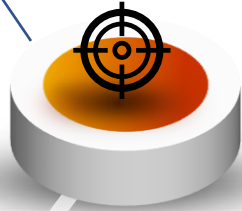


Daily Current Affairs





5
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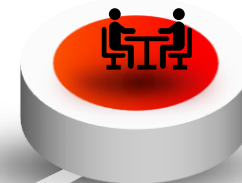
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**PIB, PRS & Other
newspaper**



1
**The Indian
Express**

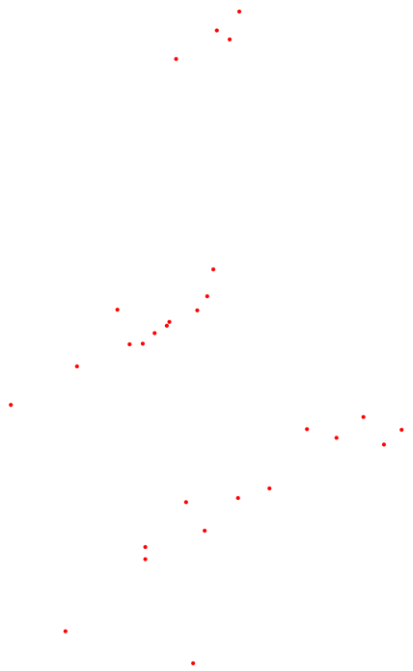


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Jansatta



1
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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?**

**“बाकू से बेलेम रोडमैप” 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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NO MATTER WHAT
ANYBODY TELLS YOU



WORDS AND IDEAS
CAN CHANGE THE WORLD

notebit

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
COLOMBO

India 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 Disnayake 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 Disnayake 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 Disnayake's visit to New Delhi in December 2024.

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 Disnayake 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, adding that loans totalling over \$100 million have been converted to grants.

Mr. Disnayake conferred the 'Sri Lanka Mitra Vibhushana' title on Mr. Modi, saying that it was "a symbol of the enduring friendship and unwavering, multifaceted support that he has consistently extended to Sri Lanka and its people."

Sri Lanka, like India, "firmly believes" in the potential of South Asia to rise and shine on the world stage and the two countries must strive to achieve that goal together, the leftist Sri Lankan leader observed.

Temple renovation

In his statement, Mr. Modi announced that relics of the Buddha, found in 1960 in the Aravali region in Gujarat, would be sent to Sri Lanka for an exposition during the Vesak festivities in May this year.

India would also support the renovation of the Thirukoneswaram temple in Trincomalee and the construction of the sacred city in the Anuradhapura Mahabodhi temple complex, and the Sita Eliya temple in Nuwara Eliya, Mr. Modi said.

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

Meera Srinivasan
COLOMBO

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 involvement" 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 visit, held talks with different groups of Opposition politicians on Saturday afternoon.

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 challenges.

'Meaningful devolution'

"We told the Prime Minister that the Tamil question is yet 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

'Bottom-trawling ban must to end fisheries conflict'

COLOMBO

Sri Lanka's Tamil political leaders on Saturday urged India to ban bottom trawling in order to resolve the fisheries conflict affecting the fishermen of northern Sri Lanka and Tamil Nadu. Ilankai Tamil Arasu Katchi general secretary M.A. Sumanthiran recalled the 2016 agreement between India and Sri Lanka to "expedite the transition towards ending the practice of bottom trawling at the earliest". » PAGE 3

a federal structure in governance," 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 meaningful power devolution". In his address earlier on Saturday, Mr. Modi said he had discussed reconstruction and reconciliation with Sri Lankan President Anura Kumara Disnayake.

"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 people."

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

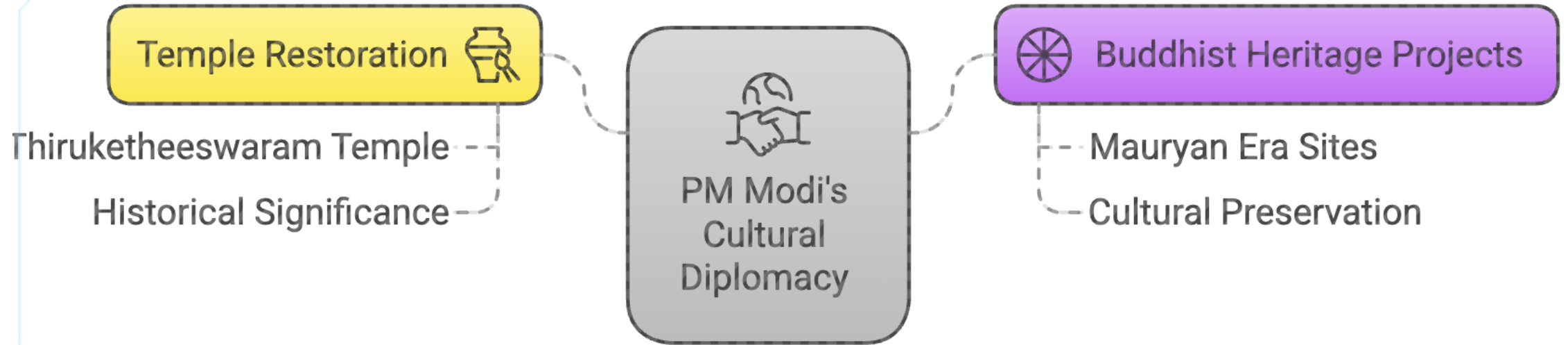
Initiatives to improve healthcare services.



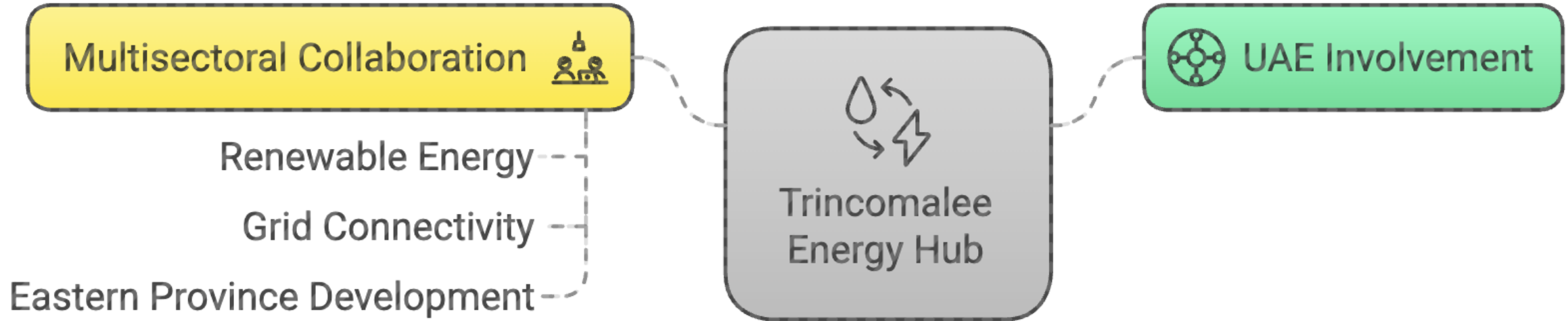
Grant Conversion

Conversion of \$100 million debt into grants.

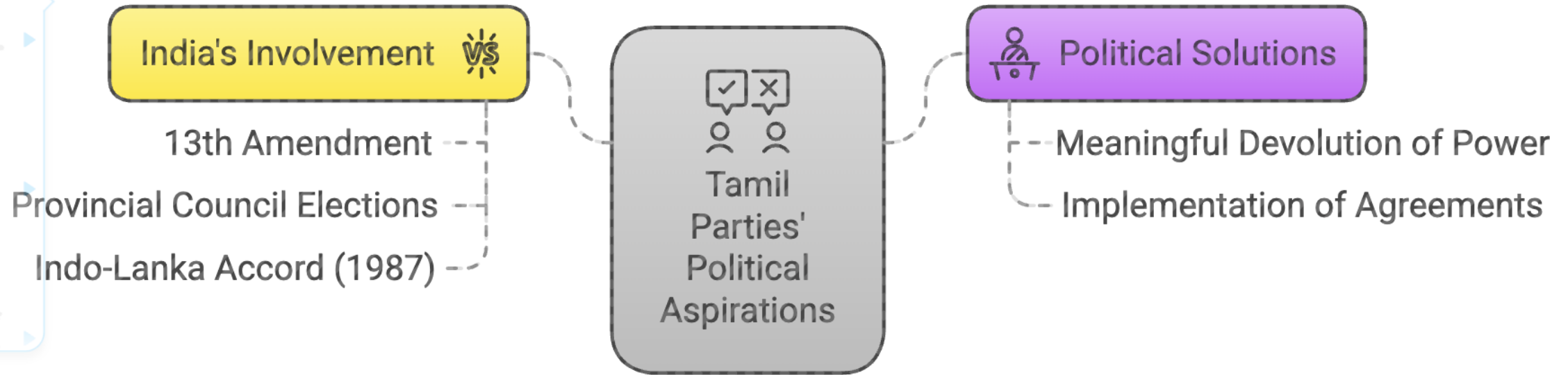
India's Cultural Diplomacy in Sri Lanka



Trincomalee Energy Hub: Multisectoral Collaboration and UAE Involvement



Tamil Parties' Political Aspirations and India's Role



TIL LABOUR A few years ago, not too many people would have heard about 'gluten', a mixture of proteins found in wheat, barley 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 BLK-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 foginess, 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 gluten-free 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 celiac 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.

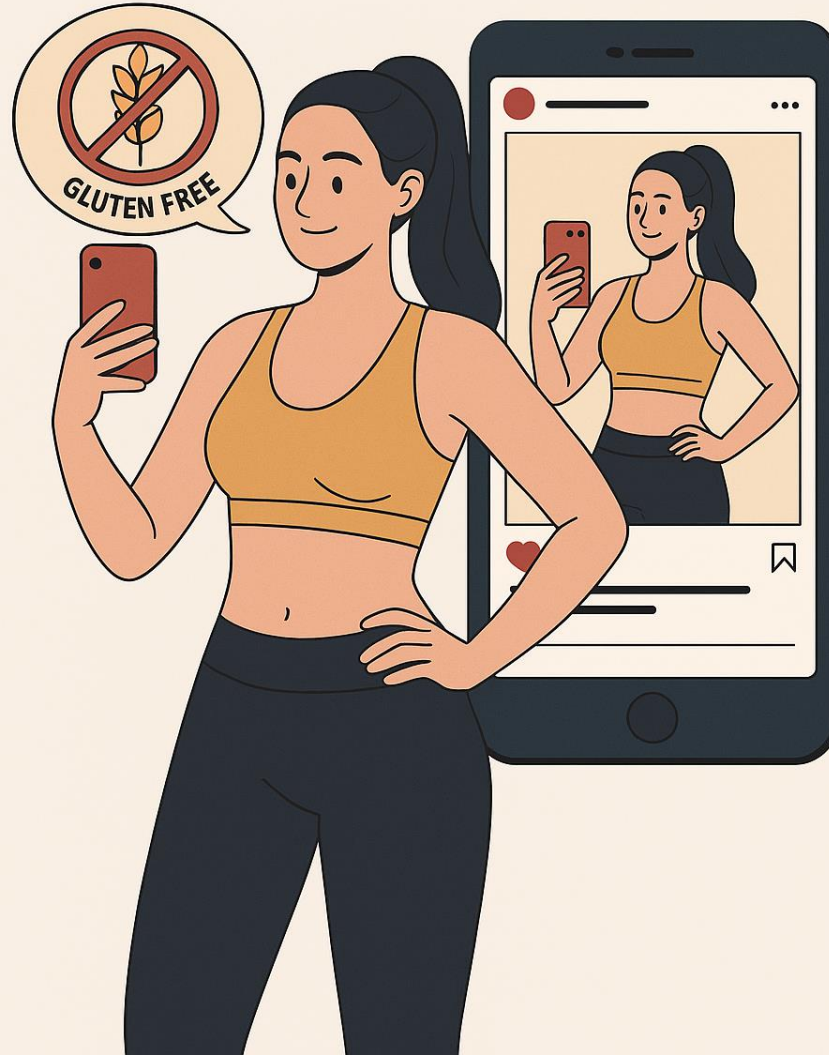
Social media has been squarely to blame for unnecessary gluten-free diets," Udeshi says. "There were some individuals who were following influencer advice and later on developed nutrient deficiencies, weight gain, and gastrointestinal problems. They are eliminating gluten without knowing anything about 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, sustainable results."

Social media and celebrity endorsements often fuel gluten-free as a weight-loss or wellness trend, even for people without any gluten intolerance.





What is Gluten?



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 primarily, 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

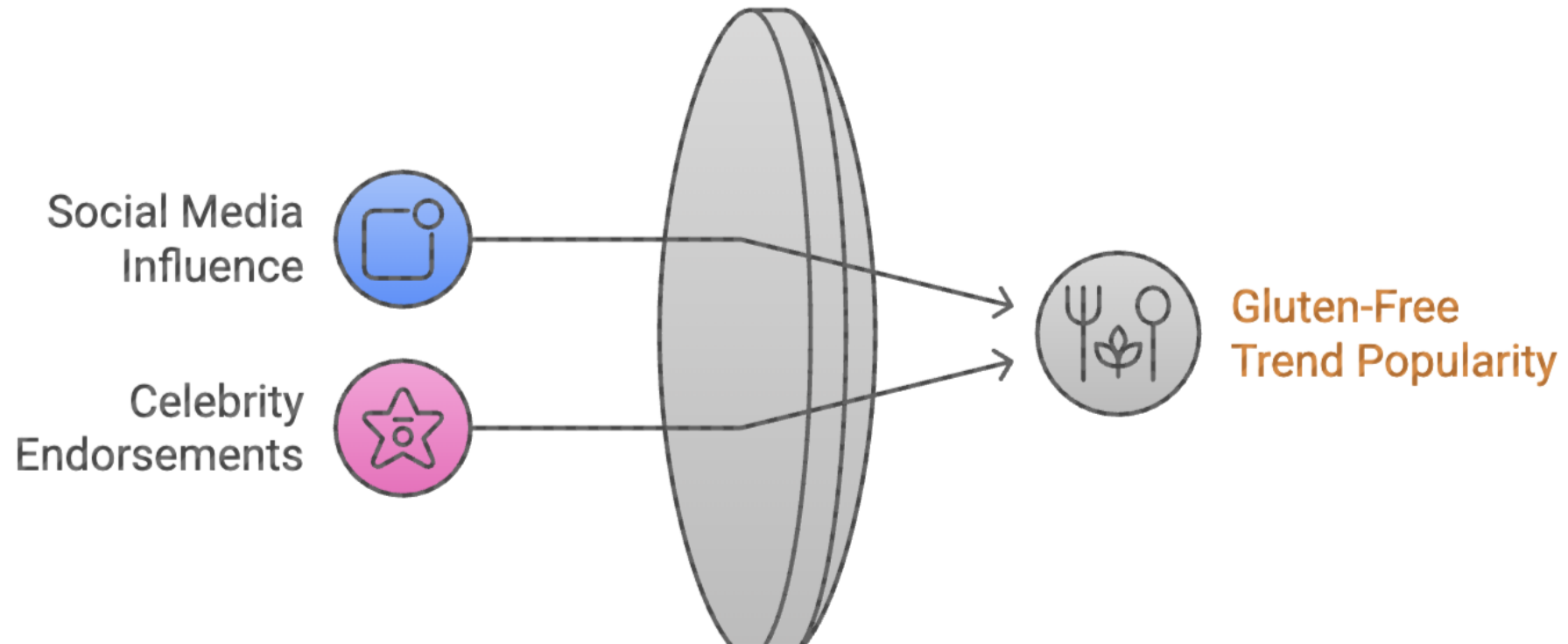
For example, whole-grain

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

✗ 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)



Common 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

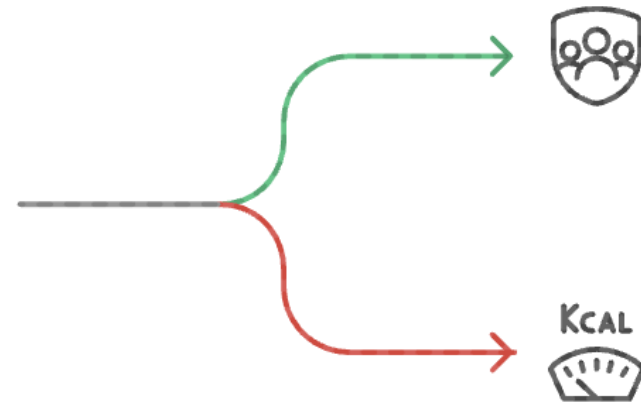
| **Safe Grains & Flours** | Rice, corn, quinoa, oats (certified), millet, buckwheat, amaranth, sorghum, almond flour, coconut flour |

Should You Avoid Gluten?

-  **Not necessary** unless you have celiac disease, sensitivity, or a medical reason.
-  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.

Executive Minister of Kerala, K. Venu Raju (PFI), is the executive authority, with Anand Kumar, Minister of Panchayats, Mariam Dhaivale, U. Vasuki, K. Balakrishnan, J. Suresh Choudhary, S. Deep Bhattacharya, and Arun Kumar as the new executive members. The group comprise 20% of the newly elected members.

The decision to strictly adhere to the age cap of 75 for the members of the Prakash Karat (who was coordinating the PFI, Brinda Karat, and the PFI's executive, Ashish Ali, K. Ramakrishnan, and Suruya Karata Mithra) was made by the PFI. However, Mr. Prakash Karat, who is 75, was not asked to step down. S. Sarkar, and Ms. All will be special invitees to the CC, while the PFI's executive, P. S. Ramachandran Pillai, S. Ramachandran Pillai, Haman Mohan, and S. Basu.

New beginning

Opened in **1914**
Served for **108 years**

Opened in **2025**
designed for **100 years**

Joints of members
With
rivets

Operation
of lift span
Manual

Design of lift
Horizontal lift

Year of
commissioning
1914

Angle of
opening
81 degrees

Design of lift
Vertical lift

Year of
commissioning
2025

Time taken to
operate lift
5.30 minutes
each for lifting
up and down

Weight of
centre span
654 tonnes

Centre span
Single lift span

Painting
**Zinc metallising,
Epilux zinc
rich primer,
Polyxiloxane
paint**

Frequency
of painting
**Once in
38 years**

Operation of lift span
**Electromechanical
system**

Joints of
members
By
welding

No. of
spans
100
in 2025

Length of centre span
72.5 metres

Centre span
Cantilever span
(double leaf)

Weight of
centre span
500 tonnes

Angle of
opening
90 degrees

Gauge
Broad gauge

No. of tracks
**Provision for
double tracks**

Gauge
Metre gauge

No. of tracks
Single

Painting
Aluminium paint
Frequency of painting
Once a year

Time taken to operate lift
45 minutes to lift;
15 minutes to close



No. of persons used to lift
16 persons



Traction
**Diesel, Provision
for electrification**



Permitted
speed of trains
75kmph

Total length: **2.08 km**

Total length: **2.05 km**

No. of
spans
145
in 1914



Traction
Steam, diesel



Permitted
speed of trains
10 kmph



INDIA

Tamil Nadu

Mandapam

Rameswaram

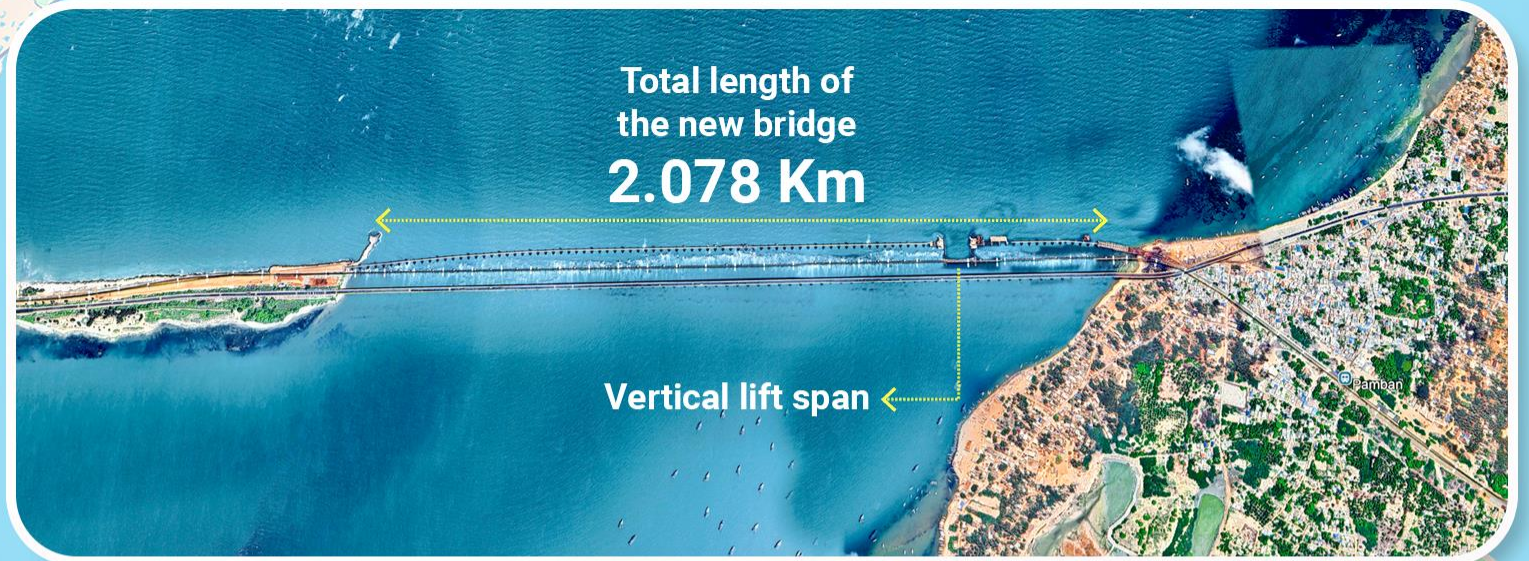
Dhanushkodi

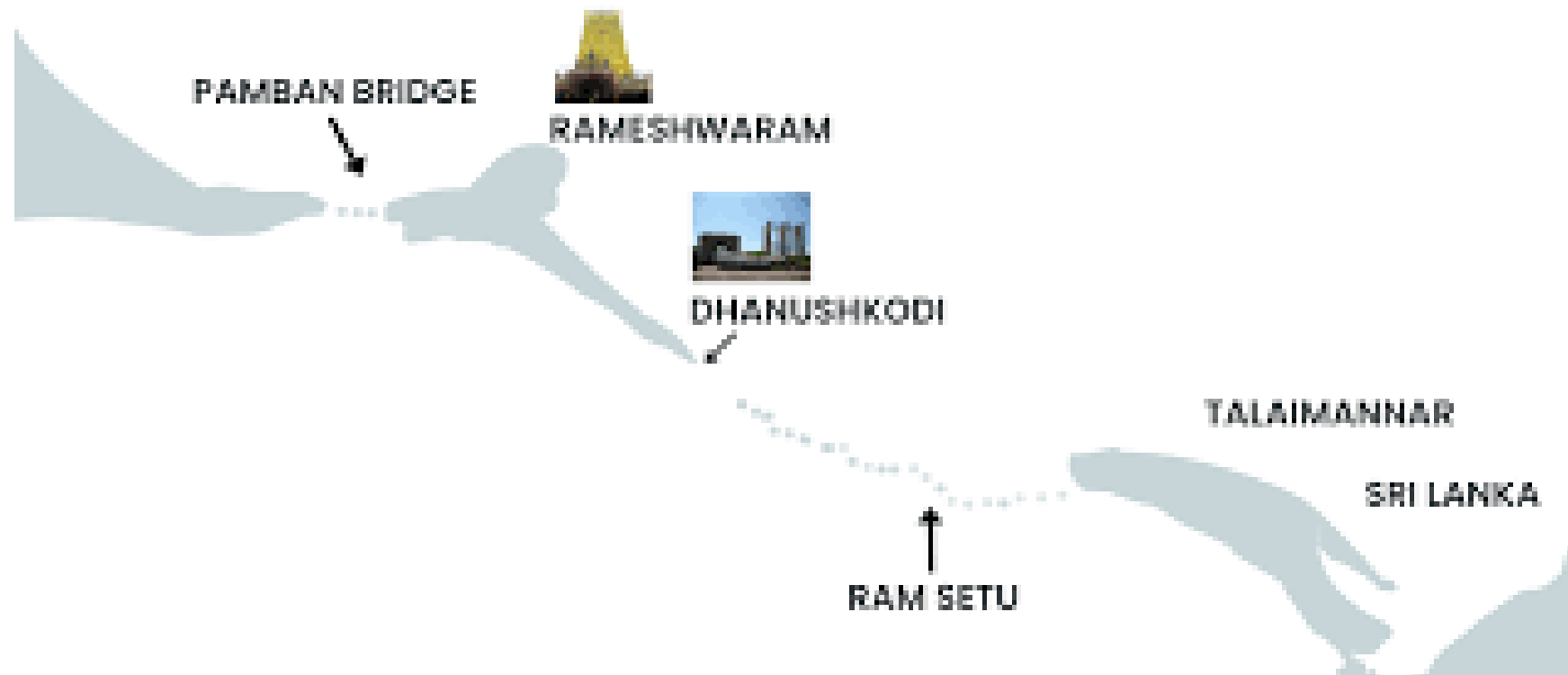
Gulf of Mannar

SRI LANKA



₹535 crore
The total cost
of the new bridge





Inauguration of the Vertical Lift Sea Bridge



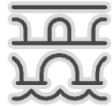
Inauguration by PM Modi

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.



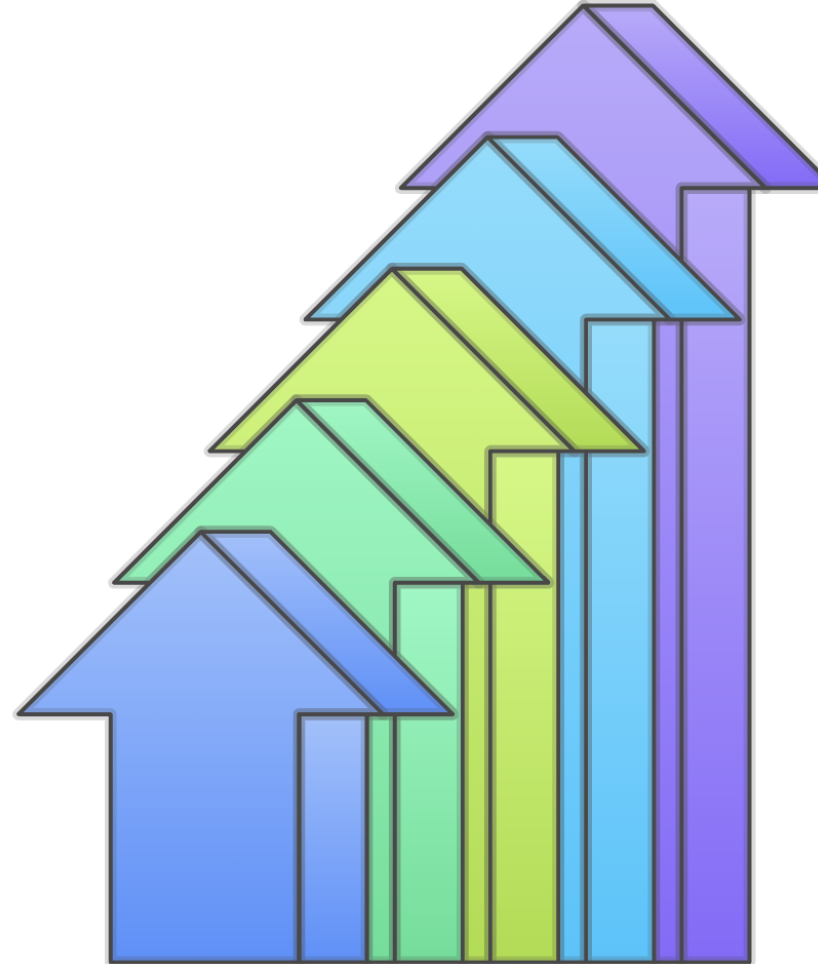
Lift span is 72.5 meters

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.

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
COLOMBO

Prime 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 Narendra 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.

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 tri-lateral framework also involving the United Arab Emirates and another agreement on power grid connectivity.

"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

Indian-Assisted Railway Projects in Sri Lanka



Announcement of 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



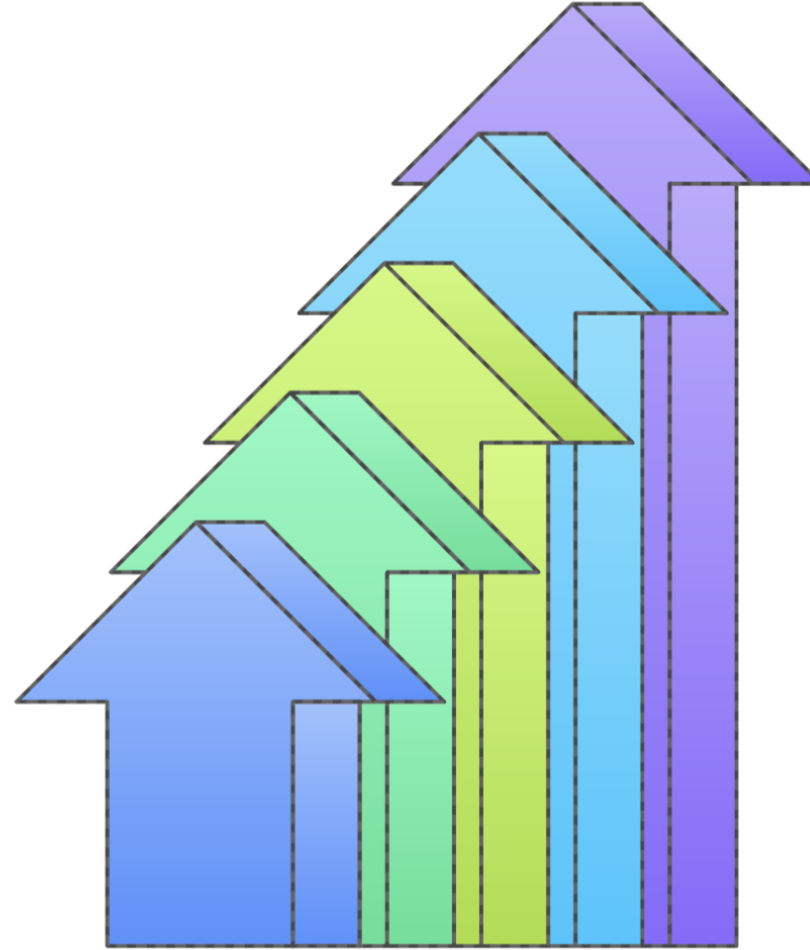
Launch of Signalling System

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

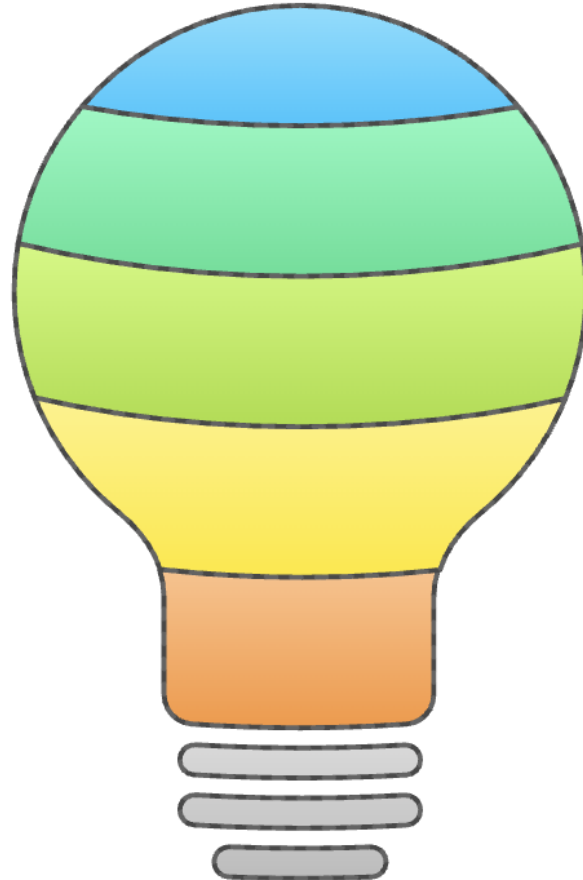


Supports economic trade

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

World Health Day, celebrated on April 7, serves as a global call to 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 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 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 telemedicine are crucial for decentralising healthcare services.

Addressing disease burden India faces a dual burden of persistent infectious diseases and rising non-communicable diseases, which now account for over 65% of all deaths. Sedentary lifestyles, poor diets, and tobacco use are driving conditions such as diabetes, heart disease, and cancer. The 2024 International Diabetes Federation reported 101 million Indians with diabetes. Air pollution accounted for 1.6 million deaths in 2019, according to *The Lancet*, further underscoring 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 anaemic. These indicators reflect broader socioeconomic challenges – poverty, lack of



Jasma K.A.
Research Scholar and Assistant Professor, P.M. Government College, Palakkad, Thrissur



Vipin Benny
Assistant Professor and Research Supervisor, St. Thomas College (Autonomous), Thrissur

A cohesive, inclusive, and well-funded health system is essential for achieving developed nation status

education, poor sanitation, and gender inequality. Government efforts such as Poshan Abhiyaan and the Integrated Child Development Services target malnutrition but require stronger data tracking, community engagement, and multi-sectoral coordination to be truly effective. While there has been progress, public health funding is still low. In the 2025-26 Union Budget, ₹99,858.56 crore (1.97% of the total Budget) was allocated to the Health Ministry. Moreover, high out-of-pocket spending continues to push 55 million Indians into poverty each year. A shift towards 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 access, and numerous patients and healthcare 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 hinder public confidence. To fully realise the potential of digital health, India needs to invest in rural internet infrastructure, provide training for front-line health workers, and implement comprehensive data protection regulations. Emerging technologies such as AI diagnostics, wearables, and remote monitoring hold

transformative promise for early detection and disease management. These innovations must be adopted in a responsible and inclusive manner, ensuring that they benefit all communities, not just those in urban areas with tech-savvy populations.



WORLD HEALTH DAY

India's health objectives are in line with Sustainable Development Goal 3, which emphasises good health and well-being. Developed nations focus on public health infrastructure, universal 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 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 change are equally pressing issues. The Tele-MANAS helpline and the National Action Plan on Climate Change and Human Health are worthy initiatives.

However, a 2023 NIMHANS study revealed that 14% of Indians suffer from some form of mental disorder, underscoring the need for increased investment and awareness. India must perceive health not merely as a social obligation but as a strategic imperative. 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

Sudarshan R. Kotral

On March 24, the Supreme Court of India formed a National Task Force to investigate the increasing deaths by suicide of students on campuses. It also directed the Delhi Police to register an FIR on the complaints of the families 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 directed IITs to ensure "zero tolerance" to discrimination and provide a robust support system to students.

The institutional response to suicide is often individualistic and reductionist – it is almost always to appoint more 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, with the goals ranging from creating a suicide-free campus, "creating a stigma-free and empathetic environment for issues related to mental health" to "creating a campus conducive to happiness and peace of mind for its residents", psychologists refrain from calling attention to the biased institutional policies that impact mental health. For example, none of the official websites of the counselling centres at the 23 IITs employ the phrase "queer affirming" or use trans-inclusive, affirming language. Using gender-inclusive pronouns and establishing inclusive frameworks and anti-discrimination policies are procedurally fair for sexual and gender diverse people. Using gender-inclusive pronouns and establishing inclusive frameworks and anti-discrimination policies are procedurally fair for sexual and gender diverse people.

Need to be prioritised as they de-stigmatise mental distress. Teachers talk only about grades. A grade is the parameter by which students are judged as good or bad," a student said. This is antithetical

and power intertwined. The way language is employed strongly influences thinking, which in turn, affects the way people act, bringing power into play to perpetuate the existing legal frameworks and Supreme Court rulings. For example, official forms where gender by default has only two options – male and female – violates equal rights for representation of gender non-binary people that was granted by the Supreme Court in the 2014 NALSA judgment. In 2023, the Supreme Court launched the Handbook on Combating Gender Stereotypes, recognising the need to use unbiased language, which not only reflects the judge's interpretation of the law, but also their perception of society.

Research has shown that pronouns are crucial linguistic resources for supporting trans and gender diverse people. It suggests strategies for a trans-affirming pedagogy, such as collecting pronoun information and dealing with pronoun misuse. The deployment of gender pronouns signals identity-safety and promotes the perception that the institution is procedurally fair for sexual and gender diverse people. Using gender-inclusive pronouns and establishing inclusive frameworks and anti-discrimination policies are procedurally fair for sexual and gender diverse people. Using gender-inclusive pronouns and establishing inclusive frameworks and anti-discrimination policies are procedurally fair for sexual and gender diverse people.

to the ethic of care that honours and respects the value of just being human. The objective of the classroom should not only be confined to producing intelligent scholars but also to cultivating compassionate, non-judgemental, and empathetic communities.

Fragile attendance policies implemented idiosyncratically by teachers pose serious challenges to mental health. In order to cultivate cultural safety and empathy in the classroom, it is important that teachers and students interact regularly. In the context of documented institutional discrimination and its fatal mental health impact, classrooms are to be nurtured as safe, kind, and democratic spaces. The current policies on mental health, limited to increasing mental health services, need a paradigm shift to a bottom-up approach focused on the classroom that maps various experiences and nurtures sensitivity to contexts and diversities. Teachers are pivotal in this regard.

It is a major crisis in public mental health ethics that psychologists align with counter-therapeutic institutional policies that violate existing constitutional and statutory safeguards. Counselling centres have to mobilise all possible resources at multiple levels so that care becomes the central value. Similarly, embedding ethics of care into institutional policies respond to avoidable mental distress to make every human life meaningful is more important than landing a human on the moon.

Sudarshan R. Kotral is Assistant Professor, Department of Humanities and Social Sciences, IIT Palakkad

FROM THE ARCHIVES

The *Hindu*.

FIFTY YEARS AGO APRIL 7, 1975

Selective price control on drug formulations suggested

New Delhi, April 6: The Hathi Committee on drugs and pharmaceuticals has recommended a selective price control on drug formulations suggested 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, K.P. Malavoy to-day, the 15-member committee, headed by Mr. Jalsukhlal Hathi, MP, has recommended a lifting of price control on units having an annual turnover of less than Rs. one crore. At present units with an annual turnover of upto Rs. 50 lakhs are exempted from price control.

It has further suggested that formulations under 13 essential drugs as identified by the committee for abolition of brand names should also be exempted from price control. In 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 sales and basic drugs do not exceed Rs. 25 lakhs annually.

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 the available on formulations for the industry as a whole.

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. 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 headlines relating to their professional status,

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

A healthy diet is about much more than calories. It needs 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 vast differences around the world. Healthy diets are expensive – more than four times the cost of a basic, calorie-sufficient 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. Cheap foods can 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 United Nations 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

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, research has found that 1.1 billion people could not afford 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 measure 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 almost three billion people cannot afford a healthy 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.

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 United Nations 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

The researchers also looked at the lowest-cost option to meet these national food-based dietary guidelines. A diet that 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

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 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 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 earned by a person on 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 still afford a healthy diet. Most countries 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.

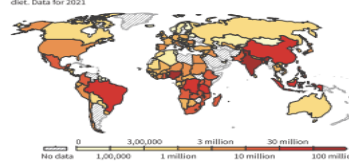
What this comparison shows is how far most of the world is from being able to afford a healthy diet. We cannot spend all, or even most, of our income on food. We would have very little to spend on

Two square meals

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

Three billion people cannot afford a healthy diet

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DATA POINT

Hannah Ritchie & Pablo Rosado

A 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, calorie-sufficient 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.

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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 afford 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 measure 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 'food-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 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 means that we are not expecting

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 producible) 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-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 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%.

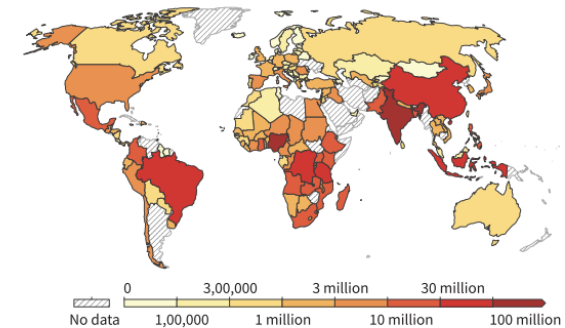
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Two square meals

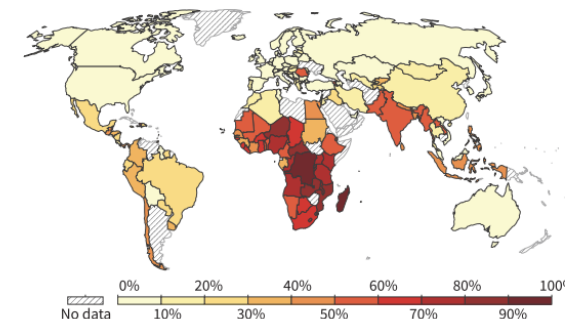
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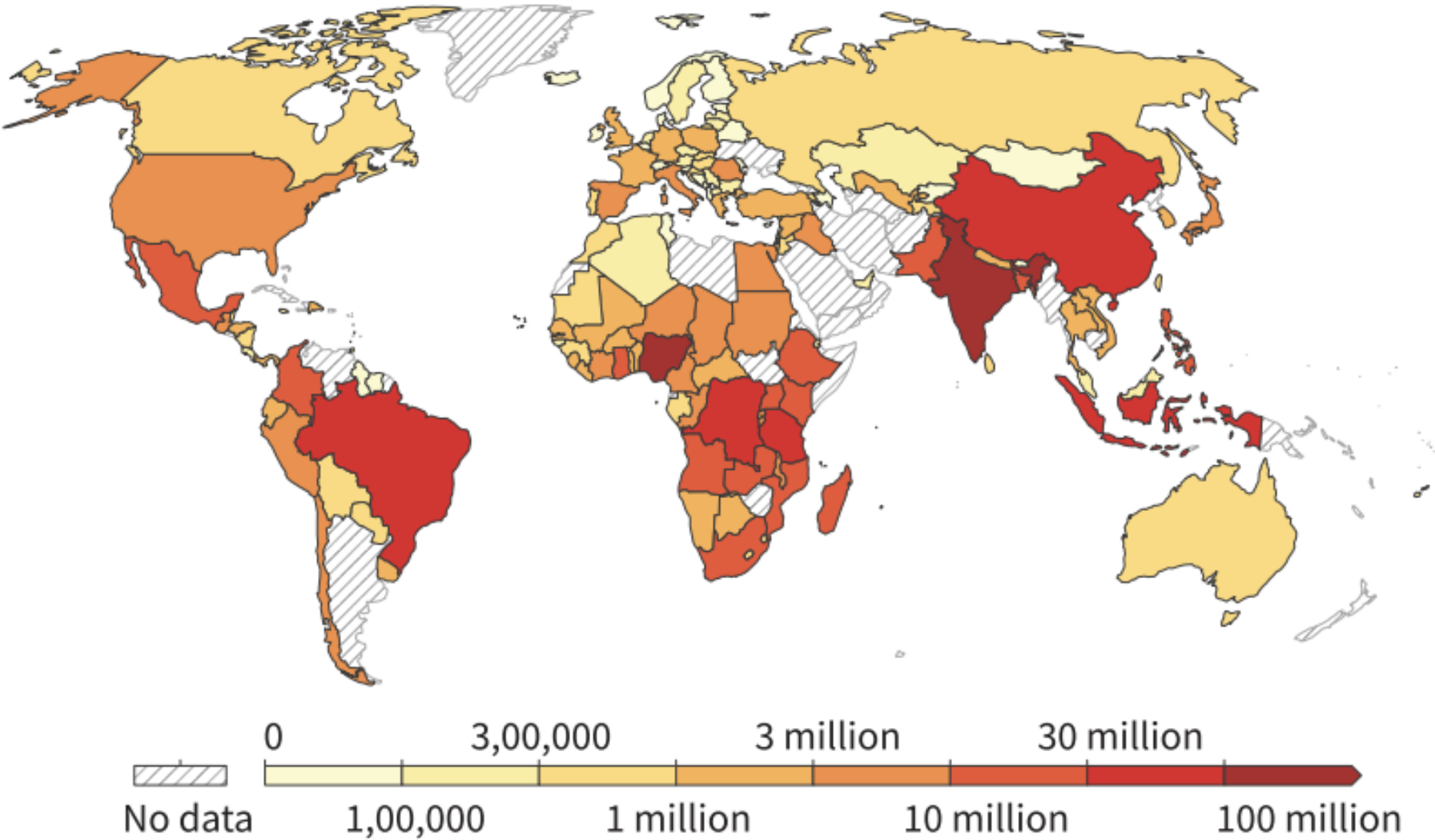
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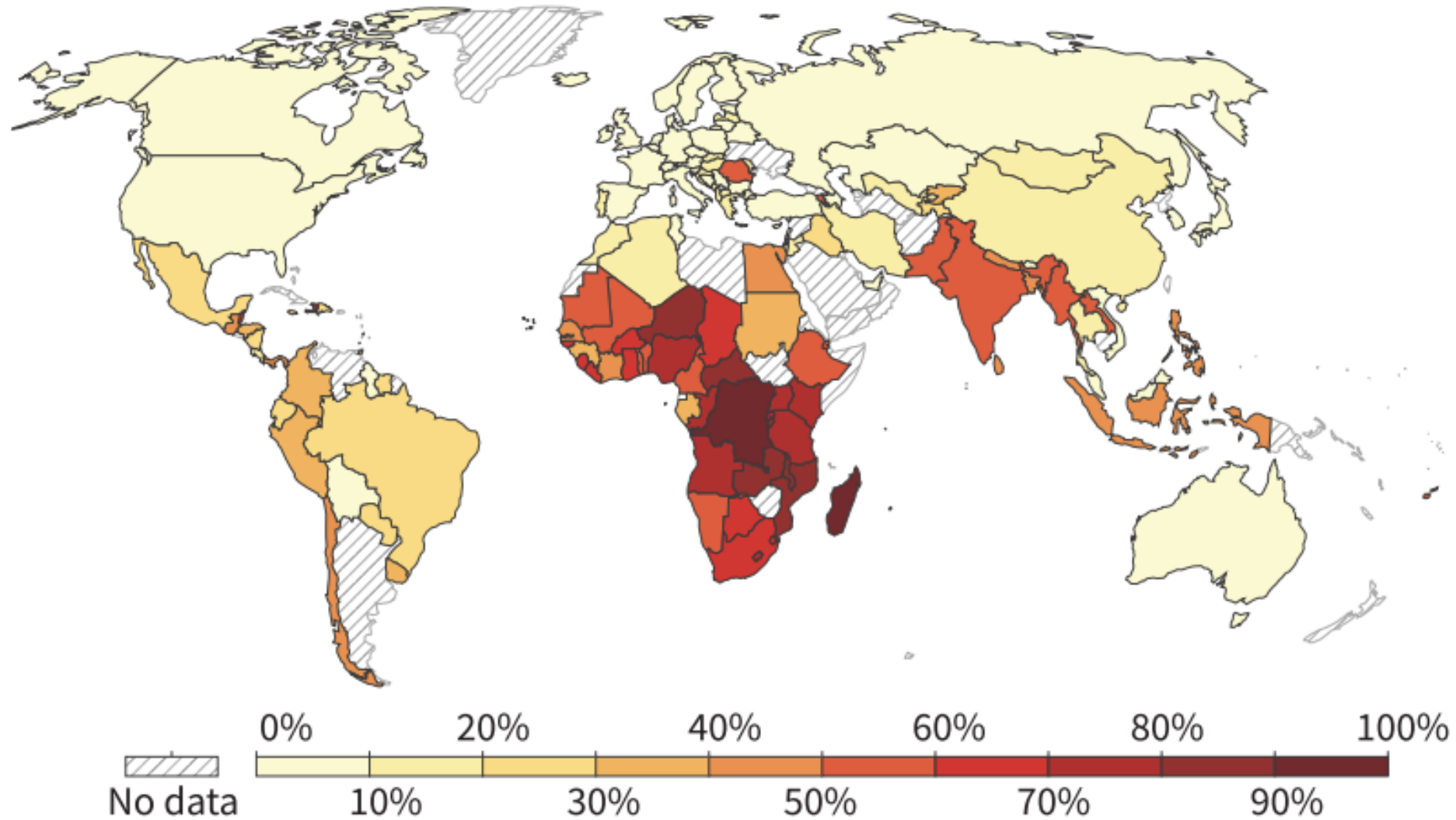
Map 2: The map shows the share of population that cannot afford a healthy diet. Data for 2022



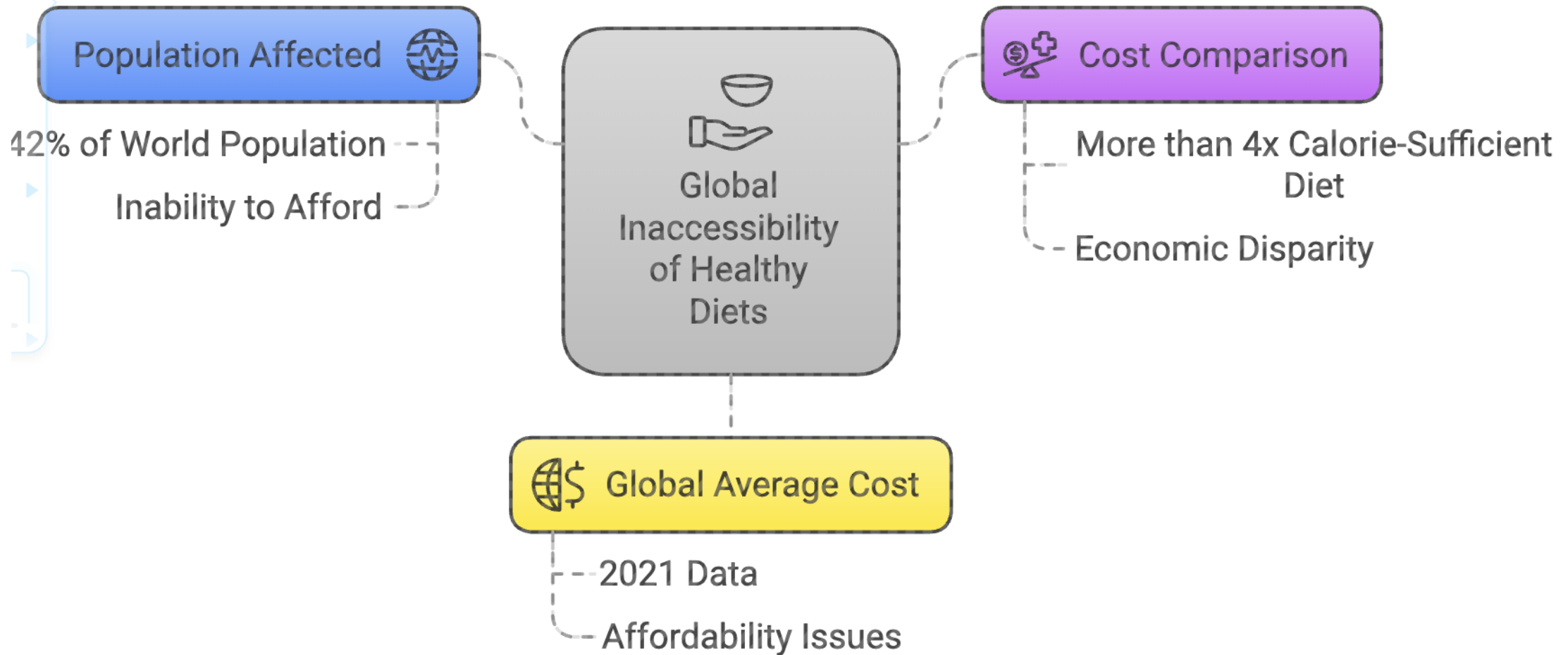
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Map 2: The map shows the share of population that cannot afford a healthy diet. Data for 2022



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

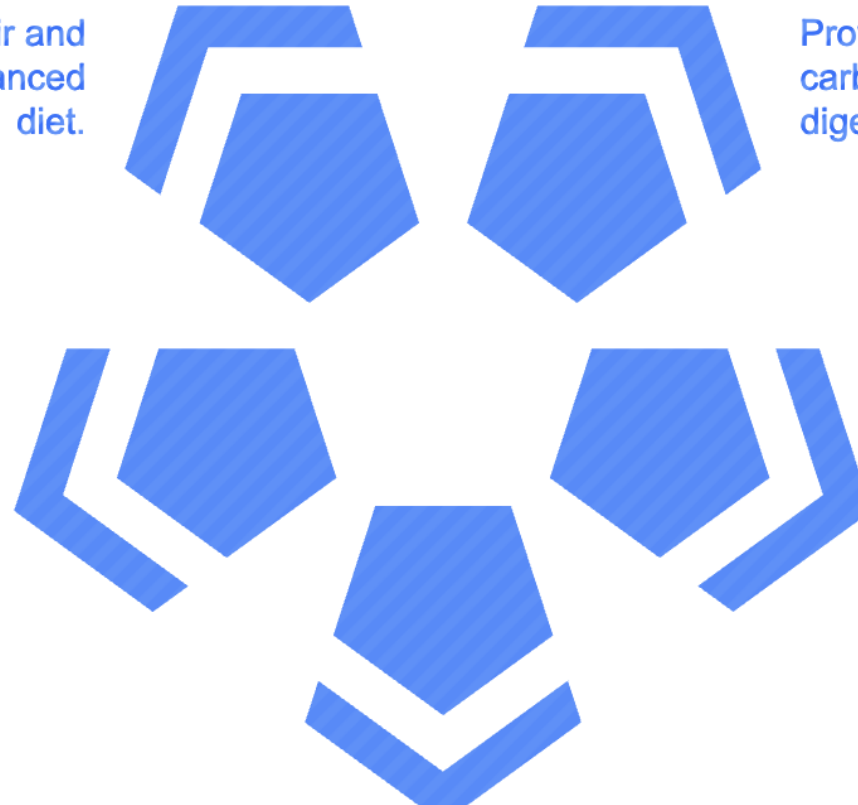
Provides essential carbohydrates and fiber for digestion and energy.

Legumes

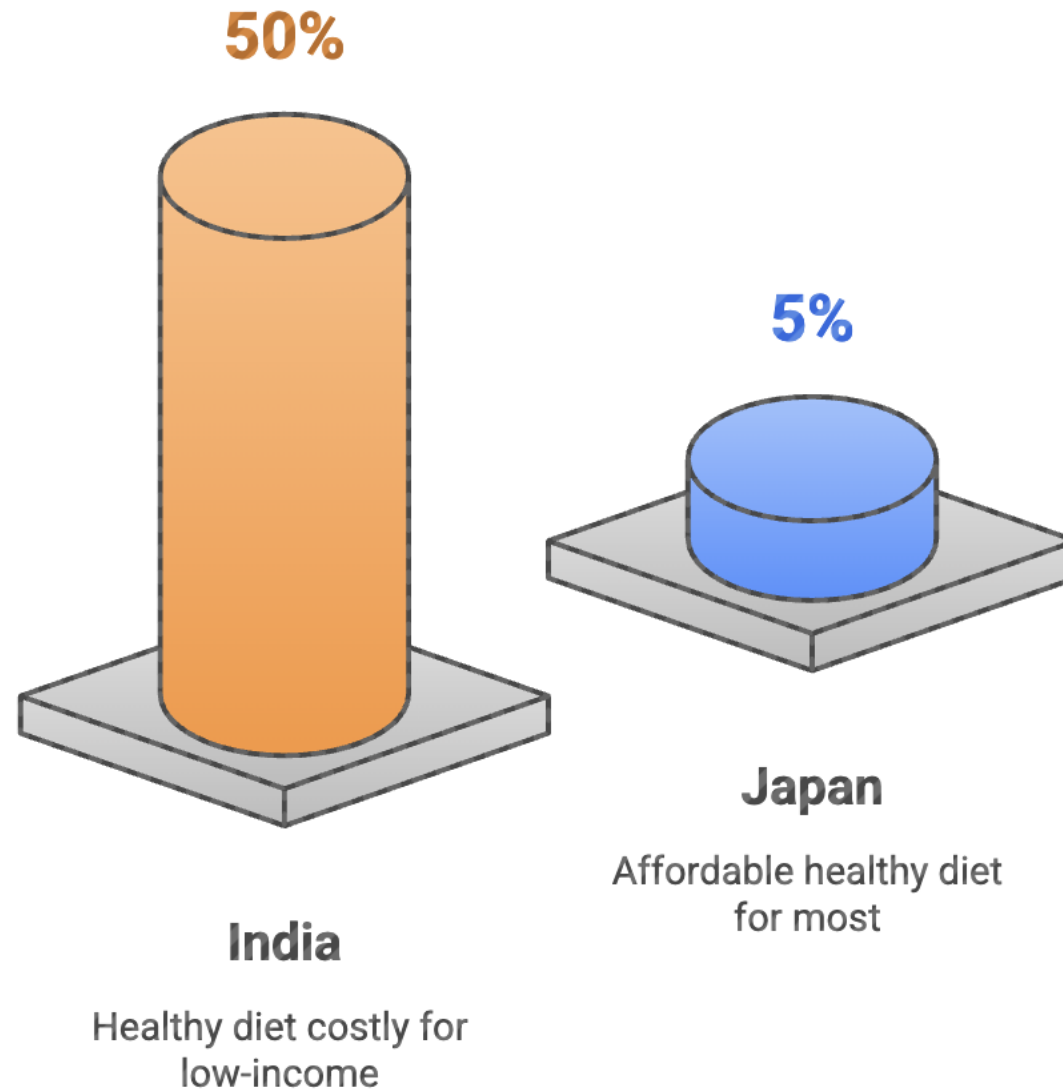
Delivers protein and additional fiber, enhancing dietary diversity.

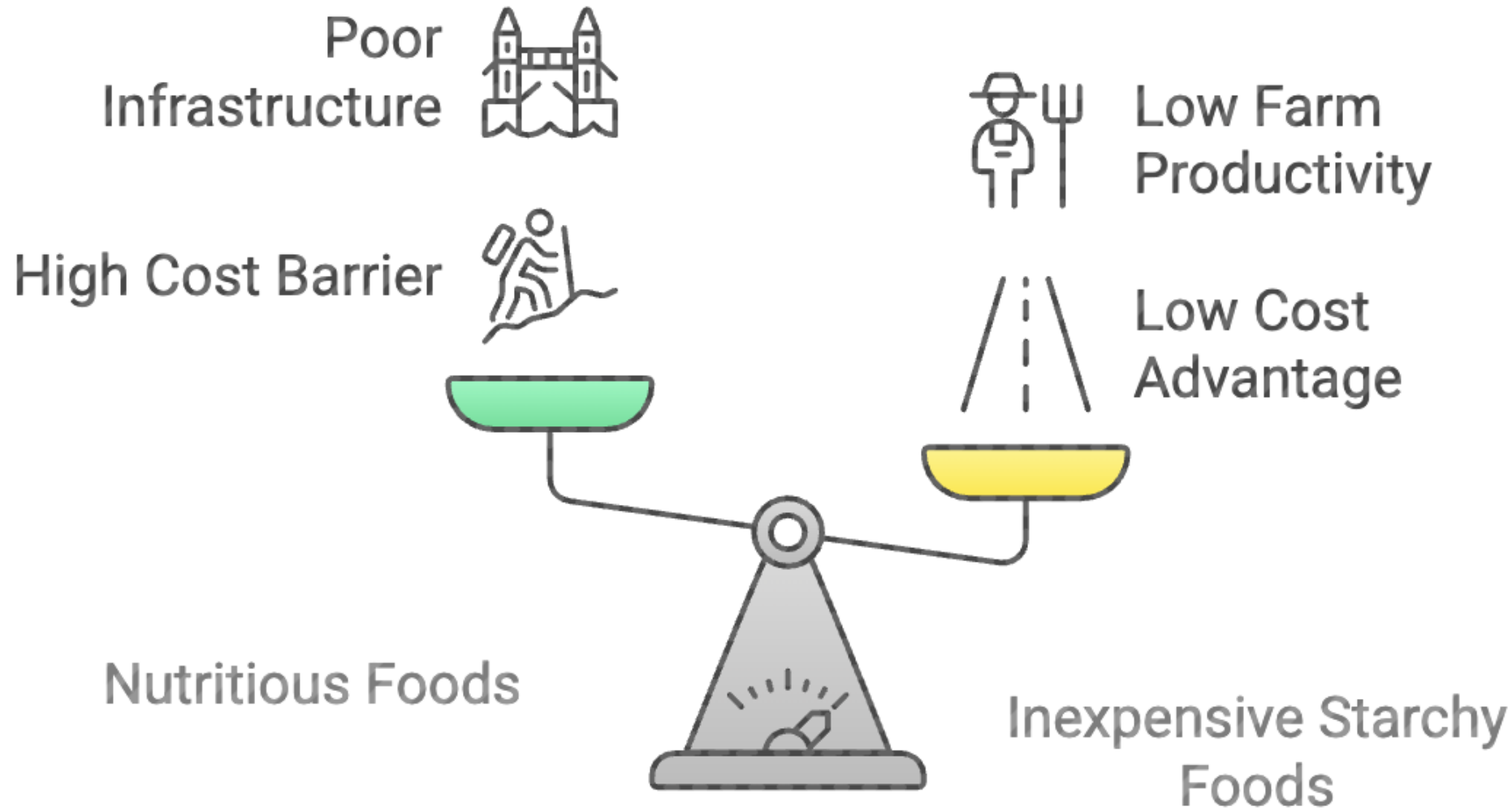
Fruits

Offers vitamins, minerals, and antioxidants crucial for health.



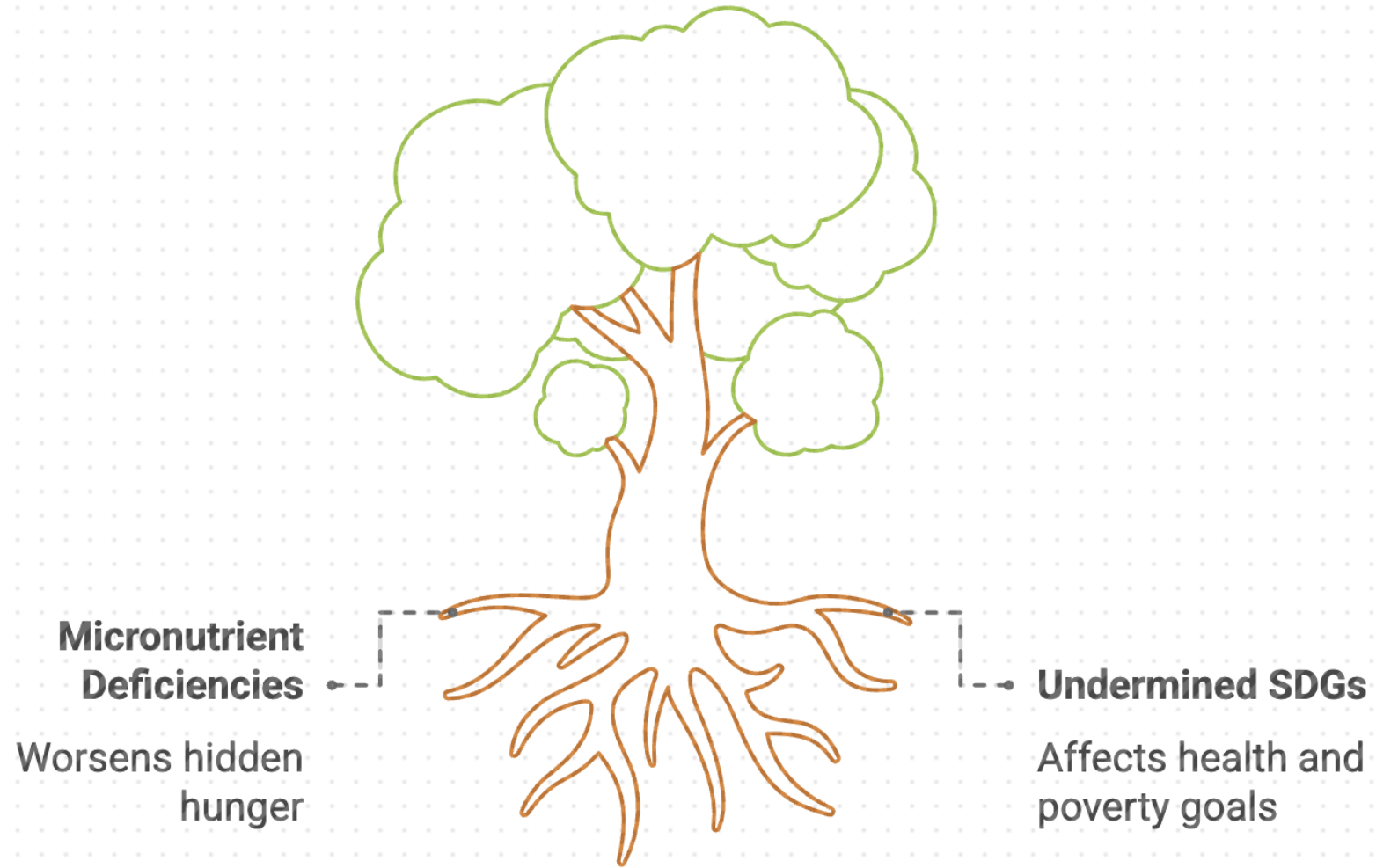
Affordability of Healthy Diets Across Countries



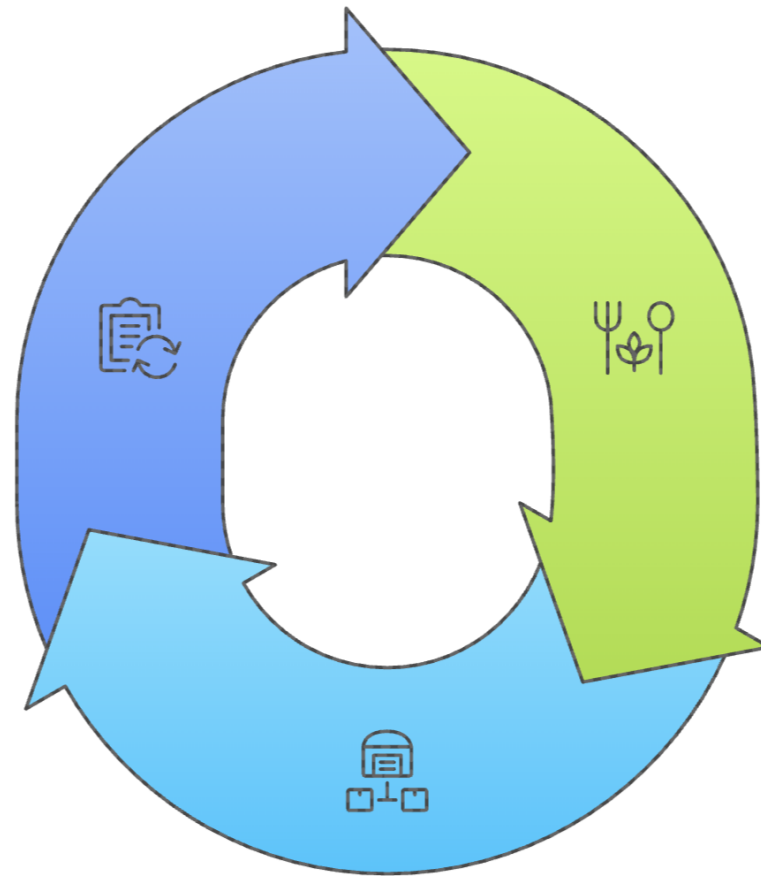
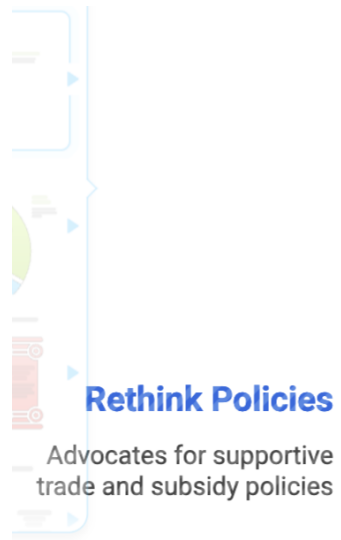


Balancing Cost and Accessibility in Food Choices

Hidden Hunger and Its Global Impact



Cycle of Nutritional Food System Enhancement



Diversify Agriculture

Encourages varied crop production for nutrition

Improve Supply Chains

Focuses on efficient food distribution

A wide-angle photograph of a high-altitude mountain range. The foreground and middle ground are dominated by rugged, dark rock formations partially covered in bright white snow. The peaks are sharp and jagged, reaching towards a clear, deep blue sky. The lighting suggests a bright, sunny day, with strong shadows cast by the mountain ridges. The overall scene conveys a sense of grandeur and isolation.

6th BIMSTEC Summit

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.

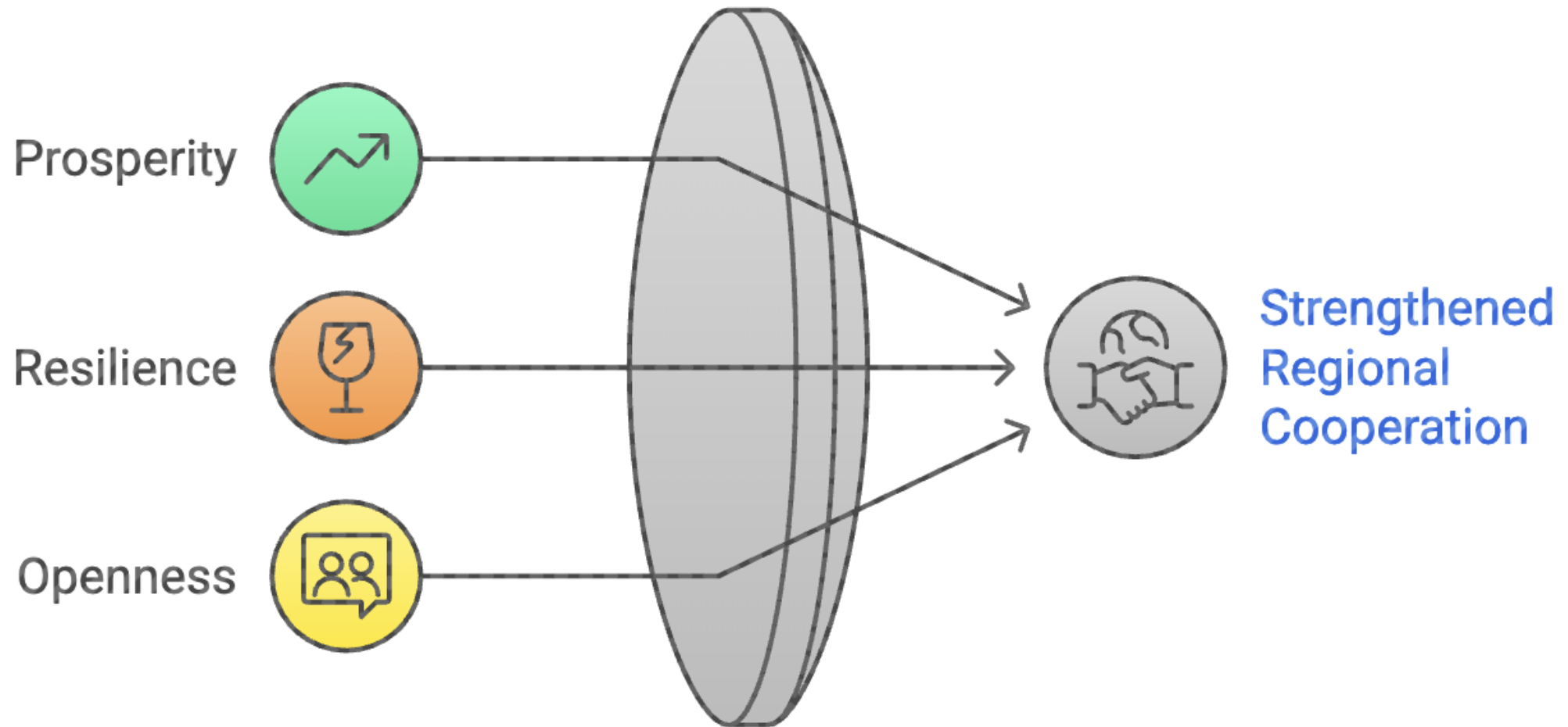


6th BIMSTEC Summit

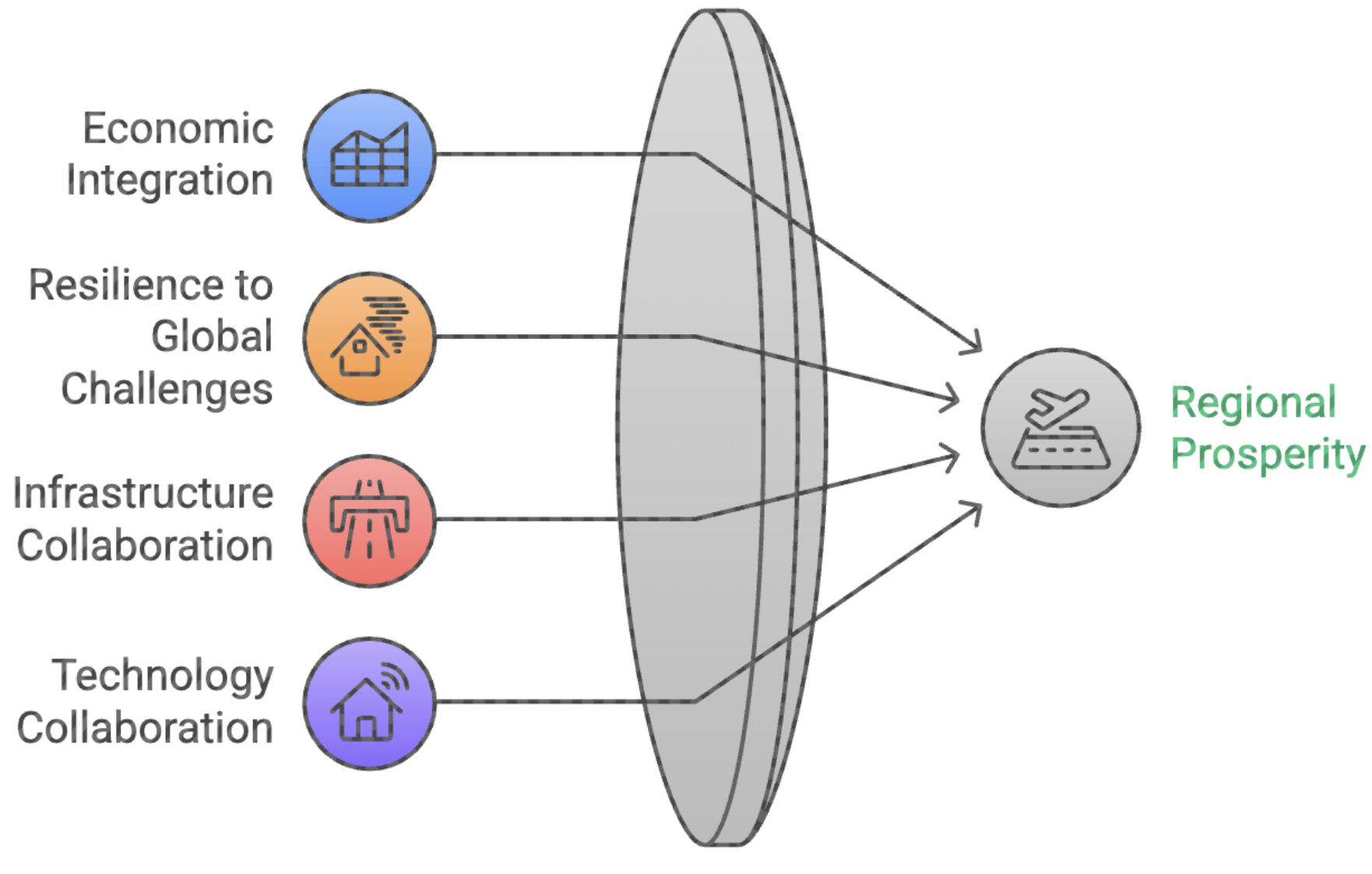
Key event for
discussing regional
collaboration
strategies.



Unified BIMSTEC Vision



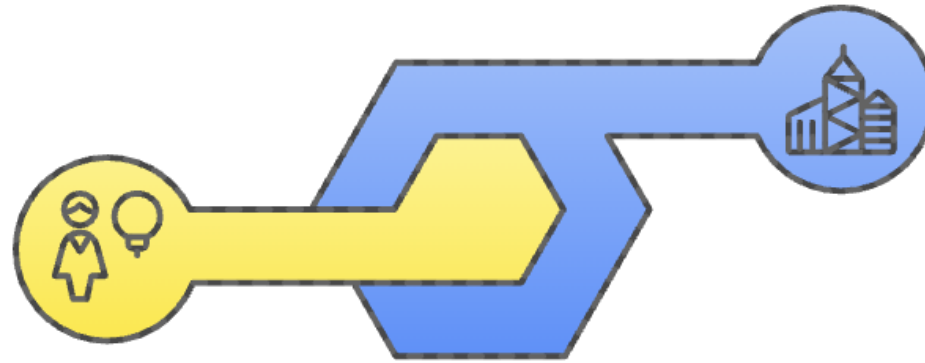
Pathway to Bangkok Vision 2030



India's BIMSTEC Initiative

BODHI Program

Core educational and
capacity-building program



BIMSTEC Centres of Excellence

Institutional framework for
collaboration

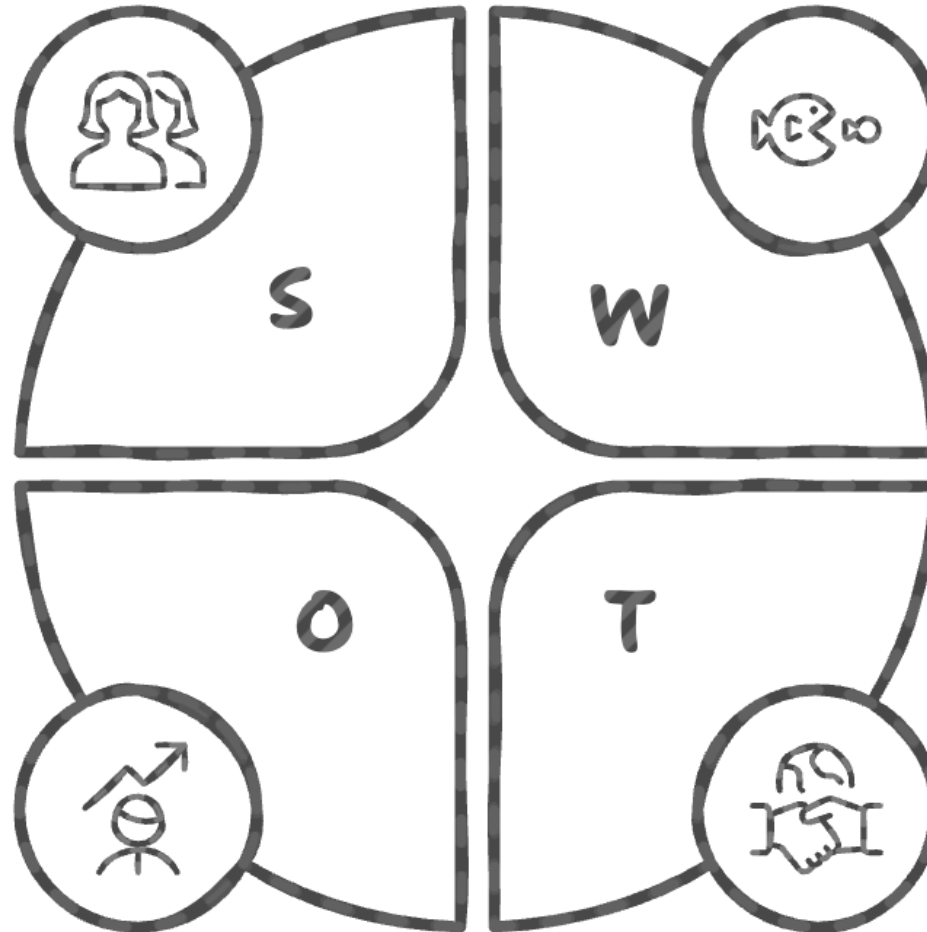
BIMSTEC Overview

Large Population

1.7 billion people

Economic Growth

Combined GDP of USD 5.2 trillion



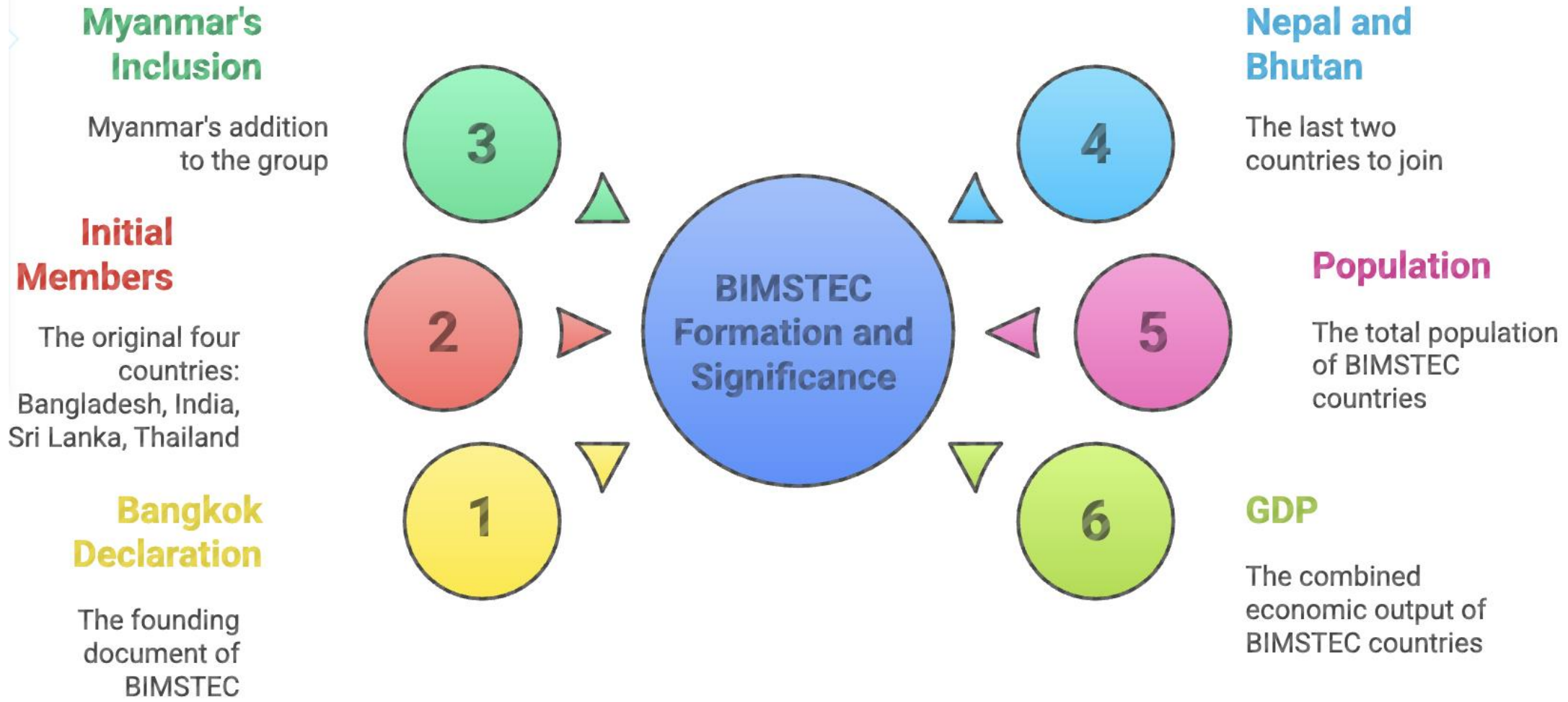
Limited Initial Membership

Started with only 4 members

Global Competition

Competing regional alliances

Formation and Significance of BIMSTEC





BIMSTEC

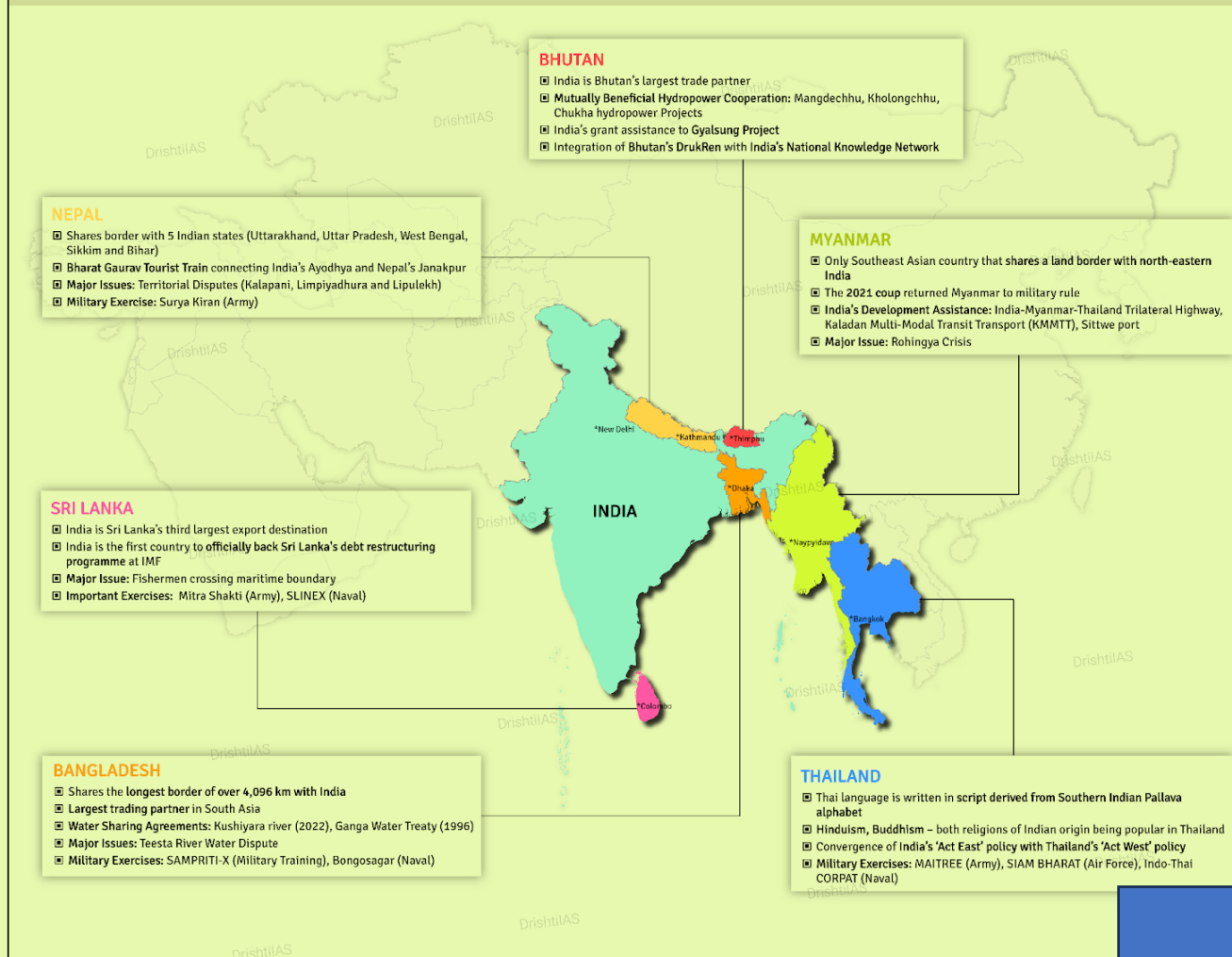
Bay of Bengal Initiative for Multi-Sectoral Technical and Economic Cooperation

Members: 7

Significance: Hosts 22% of the world population, accounts for 3.8 trillion of GDP

Formation: 6th June 1997 (Bangkok Declaration)

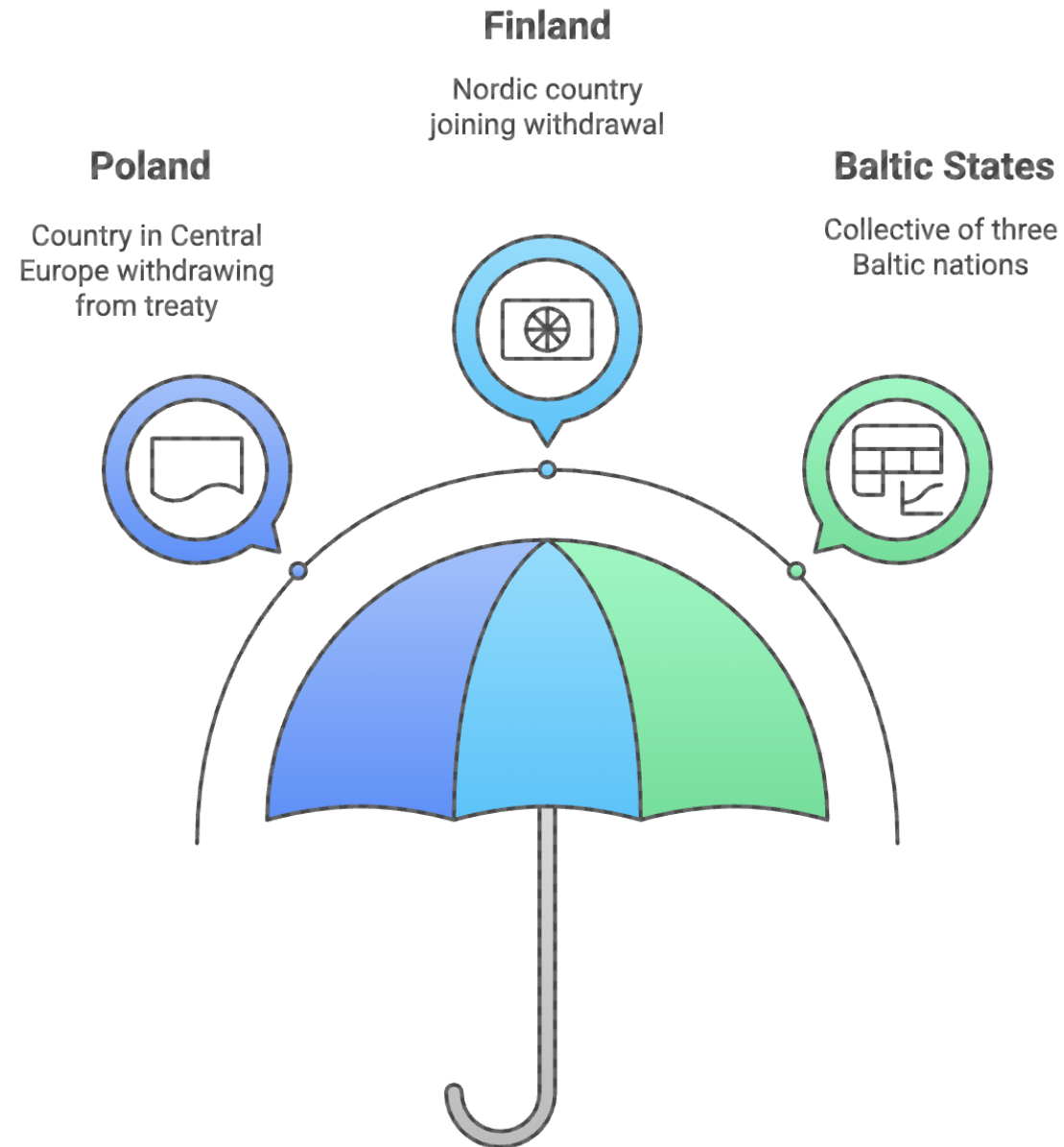
Secretariat: Dhaka, Bangladesh



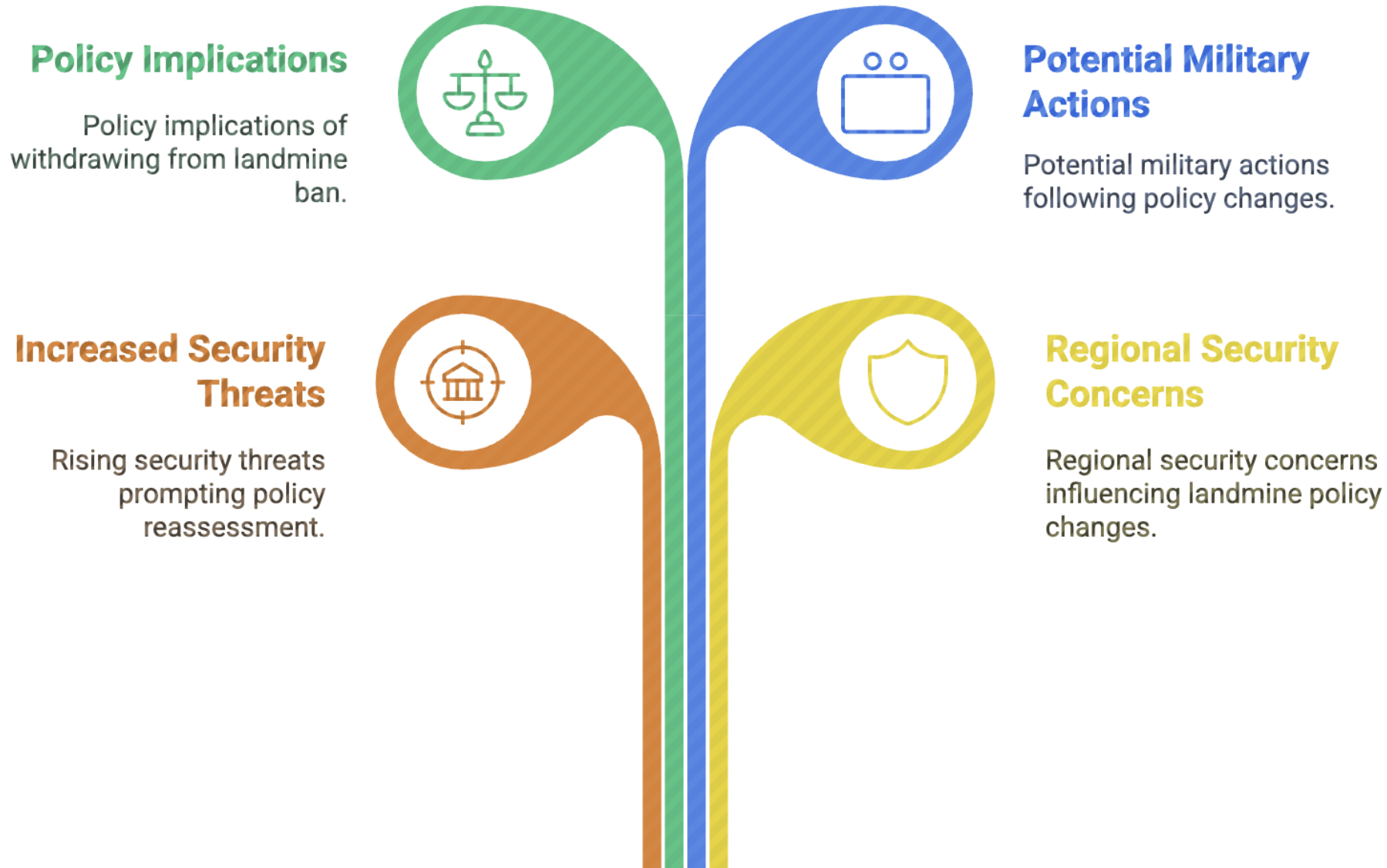
Ottawa Convention



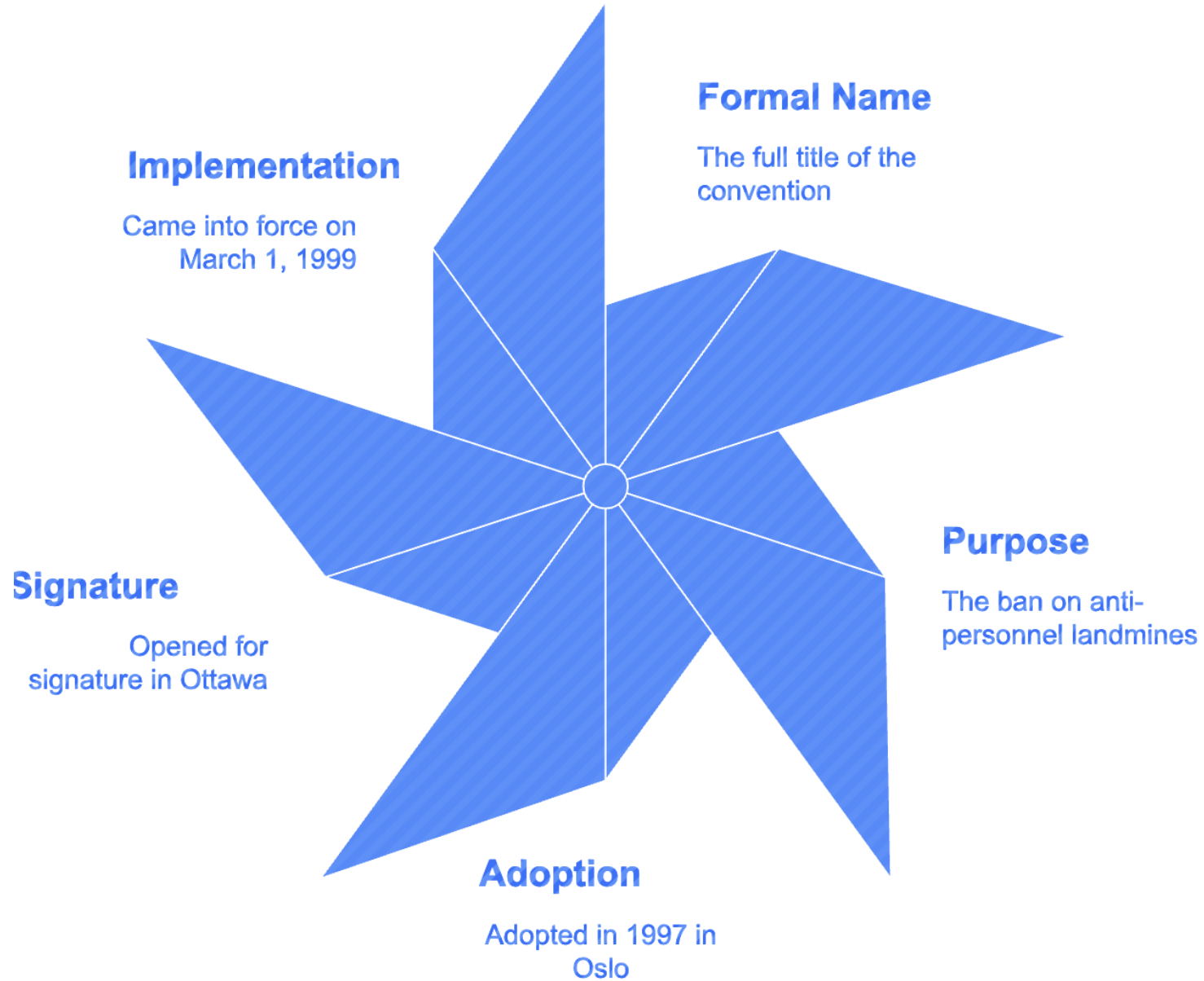
Dynamics of Landmine Treaty Withdrawal



Security Concerns Driving Landmine Policy Changes



Breakdown of the Ottawa Convention



The Journey of the Ottawa Convention

1997
Adoption during Oslo conference

1997
Opened for signature in Ottawa

March 1, 1999
Treaty comes into force



BRAIN POWER



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:

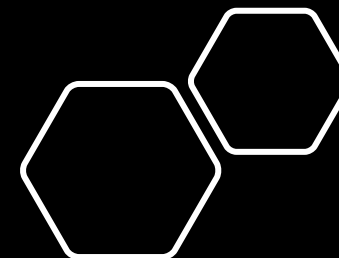
of hair color; pale yellowish to yellowish brown

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/





10 MCQ



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



Thank you
guys.
