



India New Zealand Round Table Meeting

For Prelims: New Zealand geographic location, UPI, Carbon credit, Vande Bharat Mission

For Mains: India's economic ties with New Zealand

Why in News?

Recently, the **first Round Table Joint Meeting** between India and New Zealand with the industry and industry associations of both the countries took place in New Delhi.

- The meeting was co-chaired by the **Additional Secretary, Department of Commerce** and **High Commissioner** of New Zealand.



What are the Key Highlights of the Meeting?

- Both the countries acknowledged the **huge potential in India and New Zealand partnership**

and the need for **bringing in synergy for enhanced economic relations** in areas of mutual interest.

- There was an acknowledged need to work beyond any free trade agreement and explore other areas where both can complement each other.
- The discussions focused on taking forward the objectives of the **Joint Trade Committee (JTC)**, formed under the **Bilateral Trade Agreement of 1986**.
- New Zealand emphasised on facilitating trade and association with private sectors with some of the key areas being the **promotion of [Unified Payment Interface \(UPI\)](#) system, [carbon credit co-operation](#)** and working on issues like the requests on **non-tariff measures for bilateral gains** to the businesses of both the sides.
 - The need for **increasing the air connectivity links** between the two countries was also emphasised.

What are the Key Points about New Zealand?

- **Official Name:** New Zealand/Aotearoa (Maori)
- **Form of Government:** Parliamentary democracy
- **Capital:** Wellington
- **Official Languages:** English, Maori
- **Currency:** New Zealand dollar
- **Major Mountain Ranges:** Southern Alps, Kaikoura Ranges
- **Highest Mountain Peak:** Mount Cook (3,754 meters) - called "**Cloud Piercer**" by Maori people
- **Major Rivers:** Waikato, Clurtha, Rangitaiki, Wanganui, Manawatu, Buller, Rakaia, Waitaki and Waiau
- **2 Main Islands:** North and South Islands - separated by the **Cook Strait**

How are India's Relations with New Zealand?

- **Historical Relations:** India and New Zealand have a longstanding, friendly and growing relationship with ties going back to the 1800s, when Indians settled in Christchurch around the 1850s.
 - Larger numbers of immigrants from Punjab and Gujarat came to New Zealand in the 1890s. Indian troops fought alongside the **Anzacs in Gallipoli in 1915**.
- **Political Relations:** India and New Zealand have cordial and friendly relations **rooted in the linkages of the Commonwealth**, parliamentary democracy, and the English language.
 - Both countries became independent in the same year and **diplomatic representation of India was established in 1950**.
 - Other common interests of the two countries include their commitment to disarmament, **North-South Dialogue**, human rights, ecological preservation and combating international terrorism.
 - New Zealand identified **India as a priority country in its "Opening Doors to India" policy** notified in October 2011, which was reiterated in 2015.
- **Cooperation during Covid-19 Pandemic:** Both countries cooperated extensively both bilaterally in fighting against the pandemic by **ensuring the continuity of supply chains of essential commodities, medicines, and vaccines**.
 - India and New Zealand also facilitated the repatriation of each other's nationals stranded in the wake of **Covid-19**.
- **Trade Relations:** India is New Zealand's **11th largest two-way trading partner** with total two-way trade valued at USD 1.80 billion during the year ending September 2020.
 - **Education and tourism are New Zealand's growth sectors** with India.
 - Indian students (~15000 in number pre-pandemic) are the 2nd largest source of international students for New Zealand.
 - India primarily **imports logs and forestry products, wood pulp, wool and edible fruit & nuts** from New Zealand and exports mostly pharmaceuticals/medications, precious metals and gems, textiles and motor vehicles and non-knitted apparel and accessories to New Zealand.

- India shares [Free Trade Agreements \(FTAs\)](#) with New Zealand.
- **Business Alliances:** India -New Zealand Business Council (INZBC) and India New Zealand Trade Alliance (INZTA) are the two prominent organizations working to promote India-NZ trade and investment relations.
- **Cultural Relations:** All Indian festivals including Diwali, Holi, Rakshabandhan, Baisakhi, Guruparv, Onam, Pongal, etc. are celebrated with much enthusiasm all over New Zealand.
 - New Zealand has approximately 2,50,000 persons of Indian origin & NRIs, a vast majority of which has made New Zealand their permanent home.
- **Civil Aviation Cooperation:** Given the large Indian diaspora in New Zealand and increasing two-way tourism flow, there is a strong case for a direct air connection between the two countries which might prove to be a game-change for all aspects of bilateral relations.
 - The direct flights operated between the two countries under the [Vande Bharat Mission](#) have strengthened the prospects of a direct weekly flight as and when the possibility becomes commercially feasible for airlines.

UPSC Civil Services Examination, Previous Year Question (PYQ)

Q. Match List I with List II and select the correct answer using the code given below the lists: (2009)

	List I (Geographic feature)		List II (Country)
A.	Great Victoria Desert	1.	Australia
B.	Grand Canyon	2.	Canada
C.	Lake Winnipeg	3.	New Zealand
D.	Southern Alps	4.	USA

Code:

A B C D

- (a) 1 2 4 3
- (b) 1 4 2 3
- (c) 3 2 4 1
- (d) 3 4 2 1

Ans: (b)

- Great Victorian desert is Australia's largest desert. It lies in western Australia and south Australia, extending from the Gibson desert on the north to the Nullarbor plain on the south and eastward from Kalgoorlie-Boulder almost to the Stuart Range.
- The Grand Canyon lies in the southwestern portion of the Colorado Plateau, which occupies a large area of the southwestern United States and consists essentially of horizontal layered rocks and lava flows.
- Lake Winnipeg has an area of 9,416 square miles (24,387 square km) and is one of Canada's largest freshwater lake.
- Southern Alps is a mountain range on South Islands, New Zealand. It is the highest range in Australasia. It extends from Haast Pass, at the head of Wanaka Lake, northeastward to Arthur's Pass. They vary in elevation from 3,000 feet (900 metres) to 16 peaks above 10,000 feet (3,050 metres) and culminate in Mount Cook which is about 12,316 feet (3,754 metres).
- **Therefore, option (b) is the correct answer.**

Source: PIB

Jal Jeevan Mission

For Prelims: [Jal Jeevan Mission](#), [WHO](#), [Diarrhoea](#), Disability Adjusted Life Years, [SHG](#), [SDG-6](#).

For Mains: Jal Jeevan Mission, its Significance and Performance so far.

Why in News?

Recently, the [World Health Organization \(WHO\)](#) in its study, it highlighted the potential impact of the [Jal Jeevan Mission \(JJM\)](#) including significant health and socio-economic benefits.

What are the Key Highlights of the Study?

- **Averting Deaths from Diarrhoea:**
 - JJM has the potential to **avert close to 4 lakh deaths from [Diarrhoea](#)**. This highlights the life-saving impact of providing **piped potable water to all households in India**.
- **Avoidance of Disability Adjusted Life Years (DALYs):**
 - JJM can help avoid approximately **14 million DALYs** associated with diarrhoea and save around USD 101 billion and 66.6 million **hours every day of time that would otherwise have been spent** — predominantly by women — collecting water.
 - A DALY **represents the loss of the equivalent of one year of full health** and are a way to account for the years of life lost due to premature mortality (YLLs) and the years lived with a disability (YLDs), due to prevalent cases of a disease or a health condition, in a population.
- **Gender Equality:**
 - The availability of piped water can contribute to **gender equality by reducing the burden of water collection** on women and providing them with more opportunities for education and employment.

What is the Jal Jeevan Mission?

- **About:**
 - Launched in 2019, it envisages supply of **55 litres of water per person per day** to every rural household through **Functional Household Tap Connections (FHTC)** by 2024.
 - JJM looks to create a jan andolan for water, thereby making it everyone's priority.
 - It comes under **Jal Shakti Ministry**.
- **Aims:**
 - The mission ensures **functionality of existing water supply systems** and water connections, water quality monitoring and testing as well as sustainable agriculture.
 - It also ensures **conjunctive use of conserved water**; drinking water source augmentation, **drinking water supply system**, [grey water treatment](#) and its reuse.
- **Features:**
 - JJM focuses on integrated demand and supply-side management of water at the local level.
 - Creation of local infrastructure for source sustainability measures as mandatory elements, like rainwater harvesting, **groundwater recharge and management of household wastewater for reuse**, is undertaken in convergence with other government programmes/schemes.
 - The Mission is based on a community approach to water and includes extensive Information, Education and Communication as a key component of the mission.
- **Implementation:**
 - Paani Samitis plan, implement, manage, operate and maintain village water supply systems.
 - These consist of 10-15 members, with at least 50% women members and other

members from [Self-Help Groups](#), [Accredited Social and Health Workers](#), [Anganwadi teachers](#), etc.

- The committees prepare a one-time village action plan, merging all available village resources. The plan is approved in a [Gram Sabha](#) before implementation.

▪ **Funding Pattern:**

- The fund sharing pattern between the Centre and states is **90:10 for Himalayan and North-Eastern States, 50:50 for other states**, and 100% for Union Territories.

What has JJM's Performance Been?

- Currently about 12.3 crore (62%) rural households have piped water connections up from 3.2 crore (16.6%) from 2019.
- Five states viz; **Gujarat, Telangana, Goa, Haryana, and Punjab** and 3 Union Territories — Andaman & Nicobar Islands, Daman Diu & Dadra Nagar Haveli and Puducherry have **reported 100% coverage**.
- Himachal Pradesh at 98.87%, followed by **Bihar at 96.30%**, are also poised to achieve saturation in near future.

What is the Jal Jeevan Mission (Urban)?

- In the [Budget 2021-22](#), [Jal Jeevan Mission \(Urban\)](#) was announced under the Ministry of Housing of Urban Affairs to provide universal coverage of water supply to all households through functional taps in all statutory towns in accordance with [Sustainable Development Goal- 6](#).
- It complements the [Jal Jeevan Mission \(Rural\)](#) which envisages supply of 55 litres of water per person per day to every rural household through Functional Household Tap Connections (FHTC) by 2024.
- **Objectives of Jal Jeevan Mission (Urban):**
 - Securing tap and sewer connections.
 - Rejuvenation of water bodies.
 - Creating circular water economy.

UPSC Civil Services Examination Previous Year Question (PYQ)

Q. What is water stress? How and why does it differ regionally in India? (2019)

[Source: TH](#)

Electronically Transmitted Postal Ballot System for NRIs

For Prelims: [Chief Election Commissioner](#), [Non-Resident Indians](#), [Electronically Transmitted Postal Ballots](#), [Representation of the People Act, 1951](#), [Conduct of Election Rules, 1961](#)

For Mains: Challenges Related to ETPB for NRIs.

Why in News?

Recently, the [Chief Election Commissioner](#) emphasised the need to facilitate postal voting for [Non-Resident Indians \(NRIs\)](#). It highlights the **Election Commission's proposal for [Electronically Transmitted Postal Ballots \(ETPBs\)](#) for NRIs**, which is **currently awaiting government approval**.

- The initiative aims to allow over **1.34 crore overseas Indians** to participate in elections using a technology-driven methodology.

What is an Electronically Transmitted Postal Ballot System?

- **About:**
 - The ETPBS is a system **designed to facilitate remote voting for individuals who are unable to cast their votes in person at a polling station**.
 - ETPBS combines the use of electronic transmission and postal services to enable voters to receive and return their ballots electronically.
- **For Service Voters:** Under this system, [postal ballots](#) are sent electronically to registered service voters.
 - The **service voter can then download the ETPB (along with a declaration form and covers)**, register their mandate on the ballot and send it to the returning officer of the constituency via ordinary mail.
 - The post will include an **attested declaration form (after being signed by the voter in the presence of an appointed senior officer who will attest it)**.
 - The [Conduct of Election Rules, 1961](#) was amended in 2016 to allow service voters to use the ETPBS.

What was the Proposal Put Forward by the EC Related to ETPB for NRIs?

- The **Election Commission (EC)** had proposed an amendment in **Section 60 of the [Representation of the People Act, 1951](#)**, to extend the facility of ETPB to overseas electors in 2015.
 - Later in 2020, the **EC wrote to the law ministry that it was technically and administratively ready to implement this proposal**.
- The EC has suggested that the **ETPBS can be used for NRIs with some modifications**, such as allowing them to **download their ballot papers online and return them by post** or courier within a specified time limit.
 - The EC has also suggested that **NRIs can be allowed to appoint a proxy voter in India**, who can cast their vote on their behalf after verifying their identity and consent.
- The EC has also proposed that **NRIs can be given an option to vote at designated polling stations set up at Indian missions abroad**, where they can use electronic voting machines (EVMs) or paper ballots.
- However, the **proposal is still pending with the law ministry** and has faced opposition related to **concerns over the security and authenticity of the postal ballots**.

What are the Challenges Related to ETPB for NRIs?

- **Eligibility and Verification:** Determining the eligibility of NRIs to participate in remote voting can be complex.
 - Establishing accurate and reliable mechanisms to verify the **identity, residency status, and eligibility of NRIs** is crucial to maintain the integrity of the electoral process.
- **Time Constraint and Postal Delay:** The ETPBS requires the voter to send the postal ballot within a stipulated time frame after receiving it electronically.
 - However, there **may be postal delays or logistical issues in some countries that may prevent the ballot from reaching the returning officer on time**. This may result in disenfranchisement of some voters.
- **Security and Secrecy:** The ETPBS involves the transmission of sensitive electoral data through

electronic means, which may pose a risk of [hacking](#), **tampering or interception by malicious actors**.

- Moreover, the postal ballot may not ensure the secrecy of the vote, as it may be subject to scrutiny or coercion by others.
- **Legal and Technical Challenges:** The ETPBS requires amendments to the **Representation of the People Act, 1950 and 1951, as well as the Conduct of Election Rules, 1961**, to enable overseas electors to vote through this system.
 - Moreover, the ETPBS requires robust technical infrastructure and coordination among various stakeholders, such as the **Election Commission, the Ministry of External Affairs, the postal department and the embassies**.

What is NRI?

- **About:**
 - **NRI** stands for **Non-Resident Indian**, which is a term used for an Indian citizen **who resides outside India for employment, education or any other purpose**.
 - According to the **Ministry of External Affairs**, there are about **1.34 crore NRIs across 208 countries** as of December 2020.
 - NRIs are also eligible to vote in Indian elections if they are **registered as overseas electors** in their respective constituencies in India.
- **Criteria for NRI:**
 - A person is considered NRI if:
 - **She/he is not in India for 182 days or more** during the financial year Or;
 - If **She/he is in India for less than 365 days during the 4 years** preceding that year and less than 60 days in that year.

UPSC Civil Services Examination, Previous Year Question (PYQ)

Q. 'Indian diaspora has a decisive role to play in the politics and economy of America and European Countries'. Comment with examples. (2020)

[Source: IE](#)

Arctic Sea Ice Melting

For Prelims: [Arctic Amplification](#), [Intergovernmental Panel on Climate Change \(IPCC\)](#), [IndARC](#), [Albedo](#), [Polar Jet Streams](#)

For Mains: Causes of Arctic Warming, melting of Arctic Sea Ice, Its impact on India

Why in News?

A recent study in the Nature journal suggests that the melting of Arctic Sea ice in summer is inevitable in the coming decades.

- The **loss of Arctic Sea ice due to global warming (arctic amplification)** has raised concerns about its impact on global climate and the environment.

What are the New Findings on Arctic Sea Ice?

- **Sea Ice Decline:**
 - [Intergovernmental Panel on Climate Change \(IPCC\)](#) reports **confirm the decline** of Arctic Sea ice.
 - The first "**sea-ice free summer**" is projected to occur before **2050**, due to global emissions **driving temperatures beyond 4.5°C**.
 - Satellite records indicate a yearly rate of **Arctic ice loss at nearly 13%**.
- **Insufficient Emission Reductions:**
 - The Nature study indicates that **no emission scenario can prevent the loss of Arctic Sea ice** in summer.
 - If significant emission **reductions are not undertaken**, an **ice-free summer** could occur **as early as the 2030s**.
- **Underestimated Melting Rate:**
 - **Human-induced factors contribute to approximately 90%** of ice melting, while natural variability accounts for the rest.
 - **Climate models**, including those used by the IPCC, **underestimated the speed of melting**.
 - Correcting for this underestimation reveals the possibility of **ice-free Augusts and Octobers by 2080**.

What is the Importance of Arctic Sea Ice?

- **Climate Influence:**
 - Arctic sea ice **plays a crucial role in influencing global climate patterns**.
 - It **reflects sunlight**, helping to **maintain the earth's energy balance** and **cool polar regions**.
 - Sea ice **acts as a barrier**, keeping the **air cool by separating cold air** above from **warmer water below**.
- **Biodiversity and Indigenous Communities:**
 - Changes in sea ice **impact biodiversity**, particularly **mammals like polar bears and walruses**.
 - **Indigenous Arctic populations** reliant on sea ice for **hunting, breeding, and migration** are affected.
- **Economic Opportunities and Competition:**
 - Reduced ice cover **opens shipping lanes** and **facilitates access to natural resources** in the Arctic.
 - This **leads to increased competition among countries for influence** and resource exploitation in the region.

What is Arctic Amplification?

- **About:**
 - [Arctic amplification](#) refers to the phenomenon where changes in surface air temperature and net radiation balance produce larger effects at the poles, specifically in the **Arctic region**.
- **Causes:**
 - It is a **result of global warming caused by anthropogenic forces** or human activities since pre-industrial times, **leading to a 1.1-degree Celsius increase** in the Earth's average temperature.
 - The **primary causes** of Arctic amplification include **ice-albedo feedback, lapse rate feedback, water vapor feedback, and ocean heat transport**.
 - **Diminishing sea ice in the Arctic** due to global warming **plays a significant role** in amplifying the warming effect.
 - **Sea ice and snow have high albedo**, reflecting most solar radiation, **while**

water and land absorb more radiation, leading to increased warming.

- The **reduction of sea ice allows the Arctic Ocean to absorb more solar radiation**, further amplifying the warming effect.
- The **lapse rate, which is the rate at which temperature decreases with elevation**, decreases with warming, contributing to Arctic amplification.
- **Studies suggest that the ice-albedo feedback and lapse rate feedback account for 40% and 15% of polar amplification, respectively.**
- **Consequences:**
 - **Weakening of [Polar Jet Streams](#):**
 - **Diminished sea ice weakens polar jet streams**, resulting in **rising temperatures and heatwaves in Europe.**
 - **Unseasonal showers in northwest India** have also been linked to this weakening.
 - **Melting of Ice:**
 - The Greenland ice sheet's melting contributes to rising sea levels, with a complete melt potentially causing a seven-meter rise.
 - **Changes in Composition of Sea Water:**
 - Warming of the Arctic Ocean and seas, along with changes in salinity and acidification, affects biodiversity, including marine and dependent species.
 - **Affects Fauna:**
 - Increased rainfall due to Arctic amplification affects the availability and accessibility of lichens, leading to starvation and death among Arctic fauna.
 - **Gaseous Emission:**
 - Thawing **permafrost releases carbon and methane, greenhouse gases** responsible for global warming.
 - It may **also release long-dormant bacteria and viruses**, potentially leading to disease outbreaks.

What is Impact on India?

- **Extreme Rainfall Events:**
 - Studies found that the reduced sea ice in the Barents-Kara Sea region can lead to extreme rainfall events in the latter half of the monsoons — in September and October in India.
- **Warming of Arabian Sea:**
 - The changes in the atmospheric circulation due to diminishing sea ice combined with the warm temperatures in the Arabian Sea contribute to enhanced moisture and drive extreme rainfall events.
 - In 2014, **India deployed [IndARC](#), India's first moored-underwater observatory in the Kongsfjorden fjord, Svalbard**, to monitor the impact of the changes in the Arctic Ocean.
- **Rise in Sea Level along Indian Coast:**
 - According to the 'State of Global Climate in 2021' report, sea level along the Indian coast is rising faster than the global average rate.



UPSC Civil Services Examination, Previous Year Question (PYQ)

Prelims

Q. Which of the following statements is/are correct about the deposits of 'methane hydrate'? (2019)

1. Global warming might trigger the release of methane gas from these deposits.
2. Large deposits of 'methane hydrate' are found in Arctic Tundra and under the sea floor.
3. Methane in atmosphere oxidizes to carbon dioxide after a decade or two.

Select the correct answer using the code given below.

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

Ans: (d)

Exp:

- Methane hydrate is a crystalline solid that consists of a methane molecule surrounded by a cage of interlocking water molecules. It is an "ice" that only occurs naturally in subsurface deposits where temperature and pressure conditions are favourable for its formation.
- Regions with suitable temperature and pressure conditions for the formation and stability of methane hydrate- sediment and sedimentary rock units below the Arctic permafrost; sedimentary deposits along continental margins; deep-water sediments of inland lakes and seas; and, under Antarctic ice. Hence, statement 2 is correct.

- Methane hydrates, the sensitive sediments, can rapidly dissociate with an increase in temperature or a decrease in pressure. The dissociation produces free methane and water, which can be triggered by global warming. Hence, statement 1 is correct.
- Methane is removed from the atmosphere in about 9 to 12-year period by oxidation reaction where it is converted into Carbon Dioxide. Hence, statement 3 is correct.
- **Therefore, option (d) is the correct answer.**

Mains:

Q. How do the melting of the Arctic ice and glaciers of the Antarctic differently affect the weather patterns and human activities on the Earth? Explain **(2021)**

Source: [TH](#)

Detection of Pre-Diabetes

For Prelims: Detection of Pre-Diabetes, [ICMR](#), [Diabetes](#), [WHO](#), [NCD](#),

For Mains: Impacts of Non-Communicable Diseases.

Why in News?

According to a study, funded by [ICMR \(Indian Council of Medical Research\)](#), one in five healthy individuals has the glucose metabolism of a **Prediabetic**.

- The researchers used **Continuous Glucose Monitors (CGMs) to detect Pre-Diabetes**. Continuous glucose monitoring automatically tracks blood glucose levels throughout the day and night, which can help make more informed decisions on how to balance food, physical activity, and medicines.

What are the Key Highlights of the Study?

- **Prevalence:**
 - 101 million (11.4%) people in India have [diabetes](#) and **136 million (15.3%) people have prediabetes**.
 - There is almost no rural and urban divide when it comes to the prevalence of prediabetes.
 - Prediabetes levels were found to be **higher in states where the current prevalence of diabetes was low**.
- **Conversion Rate:**
 - Conversion to diabetes from Prediabetes is very fast in India; more than 60% of people with prediabetes can **end up converting to diabetes in the next five years**.
 - Moreover, almost 70 % of India's population lives in villages. So, if the prevalence of diabetes **increases by even 0.5 to 1%**, the absolute numbers will be huge.

What are the Recommendations?

- **Tracking Prediabetes:**

- In India, identifying individuals at risk of prediabetes **has traditionally relied on the oral glucose tolerance test**. However, the study suggests the **existence of a stage before prediabetes**, labeled impaired glucose homeostasis.
- **The Oral Glucose Tolerance Test (OGTT):**
 - The OGTT is a test that **measures how the body handles glucose after a meal**. It can detect abnormalities in blood sugar levels before fasting levels return to normal.
 - The test helps diagnose diabetes and prediabetes.
 - If the **fasting value is above 126 mg/dl** and the **two-hour value post-fasting is above 200 mg/l** in the oral glucose tolerance test, then it is defined as **diabetes**.
 - If the fasting values are **between 100-125** and **two-hour values are in the range of 140-199**, then the patient is classified to be in the **pre-diabetic stage**.
 - Fasting values **below 100** and **two-hour values of less than 140** are labelled as normal.

What is the Importance of Early Detection?

- Early detection of diabetes is crucial, as it allows for **timely intervention and reduces the risk** of complications. However, the cost of CGMs poses a challenge in India, where many pre diabetics may face economic constraints.
- While CGMs can improve nutrition and sugar levels, their affordability remains a concern.
 - As per the [World Health Organization \(WHO\)](#), more than 50% of individuals with diabetes are unaware of their condition, highlighting the need for accessible and cost-effective screening methods.

What is Diabetes?

- **About:**
 - Diabetes is a [Non-Communicable Disease \(NCD\)](#) that occurs either when the pancreas does not produce enough insulin (a hormone that regulates blood sugar, or glucose), or when the body cannot effectively use the insulin it produces.
- **Types of Diabetes:**
 - **Type 1 Diabetes:**
 - It is also known as **juvenile diabetes** (as it mostly affects children of age 14-16 years), this type occurs **when the pancreas makes little or no insulin**.
 - Insulin is a hormone the body uses to allow sugar (glucose) to enter cells to produce energy.
 - It is predominantly diagnosed in children and adolescents. Although the prevalence is less, it is much more severe than type 2.
 - **Type 2 Diabetes:**
 - It affects the way the **body uses insulin**. While the body still makes insulin.
 - Type 2 diabetes **can occur at any age, even during childhood**. However, this type of diabetes occurs most often in middle-aged and older people.
 - **Gestational Diabetes:**
 - This type occurs in women during pregnancy **when the body sometimes becomes less sensitive** to insulin. Gestational diabetes does not occur in all women and usually resolves after giving birth.
- **Impacts of Diabetes:**
 - It affects the five major organs namely, Kidney, Heart, Blood vessels, Nervous System, and Eyes (retina).
- **Factors Responsible:**
 - Factors that lead to increase in diabetes are an unhealthy diet, lack of physical activity, harmful use of alcohol, overweight/obesity, tobacco use, etc.
- **Initiatives to Tackle Diabetes:**
 - **National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS).**
 - [World Diabetes Day](#)
 - [Global Diabetes Compact](#)

Sagar Samriddhi

Why in News?

Recently, the Ministry of Ports, Shipping & Waterways (MoPSW) has launched '**Sagar Samriddhi**,' an online dredging monitoring system to accelerate the '**Waste to Wealth**' initiative of the Government.

What is Dredging?

- Dredging is the removal of sediments and debris from the bottom of lakes, rivers, harbors, and **other water bodies**.
 - This is necessary because over time, sediment builds up and makes the waterways too shallow for boats and ships to navigate safely.
- The main purpose of dredging is to **maintain or increase the depth of navigation channels, anchorages**, and berthing areas so that larger ships can pass through and transport goods. This is crucial for the economy, as these ships carry a significant portion of the country's imports.

What is Sagar Samridhi?

- **About:**
 - This system has been developed by National Technology Centre for Ports, Waterways and Coasts (NTCPWC), the technological arm of MoPSW.
 - The system improves upon the old **Draft & Loading Monitor (DLM) system**.
 - The system aims to enhance productivity, contract management, and promotes **effective reuse of dredged** material.
 - It aligns with the vision of [Atmanirbhar Bharat \(Self-reliant India\)](#) and Make in India, strengthening the country's technological capabilities.
- **Capabilities:**
 - Real time dredging progress report
 - Daily and monthly progress Visualization
 - Dredger performance and downtime monitoring
 - Easy location track data with snapshot of loading, unloading and idle time
- **Significance:**
 - By minimizing human error through technology, the system **improves project implementation, reduces dredging costs**, promotes environmental sustainability, and enhances transparency and efficiency.
 - The annual maintenance dredging at Major Ports and Waterways is **around 100 million cubic meters, for which about Rs.1000 crores** are spent each year by the Ports and Inland Waterways Authority of India.
 - By implementing the Addendum and using the 'Sagar Samriddhi' system, the dredging **cost will significantly decrease, ensuring transparency and efficiency**.
 - The system enables better project planning, reduces operational costs, and facilitates the development of deep draft Ports.

Are there any Guidelines Related to Dredging in India?

- The MoPSW issued '**Dredging Guidelines for Major Ports**' in 2021, which outlined the procedure for planning and preparation, technical investigations, dredged material management, estimating the cost of dredging etc., to enable the Major Ports to formulate the dredging projects in order to complete in time.
- In March 2023, **the Ministry added an update to the Dredging Guidelines for Major Ports**, including a provision in the bidding documents that helps **reduce dredging costs through the concept of 'Waste to Wealth.'**
 - It suggests various beneficial ways to use the dredged material, such as in construction projects and for environmental improvement like beach nourishment.

What is NTCPWC?

- The NTCPWC was established under the **Sagarmala Programme of MoPSW** with the total investment of RS 77 Crores at IIT Madras in April 2023.
- The aim of the centre is **to enable research & development for the marine sector**, enabling solutions towards achieving the ultimate goal of building a robust marine industry in the country.
- This state-of-the-art centre has **world class capabilities for undertaking the 2D & 3D investigations of research** and consultancy nature for the Port, Coastal, and Waterways sector across all disciplines.

[Source: PIB](#)

PM Inaugurates First-Ever National Training Conclave

Why in News?

Prime Minister of India inaugurated the first-ever **National Training Conclave** at the International Exhibition and Convention Centre, **Pragati Maidan, New Delhi**.

- PM emphasized **Jan Bhagidari (People's Participation)** and its significance on the **Swachh Bharat Mission, Amrit Sarovar**, while also highlighting the **iGOT Karmayogi platform** which offers training opportunities for government personnel at all levels.

What are the Key Points of the Conclave?

- **About:**
 - The conclave is part of the National Programme for Civil Services Capacity Building (NPCSCB) - '**Mission Karmayogi**'.
 - The Conclave is being hosted by the **Capacity Building Commission**.
 - The Capacity Building Commission was constituted in 2021 which facilitates preparation of **Annual Capacity Building Plans of departments, ministries and agencies**.
 - **Civil Servants from the Central government departments, State governments**, and local governments, as well as experts from the private sector, will take part in the deliberations.
- **Objectives:**
 - It seeks to foster collaboration among civil services training institutes and bolster the training infrastructure for civil servants across the country.
- **Focus Area:**
 - The Conclave will have eight-panel discussions, each focusing on key concerns related to

Civil services training institutes such as faculty development, training impact assessment, and content digitisation.

What is Mission Karmayogi?

- The **NPCSCB- Mission Karmayogi** aims to transform capacity-building in the bureaucracy through institutional and process reforms.
- It envisages **to prepare Indian civil servants for the future by making them more creative, constructive, imaginative**, innovative, proactive, professional, progressive, energetic, enabling, transparent and technology enabled.

What is iGOT- Karmayogi Platform?

- **iGOT Karmayogi** is an online learning platform being developed as an integral part of the Digital India stack for capacity building of all government employees.
- It will provide **'anytime-anywhere-any device' learning to train** around 2.0 crores users which was so far unachievable through traditional measures.

[Source: PIB](#)

Rapid Fire Current Affairs

"Hamari Bhasha, Hamari Virasat" and 75th International Archives Day

The Ministry of State for Culture inaugurated the exhibition "**Hamari Bhasha, Hamari Virasat** " under the Azadi Ka Amrit Mahotsav (AKAM) at the [National Archives of India in New Delhi](#), **commemorating the 75th International Archives Day**. The exhibition aims to celebrate India's linguistic diversity, highlighting its status as one of the most linguistically diverse countries globally, with approximately **788 languages spoken**. India is thus **one of the four most linguistically diversified countries** in the world, along with [Papua New Guinea](#), [Indonesia](#), and [Nigeria](#).

The exhibition features a variety of original manuscripts, including the ancient **Gilgit Manuscripts** (written between the 5th -6th centuries CE, which is the oldest surviving manuscript collection in India), **Tattvartha Sutra (Ancient Jain Text)**, Ramayana, and Srimad Bhagwad Gita, among others. Furthermore, the **National Archives of India has made over 72,000 manuscripts available, both physically and through digitization**, ensuring their accessibility to people worldwide.

International Archives Day is a day of celebration and awareness of the importance and value of archives and archivists. It is celebrated on **June 9 every year, since 2008**, to commemorate the date when the **International Council on Archives (ICA) was created under the auspices of UNESCO in 1948**.

Read more: [National Archives of India](#), [UNESCO](#).

Birsa Munda

The Indian Prime Minister paid tributes to [Bhagwan Birsa Munda](#), an iconic freedom fighter and tribal leader, on his death anniversary on June 9.

Bhagwan Birsa Munda was born on **November 15, 1875**, and belonged to the **Munda tribe**. He

founded a faith called **Birsait**, which attracted many tribal followers. He organised and led the **“Ulgulan” or “Munda Rebellion” (1899-1900)** against the British authorities and the landlords who were usurping tribal lands and subjecting them to inhumane working conditions. He envisioned a **society free from exploitation and sought to restore the rights and dignity of the tribal communities.**

He is widely revered as a folk hero and a symbol of tribal resistance. The state of "Jharkhand" means "The Land of Forests" was brought into existence by the **Bihar reorganisation Act on 15th November 2000 - the birth anniversary of the legendary Bhagwan Birsa Munda.**

Read more: [Birsa Munda](#), [Munda Rebellion](#).

Shakti Scheme

The government of **Karnataka has launched the 'Shakti' scheme.** The scheme offers women **free travel in non-premium services** provided by State-run Road Transport Corporations (RTCs). The scheme **aims to empower women to join the workforce** and contribute to the development of the state and the country. The government will issue **'Shakti Smart Cards' to women after receiving applications,** and in the meantime, they can use any identity card issued by the Central or State government as a proof of eligibility for free travel.

The **scheme is limited to women who are domicile of Karnataka** and applies to general and express services operated by RTCs, with certain exclusions. Additionally, 50% of seats in eligible services are reserved for men.

PM-SVANidhi

According to **data from the Ministry of Housing and Urban Affairs,** women in southern states are availing the loan scheme for street vendors, PM-SVANidhi, at a higher rate compared to their counterparts in the north. Of the total beneficiaries of the scheme in the country, **41% are women. Southern states** like Andhra Pradesh, Telangana, Tamil Nadu, and Karnataka **have a majority of women beneficiaries,** with percentages ranging from 50% to 70%. **In the northeastern states,** although the **overall number of beneficiaries is small,** a high percentage of women are benefiting from the scheme.

Northern states like Uttar Pradesh, Madhya Pradesh, Bihar, and Rajasthan **have lower percentages of women beneficiaries,** but the absolute numbers are still significant.

PM SVANidhi is a **Central Sector Scheme,** fully **funded by Ministry of Housing and Urban Affairs.** Its objectives are: To facilitate working capital loan; To incentivize regular repayment; and to reward digital transactions

Read more: [PM-SVANidhi](#)

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