scandalising court बदनामी	6 months / ₹2,000 6 माह	May purge माफ़ी संभव

13 Temple administration in TN
मंदिर प्रशासन

- **HR&CE Act, 1959** – State oversight
  HR&CE अधिनियम
- **Places of Worship Act, 1991** freezes status of 15 Aug 1947
  उपासना स्थल अधिनियम
- **Art 25–26** – freedom of religion
  अनु. 25–26

SC sees conspiracy, orders lamp lit at deepathoon today — Static GK

SC: आज दीपथून पर दीप जले

14 Madurai facts
मदुरै

Item मद	Detail विवरण
River नदी	**Vaigai**
Temple मंदिर	**Meenakshi Amman**
Ancient capital राजधानी	**Pandyas**
Literature साहित्य	**Sangam assemblies**

15 Tamil festivals
तमिल पर्व

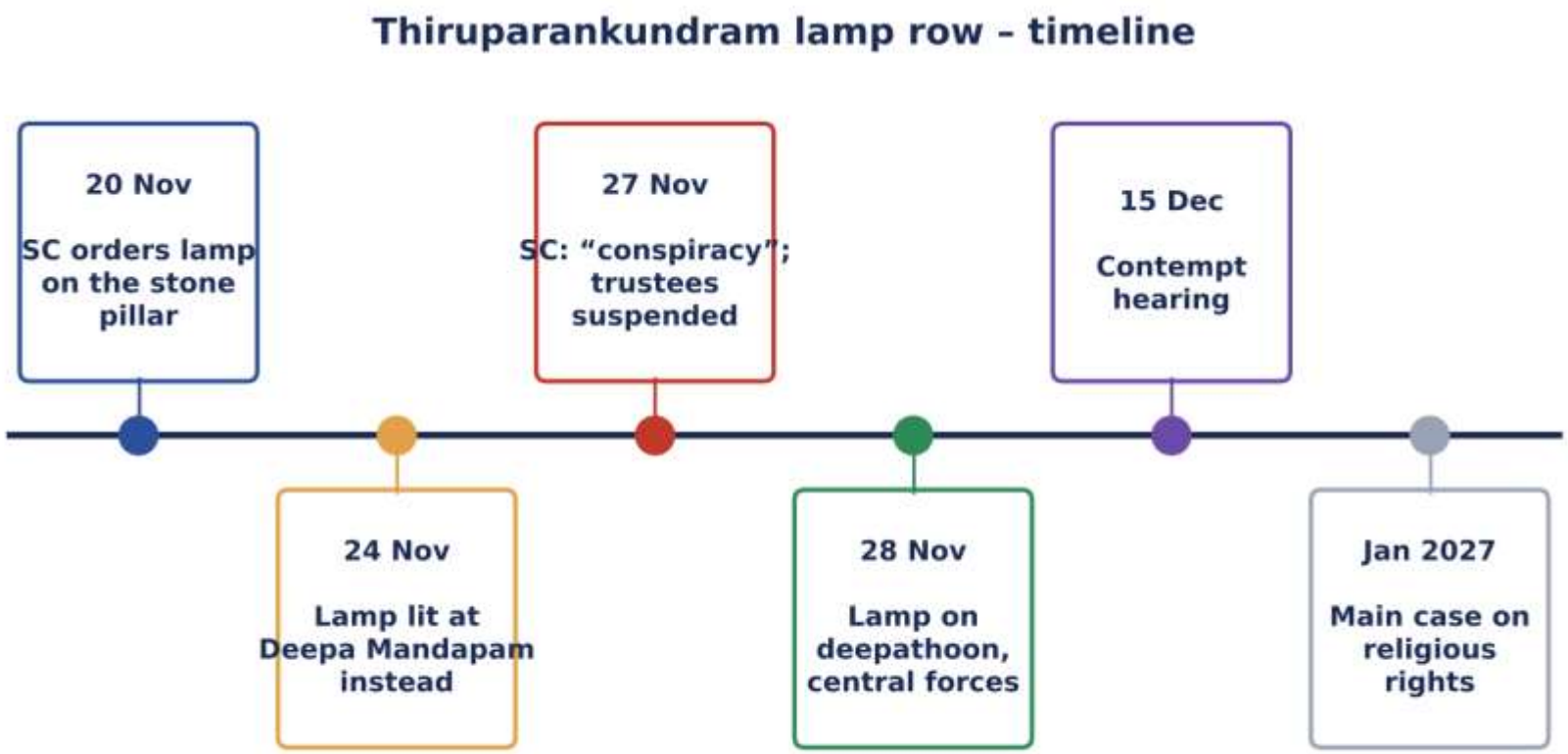
- **Pongal** – harvest, January
  पोंगल
- **Thaipusam** – Murugan, Thai month
  थाईपूसम
- **Chithirai** festival – Madurai
  चित्तिरै

16 Did you know?
क्या आप जानते हैं?

- **ASI** founded **1861** – Alexander Cunningham
  ASI 1861
- Solicitor-General – **2nd** law officer after A-G
  सॉलिसिटर जनरल
- A-G: **Art 76**
  अनु. 76

SC sees conspiracy, orders lamp lit at deepathoon today — Map & Diagram (1/2)

SC: आज दीपथून पर दीप जले

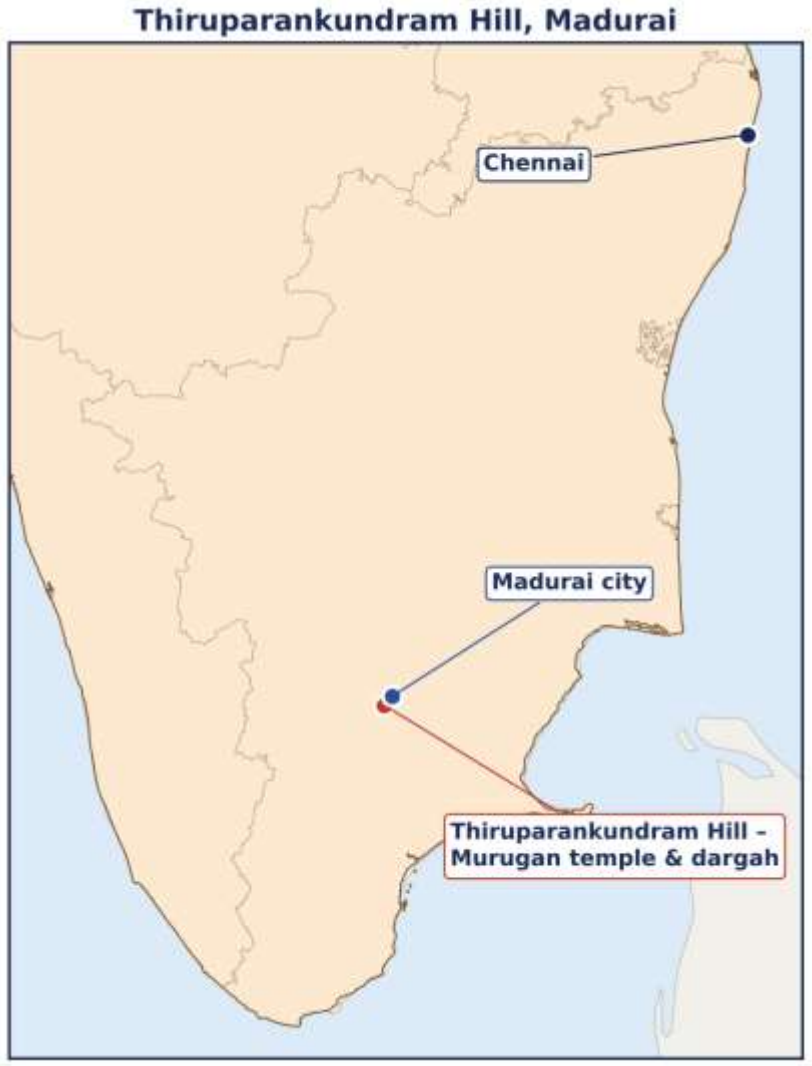


Read the visual
चित्र को समझें

- SC order of **20 Nov** not followed
  20 नवंबर का आदेश
- Lamp lit at **Deepa Mandapam** instead
  दीप मंडपम
- Main case in **January 2027**
  जनवरी 2027

SC sees conspiracy, orders lamp lit at deepathoon today — Map & Diagram (2/2)

SC: आज दीपथून पर दीप जले



Read the visual
चित्र को समझें

- Hill near **Madurai**, Tamil Nadu
  मदुरै
- Temple at base, **dargah** near hilltop
  दरगाह
- **50-m** cordon around the dargah
  50 मीटर घेरा



THE HINDU • 28 NOVEMBER 2026

Page 2 · States

पृष्ठ 2 · राज्य

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

1 **Wayanad e-waste-free** | वायनाड

Wayanad declared India's first e-waste-free district

वायनाड पहला ई-कचरा मुक्त ज़िला

After 2-month-long campaign, Wayanad declared India's first e-waste-free district

The Hindu Bureau
KOZHIKODE

Keralam's Wayanad district, nestled in the Western Ghats, has officially been declared India's first e-waste-free model district.

The declaration follows a massive two-month collection drive led by the Suchitwa Mission in association with Haritha Karma Sena (HKS) volunteers, local self-government institutions and accredited recycling agencies.

During the campaign, teams collected 102.8 tonnes of discarded electronic items, including old computers, mobile phones and household appliances, from homes, educational institutions, offices and commercial establishments across the district.



Chief Minister V.D. Satheesan declares Wayanad the country's first e-waste-free district, in Kalpetta on Friday. SPECIAL ARRANGEMENT

Making the declaration at a function held in Kalpetta on Friday, Chief Minister V.D. Satheesan said the achievement served as a model not only for Keralam but also the entire country.

The drive was conducted in four phases.

E-waste was first collected from all government institutions across the district.

In the second phase, collection points were set up at various locations in all local self-government institutions, including 23 gram panchayats and three municipalities.

In the third, HKS members visited every household to collect e-waste. Special collection points were set up in the final phase for those who had missed the earlier rounds. The collected waste was handed over to the Clean Kerala Company for scientific processing.

After 2-month-long Campaign, Wayanad Declared India's First E-waste-free District

102.8 Tonnes Collected

पश्चिमी घाट में स्थित केरल का वायनाड ज़िला देश का पहला ई-कचरा मुक्त मॉडल ज़िला घोषित; सुचित्वा मिशन ने हरित कर्म सेना, स्थानीय निकायों और मान्यता प्राप्त रीसाइक्लिंग एजेंसियों के साथ दो माह में 102.8 टन पुराने कंप्यूटर, मोबाइल व घरेलू उपकरण एकत्र किए

E-waste management
ई-कचरा प्रबंधन

1 The achievement
उपलब्धि

102.8 t E-waste collected ई-कचरा	**2 months** Campaign अभियान
4 Phases चरण	**26** Local bodies स्थानीय निकाय

2 Who did it
किसने किया

- **Suchitwa Mission** – Kerala's sanitation mission
  सुचित्वा मिशन
- **Haritha Karma Sena** – green volunteers
  हरित कर्म सेना
- Processed by **Clean Kerala Company**
  क्लीन केरल कंपनी

3 What was collected
क्या एकत्र हुआ

- Old **computers & mobile phones**
  कंप्यूटर, मोबाइल
- **Household appliances**
  घरेलू उपकरण
- From homes, schools, offices, shops
  सभी स्रोत

Wayanad declared India's first e-waste-free district — in depth (1/2)
वायनाड पहला ई-कचरा मुक्त ज़िला

4 Why e-waste is dangerous
ख़तरा

- **Lead, mercury, cadmium** leach into soil & water
  भारी धातुएँ
- Open burning releases **toxic fumes**
  ज़हरीला धुआँ
- Informal recycling harms **workers' health**
  श्रमिक स्वास्थ्य

5 Hidden value
छिपा मूल्य

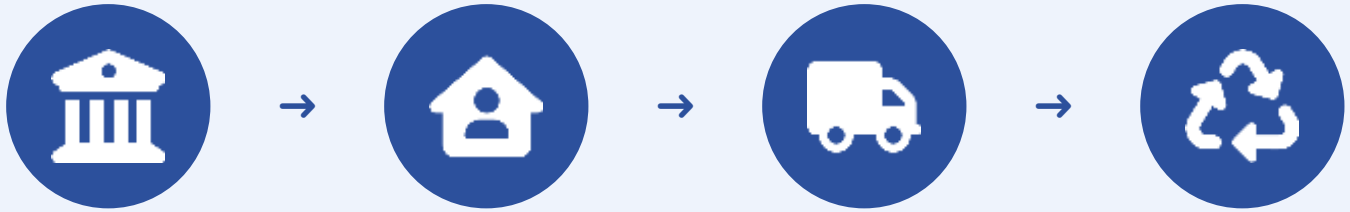
- Gold, silver, copper, **rare earths** inside
  बहुमूल्य धातुएँ
- Recovery = **urban mining**
  शहरी खनन
- Cuts need for **new mining**
  नया खनन कम

6 India's challenge
भारत की चुनौती

- India – **3rd-largest** e-waste generator (after China, US)
  तीसरा
- Large share handled by **informal** sector
  अनौपचारिक क्षेत्र
- Low **collection** rates
  कम संग्रह

Wayanad declared India's first e-waste-free district — in depth (2/2)
वायनाड पहला ई-कचरा मुक्त ज़िला

7 The Wayanad model
वायनाड मॉडल



8 Lessons
सबक

- **Community** volunteers are key
  समुदाय
- Link **local bodies** with formal recyclers
  औपचारिक रीसाइक्लर
- Can be **replicated** across districts
  दोहराने योग्य

Wayanad declared India's first e-waste-free district — Background (1/2)
वायनाड पहला ई-कचरा मुक्त ज़िला

9 E-Waste Rules 2022
ई-अपशिष्ट नियम

Feature विशेषता	Detail विवरण
In force लागू	1 April 2023
Core idea मूल विचार	EPR on producers
Ministry मंत्रालय	MoEFCC
Monitor निगरानी	CPCB portal

10 EPR explained
विस्तारित उत्पादक दायित्व

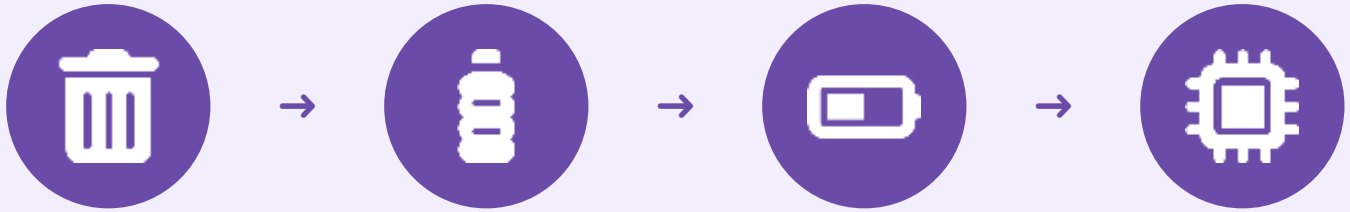
- **Extended Producer Responsibility**
  EPR
- Producers must ensure **collection & recycling**
  संग्रह व पुनर्चक्रण
- Annual **recycling targets**
  वार्षिक लक्ष्य

11 Global rules
वैश्विक नियम

- **Basel Convention** (1989) – hazardous waste trade
  बेसल अभिसमय
- Global e-waste ~**62 million t** (2022)
  6.2 करोड़ टन
- Only ~**22%** formally recycled
  22% पुनर्चक्रित

Wayanad declared India's first e-waste-free district — Background (2/2)
वायनाड पहला ई-कचरा मुक्त ज़िला

12 Waste rules in India
अपशिष्ट नियम



Solid Waste ठोस	Plastic प्लास्टिक	Battery बैटरी	E-waste ई-कचरा
2016 2016	2016 (amended) 2016	2022 2022	2022 2022

13 Kerala's green record
केरल

- **Haritha Keralam** Mission – 2016
  हरित केरलम
- **Suchitwa Mission** – waste & sanitation
  सुचित्वा
- Strong **local self-government** network
  स्थानीय स्वशासन

Wayanad declared India's first e-waste-free district — Static GK
वायनाड पहला ई-कचरा मुक्त ज़िला

14 Wayanad facts
वायनाड

Feature विशेषता	Detail विवरण
HQ मुख्यालय	Kalpetta
Caves गुफाएँ	Edakkal (petroglyphs)
Dam बाँध	Banasura Sagar (earth dam)
Landslides भूस्खलन	July 2024

15 Nilgiri Biosphere
नीलगिरि जीवमंडल

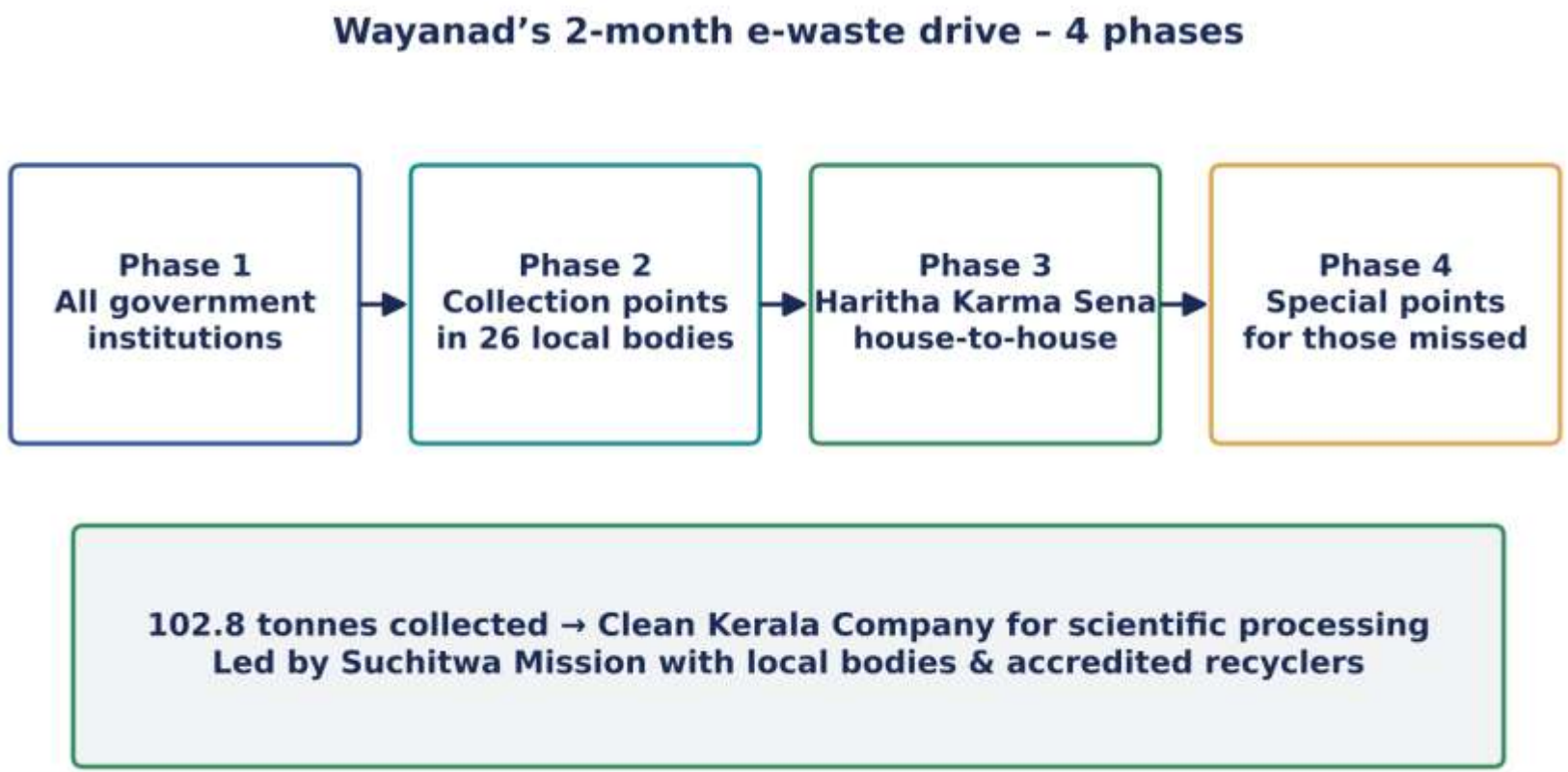
- India's **first** Biosphere Reserve – **1986**
  पहला
- Spans **TN, Kerala, Karnataka**
  तीन राज्य
- Includes **Wayanad** Wildlife Sanctuary
  वायनाड अभयारण्य

16 Did you know?
क्या आप जानते हैं?

- **Indore** – cleanest city (Swachh Survekshan)
  इंदौर
- **Sikkim** – first to ban disposable plastic bottles at govt events
  सिक्किम
- **2 Oct** – Swachh Bharat Mission launched (2014)
  स्वच्छ भारत

Wayanad declared India's first e-waste-free district — Map & Diagram (1/2)

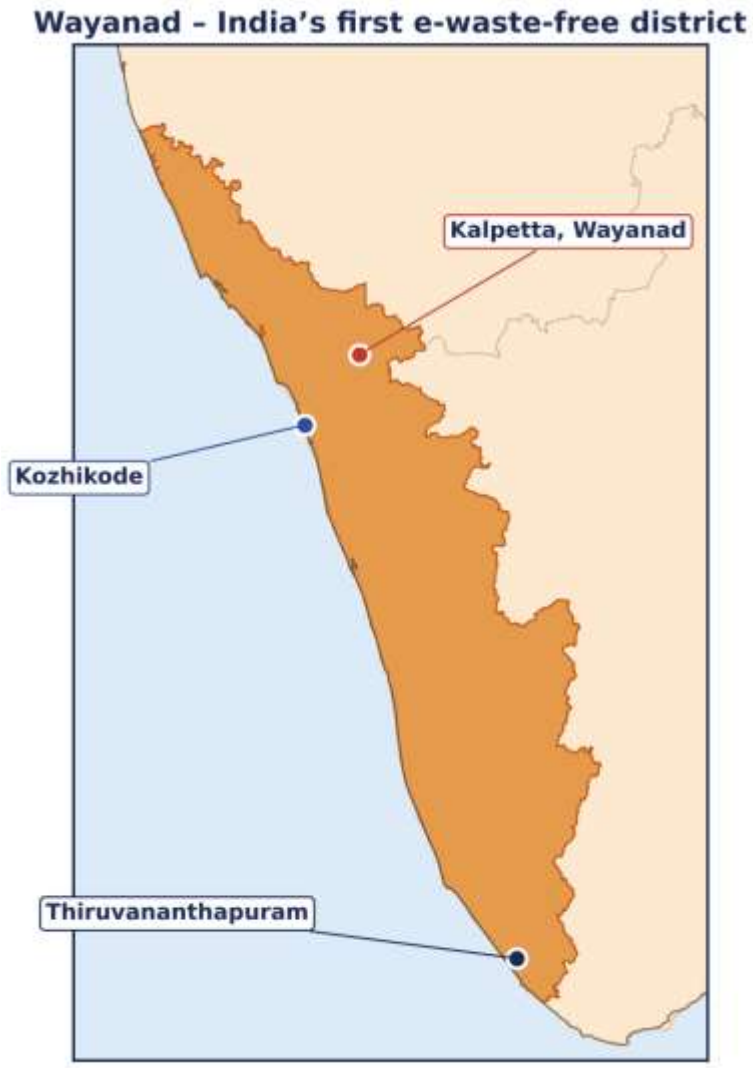
वायनाड पहला ई-कचरा मुक्त ज़िला



Read the visual
चित्र को समझें

- Govt offices first, then **homes**
  पहले सरकारी
- **23** gram panchayats + **3** municipalities
  26 निकाय
- Collected waste **scientifically processed**
  वैज्ञानिक प्रसंस्करण

Wayanad declared India's first e-waste-free district — Map & Diagram (2/2)
वायनाड पहला ई-कचरा मुक्त ज़िला



Read the visual
चित्र को समझें

- Wayanad – in the **Western Ghats**
  पश्चिमी घाट
- Declaration at **Kalpetta**
  कल्पेट्टा
- A model for **Kerala & India**
  मॉडल



THE HINDU • 28 NOVEMBER 2026

Page 5 · News

पृष्ठ 5 · समाचार

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

1. **Sugar & cancer study** | चीनी व कैंसर
2. **7th Nilgiri-class frigate** | नीलगिरि श्रेणी

Navy receives Vindhyagiri, final Project 17A stealth frigate

प्रोजेक्ट 17A पूर्ण

Seventh Nilgiri-class stealth frigate handed over to Navy

The Hindu Bureau
NEW DELHI

The Indian Navy on Friday received *Vindhyagiri*, the seventh and final ship of the Nilgiri-class (Project 17A) stealth frigates, from Garden Reach Shipbuilders and Engineers Ltd. (GRSE) in Kolkata, marking the completion of the Project 17A ship delivery programme and a significant milestone in India's indigenous warship construction capabilities.

With *Vindhyagiri*'s delivery on Friday, all seven ships under the programme have been handed over to the Navy within 23 months of the delivery of the first ship, *INS Nilgiri*, on December 20, 2024, the Defence Ministry said.



A view of the 3rd Project 17A frigate, *Vindhyagiri*, as GRSE hands it over to the Indian Navy in Kolkata on Friday. ANI

Combat capabilities

Designed by the Navy's Warship Design Bureau and overseen by the Warship Overseeing Team in Kolkata, the Project 17A frigates represent a generational leap in indigenous warship design, stealth, survivability and combat capabilities.

The multi-mission platforms are equipped with an advanced suite of weapons and sensors, enhancing their capabilities across anti-surface, anti-air and anti-submarine warfare domains. They also feature Combined Diesel or Gas (CODOG) propulsion systems, comprising a diesel engine and a gas turbine, along with an Integrated Platform Management System. With an indigenous content of 75%, the Project 17A programme involved more than 200 micro, small and medium enterprises (MSMEs). It generated employment for approximately 4,000 personnel directly and over 10,000 indirectly.

Seventh Nilgiri-class Stealth Frigate Handed Over to Navy

Project 17A Delivery Complete

भारतीय नौसेना को कोलकाता की गार्डन रीच शिपबिल्डर्स एंड इंजीनियर्स (GRSE) से नीलगिरि-श्रेणी (प्रोजेक्ट 17A) का सातवाँ और अंतिम स्टेल्थ फ्रिगेट विंध्यगिरि मिला; पहले जहाज़ INS नीलगिरि की डिलीवरी (20 दिसंबर 2024) के 23 महीनों के भीतर सभी सात जहाज़ सौंप दिए गए

Project 17A
प्रोजेक्ट 17A

1 The milestone
उपलब्धि

- **Vindhyagiri** – 7th & final ship delivered
  विंध्यगिरि
- Built by **GRSE, Kolkata**
  GRSE कोलकाता
- All 7 ships in **23 months** from first delivery
  23 महीने

2 Make in India
मेक इन इंडिया

75% Indigenous content स्वदेशी	**200+** MSMEs involved MSME
~4,000 Direct jobs प्रत्यक्ष रोज़गार	**10,000+** Indirect jobs अप्रत्यक्ष

3 Design
डिज़ाइन

- Designed by Navy's **Warship Design Bureau**
  युद्धपोत डिज़ाइन ब्यूरो
- Overseen by **Warship Overseeing Team**, Kolkata
  निगरानी टीम
- A "**generational leap**" in stealth & survivability
  पीढ़ीगत छलांग

Navy receives Vindhyagiri, final Project 17A stealth frigate — in depth (1/2)

प्रोजेक्ट 17A पूर्ण

4 Combat capability
युद्ध क्षमता

- **Anti-surface** warfare
  सतह-रोधी
- **Anti-air** warfare
  वायु-रोधी
- **Anti-submarine** warfare
  पनडुब्बी-रोधी

5 Propulsion
प्रणोदन

- **CODOG** – Combined Diesel or Gas
  CODOG
- A **diesel engine** + a **gas turbine**
  डीज़ल + गैस टरबाइन
- **Integrated Platform Management System**
  एकीकृत प्रबंधन

6 The 7 ships
सात जहाज़

Shipyard शिपयार्ड	Ships जहाज़
MDL, Mumbai एमडीएल	**Nilgiri, Udaygiri, Taragiri, Mahendragiri**
GRSE, Kolkata जीआरएसई	**Himgiri, Dunagiri, Vindhyagiri**

Navy receives Vindhyagiri, final Project 17A stealth frigate — in depth (2/2)

प्रोजेक्ट 17A पूर्ण

7 Frigate lineage
फ्रिगेट वंशावली

Leander लिएंडर	P-17 Shivalik शिवालिक	P-17A Nilgiri नीलगिरि	P-17B 17B
Old Nilgiri (1972) पुराना	3 ships 3 जहाज़	7 ships 7 जहाज़	Next frigates अगली पीढ़ी

8 Why stealth
स्टेल्थ क्यों

- Shaped hull cuts **radar cross-section**
  रडार पहचान कम
- Lower **infrared & noise** signatures
  ताप व शोर कम
- Harder for enemies to **detect & target**
  पहचान कठिन

Navy receives Vindhyagiri, final Project 17A stealth frigate — Background (1/2)

प्रोजेक्ट 17A पूर्ण

9 Navy ship classes
जहाज़ श्रेणियाँ

Project परियोजना	Class श्रेणी
P-15A 15A	**Kolkata (destroyers)**
P-15B 15B	**Visakhapatnam (destroyers)**
P-17A 17A	**Nilgiri (frigates)**
P-75 75	**Kalvari (submarines)**

10 Weapons onboard
हथियार

- **BrahMos** supersonic cruise missiles
  ब्रह्मोस
- **Barak-8 / MRSAM** air defence
  बराक-8
- Torpedoes & **anti-submarine** rockets
  टॉरपीडो

11 Commissioning
कमीशनिंग

- **INS Nilgiri** – 15 Jan 2025 (with Surat, Vaghsheer)
  नीलगिरि
- **Udaygiri & Himgiri** – Aug 2025, Visakhapatnam
  उदयगिरि, हिमगिरि
- Delivery ≠ commissioning; **commissioning** follows
  कमीशनिंग बाद में

Navy receives Vindhyagiri, final Project 17A stealth frigate — Background (2/2)

प्रोजेक्ट 17A पूर्ण

12 Shipyards
शिपयार्ड

MDL	GRSE	Cochin SL	HSL
एमडीएल	जीआरएसई	कोचीन	एचएसएल
Mumbai मुंबई	Kolkata कोलकाता	INS Vikrant विक्रांत	Visakhapatnam विशाखापत्तनम

13 GRSE firsts
GRSE की उपलब्धियाँ

- Set up in **1884**
  1884
- First Indian yard to **export a warship** (Mauritius, 2014)
  पहला निर्यात
- First to build **100 warships**
  100 युद्धपोत

Navy receives Vindhyagiri, final Project 17A stealth frigate — Static GK
प्रोजेक्ट 17A पूर्ण

14 Navy commands
नौसेना कमान

Command कमान	HQ मुख्यालय
Western पश्चिमी	**Mumbai**
Eastern पूर्वी	**Visakhapatnam**
Southern (training) दक्षिणी	**Kochi**

15 Navy Day
नौसेना दिवस

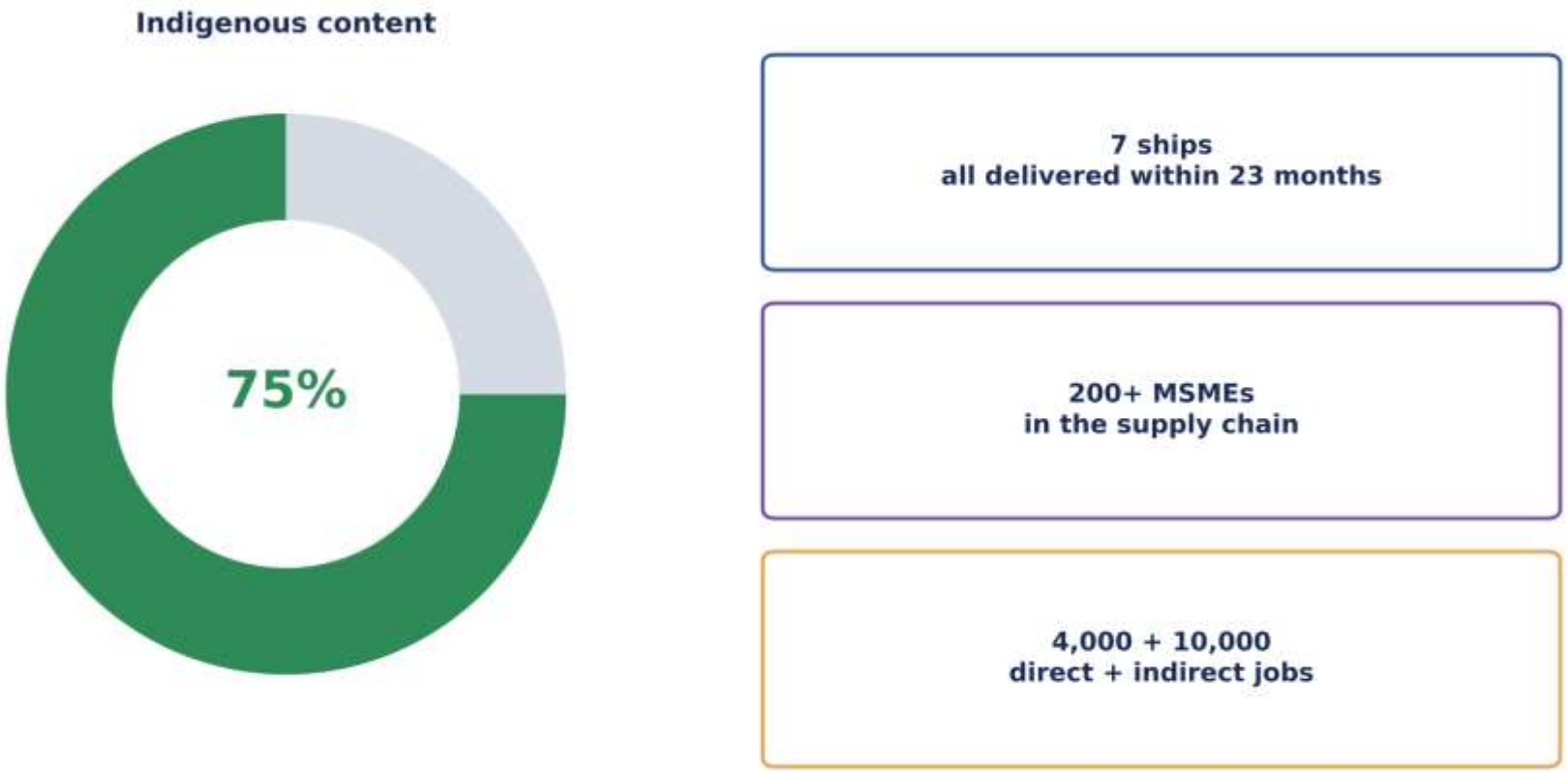
- **4 December**
  4 दिसंबर
- Marks **Operation Trident** (1971) on Karachi
  ऑपरेशन ट्राइडेंट
- Motto: "**Sham No Varunah**"
  शं नो वरुणः

16 Hill names
पहाड़ों के नाम

- **Nilgiri** – Tamil Nadu
  नीलगिरि
- **Vindhya** – central India
  विंध्य
- **Mahendragiri** – Odisha (Eastern Ghats)
  महेंद्रगिरि

Navy receives Vindhyagiri, final Project 17A stealth frigate — Map & Diagram (1/2)

प्रोजेक्ट 17A पूर्ण

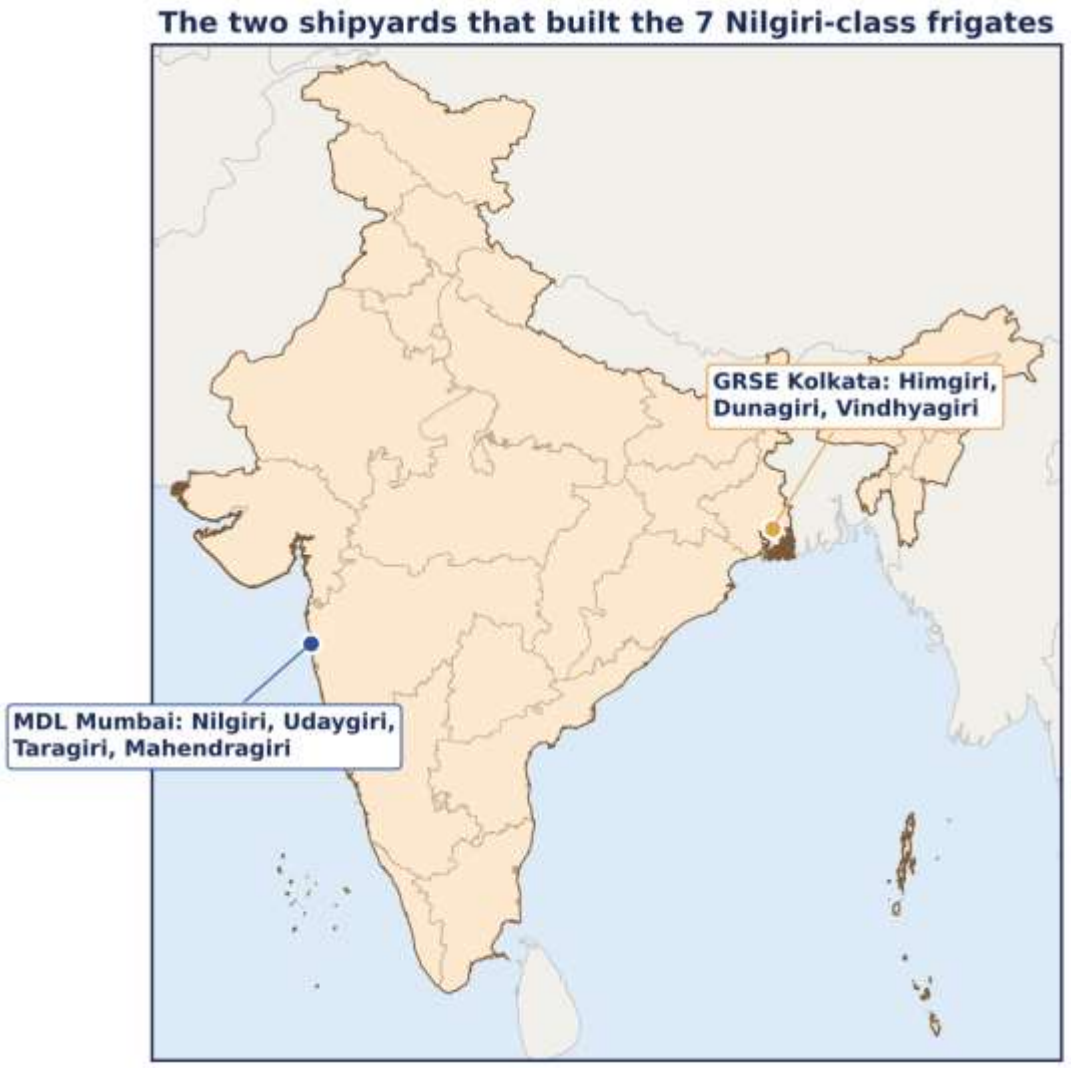


Read the visual
चित्र को समझें

- **75%** indigenous content
  75% स्वदेशी
- All **7** delivered in **23 months**
  23 महीने
- Boost to **MSMEs** & jobs
  MSME व रोज़गार

Navy receives Vindhyagiri, final Project 17A stealth frigate — Map & Diagram (2/2)

प्रोजेक्ट 17A पूर्ण



Read the visual
चित्र को समझें

- **MDL** built 4 ships
  MDL – 4
- **GRSE** built 3 ships
  GRSE – 3
- Ships named after **hill ranges**
  पर्वत श्रेणियों पर नाम

Early-life sugar restriction linked to lower cancer risk: study

कम चीनी, कम कैंसर जोखिम

Sugar restrictions linked to lower cancer risk, finds study

Reduced sugar exposure in the first 1,000 days of life linked to lower cancer risk and 2.2 fewer years of biological ageing; U.K.-based study studied people born during wartime sugar rationing

Ramya Kannan
CHENNAI



Habitual free sugar intake in infancy is linked to chronic inflammation and oxidative stress, says expert. GETTY IMAGE

Reducing sugar exposure during the first 1,000 days of life is associated with a substantially lower cancer risk decades later, and a slower biological ageing process, a U.K.-based study showed.

A paper titled "Early-life sugar restriction causally reduces adult cancer incidence and slows biological aging", published in the journal *PNAS*, analysed 64,761 adults in the UK Biobank – a database of biomedical information on 5,00,000 participants in the United Kingdom. The analysis picked people born between 1951 and 1956, which includes those born during the period of sugar rationing in the U.K.

People whose first 1,000 days occurred during sugar rationing had 36% to 69% lower incidence of liver/intrahepatic bile duct, rectal, prostate, breast, and lung cancers later. There were markers that indicated that these people had 2.2 fewer years of biological ageing, and they were left with persistent healthier eating habits, even 50 years later.

Sugar rationing in the U.K. was imposed during the Second World War, beginning in the early 1940s and ending in 1953. The government restricted sugar and sweets through ration books. It limited adults to roughly 40 grams of sugar per day and children to under 15 grams per day, while children under age of two received no sugar or sweets allocation.

The researchers uncovered two pathways through which this early-life exposure influences the life course. "First, a behavioral pathway: People on ration consume less sugar, eat smaller quantities, and maintain healthier, more diverse diets five decades later," they said in the paper. They also found a biological pathway: those who went through sugar rationing in the early period of their lives exhibited longer leukocyte telomere, or the length of the protective DNA-protein cap at the ends of chromosomes inside a white blood cell, meaning ageing had slowed down.

An earlier paper in *Nature Communications*, examining the impact of the sugar rationing on biological ageing and mortality, recorded the origins of these experiments. "The Developmental Origins of Health and Disease (DOHaD) hypothesis had proposed that the first 1,000 days of an individual's life, from conception, intra-uterine exposure and early development through the second year of life, represents a critical time frame when a variety of environmental exposures profoundly and permanently influence the developmental health and well-being outcomes of that individual."

Meenakshi Bajaj, a medical nutrition therapist at the Government General Hospital in Chennai, said: "We know that a mother's diet during pregnancy influences foetal growth, organ development, and metabolic programming." The period from conception to a child's second birthday, often referred to as the first 1,000 days, is a critical window during which nutrition can shape growth and long-term health outcomes, she said.

"Habitual exposure to free sugars in infancy and early childhood has been associated with chronic low-grade inflammation and oxidative stress," she explained, adding that these processes contribute to insulin resistance, dyslipidaemia, hypertension, and even cardiovascular disease. It is a truly "pocket- and metabolic health-friendly" initiative backed by evidence of benefits for across the entire lifespan, Dr. Bajaj said.

Sugar Restrictions Linked to Lower Cancer Risk, Finds Study

Lessons from Wartime Britain

PNAS में प्रकाशित ब्रिटेन के अध्ययन के अनुसार जीवन के पहले 1,000 दिनों में कम चीनी मिलने से दशकों बाद कैंसर का जोखिम काफ़ी कम और जैविक बुढ़ापा 2.2 वर्ष धीमा पाया गया; द्वितीय विश्व युद्ध के दौरान चीनी राशनिंग में जन्मे लोगों का अध्ययन किया गया

First 1,000 days
पहले 1,000 दिन

1 Key findings
मुख्य निष्कर्ष

36–69%
Lower cancer incidence
कम कैंसर

2.2 yrs
Less biological ageing
कम बुढ़ापा

64,761
Adults analysed
वयस्क

1951–56
Birth years studied
जन्म वर्ष

2 Cancers linked
कैंसर प्रकार

- **Liver & bile duct**, rectal
  यकृत, मलाशय
- **Prostate**, **breast**
  प्रोस्टेट, स्तन
- **Lung**
  फेफड़ा

3 The study
अध्ययन

- Paper in **PNAS**
  PNAS
- Data: **UK Biobank** (5 lakh people)
  यूके बायोबैंक
- A **natural experiment** of wartime rationing
  प्राकृतिक प्रयोग

Early-life sugar restriction linked to lower cancer risk: … — in depth (1/2)

कम चीनी, कम कैंसर जोखिम

4 UK sugar rationing
चीनी राशनिंग

- World War II – early **1940s to 1953**
  1940–1953
- Adults ~**40 g**/day; children **< 15 g**
  40 ग्राम
- Children **under 2: no** sugar
  शून्य

5 Telomeres
टेलोमियर

- Protective **caps at chromosome ends**
  गुणसूत्र टोपियाँ
- Shorten with **age**
  उम्र के साथ घटते
- Longer telomeres = **slower ageing**
  धीमा बुढ़ापा

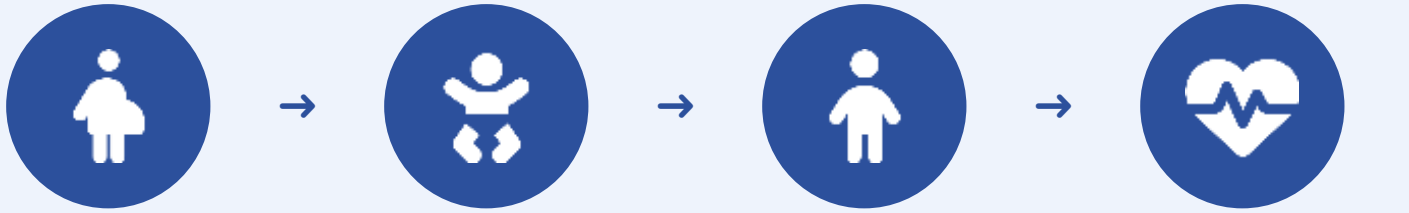
6 Expert view
विशेषज्ञ मत

- Free sugar in infancy → **inflammation & oxidative stress**
  सूजन
- Leads to **insulin resistance**, hypertension
  इंसुलिन प्रतिरोध
- "**Pocket- and metabolic health-friendly**" – Meenakshi Bajaj
  सस्ता व स्वस्थ

Early-life sugar restriction linked to lower cancer risk: … — in depth (2/2)

कम चीनी, कम कैंसर जोखिम

7 First 1,000 days
पहले 1,000 दिन



8 What families can do
क्या करें

- **No added sugar** for under-2s
  2 वर्ष तक चीनी नहीं
- Avoid **sweetened** juices & biscuits
  मीठे पेय
- Healthy **maternal diet** in pregnancy
  माँ का आहार

Early-life sugar restriction linked to lower cancer risk: … — Background (1/2)

कम चीनी, कम कैंसर जोखिम

9 WHO sugar advice (2015)
WHO सलाह

Level स्तर	Free sugars मुक्त शर्करा
Must अनिवार्य	**< 10% of energy**
Ideal आदर्श	**< 5% (~25 g/day)**
Includes शामिल	**Honey, syrups, juices**

10 DOHaD idea
DOHaD परिकल्पना

- **Developmental Origins of Health & Disease**
  विकासात्मक उत्पत्ति
- Early-life exposures shape **adult disease**
  वयस्क रोग
- Built on **David Barker**'s work
  डेविड बार्कर

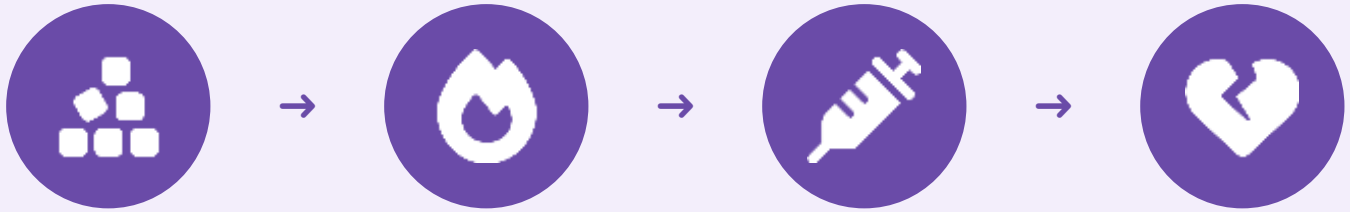
11 Sugar taxes
चीनी कर

- UK **Soft Drinks Industry Levy** – 2018
  ब्रिटेन 2018
- India: sugary aerated drinks in **40%** GST slab
  40% GST
- Aim: cut **NCDs** like diabetes
  गैर-संचारी रोग

Early-life sugar restriction linked to lower cancer risk: … — Background (2/2)

कम चीनी, कम कैंसर जोखिम

12 How sugar harms
चीनी का नुक़सान



13 India's steps
भारत के कदम

- **Sugar boards** in CBSE schools
  शुगर बोर्ड
- **Eat Right India** (FSSAI)
  ईट राइट इंडिया
- SC push on **front-of-pack labels**
  फ्रंट-ऑफ़-पैक लेबल

Early-life sugar restriction linked to lower cancer risk: … — Static GK

कम चीनी, कम कैंसर जोखिम

14 Sugar facts
चीनी तथ्य

Fact तथ्य	Answer उत्तर
Largest producer सबसे बड़ा उत्पादक	**Brazil**
India's rank भारत	**2nd producer, top consumer**
Top Indian State शीर्ष राज्य	**Uttar Pradesh**

15 Nobel link
नोबेल

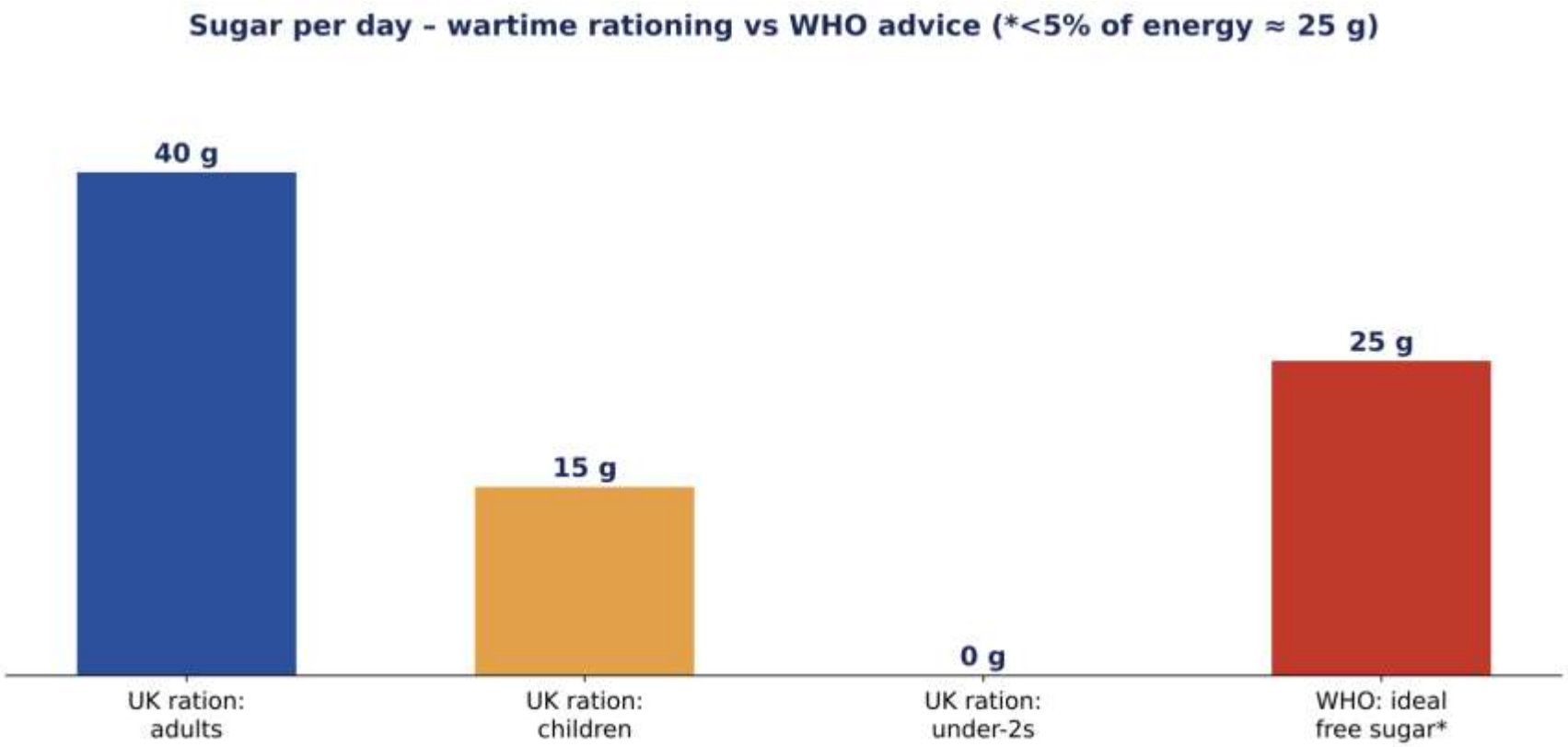
- **2009** Medicine Nobel – telomeres & **telomerase**
  2009
- Blackburn, Greider, **Szostak**
  तीन वैज्ञानिक
- Telomerase active in many **cancer** cells
  कैंसर कोशिकाएँ

16 Did you know?
क्या आप जानते हैं?

- Sugarcane price set as **FRP** by Centre
  FRP
- Table sugar = **sucrose** (glucose + fructose)
  सुक्रोज़
- **World Cancer Day** – 4 February
  विश्व कैंसर दिवस

Early-life sugar restriction linked to lower cancer risk: … — Map & Diagram (1/2)

कम चीनी, कम कैंसर जोखिम

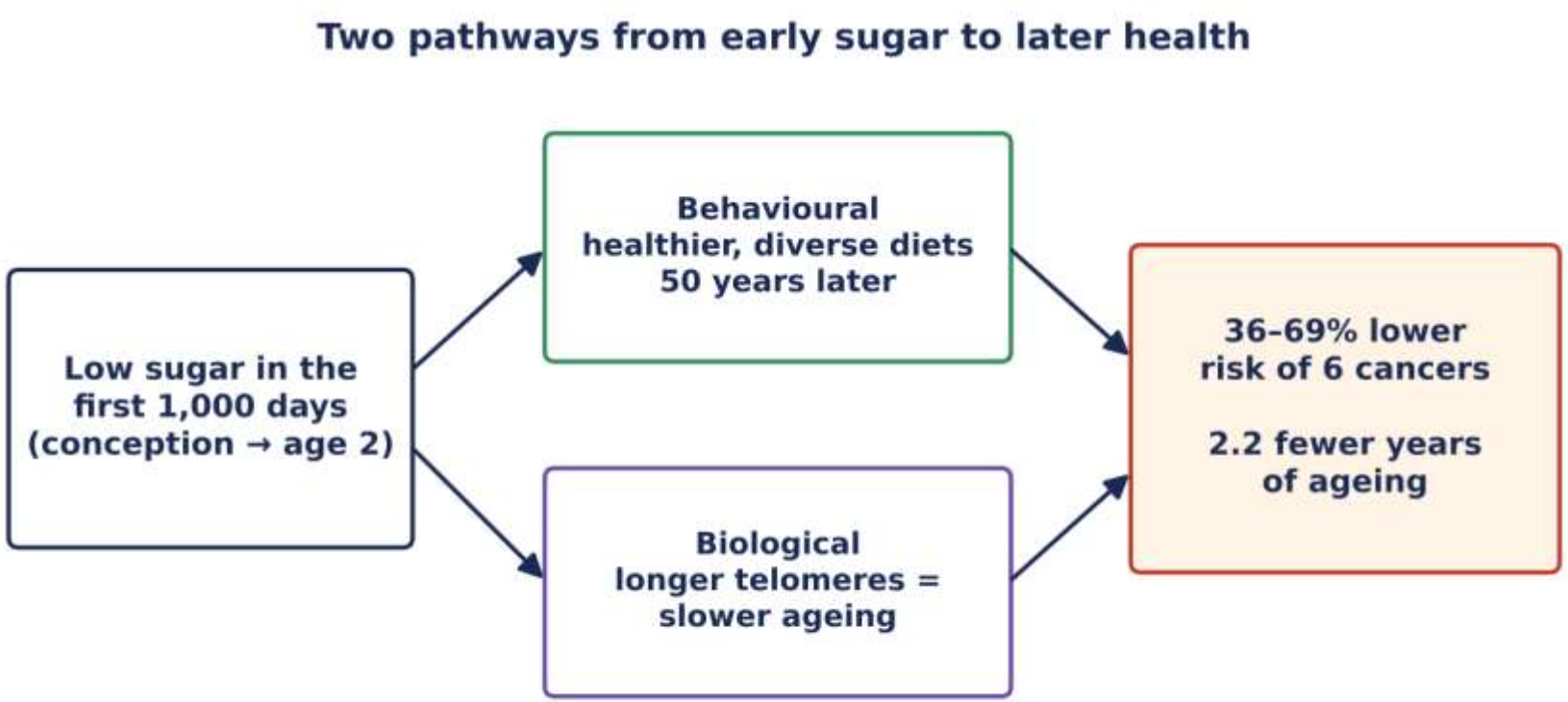


Read the visual
चित्र को समझें

- Under-2s got **no sugar** in UK rationing
  2 वर्ष से कम – शून्य
- WHO ideal: free sugar **< 5%** of energy
  WHO सलाह
- Rationing ended in **1953**
  1953

Early-life sugar restriction linked to lower cancer risk: … — Map & Diagram (2/2)

कम चीनी, कम कैंसर जोखिम



Read the visual
चित्र को समझें

- **Behaviour**: healthier diets for life
  व्यवहार
- **Biology**: longer telomeres
  जैविक
- Effects seen **50 years** later
  50 वर्ष बाद

Test Yourself — Q1–4 | स्वयं को परखें

Q1 The 132nd Constitution Amendment Bill proposes to freeze States' Lok Sabha seat share until:
132वाँ विधेयक सीट हिस्सेदारी कब तक स्थिर रखेगा?

(a) 2031
(b) 2041
(c) 2051
(d) 2061

Q2 Women's reservation in the Lok Sabha is provided under which Article?
लोकसभा में महिला आरक्षण किस अनुच्छेद में?

(a) Article 330
(b) Article 332
(c) Article 334A
(d) Article 338

Q3 The Collegium system originated from the:
कॉलेजियम प्रणाली किससे उत्पन्न हुई?

(a) First Judges Case
(b) Second Judges Case
(c) Third Judges Case
(d) NJAC case

Q4 The NJAC was introduced by which Constitutional Amendment?
NJAC किस संविधान संशोधन से आया?

(a) 97th
(b) 99th
(c) 101st
(d) 103rd

Test Yourself — Q5–8 | स्वयं को परखें

Q5 **Which Article requires all authorities to act in aid of the Supreme Court?**
कौन सा अनुच्छेद सभी प्राधिकारियों को SC की सहायता का निर्देश देता है?

(a) Article 129
(b) Article 141
(c) Article 142
(d) Article 144

Q6 **Thiruparankundram, the first of Murugan's six abodes, is near:**
थिरुप्परनकुंद्रम कहाँ के निकट है?

(a) Tiruchirappalli
(b) Madurai
(c) Thanjavur
(d) Coimbatore

Q7 **India's first e-waste-free district is:**
भारत का पहला ई-कचरा मुक्त ज़िला:

(a) Indore
(b) Wayanad
(c) Idukki
(d) Mysuru

Q8 **The E-Waste (Management) Rules, 2022 came into force on:**
ई-अपशिष्ट नियम 2022 कब लागू हुए?

(a) 1 Jan 2023
(b) 1 April 2023
(c) 1 Oct 2023
(d) 1 April 2024

Test Yourself — Q9–10 | स्वयं को परखें

Q9 **Vindhyagiri, the final Project 17A frigate, was built by:**
विंध्यगिरि किसने बनाया?

(a) MDL
(b) Cochin Shipyard
(c) GRSE
(d) HSL

Q10 **Telomeres are found:**
टेलोमियर कहाँ पाए जाते हैं?

(a) In mitochondria
(b) At the ends of chromosomes
(c) In ribosomes
(d) In the cell wall

Answer Key — Q1–5 | उत्तर व व्याख्या

1-c

2051 — Replacing “first Census after 2026”.
2051।

2-c

Article 334A — Inserted by the 106th Amendment.
अनुच्छेद 334A।

3-b

Second Judges Case — 1993.
द्वितीय न्यायाधीश मामला।

4-b

99th — Struck down in 2015.
99वाँ।

5-d

Article 144 — Cited against TN.
अनुच्छेद 144।

Answer Key — Q6–10 | उत्तर व व्याख्या

6-b

Madurai — Tamil Nadu.
मदुरै।

7-b

Wayanad — Kerala, 102.8 tonnes collected.
वायनाड।

8-b

1 April 2023 — Based on EPR.
1 अप्रैल 2023।

9-c

GRSE — Kolkata.
GRSE।

10-b

At the ends of chromosomes — Linked to ageing.
गुणसूत्रों के सिरों पर।

Myth Buster 1/3 — Zoology | आज का मिथक – प्राणीविज्ञान

MYTH | मिथक

“Dogs see the world only in black and white.”

कुत्ते दुनिया को केवल काले-सफ़ेद में देखते हैं।

FACT | तथ्य

Dogs do see colour – just fewer colours than us. Humans have three types of colour-sensing cone cells; dogs have two. So dogs see mainly blues and yellows, and confuse red with green, much like a colour-blind person. That bright red ball on green grass is hard for your dog to spot – a blue or yellow toy works better! Dogs make up for it with excellent night vision and motion detection.

कुत्ते रंग देखते हैं – बस हमसे कम। मनुष्यों में रंग पहचानने वाली तीन प्रकार की शंकु कोशिकाएँ होती हैं; कुत्तों में दो। इसलिए कुत्ते मुख्यतः नीला और पीला देखते हैं और लाल-हरे में भ्रमित होते हैं, जैसे वर्णांध व्यक्ति। हरी घास पर लाल गेंद आपके कुत्ते के लिए ढूँढना मुश्किल है – नीला या पीला खिलौना बेहतर है! बदले में कुत्तों की रात की दृष्टि और गति पहचान बहुत अच्छी होती है।

Different eyes, different rainbows. | अलग आँखें, अलग इंद्रधनुष।

Thank you ?

