Daily Current Affairs





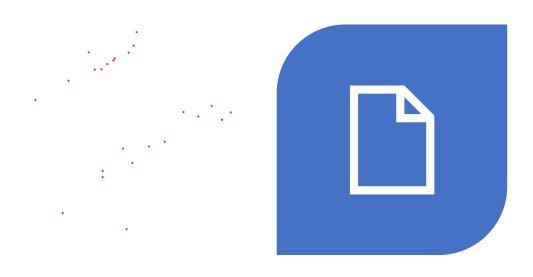








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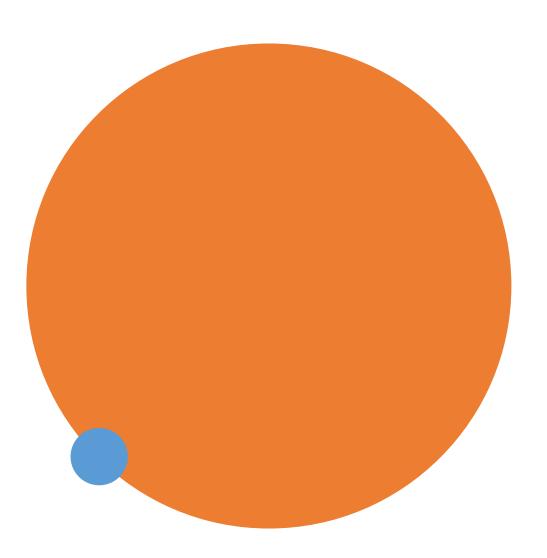
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10 MCQ QUIZ

10 MCQ

Which two items from India recently received the GI tag?

- भारत के किन दो उत्पादों को हाल ही में GI टैग प्राप्त हुआ है?
 - A. Bikaneri Bhujia and Banarasi Saree
 - B. Tomato Chilli and Kannadippaya
 - C. Mysore Pak and Kanchipuram Silk
 - D. Alphonso Mango and Kolhapuri Chappal



Where is the Tomato Chilli, which got the GI tag, grown?

- GI टैग प्राप्त टमाटर मिर्च कहाँ उगाई जाती है?
 - A. Telangana
 - B. Tamil Nadu
 - C. Andhra Pradesh
 - D. Karnataka

Kannadippaya, a GI tagged product, is a type of what?

- GI टैग वाला कन्नडिप्पाया किस प्रकार का उत्पाद है?
 - A. Handloom cloth
 - B. Bamboo basket
 - C. Traditional fishing net
 - D. Medicinal root

What does ChaSTE stand for in the Chandrayaan mission?

- चंद्रयान मिशन में ChaSTE का पूर्ण रूप क्या है?
 - A. Chandrayaan Surface Temperature Explorer
 - B. Chandrayaan Soil Thermal Experiment
 - C. Chandra's Surface Thermophysical Experiment
 - D. Chandra Space Technology Explorer

What was ChaSTE's main objective?

- ChaSTE का मुख्य उद्देश्य क्या था?
 - A. Mapping craters on the Moon
 - B. Measuring heat conductivity and temperature of the lunar south pole
 - C. Analyzing moon dust composition
 - D. Testing solar panels on the moon

The "Baku to Belem Roadmap" relates to which global initiative?

"बाक् से बेलेम रोडमेप" किस वैश्विक पहल से संबंधित है?

A. Climate action
B. Global education transformation
C. Digital connectivity
D. Renewable energy trade

Heard and McDonald Islands are located in which ocean?

- हर्ड और मैकडोनाल्ड द्वीप किस महासागर में स्थित हैं?
 - A. Arctic Ocean
 - B. Indian Ocean
 - C. Atlantic Ocean
 - D. Pacific Ocean

Which country governs the Heard and McDonald Islands?

- हर्ड और मैकडोनाल्ड द्वीप किस देश के अधीन हैं?
 - A. United Kingdom
 - B. New Zealand
 - C. Australia
 - D. France

What is the significance of underwater cables in global connectivity?

- वैश्विक कनेक्टिविटी में अंडरवाटर केबल्स का क्या महत्व है?
 - A. They are used for oil transportation
 - B. They connect power grids
 - C. They transmit internet and communication data
 - D. They support submarine movement

The Gorkha regiment in India is primarily composed of soldiers from which region?

भारत की गोरखा रेजिमेंट मुख्य रूप से किस क्षेत्र के सैनिकों से बनी है?

- A. Rajasthan
- B. Uttarakhand
- C. Nepal
- D. Sikkim





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WORDS AND IDEAS
CAN CHANGE THE WORLD

notebit

Rottom-trawling

ban must to end

fisheries conflict'

leaders on Saturday urged India to ban bottom trawling i

order to resolve the fisheries

conflict affecting the fishermer

Tamil Nadu. Ilankai Tamil Aras

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had discussed reconstruc-tion and reconciliation

Katchi general secretary M.A.

www.thehindu.com











Vance, Waltz set to visit India in April third week

U.S. Vice-President J.D. Vance, his wife Usha Chilukuri Vance and children are set to visit India later this month, sources confirmed here. The "largely private" visit will coincide with a planned visit of U.S. Nationa whose likely dates of visit are April 21 to April 24, to PAGE 3



Restore complete statehood to J&K: CPI(M) resolution

the unconstitutional abrogation of Articles 370 and 35A had dismembered the erstwhile State. » PAGE 4



Hang tough, says Trump after tariffs kick in

WASHINGTON

U.S. President Donald Trump
on Saturday doubled down on
the sweeping tariffs he
unleashed on countries arount
the world, warning Americans
of pain ahead, but promising
historic presperity. The

India and Sri Lanka sign 7 MoUs, Centre holds talks enhance ties in defence, energy

Agreements signed during Modi's visit cover defence, energy, digitisation, health; interest rates on loans to Sri Lanka cut; \$100 million of loans converted into grants: island nation expresses gratitude to India for support in its economic recovery

ndia and Sri Lanka in-ked seven MoUs – in-cluding one on deisiand nation on saturday, even as Sri Lankan Presi-dent Anura Kumara Dissa-nayake reaffirmed his go-vernment's commitment to ensuring that Sri Lankan erritory is not used to un-dermine India's security or

regional stability. "We believe that we have shared security inte ests. The security of both ountries is interconnect ed and co-dependent. I am grateful to President Dissagrateful to President Dissa-nayake for his sensitivity towards India's interests," Mr. Modi said in his ad-dress following the signing of the MoUs at the Presi-dential Secretariat.

Expanding cooperation
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plant in the central Dambulla district, and a solar power plant in the eastern Trincomalee district.



Strengthening cooperation: Prime Minister Narendra Modi with President Anura Kumara Dissanayai ahead of a bilateral meeting at the Presidential Secretariat in Colombo. AFP

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to Sri Lanka to support the country's external debt treatment. Mr. Modi said, vover \$100 million have been converted to grants. The converted to grants. The converted to grants. The converted to grants with the converted to grants. The converted to grants with the converted to grants with the converted to grants. The converted to grants with the converted to grants and the consistently extended to the converted to the converted

people." Sri Lanka, like India, Sri Lanka, like India, "firmly believes" in the po-tential of South Asia to rise and shine on the world stage and the two coun-tries must strive to achieve that goal together, the lef-tist Sri Lankan leader observed.

Temple renovation In his statement, Mr. Modi announced that relics of

announced that relies of the Buddha, found in 1960 in the Arawali region in Guj-chia, and the Arawali region in Guj-Lanias for an exposition during the Vesak festivities in May this year.

Thirukoneswaram temple in Trinconnalee and the Trinconnalee and the City in the Anuradhapura Mahabodhi temple com-plex, and the Sita Eliya-piex, and the Sita Eliyainchia would also sup-provide the provided of the provided and the construction of the sacred city in the Anuradhapura plex, and the Sita Eliya, temple in Nuwara Eliya, thr. Modisald;

Tamil parties seek India's constant involvement for a political solution

The historic Indo-Lanka Accord of 1987 remains the only instrument to achieve a political solution for the Tamils of the island, and India's "legitimate involve-ment" will be important to reach this goal, Sri Lanka's Tamil parties told Prime Minister Narendra Modi on Saturday.

Mr. Modi, who is in the island nation on a state vi-sit, held talks with different groups of Opposition polit-icians on Saturday after-

He met with a delega. tion of leaders and repre sentatives from Tamil parsentatives from Tamil par-ties of the north and east, including the Ilankai Tamil Arasu Katchi (ITAK), All Ceylon Tamil Congress, Pe-ople's Liberation Organisa-tion of Tamil Eelam, and the Tamil Eelam Liberation Organisation.

a federal structure in go-vernance," he said. The delegation also sought India's intervention in ensuring the conduct of the Provincial Council elections, as "part of the process of achieving meaning-ful power devolution". In his address earlier on Saturday, Mr. Modi said he

leaders in Colombo. waning in the wake of growing geopolitical chal-lenges.

with Sri Lankan President Anura Kumara Dissa-nayake. "He appraised me of his inclusive approach. We hope that the Sri Lankan "We told the Prime Minis-ter that the Tamil question government will meet the aspirations of the Tamil pe-ople and fulfil its commit-ment towards fully implement towards fully imple-menting the Constitution of Sri Lanka, and conduct-ing Provincial Council elec-tions," Mr. Modi said.

ter that the Tamil question is yet to be resolved and that it has been acknow-ledged that the 13th Amend-ment [a constitutional amendment ensuring a measure of power devolu-tion] does not meet the tion] does not meet the ideals of the Accord. As a friendly, close neighbour, we urged India to encourage the Sri Lankan governs meaningful devolution, ITAK general secretary M.A. Sumanthiran told The Hindu.

"We told him that our "We told hi

party was called the Feder-al Party and has pushed for

with Kuki-Zo and Meitei delegations



In the first meeting bet-ween the Kuki-Zo and Meitei civil society groups or-ganised by the Union Home Ministry on Satur-day, 22 months after ethnic

and the second s ject to security arrangements by the

government.

Ministry officials appealed to both communities to refrain from violence, and return looted

lence, and return looted police weapons and deposit other arms with the separation of the second police weapons and the second police was attended by Manipur Chief "Since this was the first such meeting, several issues were discussed and the second police arms to the process shall continue to the second police arms of the process shall continue to the second police arms of the process and lakhs of rounds of the second police arms Mr. Mod sind:
Mr. Mod slan met with
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Premadasa posted on X.
the chance to shape a future of shared Ascent,
where growth is not just
measured in trade, but in
the wellbeing of our people."

mar Bhalla's appeal on Feweapons, as many as LO63 weapons, 15,027 rounds of ammunition, 684 impro-vised explosive devices, and 5,971 other items

hours and was attended by Is representatives from the Kuki-Zo Council, the Zomi Council, the Federation of Civil Societies (FOCS), and the All Manipur United Clubs Organisation (AMCO). It was chaired by A.K Mishra, Adviser (northeast), MIShra, Adviser (northeast), MIA.

'No resolution

"The meeting ended with-out any resolution or agreement. This is the first interface meeting between the two communities. Ku-ki-Zo and Zomi tribe leaders consider the MHA's ef-forts in organising the meeting as a significant milestone in the quest for finding a solution to the al-

The AMUCO said that af-ter hearing the views and comments of both com-munities, the MHA had suggested six key points for discussion and resolu-tion

People should not misuse their rights in a democracy, says Shinde on Kamra row

Vinaya Deshpande Pandit

Speaking elaborately on the Kunal Kamra contro-versy for the first time, Maharashtra Deputy Chief Minister Eknath Shinde said on Saturday that peo-ple should not misuse their rights in a democracy. However, he clarified that he does not support the violence by Shiv Sena workers at the studio

where Mr. Kamra allegedly made offensive remarks against Mr. Shinde as part of a show.

of a show.

In an exclusive interview for the launch episode of 'Pulse Maharashtra' on The Hindu's

anyone. I keep working though people level allega-tions against me. But I never respond to allegations with counter-allegations. I reply to them with my work. That's why I could

lence that happened at the studio. But in a democracy, studio. But in a democracy, in the name of right to freedom of expression, to de-fame someone, to insult someone, is not right. No-body should, in a democrawork. 'Trait's why i could man't CM,' he said.

'Against violence'
Against violence'
by his party members, the Depuy Chief Minister said.

'Hinting at the Opposition provided the proposition party's (the Shiv Sena-





with these things. I keep working. And the people have proved that they are have proved that they are with me. They [Opposition party] have to think. They have to introspect." He congratulated Prime Minister Narendra Modi on the passage of the amend-ed Waqf Bill in Parliament, slamming the Shiv Sena

said that his party was the true flag-bearer of Balasa-heb Thackeray's ideology. "Modiji must be congratu-lated as he has ended corlated as he has ended corruption. Entire village was repeted of them to the control of the contr

Sena] to the founder of Pa-kistan, Mohammad Ali Jin-nah, he said, "Those who nah, he said, "Those who stay with Rahul Gandhi will see only Jinnah. What else can be expected of them?" (You can watch the video interview on "Pulse Maha-rashtra", a show launched on The Hindus YouTube

India and Sri Lanka sign 7 MoUs, enhance ties in defence, energy

Agreements signed during Modi's visit cover defence, energy, digitisation, health; interest rates on loans to Sri Lanka cut; \$100 million of loans converted into grants: island nation expresses gratitude to India for support in its economic recovery

Meera Srinivasan

ndia and Sri Lanka inked seven MoUs - including one on defence cooperation during Prime Minister Narendra Modi's visit to the island nation on Saturday. even as Sri Lankan President Anura Kumara Dissanavake reaffirmed his government's commitment to ensuring that Sri Lankan territory is not used to undermine India's security or regional stability.

"We believe that we have shared security interests. The security of both countries is interconnected and co-dependent. I am grateful to President Dissanayake for his sensitivity towards India's interests," Mr. Modi said in his address following the signing of the MoUs at the Presidential Secretariat.

Expanding cooperation

The MoUs signed were on the topics of energy sector cooperation - including energy grid connection and developing Trincomalee as an energy hub in partnership with the United Arab Emirates, digitisation efforts, health, and multi-sectoral assistance to Sri Lanka's Eastern Province, taking off on discussions held during President Dissanayake's visit to New Delhi in December

Briefing the media later, Foreign Secretary Vikram Misri described the defence sector MoU as an "umbrella agreement" that provided a framework to pursue ongoing defence sector cooperation in a more "structured" manner.

During the ceremony, the leaders virtually launched a cold storage plant in the central Dambulla district, and a solar power plant in the eastern Trincomalee district.

Further, India has decided to reduce the interest rates on loans extended



Strengthening cooperation: Prime Minister Narendra Modi with President Anura Kumara Dissanayake ahead of a bilateral meeting at the Presidential Secretariat in Colombo. AFP

to Sri Lanka to support the country's external debt treatment, Mr. Modi said, involvement for a political solution adding that loans totalling over \$100 million have

Meera Srinivasan COLOMBO

been converted to grants.

Mr. Dissanayake con-

ferred the 'Sri Lanka Mitra

Vibhushana' title on Mr.

Modi, saying that it was "a

symbol of the enduring

friendship and unwaver-

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India would also sup-

port the renovation of the

Thirukoneswaram temple

in Trincomalee and the

construction of the sacred

city in the Anuradhapura

Mahabodhi temple com-

plex, and the Sita Eliya

temple in Nuwara Eliya,

in May this year.

Mr. Modi said.

Temple renovation

Sri Lanka, like India,

people."

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Mr. Modi, who is in the island nation on a state visit, held talks with different groups of Opposition politicians on Saturday after-

He met with a delegation of leaders and representatives from Tamil parties of the north and east, including the Ilankai Tamil Arasu Katchi (ITAK), All Ceylon Tamil Congress, People's Liberation Organisation of Tamil Eelam, and the Tamil Eelam Liberation Organisation.

They discussed the pending political solution and other concerns of Tamils, including an ongoing land grab by state agencies, amid a growing perception that India's interest in the Tamil question may be



PM Modi with Sri Lankan Tamil leaders in Colombo.

waning in the wake of growing geopolitical chal-

'Meaningful devolution' "We told the Prime Minister that the Tamil question is vet to be resolved and that it has been acknowledged that the 13th Amendment [a constitutional amendment ensuring a measure of power devolution] does not meet the ideals of the Accord. As a friendly, close neighbour, we urged India to encourage the Sri Lankan government to take steps towards meaningful devolution," ITAK general secretary M.A. Sumanthiran told The Hindu.

"We told him that our party was called the Federal Party and has pushed for

a federal structure in governance," he said.

Bottom-trawling

ban must to end fisheries conflict'

Sri Lanka's Tamil political

leaders on Saturday urged

of northern Sri Lanka and

Sri Lanka to "expedite the

the earliest", >> PAGE 3

India to ban bottom trawling in

conflict affecting the fishermen

Tamil Nadu, Ilankai Tamil Arasu

Katchi general secretary M.A.

Sumanthiran recalled the 2016

agreement between India and

transition towards ending the

practice of bottom trawling at

order to resolve the fisheries

The delegation also sought India's intervention in ensuring the conduct of the Provincial Council elections, as "part of the process of achieving meaningful power devolution". In his address earlier on Saturday, Mr. Modi said he had discussed reconstruction and reconciliation with Sri Lankan President Anura Kumara Dissanavake.

"He appraised me of his inclusive approach. We hope that the Sri Lankan government will meet the aspirations of the Tamil people and fulfil its commitment towards fully implementing the Constitution of Sri Lanka, and conducting Provincial Council elections," Mr. Modi said.

Mr. Modi also met with Sri Lankan Leader of Opposition Sajith Premadasa. Following the meeting, Mr. Premadasa posted on X: "Sri Lanka and India have the chance to shape a future of Shared Ascent, where growth is not just measured in trade, but in the wellbeing of our peo-

Tamil parties seek India's constant

Memoranda of Understanding

Defence Cooperation

Agreement on military collaboration.



Digitisation

Efforts to enhance digital infrastructure.



Education

Programs aimed at enhancing educational systems.



Multi-sectoral Aid

Support for development in Eastern Province.





Energy Security

Trilateral grid initiative with India, Sri Lanka, and UAE.



Health

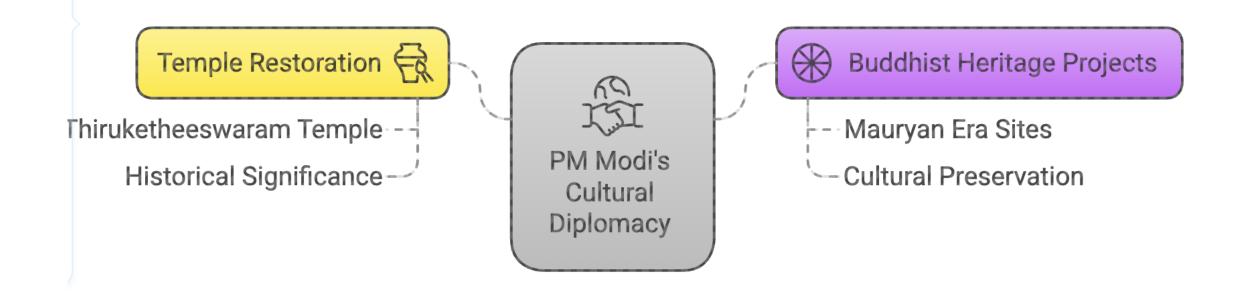
Initiatives to improve healthcare services.



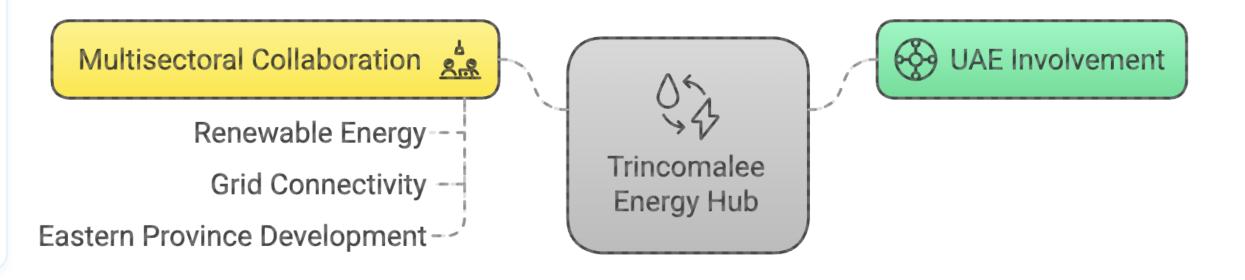
Grant Conversion

Conversion of \$100 million debt into grants.

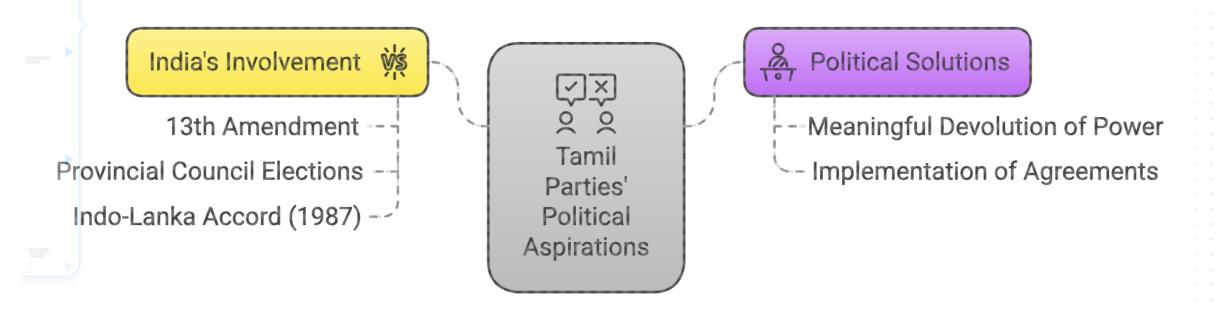
India's Cultural Diplomacy in Sri Lanka



Trincomalee Energy Hub: Multisectoral Collaboration and UAE Involvement



Tamil Parties' Political Aspirations and India's Role



not too many people would have heard about 'gluten', a mixture of proteins found in wheat, bar-ley and rye. Today, thanks primarily to celebrity endorsements, social media and, to some extent, misinformation, gluten has become a common word, but mostly as a food component to be avoided at all costs.

So, is going gluten-free the right choice? Or is it simply another diet trend with unforeseen effects on your health? Is gluten harmful even for those without gluten intolerance or celiac disease?

What you should know

Gluten is the wheat, barley, and rye protein responsible for the elasticity of dough. Foods such as chapatis, parathas, naan, suji (semolina) dishes such as upma, and bakery items made of maida (wheat flour) contain gluten.

"Gluten is harmless to most of the population and can be a component of a healthy diet," says Pooja Udeshi, consultant sports nutritionist, Kokilaben Dhirubhai Ambani Hospital, Mumbai. "It has to be removed only from the diet of a patient with celiac disease, non-celiac gluten intolerance (NCGS) or wheat allergy since the immune system reacts adversely to gluten in such patients."

In individuals who are not suffering from these conditions, blanket exclusion of gluten results in deficiency and limited diet. Udeshi adds, "Instead of avoiding gluten blindly, individuals should be eating a balanced diet of mixed whole grains in order to ensure long-term health."

Esha Wadhwa, senior nutritionist at BIK-Max Super Speciality Hospital, Delhi, adds," Foods rich in gluten such as wheat and barley contain fibre, vitamin B and iron, which are all part of gut health and overall metabolic function. Eliminating these without any medical necessity can lead to an unbalanced diet."

Gluten intolerance, or non-celiac gluten sensitivity (NCGS), shares the same symptoms as celiac disease but without an autoimmune response and inflammation of the intestines. "Gluten intolerance is not very clearly understood," says Wadhwa of BLK-Max Super Speciality Hospital, adding: "Altered gut microbiota and dysregulation of the immune system may be involved."

Wadhwa explains further, "Many patients with gluten sensitivity have bloating, fatigue, and mental fogginess, but these are usually blamed on a few suspects in the foods and not gluten. The key is to single out the suspect without drastically restricting grains that are valuable."

Udeshi, too, mentions that certain carbohydrates in wheat, which are also referred to as fermentable oligosaccharides, disaccharides, monosaccharides, and polyols (FODMAPS), are not broken down within the small intestine in their entirety and cause issues to the gastrointestinal system, causing bloating and discomfort to certain individuals.

FODMAPs are short-chain carbohydrates in foods such as wheat, onions, garlic, beans, apples, and milk that are hard to digest and cause bloating, gas, and gastrointestinal distress in some people. "Sometimes people mistakenly blame symptoms on gluten, when actually it could be the result of an overall poor diet, insufficient fibre, or intolerance to some other food constituent."

Right choice?

With more and more people choos-



On a gluten-free diet? Chew on this

Is gluten a food component to be avoided at all costs, even if you don't have celiac disease or gluten intolerance? Or is it simply another trend with unforeseen effects on your health? Experts weigh in

ing to eat gluten-free foods, they assume gluten inherently is unhealthy for them. Experts say that the trend is not scientific but originates from social media, which creates poorly informed dietary habits.

"There is little scientific evidence to back up the claim that gluten-free diets are healthy for people who don't have celiac disease or gluten intolerance," Wadhwa says, adding: "Most glutenfree foods are ultra-processed and contain added sugar and artificial preservatives that also enhance the risk of disease instead of decreasing it. These lead to obesity, metabolic disorders, and an unhealthy gut."

Udeshi concurs: "People view gluten-free diets as a means to lose weight and digest better but both of those are byproducts of staying away from refined carbs and processed foods, not gluten. They have no idea that gluten-free can also be linked to fibre, vitamin B12, and iron deficiencies and be impacting energy and overall health."

Packaged perils

To achieve a similar taste and mouthfeel of wheat-made food, manufacturers nowadays use potato starch, tapioca starch, and rice flour, which are devoid of high fibre and nutritional elements. Furthermore, many gluten-free foods are also higher in sodium and

emulsifiers, which in the long term can be unhealthy if consumed on a regular basis, experts maintain.

"Ultra-processed food constitutes most of what gluten-intolerant people consume and is made of refined starch, added sugars, and artificial preservatives, and these are inferior in quality to whole grain food with gluten," says Wadhwa. "Daily consumption can propel obesity, diabetes, and cardiovascular disease."

Instead, Udeshi recommends replacing whole naturally gluten-free foods like millets, quinoa, amaranth, and pulses as a nutritional upgrading strategy. "Not only are these cereals gluten-free but also rich in fibre, protein, and micronutrients and hence an upgrade over highly refined gluten-free ready-to-eat foods," she adds.

Unnecessary concerns

India has a variety of whole grains such as wheat, barley, and millets containing gluten. It is dangerous to exclude them in the absence of a medical crisis, experts opine.

"Whole grains contain fibre, vitamin B and iron. Removing them will lead to lack of nutrients, impaired gut health, and increased risk of chronic disease," insists Udeshi. "Gluten does not need to be avoided except in people who have been diagnosed with intolerance or cellist disease."

Wadhwa adds, "Most people don't know about the function of whole grains. A radical gluten-free process change can be detrimental rather than beneficial by creating an even wider reliance on refined starch and fillers."

They cite cases where individuals with no real medical need became iron anaemia deficient, suffered gastrointestinal distress, and were tired after being deceptively gluten-free.

"I have witnessed some cases where the person was lacking in fibre, vitamin B12, and iron and thus remained low on energy and suffered from stomach issues," says Wadhwa. "This is proof that an expert should be consulted before doing a complete change in diet. Most people in such instances were misled through fake information presented on social media and then suffered from digestion and nutrient imbalance."

Udeshi adds, "When people eliminate gluten for reasons other than medical concerns, they are removing nutrient-dense whole foods that are providing us with vital prebiotics and micronutrients. It can contribute to long-term disease issues, like compromised metabolic well-being and risk of lifestyle disease."

Misleading information

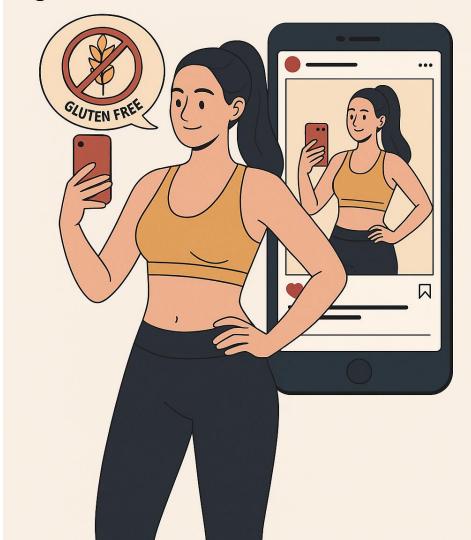
Although social media content producers have marketed gluten-free as a weight-loss tool, individuals embraced the habit without medical need and have experienced negative impacts on their health

"Social media has been squarely to blame for unnecessary gluten-free diets," Udeshi says. "There were some individuals who were following influencer advice and later on developed nutrient deficiencies, weight gain, and gastrointestinal problems. They are eliminating gluten without knowing anything about the nutrition component involved, and therefore they have imbalanced diets with ill-effects on their health."

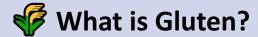
Despite most of them citing that gluten-free diets lead to weight loss, experts opine that effects come from reduced consumption of processed food rather than directly through avoidance of gluten.

"Eating smarter with less processed and refined foods is the way to lose weight," says Wadhwa. "Taking gluten out alone without consideration of total nutrition will not result in long-term weight loss. In fact, most of the packaged gluten-free foods are filled with added sugar and unhealthy fat, and those will ultimately do the opposite."

Udeshi adds, "Removing gluten alone is not always equal to weight loss. Instead, consume more fibre, lean protein and healthy fats for long-term, Social media and celebrity endorsements often fuel gluten-free as a weight-loss or wellness trend, even for people without any gluten intolerance.









Gluten is a group of proteins (mainly **gliadin** and **glutenin**) found in **wheat** and related grains like **barley**, **rye**, and **spelt**. It gives dough its elasticity and helps bread rise and keep its shape.

JUST 1% OF POPULATION NEEDS IT

WHAT IS GLUTEN Storage protein found in wheat, rye & barley Known to trigger inflammation and intestinal damage in people with celiac disease, which affects about 1% of the population

WHY Needed to manage signs and symptoms of celiac disease primarly, but recently many otherwise-healthy people

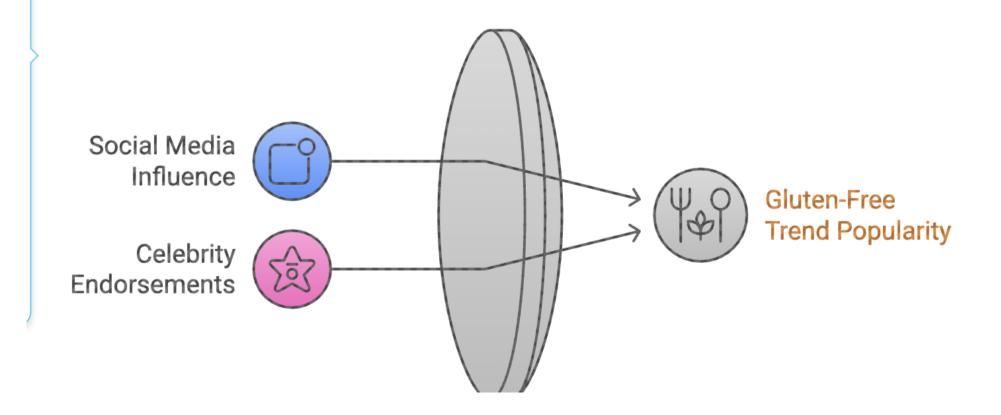
are also taking it for weight-loss, improved digestion, reduced cardiovascular risk and overall health. However, doctors say there are no proven benefits of the diet in healthy adults

RISKS

You may get deprived of important vitamins and other nutrients
For example, whole-grain breads are natural sources of iron, calcium, fibre and folate

- ➤ Gluten-free diet is usually more expensive
- > Talk to your doctor before switching to a gluten-free diet

Driving Forces Behind Gluten-Free Popularity



Pros of Gluten

Benefit	Explanation
Helps in Cooking/Baking	Gives structure, chewiness, and texture to baked goods like bread and pizza
Naturally Present in Whole Grains	These grains also provide fiber, B vitamins, and iron
Affordable and Accessible	Staple ingredient in most diets globally
Safe for Most People	Most individuals digest gluten without any issues

X Cons of Gluten

Concern	Who It Affects
Celiac Disease	Autoimmune disorder; even small amounts of gluten cause severe intestinal damage
Non-Celiac Gluten Sensitivity	People experience symptoms like bloating, fatigue, or joint pain without having celiac
Wheat Allergy	Allergic reactions like rashes, breathing difficulty, etc.
May Cause Bloating	In some individuals with IBS (Irritable Bowel Syndrome)

Ommon Foods That Contain Gluten

Food Category	Examples
Grains	Wheat, barley, rye, spelt, bulgur, farro, semolina
Baked Goods	Bread, cakes, cookies, pastries, muffins, pizza crusts
Pasta	Regular wheat pasta, noodles, macaroni
Processed Foods	Some sauces, soups, soy sauce, salad dressings (unless labeled gluten-free)
Beverages	Beer (made from barley), malt drinks

Gluten-Free Alternatives

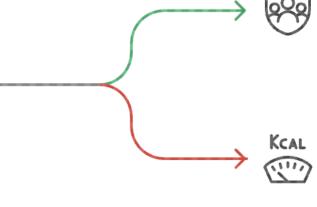
| Safe Grains & Flours | Rice, corn, quinoa, oats (certified), millet, buckwheat, amaranth, sorghum, almond flour, coconut flour |

⚠ Should You Avoid Gluten?

- X Not necessary unless you have celiac disease, sensitivity, or a medical reason.
- Variable For most people, gluten is safe and part of a balanced diet.



Should I adopt a gluten-free diet?



Necessary Avoidance

Essential for those with gluten intolerance to prevent health issues.

Uninformed Avoidance

Can lead to malnutrition and weight gain due to nutrient deficiencies.



Dallewal ends hunger strike after 130 days STATES » PAGE 3





Preventive medicine for a healthy India 'One that can heal before the need to heal'





My conviction was a 'political decision': Le Pen

to give up after she was found banned from taking part in elections, slamming her conviction as a "political decision":"I won't give up," sh said, to Page 14

Bill violates SC's pronouncement on Wanf assets

NEW DELHI

Petitions in the Supreme Cou primarily argue that the new law, Waqf (Amendment) Act, 2025 violates the court's own Waqf, always a Waqf" to lands to private or govern property. » Page 4

PM launches two railway projects in Sri Lanka

on Sunday travelled to the historic city of Anuradhapura in north-central Sri Lanka and, in the presence of Sri Lankan President Anura Kumara Dissanavake, launched two projects. 39 Page 5

'Aircraft carriers key to winning battles at sea

COLOMBO
Aircraft carriers are the "key" to win battles at sea, underscored Captain of the French aircraft carrier charles de Gaulle, George Florentine. He was speaking to The Hindu on board the carrier during the naval Exercise Varuna held in the Arabian Sea. » Page 6

Pamban bridge an engineering marvel: PM

Modi inaugurates India's first vertical lift sea bridge built over the Palk Strait at a cost of ₹531 crore, and flags off new train services; he says the bridge will have positive effects on the lives of lakhs of people; mega infrastructure projects are being implemented at a faster pace, the PM says, adding that a dedicated freight corridor is also being readied

rime Minister Na-rendra Modi on Sunday inaugurat-ed the new Pamban rail-way bridge, which con-nects the Rameswaram nects the Rameswaram island off the Tamil Nadu coast with Ramanathapu-ram on the mainland. Constructed by Rail Vi-

kas Nigam Ltd. at a cost of \$531 crore, the 2.07-km bridge over the Palk Strait features a 72.5-metre verti cal lift span that can be raised to a height of 17 metres, facilitating smooth ship movement under-neath while improving rail connectivity.

The Prime Minister also flagged off new train services between Rameswaram and Tambaram, Chen-nai, laid the foundation stone for the four-lane work on the section of Nawork on the section of Na-tional Highway no. 40 from Walajahpet, near Chennai, in Tamii Nadu to the And-hra Pradesh boundary, and dedicated three other four-lane highway projects in

Tamil Nadu.

The Prime Minister described the new bridge, India's first vertical lift sea bridge, as an "engineering wonder" that "brought together technology and tra-dition". With the comple-tion of the bridge, a long-pending demand of the people had been ful-filled, he said. "The Pam-ban rail bridge will support beth see of busings and both ease of business and positive effects on the lives of lakhs of people," he said.

Trade and tourism The structure, which has replaced the now-defunct British-era old Pamban while benefiting trade and tourism in Tamil Nadu. With the Palk Strait be-

with the Paik Strait be-ing a highly corrosive envi-ronment, the bridge has been constructed with stainless steel reinforce-



nomy of the country had doubled in the past 10 years, the Prime Minister credited the faster growth to the availability of mod-ern infrastructure. "We have increased investment in development of rail con-nectivity, roads, ports, al-

ports, electricity and piped water supply, and gas sup-ply by around six times," Mr. Modi said. He further said that me-ga infrastructure projects are being implemented at a faster pace across the country. He said the Chenab rail bridge, one of the highest rail bridges in the world, has been construct-

Teething trouble in bridge lift span

IAAMSWARAM
The vertical lift span of the
new Pamiban Rail Bridge,
maniban Rail Rail Rail
maniban Rail
maniban

the longest rail-cum-road bridge, has been built over the Brahmaputra in Assam world, has been constructed in jammu and Kashmit in the east; and the Pamin Mumbai, the longest sea
bridge, has come up in the
Western part of the country; the Bogbeel bridge,
try; the Bogbeel bridge,
and the bridge in the south.
The Prime Minister added that a dedicated

Namo Bharat were making the rail network more ad-

The path to a developed nation had become stron-ger with better regional

ding every State in the country was getting better connectivity. Earlier, the Prime Minister also offered prayers at Sri Ramanatha wamy temple on the ausp

Railway Minister Ashw ni Vaishnay and Minister o State for Information and Broadcasting, L. Murugar also spoke

Daily battle



Only 12% of HC judges disclosed assets, data show

Soibam Rocky Singh

Among the 769 judges cur-rently serving in the 25 High Courts of India, only or a mere 12.35% have chosen to disclose their assets and liabilities

in their official websites. The alleged discovery of partially burnt currency notes at the residence of the High Court judge jus-tice Yashwant Varma has intensified discussions about transparency within the judiciary, including the broader issue of asser dis-closure among judges. Court judges had agreed to make their asset declara-tions jubilic on the official top court website. Currently, among the otes at the residence of

Currently, among the six High Courts where

judges have declared their assets, the Kerala High Court leads with 41 of its 44 judges having completed the disclosure, accounting for 93.18%. The Himachal Pradesh High Court follows closely, with 11 out of 12 judges (91.69%) having done the same. In contrast, some courts report signifi-

Public disclosure

estingly, Delhi's High Court archives list disclosures from 64 former judges-many of whom have either retired, been transferred. or elevated to the Supreme Court-some dating as far back as February 2010. But the current numbers paint a different picture.

Currently, out of 33 serving judges, 30 – including the

judges, 30 – including the Chief Justice of India, San-jiv Khanna-have submit-ted their asset declara-tive of the control of the con-official website. A recent Full Court meeting on April marked a significant Court Judges agreed to make their assets public. Their declarations will be made visible once the tech-nical modeline are sorted cantly lower disclosure rates. In the Chhattisgarh High Court, only one out of 16 judges has declared assets and the Madras High Court lags with just five out of 65. The Delhi High Court has seven of its 38 judges declaring their assets — a sharp fall from 2018, when 29 of 35 judges had made

Parliamentary Standing Committee submitted a re-port titled 'Judicial Pro-cesses and their Reform', pushing for legislative changes. It called upon the government to mandate annual property declara-tions for all judges of the High Courts and the Su-preme Court.

"The Supreme Court has gone to the extent of holding that the public has holding that the public has a right to know the assets of those standing for elections as MPs or MLAS. Institute of the properties of the properties of the properties of the properties of the property of the property. The committee hold and the property. The committee hold and the property.

Baby elected CPI(M) | Stalin asks general secretary at Madurai congress

S. Anandan

The 24th congress of the Communist Party of India (Marxist), which conclud-ed in Madurai on Sunday. elected M.A. Baby, Polit Bureau member since Sureau member since 2012, as the party general secretary for the next three years. Mr. Baby, former Education and Culture Mi-nister in Kerala, is the se-cond leader from the Kera-la unit to helm the party

The congress elected an 85-member Central Com-mittee (CC) – the highest decision-making body of the party – with 30 new faces. At its first meeting, the CC elected an 18-mem-ber Polit Bureau (PB), its the CC. The congress gave the nod for another exten-sion to Pinarayi Vijayan in the PB in view of his continuing responsibility as the Chief Minister of Kerala. Two more CC members, Yusuf Tarigami and P.K. Sreemathi, were granted exemption from the age rule. executive authority, with Amra Ram, Vijoo Krish-nan, Mariam Dhawale, U. Vasuki, K. Balakrishnan, Jitendra Choudhury, Sri-deep Bhattacharya, and Arun Kumar as the new en-ln a rare d

M. A. Baby

In a rare development, trants. Women leaders D.L. Karad from Maharash-

tra contested against the official panel for election to the CC but was defeated by comprise 20% of the newly elected CC. The decision to strictly adhere to the age cap of 75 for party positions saw Pra-kash Karat (who was coora "wide majority", as a se-nior member put it. Mr. Baby said that the

to conceal the fact that there has been a decline in our strength. Unless we find out why this has hap-pened, we will not be able to do a course correction," he said.

Modi to allay fears over delimitation

The Hindu Bureau COIMBATORE

Tamil Nadu Chief Minister M.K. Stalin on Sunday urged Prime Minister Narendra Modi to allay the "legitimate fears" of the people of the southern States regarding the delimitation exercise.

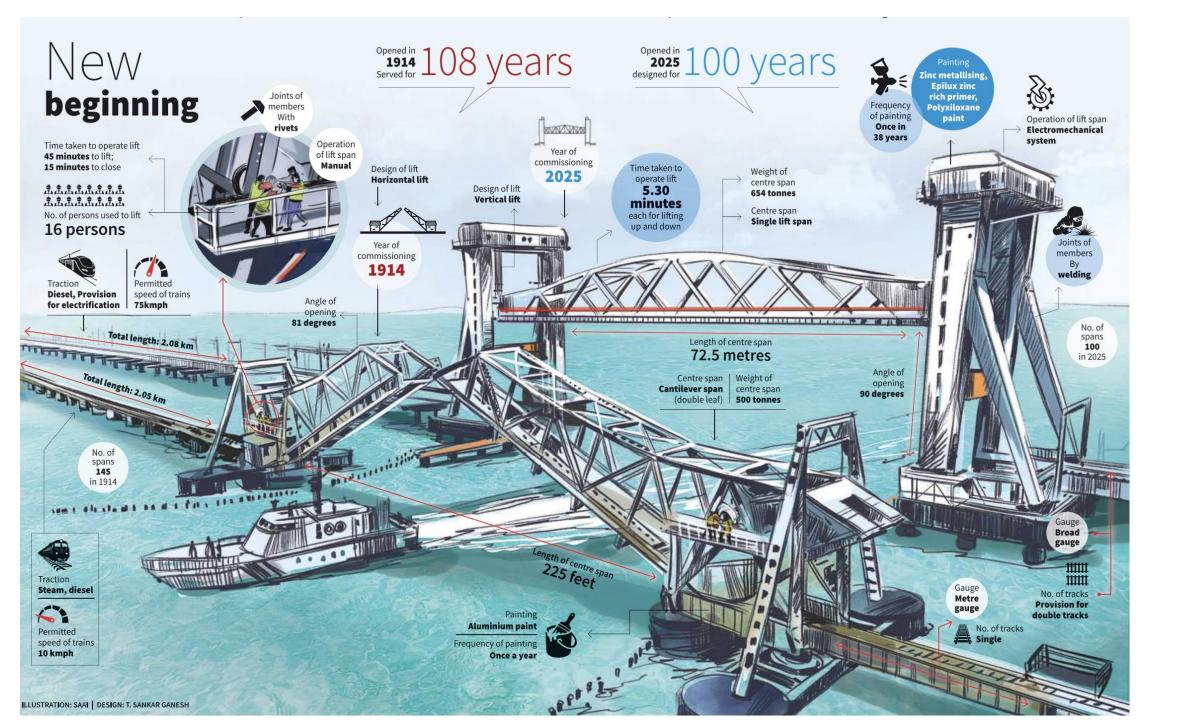
Mr. Stalin called upon

oncern not just about re being," he said in Udhaga

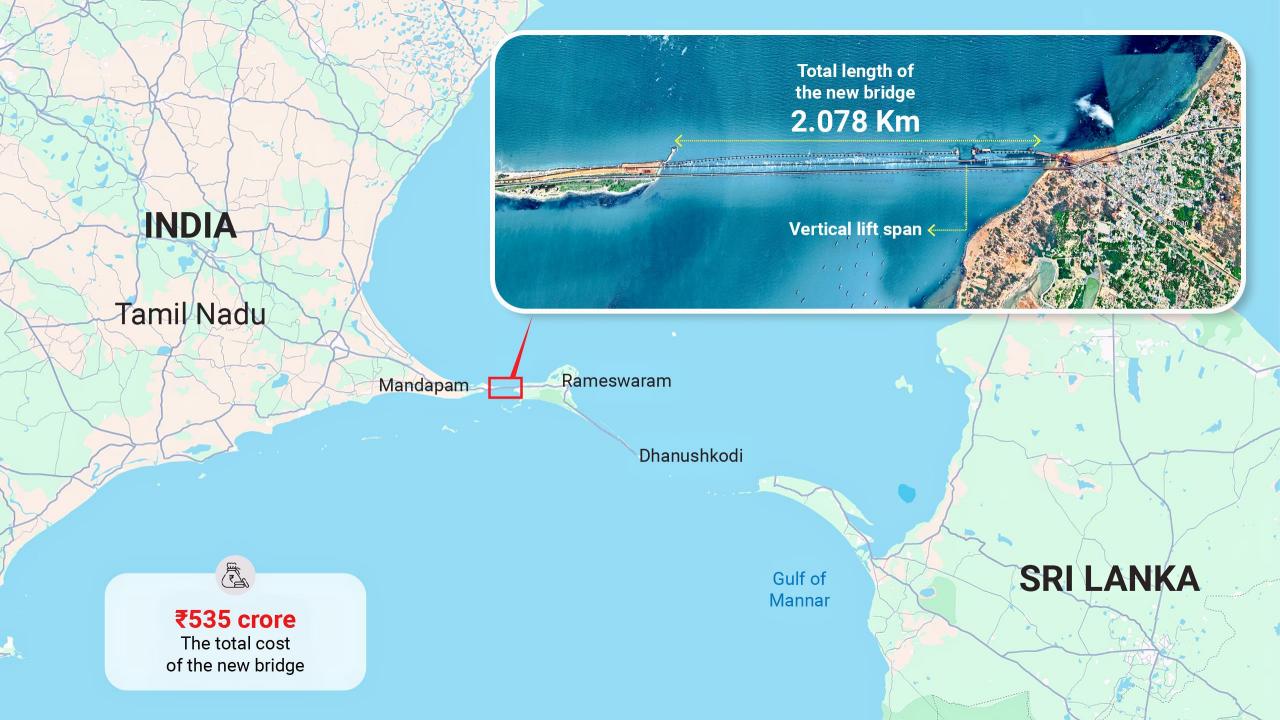
erated the demand in Coimbatore on Sunday the State's concerns ove

"I had [earlier in the turned without addressin

Mr. Stalin said he had









Inauguration of the Vertical Lift Sea Bridge



Inauguration by PM Modi

PM Modi inaugurates the bridge.



Bridge connects islands

The bridge connects Rameswaram island to the mainland.



Bridge spans 2.07 km

The bridge spans a distance of 2.07 km.



Lift span is 72.5 meters

The lift span of the bridge is 72.5 meters.



Height for ship movement

The bridge allows ships to pass with a height of 17 meters.



Project Overview

Cost

The project was built at a cost of ₹531 crore.



Benefits

It supports smoother railway operations and maritime passage.





Objectives

The project aims to boost trade, tourism, and connectivity.

Parliament passed many laws for social justice, says Om Birla

The Hindu Bureau

The inclusive and welfari The inclusive and welfarist nature of the Constitution of India integrates margi-nalised and backward sec-tions of society into the mainstream of progress, Lok Sabha Speaker Om Bir-la said on Sunday. He was delivering the

keynote address at the 150th Assembly of the In-ter-Parliamentary Union in Tashkent, Uzbekistan

Tashkent, Uzbekistan. Speaking on "Parlia-mentary action for social development and justice", Mr. Birla said that in recent years, the Indian Parlia-ment had passed several laws that promoted social justice and security.

He said Bills, including He said Bills, including the Rights of Persons with Disabilities Act, 2016; Transgender Persons (Pro-tection of Rights) Act, 2019; and Nari Shakti Van-dan Adhiniyam, 2023 safe-guard the interests of all sections. He referred to the new labour laws and codes sections. He referred to the new labour laws and codes passed by Parliament for the "welfare and social se-curity of workers in the un-

third largest economy, and playing a leading role in Al, start-ups, space and de-fence technology, IT, fin-

Modi launches Indian-aided railway projects on last day of Sri Lanka trip

Landmark railway modernisation projects implemented under the India-Sri Lanka development partnership represent a significant milestone in strengthening north-south rail connectivity in island nation, says PM; visit has reaffirmed deep cultural, spiritual ties between countries, he add

rime Minister Na-rendra Modi on Sunday travelled to the historic city of Anurad-hapura in north-central Sri Lanka and launched two Indian-assisted railway projects before wrapping up his three-day trip to the Island nation.

Mr. Modi, accompanied by Sri Lankan President by Sri Lankan President Anura Kumara Dissa-nayake, visited the Jaya Sri Maha Bodhi temple and paid respects at the re-vered Buddhist shrine in Anuradhapura, a spiritual city around 200 km from Colombo.

Following the visit to the

Following the visit to the shrine, the two leaders in-augurated the 128-km Maho-Omanthar railway lines are shown as the same of \$91.27 million. This was followed by the launch of the construction system from Maho to Aniar adhapura, built with Indian grant assistance of \$10.00 million grant solution and the same properties of \$10.00 million grant solution and \$10.00 million grant solution and \$10.00 million grant solution and \$10.00 million grant solution grant g

present a significant miles-tone in strengthening



ity in Sri Lanka," the Ministry of External Affairs said.
"They would facilitate fast and efficient movement of both passenger and freight traffic across the country," it said.
Mr. Modil dal his visit to Sri Lanka had traffirmed the

Lanka had reaffirmed the deep cultural, spiritual and civilisational ties between the two nations. "Deeply grateful to President Dissa nayake, the people and the Government of Sri Lanka

deeply humbling moment to be at one of the most refor the warmth extended during my visit," he said in a social media post.

"Strong links"
At the Jaya Sri Maha Bodhi
temple, the Prime Minister
sought blessings from the
head monk at the shrine.
"Offered prayers at the
sacred Jaya Sri Maha Bodhi
in Amuradhapura with President Dissanayake. It's a

Mr. Modi said in a social media post. "It is a living symbol of

Dissanayake says visit further solidifies bond

Press Trust of India

Prime Minister Narendra Modi's visit to Sri Lanka reinforces the island nation's important role in India's 'Neighbourhood First Policy' and 'MAHASAGAR' vision. President Anura Kumara Dissanayake's office here said on Sunday. Mr. Modi's "visit

Significant agreements The Prime Minister arrived in Colombo on Friday evening after concluding his trip to Thailand. On Sa-turday, Mr. Modi and Mr. Dissanayake held extensive talks, following which they unveiled over 10 specific outcomes, including seven agreements to expand ties in several sectors such as

relations between the two nations, it added. His visit is expected to yield significant results through collaborative initiatives "fostering a path towards mutual growth and development," it said.

to a prosperous future", further solidifying the

Sri Lanka " President

bonds between India and

Dissanayake's office said in a statement. This visit has

enhanced the economic,

cultural, and historical relations between the two

defence, energy and digitalisation.

The agreement on de-fence is considered signifi-cant as it signalled an upswing in the India-Sri Lanka strategic ties nearly four decades after the IPKF episode.

episode.

The two sides also firmed up a total of seven pacts, including one on developing Trincomalee as an energy hub under a tri-lateral framework also in-volving the United Arab Emirates and another agreement on power grid connectivity.

Sri Lanka releases 11 Indian fishermen after PM's visit

Press Trust of India

Sri Lanka on Sunday re-leased at least II Indian fishermen as a special ges-ture, a day after Prime Mi-nister Narendra Modi pitched for resolving the vexed fishermen issue with a "humane approach". The fishermen issue fi-gured prominently in the talks between Mr. Modi

and Sri Lankan President Anura Kumara Dissa-nayake on Saturday.

"We also discussed is sues related to fishermen's sues related to insiermen's livelihood. We agreed that we should proceed with a humane approach in this matter," the Prime Minister media after meeting Mr. Dissanavake.

Dissanayake.

"We also emphasised
the immediate release of
the fishermen and their
boats," Mr. Modi said.
There have been several

There have been several alleged incidents of Sri Lankan naval personnel using force against Indian fishermen in the Palk Strait, which is a narrow strip of water separating Tamil Nadu from Sri Lanka. At a media briefing on

Saturday, Foreign Secre-tary Vikram Misri said the fishermen issue was dis-

dia, and planted there in the precincts of the temple. PM greets workers, highlights good India yet to secure offshore campus governance on BJP's foundation day from key global universities: panel

The Hindu Bureau

Prime Minister Narendra Modi on Sunday said the Bharatiya Janata Party's good governance agenda was reflected in the histor-ic mandates it had re-ceived, a sentiment he ex-pressed on the party's 45th foundation day.

Mr. Modi greeted party workers and leaders on the occasion on social media platform X. "The people of India are seeing the good governance agenda of our party, which is also reflect-ed in the historic mandates we've received in the years we've received in the years gone by, be it in the Lok Sabha elections, Assembly elections across different States and various local bo-

States and various local bo-dy polls across the nation," he said in a post. BJP president and Union Health Minister J. P. Nadda, at a function at the party headquarters in New Delhi to mark the occasion, said



Day to remember: BJP chief J.P. Nadda and other leaders during the party's foundation day function on Sunday. SUSHIL KUMAR VERMA

dia's traditions, culture, and values, and the BIP is "an ideologically based

"Scientific growth"
Mr. Nadda said the party
had had "scientific
growth" in terms of its organisation and in winning
elections, calling this a
well-plans the oppocess.
The BY is the only poor
scientific growth. To take

strong connection with In- forward and grow an organisation is also a science, and to win elections is also and to win elections is also a science. It is the BJP's commitment to fulfil it without compromising its ideological principles," he

At Delhi event Nadda stresses the importance of remembering the party's roots

founding members of the the party in order to stay in touch with its roots. The party currently has

over 240 members in the Lok Sabha and over 98 in the Rajya Sabha, along with over 1,00,000 active workers, the BJP president said. He further highlighted the party's success in forming governments in several States, noting the several States, noting the BJP's sixth consecutive term in Gujarat; third term in Goa and Haryana; fourth term in Madhya Prafourth term in Madhya Pra-desh; and second term in Maharashtra, Uttarak-hand, Manipur, Assam, Ut-tar Pradesh, and Tripura. "After 27 years, we have formed the government in Delhi as well," Mr. Nadda

India is yet to secure a cam-pus from any of the leading global universities, includ-ing Ivy League institutions, and should make efforts for it, a Parliamentary pa-nel has noted.

The panel headed by Congress MP Digvijay Singh made the observa-tions in its report tabled in the Rajya Sabha earlier. "The Committee notes

Press Trust of India

that in recent years, there has been a notable trend of foreign universities esta-blishing campuses in India which is driven by India's

ne said. The Ministry said Mr.

Modi offered prayers at the revered Mahabodhi tree at the temple. It is believed

that the sacred Bodhi tree at the temple has its origin in India's Bodhgaya. The sapling from the Bodhi tree

was brought by Theri Sang-hamitta, the daughter of Emperor Ashoka from In-

which is driven by India's vast student market and the government's efforts to increase collaborations and joint degrees; it said. secure a campus from any of the leading global universities (the by Leagues, New York University, Carnegie Mellon University, etc). The Committee recommends that the De-

Taking stock: The panel headed by Congress MP Digvijay Singh tabled the report in the Rajya Sabha earlier this week, ANI

partment of Higher Educa- Commission (UGC) had in tion should make efforts to secure the same to enable greater access to the best

greater access to the best of global resources for students within the country, and the students within the country. The form of long-established universities in the U.S. having high academic credentials and the student of the students of

2023 announced setting up and operation of Campus-es of Foreign Higher Edu-

dia Regulations.

While the United Kingdom's Southampton University is in the process of setting up its campus in India this year, two Australian universities — Deakin and Wollongong — already have campuses in the Gujarat International Finance

Queen's University Belfast and Coventry University, have also received appro-val for setting up campuses in GIFT city. So far no U.S. university has an offshore campus in India. The panel noted that study in India (SII) was launched in 2018 and alms to attract foreign students

o attract foreign students by promoting Indian high-er education ecosystem at a global platform.

"The Committee was in-formed that the Department is targeting the coun-tries in South Asia, South tries in South Asia, South East Asia, Central Asia, Middle East and Africa for globalising higher educa-tion platform. To facilitate this, UGC has issued alrea-dy a guideline where up to 25% seats can be created as

CPI(M) has decided to move towards the masses: Baby | Five new members from Bengal

The newly elected general secretary of the Communist Party of India (Mar xist), M.A. Baby, on Sunday said that while the party re-cognised the decline of the cognised the decline of the Left in India, through in-trospection and self-analy-sis at its 24th congress, it had decided to move to-

had decided to move to-wards the masses and learn from them and, in turn, educate them.

Speaking at a public meeting organised by the party on the concluding day of its congress here, Mr. Baby said a global per-ception was created that the world was moving to-



ruled by Left parties.

"Cuba, Korea, Vietnam,
China, Latin American
countries and of late Sri
Lanka were showing how
the Left and progressive

served. The perception that right-wing forces were growing in India was due to the "unfortunate grand influence formed by the reactionary forces" and certain media forces, he added. Taking pride in witness.

ing the flag hoisting in the 24th party congress, which was brought from Keezh-venmani, Mr. Baby said the struggle of Dalit working class people against the landlords and untouchabillandlords and unrouchabi-ity was etched in the history. "Those who fought against the powerful peo-ple for better wage and man!, by refusing to lower down their red flag for the conspiracies of landlord, showed the world that they would not abandon their flag at any cost," he recalled.

scientific socialism on the "unformate grand on the "unformate grand sease closer of the Minister Pinametrial media forces, he idded.

Taking pride in witness-taking pride in witness-unformer progression of the world was more progression.

was refusing to stand with the struggles for liberation of the Palestine people. f the Palestine people. However, he felt the rise

However, he feit the rise of Left and progressive forces displayed that there sacceptance of scientific so-cialism. "The ruling BJP god divisive policies such as the Wagf (Amendment) Act, 2025, was planning to divisive policies such as the Wagf (Amendment) Act, 2025, was planning to divisive policies such as the BJP government played the progressive such as the BJP government in Kerala and DMK-led government trally working against the ruling Lulipur government in Kerala and DMK-led government trally working against the ruling Lulipur government and progressive such as the suc

tually working against the people of the States," he said...

ioin CPI(M) Central Committee

Shrabana Chatteriee

Two new women leaders from West Bengal have been inducted into the Central Committee of the Central Committee of the Medical Committee of the Medical Committee of the Medical Committee of the Central Committee of the Cent member committee. In recent years, Ms.

the president of the Demo-cratic Youth Federation of India (DYFD, has emerged as one of the most influen

The 40-year-old leader gained prominence when she contested the Nandishe contested the Nandi-gram seat during the 2021 Assembly election against political heavyweights such as Chief Minister Ma-mata Banerjee and Suven-du Adhikari o the Bharati-ya lanata Partv.

du Adhikari o the Bharati-ya Janata Party.
According to party sources, "In the revival of the Left in West Bengal, Mi-nakshi Mukherjee is the

from Bengal are Kaninika Ghosh, State secretary of All India Democratic Women's Association; Syed Hussain, Purba Bardhaman district secretary; Sa-man Pathak, a trade union-ist representing North Bengal's tea gardens; and Debabrata Ghosh, Hooghly

Debabrata Ghosh, Hooghly district secretary.

Their inclusion aims to ensure representation from diverse regions and communities across the promoting

With these additions, there are now a total of 15 members from Bengal in face of this fight against
Trinamool and BJP.
The other new names
the Central Committee, including the five newly
elected this year.

Modi launches Indian-aided railway projects on last day of Sri Lanka trip

Landmark railway modernisation projects implemented under the India-Sri Lanka development partnership represent a significant milestone in strengthening north-south rail connectivity in island nation, says PM; visit has reaffirmed deep cultural, spiritual ties between countries, he adds

Press Trust of India

rime Minister Narendra Modi on Sunday travelled to the historic city of Anuradhapura in north-central Sri Lanka and launched two Indian-assisted railway projects before wrapping up his three-day trip to the Island nation.

Mr. Modi, accompanied by Sri Lankan President Anura Kumara Dissanayake, visited the Jaya Sri Maha Bodhi temple and paid respects at the revered Buddhist shrine in Anuradhapura, a spiritual city around 200 km from Colombo.

Following the visit to the shrine, the two leaders inaugurated the 128-km Maho-Omanthai railway line refurbished with Indian assistance of \$91.27 million.

This was followed by the launch of the construction of an advanced signalling system from Maho to Anuradhapura, built with Indian grant assistance of \$14.89 million.

"These landmark railway modernisation projects implemented under the India-Sri Lanka development partnership represent a significant milestone in strengthening north-south rail connectiv-



Cultural connect: Prime Minister Narednra Modi with Sri Lankan President Anura Kumara Dissanayake at the Jaya Sri Maha Bodhi temple in Anuradhapura, Sri Lanka on Sunday. PTI

ity in Sri Lanka," the Ministry of External Affairs said.

"They would facilitate fast and efficient movement of both passenger and freight traffic across the country," it said.

Before leaving for India, Mr. Modi said his visit to Sri Lanka had reaffirmed the deep cultural, spiritual and civilisational ties between the two nations. "Deeply grateful to President Dissanayake, the people and the Government of Sri Lanka for the warmth extended during my visit," he said in a social media post.

"It will surely add momentum to our bilateral relations," he said.

'Strong links'

At the Jaya Sri Maha Bodhi temple, the Prime Minister sought blessings from the head monk at the shrine.

"Offered prayers at the sacred Jaya Sri Maha Bodhi in Anuradhapura with President Dissanayake. It's a deeply humbling moment to be at one of the most revered sites in Buddhism," Mr. Modi said in a social media post.

"It is a living symbol of

peace, enlightenment and spiritual continuity. May the teachings of Lord Buddha always guide us," he said.

The Ministry said Mr. Modi offered prayers at the revered Mahabodhi tree at the temple. It is believed that the sacred Bodhi tree at the temple has its origin in India's Bodhgaya. The sapling from the Bodhi tree was brought by Theri Sanghamitta, the daughter of Emperor Ashoka from India, and planted there in the precincts of the temple.

Dissanayake says visit further solidifies bond

Press Trust of India COLOMBO

Prime Minister Narendra Modi's visit to Sri Lanka reinforces the island nation's important role in India's 'Neighbourhood First Policy' and 'MAHASAGAR' vision, President Anura Kumara Dissanayake's office here said on Sunday.

Mr. Modi's "visit underscores the enduring relationship encapsulated by the theme "Friendship of centuries, commitment to a prosperous future", further solidifying the bonds between India and Sri Lanka," President Dissanayake's office said in a statement. This visit has enhanced the economic, cultural, and historical relations between the two nations. it added.

His visit is expected to yield significant results through collaborative initiatives "fostering a path towards mutual growth and development," it said.

"The temple stands as a testament to the strong civilisational linkages that form the foundation of the close India-Sri Lanka partnership." the Ministry said.

Significant agreements

The Prime Minister arrived in Colombo on Friday evening after concluding his trip to Thailand. On Saturday, Mr. Modi and Mr. Dissanayake held extensive talks, following which they unveiled over 10 specific outcomes, including seven agreements to expand ties in several sectors such as

defence, energy and digitalisation.

The agreement on defence is considered significant as it signalled an upswing in the India-Sri Lanka strategic ties nearly four decades after the IPKF episode.

The two sides also firmed up a total of seven pacts, including one on developing Trincomalee as an energy hub under a trilateral framework also involving the United Arab Emirates and another agreement on power grid connectivity.

Indian-Assisted Railway Projects in Sri Lanka



Announcement of Announc Projects

PM Modi announces railway projects in Sri Lanka



Refurbishment of Maho-Omanthai Line

Refurbishment of the 128 km railway line begins



Funding for Maho-Omanthai Line

\$91.27 million Indian assistance allocated



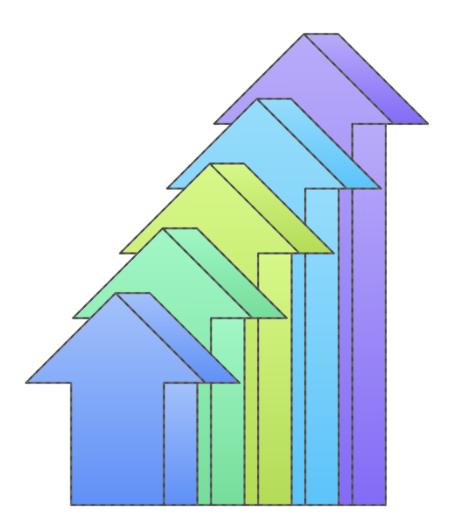
Launch of Signalling System

Advanced signalling system between Maho and Anuradhapura launched



Funding for Signalling System

\$14.89 million Indian assistance provided



Strategic Impact of Railway Projects

North-South Connectivity



Enhances regional rail links

Freight Movement

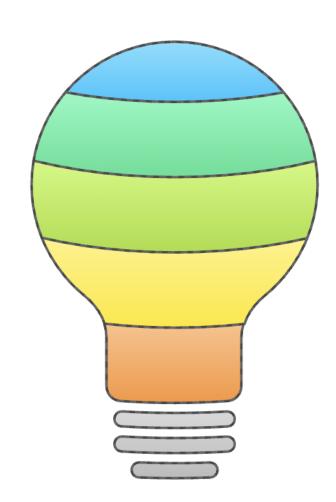


Supports economic trade

Soft Power Boost



Enhances India's cultural reach





Passenger Movement

Facilitates travel across the country



India's Development Role

Strengthens India's influence

Bridging gaps, building resilience

action for accessible and fair healthcare. The theme for 2025, 'Healthy Beginnings, Hopeful Futures', emphasises the critical role of maternal and newborn health, a particularly pertinent issue for India, which has a population exceeding 1.4 billion. India has made notable progress through programmes such as Ayushman Bharat, especially the Pradhan Mantri-Jan Arogya Yojana, which offers financial protection to more than 500 million beneficiaries. Health and Wellness Centres are designed to Wellness Centres are designed to improve primary care, yet challenges such as staff shortages, inadequate diagnostic facilities, and irregular medicine supplies continue to exist. Although 70% of the population resides in rural areas, 35-40% of healthcare infrastructure is located there. To address dispartities. India needs to address disparities, India needs to invest more in Tier-2 and Tier-3 cities and encourage medical professionals to work in underserved regions. Policy support, enhanced infrastructure, and digital innovations like

Addressing disease burden India faces a dual burden of

persistent infectious disea rising non-communicable diseases, which now account for over 65% of all deaths. Sedentary deaths in 2019, according to The urgency of environmental health measures. According to NFHS-5, 35% of children under five are stunted, and 57% of women aged 15-49 are anemic. These indicators challenges - poverty, lack of



Iasna K.A. Research Scholar an College Chalakudv.



Vipin Benny Assistant Professo and Research

A cohesive,

inclusive, and

health system i

well-funded

essential for

achieving

developed

education, poor sanitation, and gender inequality. Government efforts such as Poshan Abhiyaan and the Integrated Child Development Services target malmutrition but require stronger data tracking, community. engagement, and multi-sectoral

effective. While there has been progress, public health funding is still low. In the 2025-26 Union Budget, ₹99,858.56 crore (1.97% WORLD
HEALTH DAY

WORLD
HEALTH DAY

Good health and well
being. Developed natio
focus on public health of the total Budget) was

allocated to the Health Ministry, Moreover, high Ministry. Moreover, high out-of-pocket spending continues to push 55 million Indians into poverty each year. A shift toward preventive healthcare – through screenings, school-based health programmes, and public health campaigns – is essential. Harnessing digital health

India is experiencing significant progress in the realm of digital health. Programmes such as the Ayushman Bharat Digital Mission and eSanjeevani have collectively facilitated over 10 crore teleconsultations, Nonetheless, the advantages of digital healthcare are not evenly spread. A mere 37% of rural households have Internet connectivity, and nave internet connectivity, ar numerous patients and health workers lack the digital skills workers lack the digital skills necessary to effectively use telehealth services. If this digital divide is not addressed, technology could exacerbate healthcare disparities. Additionally, concerns about cybersecurity and the lack of strong data privacy laws might undermine public confidence. To fully realise the potential of digital health, India needs to invest in rural Internet infrastructure, provide training for front line provide training for front line workers, and implement comprehensive data protection regulations. Emerging technologies such as Al diagnostics, wearables, and remote monitoring hold

transformative promise for early detection and disease management. These innovations must be adopted in a responsible and including managements.

tech-savvy populations. Building resilience India's health objectives are in line with Sustainable Developmen Goal 3, which emphasises

infrastructure, universal insurance, and early childhood insurance, and early childhood interventions — areas where India needs to make rapid progress. By capitalising on its youthful population, digital infrastructure, and pharmaceutical sector, India has the potential to emerge as a global health leader. India's G20 presidency in 2023 served as a platform to demonstrate. platform to demonstrate leadership in vaccine equity, digital public goods, and health diplomacy. Aligning domestic initiatives with global frameworks such as the International Health Regulations and the Global Health Security Agenda will bolster pandemic preparedness and international collaboration. Mental health and climate resilience are equally pressing issues. The Tele-MANAS helpline and the National Action Plan on

and the National Action Plan on Climate Change and Human Health are worthy initiatives. However, a 2023 NiMi-Handian suffer from order for mortal disorder, underscoring the need for increased investment and awareness. India must perceive health not merely as a social obligation but as a strategic using investment. A cohesive, inclusive, and well-funded health system – rooted in innovation, equity, and resilience – is essential for achieving developed nation status Through coordinated efforts across government, civil society, and private sectors, India can fulfil its vision of 'Health for All'.

A paradigm shift in mental health policy

Institutional responses to suicides are often individualistic and reductionist

n March 24, the Su-preme Court of India formed a National Task Force to prevent the in-creasing deaths by suicide of students on campuses. It also directed the Delhi Police to register an FIR on the com-plaints of the family members of two students who had died by suicide while studying at IIT Delhi in 2023. That year, following a spate of deaths by suicide, the IIT Council led by the Education Minister direct ed IITs to ensure 'zero tole-

ed IITs to ensure "zero tole-rance" to discrimination and provide a robust support sys-tem to students.

The institutional response to suicide is often individualis-tic and reductionist – it is al-most always to appoint more people legister, or appoint psychologists on campuses. The socio-structural determinants of mental health, such as discrimination and biased institutional policies, are almost always left unattended. Even though counselling centres are active at all IITs, centres are active at all IITs, with the goals ranging from "creating a suicide-free cam-pus", "creating a stigma-free and empathetic environment for issues related to mental health" to "creating a campus

health" to "creating a campus conducive to happiness and peace of mind for its read-dents", psychologists refrain from calling attention to the state of the call of the call that impact mental health. For example, none of the official websites of the coun-selling centres at the 23 IITs employ the phrase "queer afemploy the phrase "queer ar-firmative" or use trans-inclu-sive personal gender pro-nouns. Language is not just a collection of words; it is action. Gender identities, sexualities, and inclusive practic-es are areas of human experience and action in judged as good or bad," a stu-which language, knowledge, dent said. This is antithetical

language points topliance with the existing legal frameworks and Su-

preme Court rulings. For example, official

sions — male and female — violates equal rights for represen-tation of gender non-binary people that was granted by the Supreme Courtin the 2014 ALLS/ plagment. In 2022, the MALS/ plagment. In 2022, the Handbook on Combating Gen-ler Stereotypes, recognising the need to use unbiased lan-guage, which not only reflects the judge's interpretation of the precep-tion of society. The precep-tion of society.

pronouns are crucial linguistic resources for supporting trans and non-binary students and and non-binary students and suggests strategies for a trans-affirming pedagogy such as collecting pronoun informa-tion and dealing with pronoun tion and dealing with pronoun misuse. The deployment of gender pronouns signals iden-tity-safety and promotes the perception that the institution is procedurally fair for sexual to the production of the con-traction of the control of the Using gender-inclusive pro-nouns and establishing inclu-sive frameworks and anti-dis-crimination policies are preventive public mental meed to be prioritised as they health care interventions that need to be prioritised as they

de-escalate mental distress. "Teachers talk only about grades. A grade is the parame-ter by which students are

and power intertwine. The way language is employed strongly influences thinking, people act, bringing power into the equation.

The gender-sector and the gender-sector and the gender-sector and the gender-sector and the gender sector and the

compassionate, non-judgemental, and communities.

Fragile WORLD dance policies im-plemented idiosyn-

cratically by teachers pose serious challenges to mental health. In order to culclassrooms are to be nurtured as safe, kind, and democratic spaces. The current policies on mental health, limited to

the pugges interpetation of the procession of th texts and diversities. Teachers

are pivotal in this regard.

It is a major crisis in public
mental health ethics that psymental health ethics that psy-chologists align with counter therapeutic institutional poli-cies that violate existing con-stitutional and statutory safe-have to mobilise all possible resources at multiple levels so that care becomes the central value. Similarly, embedding ethics of care into institutional policies to respond to avoida-ble mental distress to make ev-ery human life meaningful is nore important than landing

Sudarshan R. Kottai is Assistani Professor, Department of Humanities and Social Sciences, HT Palakkad

Three billion people cannot afford a healthy diet

A healthy, nutritious diet is much more expensive than a calorie sufficient one. As a result, three billion people cannot afford a healthy diet

DATA POINT Hannah Ritchie & Pablo Rosado

healthy diet is about much more than calories: we need a wide range of nu-trient-dense foods to get all the vitamins and minerals that are es-sential for good health. In this sential for good health. In this piece, we look at the costs of diets around the world. Healthy dies are expensive – more than four times the cost of a basic, calority country in the world. As a result, three billion people cannot afford a healthy diet, even if they spend most of their income on food, untitious diet is one of our most base.

tritious diet is one of our most basic human needs. Yet billions of pe-ople go without it; they suffer from 'hidden hunger', micronutrient deficiencies such as too little iron,

There are many reasons why someone might not eat a nutritious diet. Often it's because people candiet. Often it's because people can-not afford to. First, consider the come in any form, but the cheap-est option in most countries is star-chy foods and cereals. Living on the control of the control of the mean eating only maize flour or rice for every meal, a diet that is severely lacking all other impor-sed on the control of the control poor countries, people get most of their calories from starchy foods. A person can eat an energy suf-ser a study for the Food and Agri-

per a study for the Food and Agri-cultural Organization's 'The State of Food Security and Nutrition in the World' report. What does this mean for the affordability of a ca-lorie sufficient diet? A diet is consi-dered "unaffordable" when the diet cost plus expenditures for bas-ic non-food needs are higher than incomes per person. In each coun-try, food prices were measured at retail marketplaces specific to the

in each country are estimated by | that people in India or Japan will looking at how much low-income people typically spend on things like housing and transportation.

By comparing the cost of diets with income distributions across the world, researchers estimated that 1.1 billion people could not af-ford the most basic energy sufficient diet in 2021 (Map 1). That's 14% of the

An important question is how subsistence farmers fit in. They are included in these numbers: the income measure used to calculate the affordability of delse does take the value of

subsistence farming (i.e. home production) into account. When the FAO report states that these smallholder farmers cannot afford a calorie-sufficient diet, it means

they cannot produce one. What people really need is a diverse and nutritious diet. Getting enough calories is important, but it is not sufficient to live a healthy it is not sufficient to live a healthy and productive life. Eating only ce-reals and starchy foods will leave you deficient in protein, essential fats, and the wide range of micro-nutrients that our bodies need to function optimally. Most countries develop 'food-based dietary guidelines' which provide recommendations on

based dietary guidelines' which provide recommendations on what a 'healthy diet' would look like. This includes guidelines on what balance of foods across the many groups – cereals, fruits, vegetables, legumes, meat and dairy – is considered best for long-term health.

The researchers also looked at

health.
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the lowest-cost options to meet
these national food-based dietary
guidelines. Of course, there is no
universal 'healthy diet', particularuniversal 'healthy diet', particular-ly when we consider the strong cultural differences in what people eat. So, the researchers selected dietary guidelines which were re-gionally representative: this

adopt the national dietary guide-lines of the U.S., or vice versa. Unsurprisingly, a diverse, healthy diet is much more expen-



WORLD HEALTH DAY gives these figures as a percentage of the total population. In many countries, a healthy diet is out-of-reach for more than 80%.

A useful way to bring context to food prices is to compare the cost of a healthy diet with the median income of countries across the world. In the poorest countries, the cost of a healthy diet is higher the cost of a healthy diet is higher than the median income. Even if the average person in these counfood, a healthy diet would be unaffordable. In some countries – India is the largest among them – die and the state of the st

In rich countries, median in-comes are much higher than dietary costs. In these countries the median income earner can afford a healthy diet with a relatively small fraction of their income. The smail fraction of their income. The average person in France could spend just 6% of their income on food and in Denmark, just 5%. What this comparison shows is

What this comparison shows is how far most of the world is from being able to afford a healthy diet. We cannot spend all, or even most, of our income on food. We would have very little to spend on

Two square meals







FROM THE ARCHIVES The Mindu.

EIETY VEADS AGO APPIL 7 1975

Selective price control on drug formulations suggested

New Delhi, April 6: The Hathi Committee on drugs and pharmaceuticals has recommend selective price control on drug formulations under a new formula instead of the present price control system which covers each and

every formulation.

In its final report presented to the Petroleum and Chemicals Minister, Mr. K.D. Malaviya to-day, the 15-member committee, headed by Mr. Jaisukhlal Hathi, MP, has recommended

Mr. Jaisukhlal Hathi, Mf. has recommended lifting of price control on units having an annual turnover of less than Rs. one crore. At present lather of the control on the control of the control on the lather suggested that formulations based on IS essential drug as identified by the discount of the control of the control on the control of the control of the control of the control on the case of bulk drugs, the committee has favoured exemption from price control on items in which there are no imports and which in terms of total sales and basic drugs do not exceed Rs. 25 lakhs

nnuary. In respect of other bulk drugs, the committee has suggested that the system of price regulation based on detailed cost examination should continue, subject to the price being so fixed that an efficient manufacturer is able to get a return on his capital which is a little higher than that

A HUNDRED YEARS AGO APRIL 7, 1925 Doctors and journalism

The London correspondent of "The Manchester Guardian" writes: I do not think there has been much notice in what the scientific papers call "the lay press" of the interesting compromise which the British Medical Association Council has arrived at on the delicate question of what they call "indirect methods of advertising." In the recent discussion of the B.M.A. the authorities did not go so far as to prohibit doctors from writing in the lay press, but there was a strong deprecation of "undesirable journalistic methods," It was suggested that doctors who write for the papers should make it a condition with the editors that there should be no laudatory comment of their achievements or

Three billion people cannot afford a healthy diet

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DATA POINT

Hannah Ritchie & Pablo Rosado

healthy diet is about much more than calories: we need a wide range of nutrient-dense foods to get all the vitamins and minerals that are essential for good health. In this piece, we look at the costs of diets around the world. Healthy diets are expensive – more than four times the cost of a basic, caloriesufficient one. This is true in every country in the world. As a result, three billion people cannot afford a healthy diet, even if they spend most of their income on food.

Being able to eat a healthy, nutritious diet is one of our most basic human needs. Yet billions of people go without it; they suffer from 'hidden hunger', micronutrient deficiencies such as too little iron, calcium, vitamin A, or iodine.

There are many reasons why someone might not eat a nutritious diet. Often it's because people cannot afford to. First, consider the most basic requirement: getting enough calories. These could come in any form, but the cheapest option in most countries is starchy foods and cereals. Living on this 'energy sufficient' diet would mean eating only maize flour or rice for every meal, a diet that is severely lacking all other important nutrients. In terms of diets in poor countries, people get most of their calories from starchy foods.

A person can eat an energy sufficient diet on less than \$1 a day, as per a study for the Food and Agricultural Organization's 'The State of Food Security and Nutrition in the World' report. What does this mean for the affordability of a calorie sufficient diet? A diet is considered "unaffordable" when the diet cost plus expenditures for basic non-food needs are higher than incomes per person. In each country, food prices were measured at retail marketplaces specific to the local context. Non-food growthese

in each country are estimated by looking at how much low-income people typically spend on things like housing and transportation.

By comparing the cost of diets with income distributions across the world, researchers estimated that 1.1 billion people could not af-

ford the most basic energy sufficient diet in 2021 (Map 1). That's 14% of the global population. These are the very worst-off in terms of nutrition.

An important question is how subsistence farmers fit in. They are included in these numbers: the income mea-

sure used to calculate the affordability of diets does take the value of subsistence farming (i.e. home production) into account. When the FAO report states that these smallholder farmers cannot afford a calorie-sufficient diet, it means they cannot produce one.

What people really need is a diverse and nutritious diet. Getting enough calories is important, but it is not sufficient to live a healthy and productive life. Eating only cereals and starchy foods will leave you deficient in protein, essential fats, and the wide range of micronutrients that our bodies need to function optimally.

Most countries develop 'foodbased dietary guidelines' which provide recommendations on what a 'healthy diet' would look like. This includes guidelines on what balance of foods across the many groups – cereals, fruits, vegetables, legumes, meat and dairy – is considered best for long-term health.

The researchers also looked at the lowest-cost options to meet these national food-based dietary guidelines. Of course, there is no universal 'healthy diet', particularly when we consider the strong cultural differences in what people eat. So, the researchers selected dietary guidelines which were regionally representative: this that people in India or Japan will adopt the national dietary guidelines of the U.S., or vice versa.

Unsurprisingly, a diverse, healthy diet is much more expensive than a calorie-sufficient one. The researchers found that the average cost across the world was

\$3.67 per day.

When we put these prices in the context of affordability, we find that almost three billion people cannot afford a healthy diet. In many of the world's poorest countries – particularly across Sub-Saharan Africa – it's unaffordable (or not pro-

ducible) for most of the population. This is shown in **Map 2** which gives these figures as a percentage of the total population. In many countries, a healthy diet is out-ofreach for more than 80%.

WORLD

HEALTH DAY

A useful way to bring context to food prices is to compare the cost of a healthy diet with the median income of countries across the world. In the poorest countries, the cost of a healthy diet is higher than the median income. Even if the average person in these countries spent all of their money on food, a healthy diet would be unaffordable. In some countries - India is the largest among them dietary costs would be roughly equal to the median income. There, people would need to spend all of their income on food to afford a healthy diet.

In rich countries, median incomes are much higher than dietary costs. In these countries the median income earner can afford a healthy diet with a relatively small fraction of their income. The average person in France could spend just 6% of their income on food and in Denmark, just 5%.

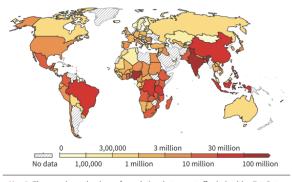
What this comparison shows is how far most of the world is from being able to afford a healthy diet. We cannot spend all, or even most, of our income on food. We would have very little to spend on

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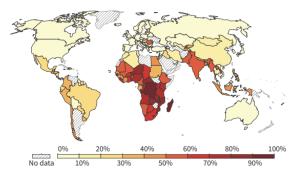
The maps were sourced from Our World in Data. Hannah Ritchie is the Deputy Editor and Pablo Rosado is the Principal Data Scientist at Our World in Data



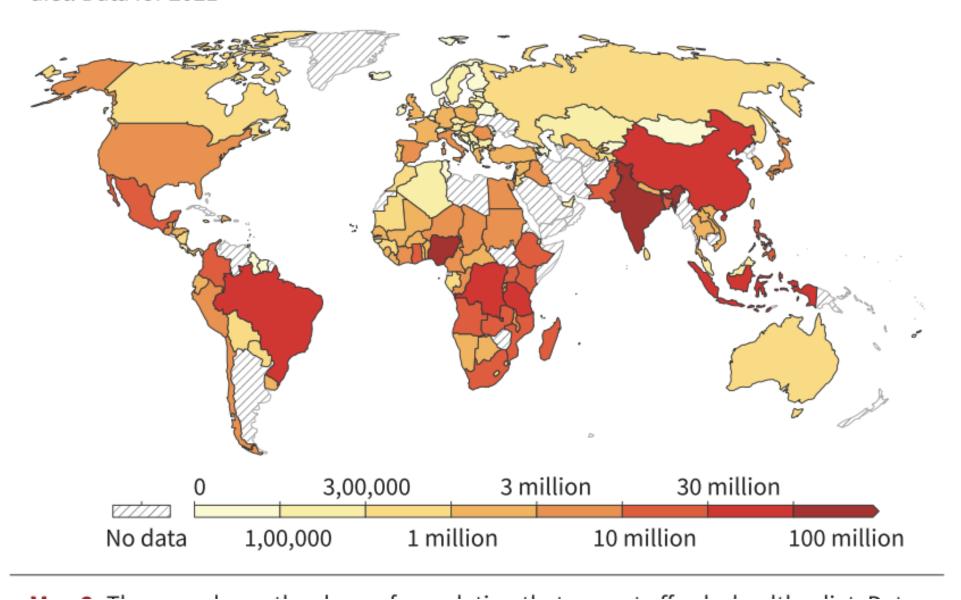
Map 1: The map shows the number of people who cannot afford a calorie sufficient diet. Data for 2021



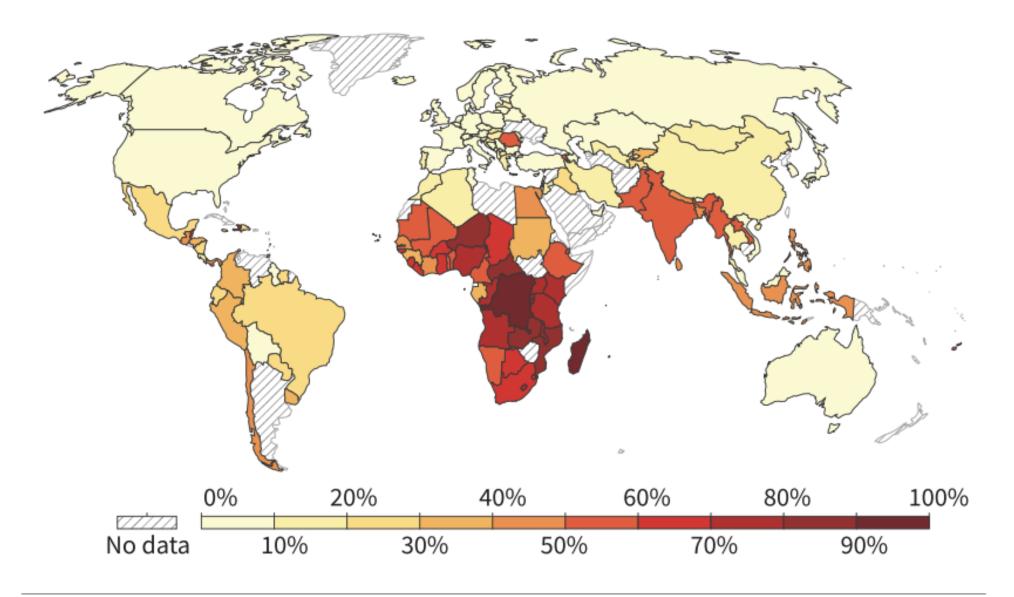
Map 2: The map shows the share of population that cannot afford a healthy diet. Data for 2022



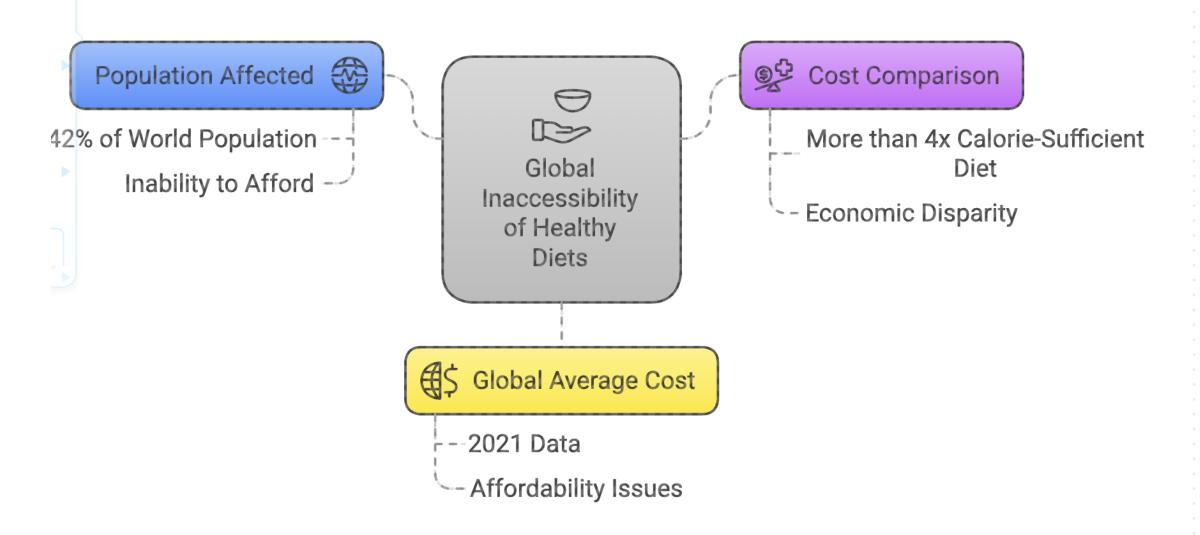
Map 1: The map shows the number of people who cannot afford a calorie sufficient diet. Data for 2021



Map 2: The map shows the share of population that cannot afford a healthy diet. Data for 2022



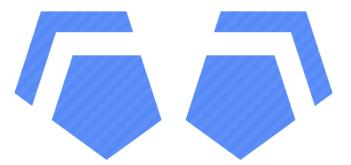
Global Inaccessibility of Healthy Diets



Essential Components of a Balanced and Nutrient-Rich Diet

Proteins

Essential for muscle repair and growth, providing a balanced diet.

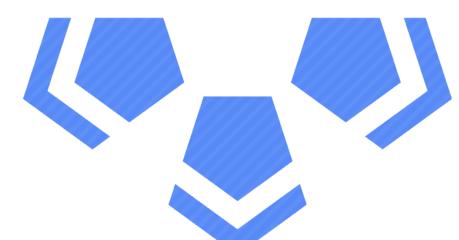


Whole Grains

Provides essential carbohydrates and fiber for digestion and energy.

Legumes

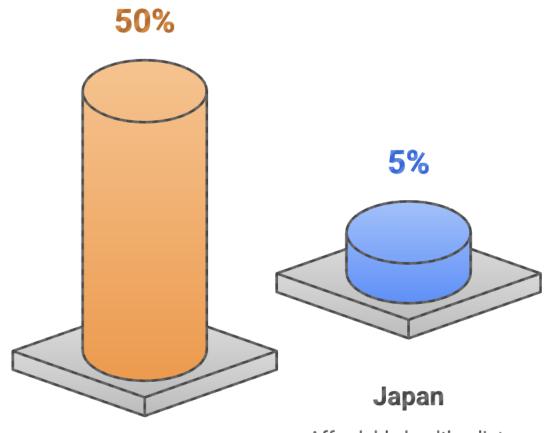
Delivers protein and additional fiber, enhancing dietary diversity.



Fruits

Offers vitamins, minerals, and antioxidants crucial for health.

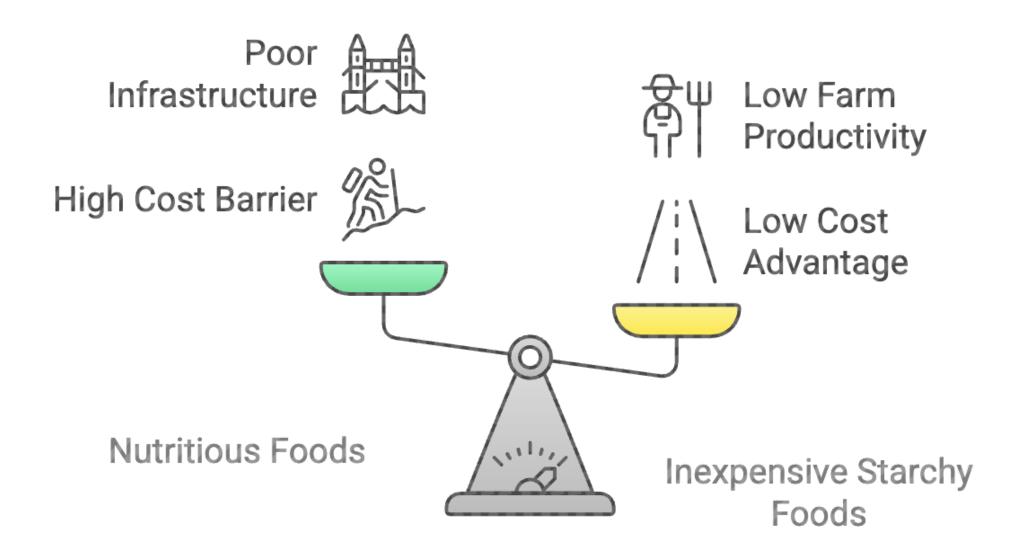
Affordability of Healthy Diets Across Countries



India

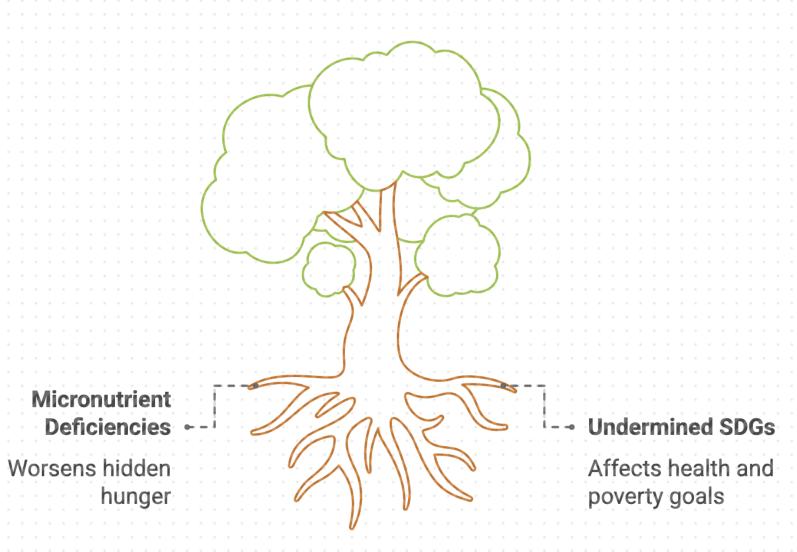
Healthy diet costly for low-income

Affordable healthy diet for most



Balancing Cost and Accessibility in Food Choices

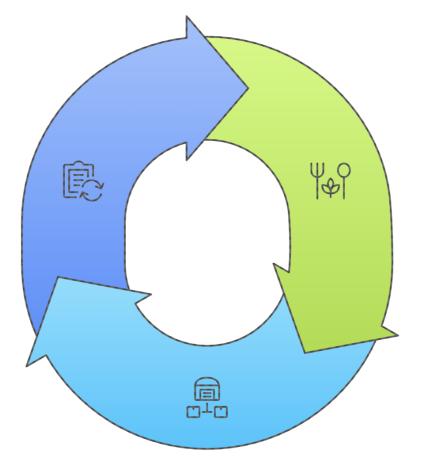
Hidden Hunger and Its Global Impact



Cycle of Nutritional Food System Enhancement



Advocates for supportive trade and subsidy policies



Improve Supply Chains

Focuses on efficient food distribution

Diversify Agriculture

Encourages varied crop production for nutrition



Building Regional Unity

Thailand's Chairmanship



Thailand's role in facilitating the summit discussions.

Indian Prime Minister



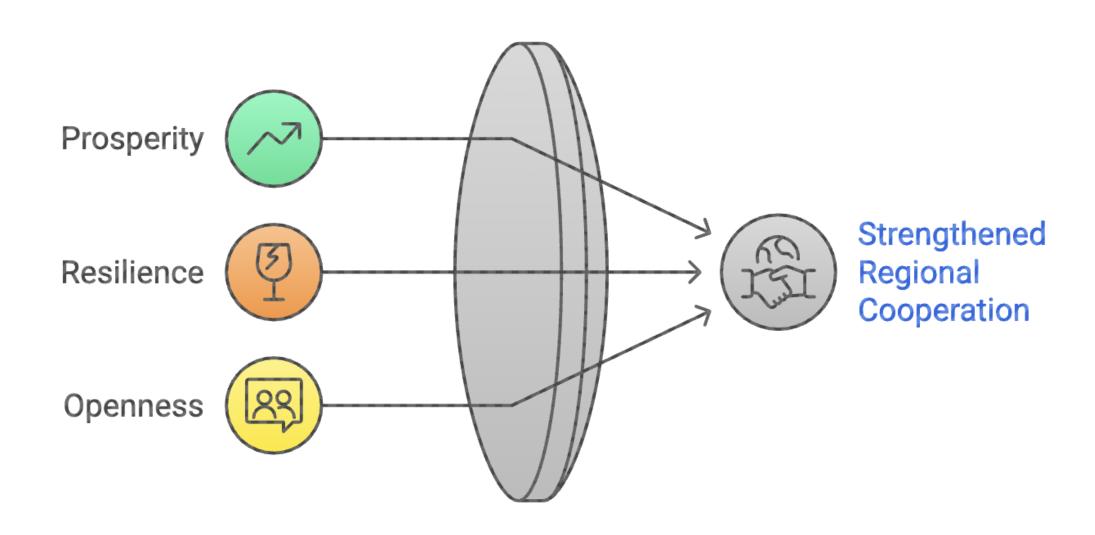
Leader representing India's interests in regional cooperation.



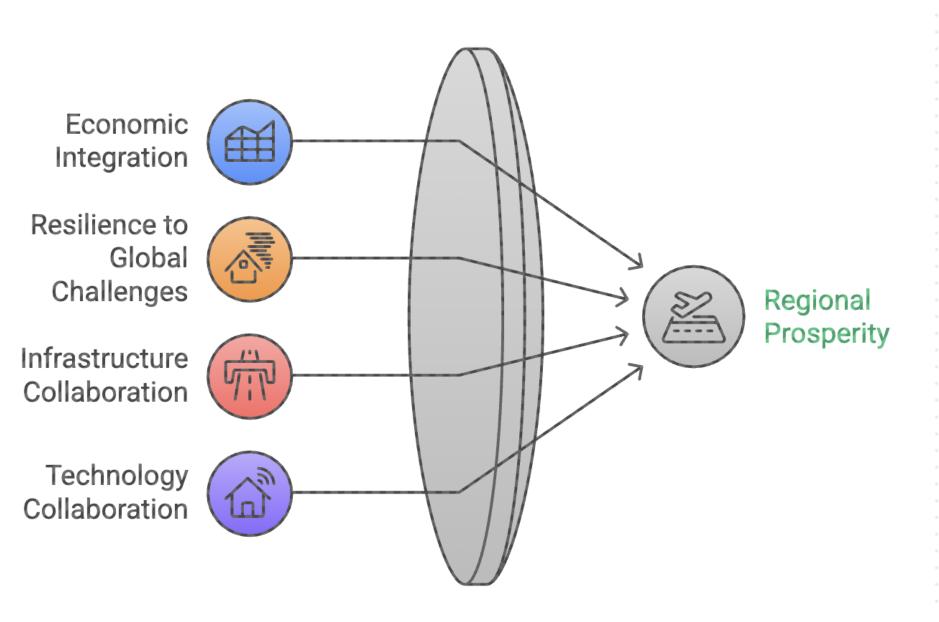
6th BIMSTEC Summit

Key event for discussing regional collaboration strategies.

Unified BIMSTEC Vision

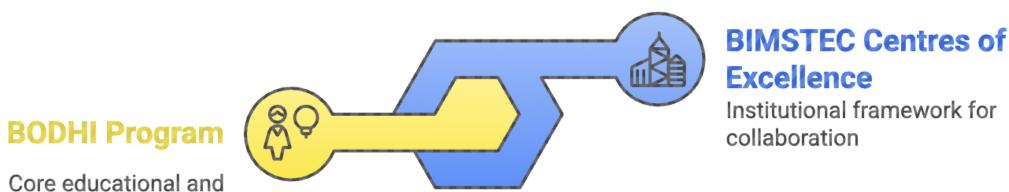


Pathway to Bangkok Vision 2030



India's BIMSTEC Initiative

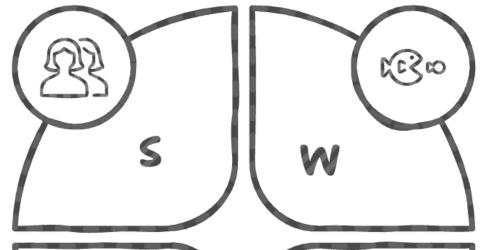
capacity-building program



BIMSTEC Overview

Large Population

1.7 billion people

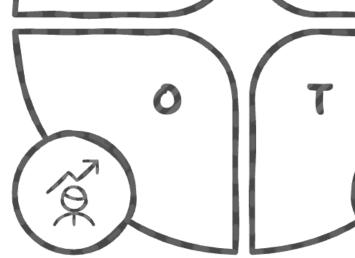


Limited Initial Membership

Started with only 4 members

Economic Growth

Combined GDP of USD 5.2 trillion



Global Competition

Competing regional alliances

Formation and Significance of BIMSTEC

Myanmar's Inclusion

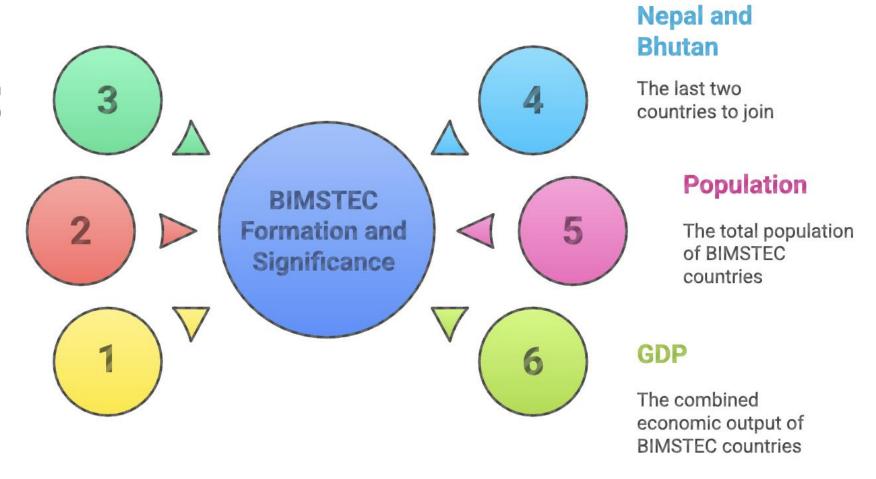
Myanmar's addition to the group

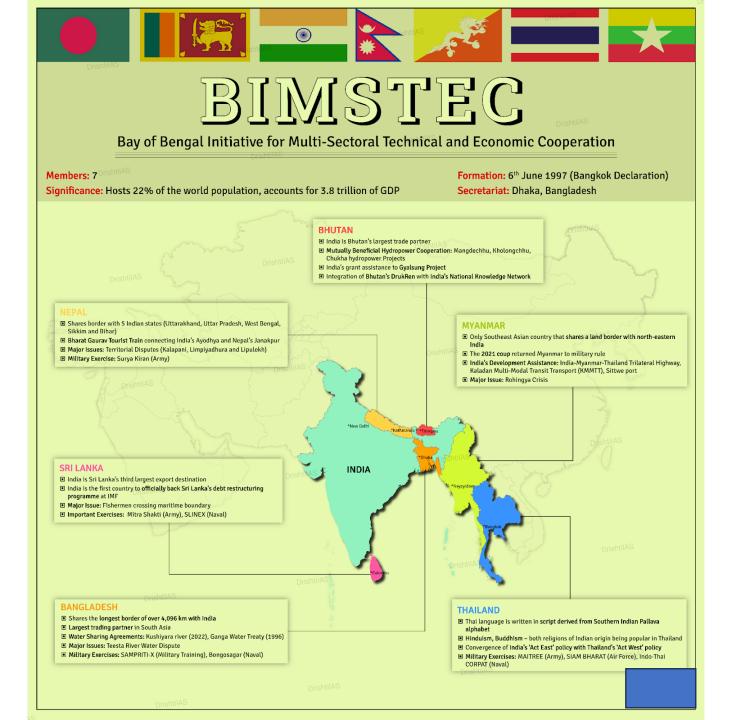
Initial Members

The original four countries: Bangladesh, India, Sri Lanka, Thailand

Bangkok Declaration

The founding document of BIMSTEC

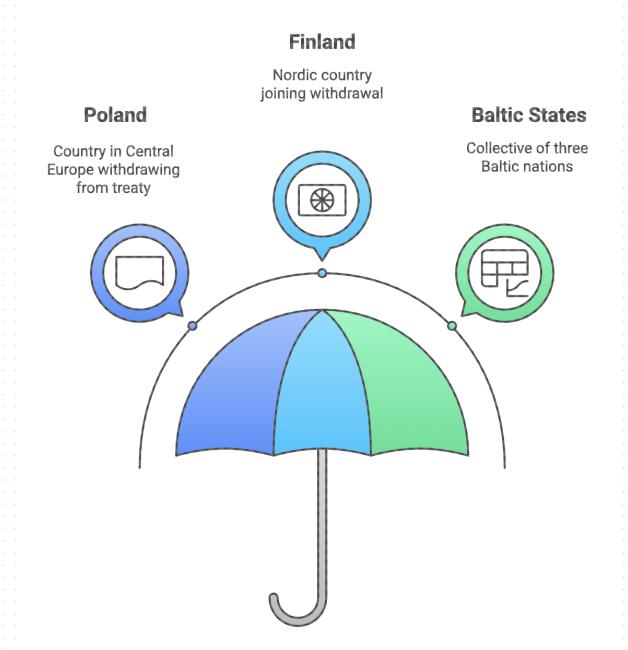




Ottawa Convention



Dynamics of Landmine Treaty Withdrawal



Security Concerns Driving Landmine Policy Changes

Policy Implications

Policy implications of withdrawing from landmine ban.



Potential Military Actions

Potential military actions following policy changes.

Increased Security Threats

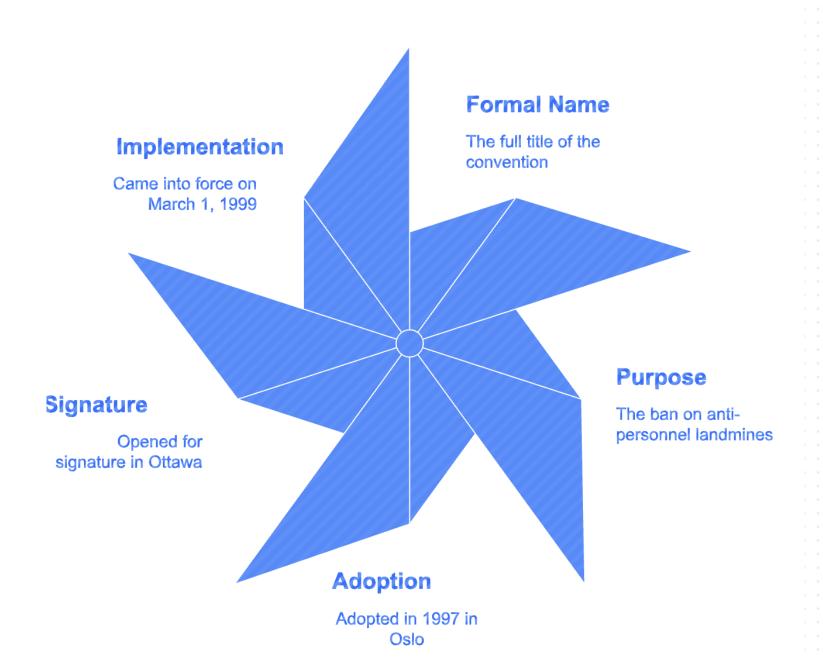
Rising security threats prompting policy reassessment.



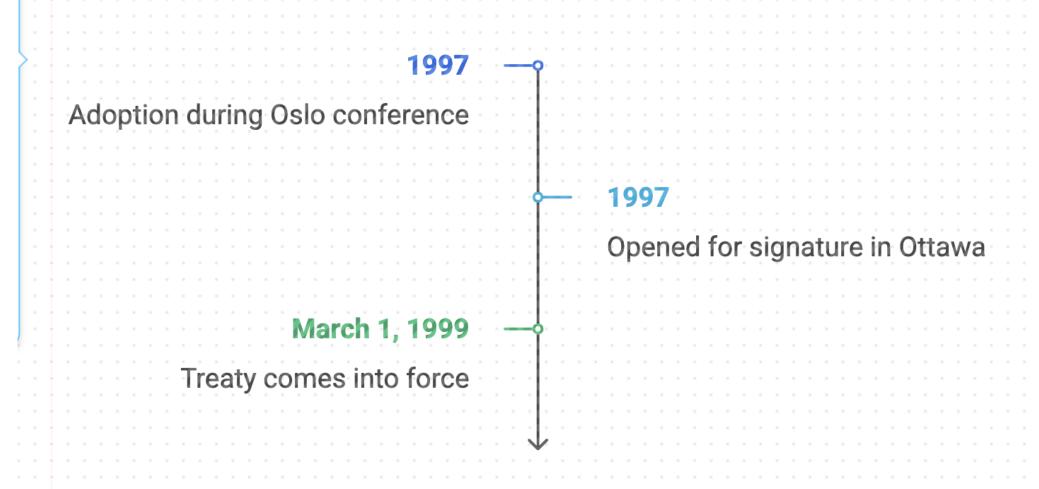
Regional Security Concerns

Regional security concerns influencing landmine policy changes.

Breakdown of the Ottawa Convention



The Journey of the Ottawa Convention







THE HUMAN BRAIN HAS ABOUT 86 BILLION NEURONS, WHICH COMMUNICATE THROUGH TRILLIONS OF SYNAPSES. DESPITE BEING ONLY ABOUT 2% OF BODY WEIGHT, THE BRAIN CONSUMES ROUGHLY 20% OF THE BODY'S ENERGY.

Word of the day

Flaxen:

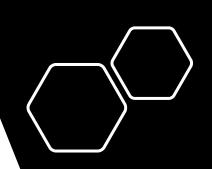
of hair color; pale yellowish to yellowish brown

Synonym: sandy

Usage: With her flaxen hair and green eyes, she looks exactly like her mother.

Pronunciation: newsth.live/flaxenpro

International Phonetic Alphabet: /ˈflæk.sən/





What is the main agenda of the 6th BIMSTEC Summit?

- 6वीं बिम्सटेक शिखर बैठक का मुख्य एजेंडा क्या है?
 - A. Expansion of BRICS
 - B. Maritime cooperation and regional connectivity
 - C. Formation of common currency
 - D. Climate refugee agreement

What is the Ottawa Convention related to?

- ओटावा कन्वेंशन किससे संबंधित है?
 - A. Climate change protocols
 - B. Ban on anti-personnel landmines
 - C. Global nuclear disarmament
 - D. Trade sanctions

What is the significance of the newly inaugurated Pamban Railway Bridge?

- हाल ही में उद्घाटन किए गए पंबन रेलवे पुल का क्या महत्व है?
 - A. India's first cable-stayed bridge
 - B. India's first vertical lift sea bridge
 - C. Longest railway bridge in India
 - D. First bullet train bridge

Which Indian leader ended a 130-day hunger strike for MSP guarantee?

- MSP गारंटी की मांग को लेकर 130 दिन की भूख हड़ताल किस भारतीय नेता ने समाप्त की?
 - A. Rakesh Tikait
 - B. Gurnam Singh Chaduni
 - C. Jagjit Singh Dallewal
 - D. Balbir Singh Rajewal

What special facility has Haryana announced for Agniveers post-service?

- हरियाणा ने अग्निवीरों के लिए सेवा के बाद कौन सी विशेष सुविधा की घोषणा की है?
 - A. Free medical treatment
 - B. Free housing
 - C. 20% reservation in police recruitment
 - D. Lifetime pension

