

GOVERNANCE**National Family Planning Program: Measures For Population Control**

The Government has been implementing the National Family Planning Program which provides voluntary and informed choices to the beneficiaries through a target-free approach to check population increase in the country.

Key Points

- A National Population Policy was formulated in 2000.
- **Objective:** Attaining population stabilisation by 2045.
- **New Contraceptive Choices:** The current contraceptive basket has been expanded with inclusion of two new contraceptives- Injectable contraceptive (Antara programme) and Centchroman (Chhaya).
- Post-partum Intrauterine contraceptive device(PPIUCD) incentive scheme under which PPIUCD services are provided post-delivery.
- Compensation scheme for sterilization acceptors which provides compensation for loss of wages to the beneficiary and also to the service provider and team for conducting sterilisation.
- National Family Planning Indemnity Scheme (NFPIS) under which clients are compensated in the eventualities of death, complication, and failure following sterilization operations.
- **Family Planning Logistics Management Information System (FP-LMIS):** Dedicated software has been launched to ensure smooth forecasting, procurement, and distribution of family planning commodities across all the levels of health facilities.
- Mission Parivar Vikas has been introduced for substantially increasing access to contraceptives and family planning services in seven high focus states having a Total Fertility Rate of more than 3 namely Uttar Pradesh, Bihar, Madhya Pradesh, Rajasthan, Jharkhand, Chhattisgarh, and Assam.
- Scheme for Home Delivery of contraceptives by ASHAs at doorstep of beneficiaries has been taken up.
- Scheme for provision of Pregnancy Testing Kits in the drug kits of ASHA for use in communities.

SOCIAL JUSTICE**Mental Health and Men**

As per the data of the Ministry of Social Justice and Empowerment, 70% of callers to the 'Kiran Helpline', launched in September 2020, were men. Most of the calls have been from young adults. The 24/7 toll-free helpline 'Kiran' provides support to people facing anxiety, stress, depression, suicidal thoughts and other mental health concerns.

Key Points

- **Gender & Mental Health:** Out of the 13,550 new calls received, 70.5% were from males and 29.5% from females.
- **Vulnerable Age Group:** The majority of callers (75.5%) were in the age group of 15 to 40 years, while 18.1% in the 41 to 60 age group.
- **Major Issues:** Majorly the challenges faced by the callers were related to anxiety and depression; while few others included pandemic-related challenges, suicidal tendency, substance abuse and others miscellaneous.

Issues Related to Male Mental Health:

- **Traditional Gender Roles:** Societal expectations and traditional gender roles play an important role in why men are less likely to discuss or seek help for their mental health problems.
- **Ignoring Warning Signs:** For men, the warning signs of mental disorders include irritability, trouble focusing, tiredness or listlessness, aches and pains, alcohol or drug abuse and more.
- **Lack of Proper Attention:** Research on men's health issues has been given relatively low priority. Due to lack of funding and proper attention, the situation becomes more serious.
- **Increase in Number of Suicides:** In 2018, around 250 Indian men took their own lives per day - more than twice the number of women.

Mental Health

- According to the WHO, mental health is 'a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.'
- Like Physical health, Mental health is also important at every stage of life, from childhood and adolescence through adulthood.

Challenges:

- **High Public Health Burden:** An estimated 150 million people across India are in need of mental health care interventions, according to India’s latest National Mental Health Survey 2015-16.
- **Lack of Resources:** Low proportion of the mental health workforce in India (per 100,000 population) include psychiatrists (0.3), nurses (0.12), psychologists (0.07) and social workers (0.07).
- Low financial resource allocation of just over a percent of GDP on healthcare has created impediments in public access to affordable mental healthcare.
- **Other Challenges:** Poor awareness about the symptoms of mental illness, social stigma and abandonment of mentally ill, especially old and destitute, leads to social isolation and reluctance on part of family members to seek treatment for the patient.
- This has resulted in a massive treatment gap, which further worsens the present mental illness of a person.

Steps Taken by the Government:

- National Mental Health Program (NMHP)
- Mental HealthCare Act 2017

Way Forward

- Many researches have emphasized the importance of ‘disrupting how men traditionally think about depression and suicide by breaking down the stigma that surrounds these topics’ through nationwide campaigns.
- Originating a dialogue, sustaining that dialogue, challenging outdated social mores, and giving a voice to the voiceless without fear of exclusion and mockery is what needs to be undertaken to ensure that all people’s mental health is taken seriously and addressed in a manner that is dignified and respectful.
- Modern techniques, such as web-based interventions and electronic health (e-health) tools, can also be developed and utilized to reach out to people who might not otherwise seek help.

INTERNATIONAL RELATION

India – Ukraine

Recently, Ukraine has shown interest to procure some military hardware from India in addition to efforts to deepen its presence in the Indian defence market.



It is in sync with Indian defence sector reforms and Atmanirbhar Bharat Abhiyan which includes making India self reliant in defence manufacturing.

Key Points

- Ukraine has signed four agreements worth USD 70 million which includes sale of new weapons as well as maintenance and upgrades of existing ones (R-27 air-to-air missiles) in service with the Indian armed forces.
- Ukraine also showed its intent to sell India its AN-178 medium transport aircraft.
- Ukraine is currently upgrading the AN-32 transport fleet of the Indian Air Force (IAF) under a deal finalised in 2009.
- The Ukraine team also held discussions with the Defence Research and Development Organisation (DRDO) and looked at possible collaborations in research and development.

India-Ukraine Relations:**Diplomatic Relations:**

- Immediately after the breakup of the Soviet Union, the Government of India recognized the Republic of Ukraine as a sovereign independent country in December 1991.
- The Embassy of India in Kyiv was established in May 1992 and Ukraine opened its Mission in New Delhi in February 1993.
- India and Ukraine enjoy warm and friendly relations and cooperate in areas like Education, Mutual Legal Assistance and Outer Space cooperation.

Defence Relations:

- Ukraine has been a source of military technology and equipment for India since its independence.
- Ukraine manufactures the R-27 air-to-air missiles which are in use by the IAF on its SU-30MKI fighters.
- Now, India is also supplying its weapons to Ukraine to enhance defence cooperation between the two countries.

Trade:

- India is Ukraine's largest export destination in the Asia-Pacific and the fifth largest overall export destination.
- Pharmaceuticals account for the majority of Indian exports to Ukraine.

Culture:

- There are more than 30 Ukrainian cultural associations/groups spread across the country, engaged in promoting Indian dances.
- There are about 18,000 Indian students studying in Ukraine, mainly in the field of medicine. Indian business professionals work predominantly in the fields of pharmaceuticals, IT, engineering, medicine, education, etc.

Challenges:

- The rift between Russia and Ukraine, which burst out into armed combat when Moscow annexed the Crimean Peninsula from Ukraine in 2014, has created a potential dilemma for India.
- Recently, a Russian press release has objected to the overhaul in Ukraine of military equipment built and sold by Russia.
- Russia has begun objecting to customers dealing with Ukraine.
- The potential for trouble with Russia exists because the Indian Air Force (IAF) is currently collaborating with Ukraine to overhaul its fleet of AN-32s.

SCIENCE AND TECHNOLOGY**Law in news: Information Technology Act, 2000**

The Centre has issued notice to Twitter after the site restored more than 250 accounts that had been suspended earlier on the government's 'legal demand'.

Key Points

In India, the Information Technology Act, 2000, as amended from time to time, governs all activities related to the use of computer resources.

It covers all 'intermediaries' who play a role in the use of computer resources and electronic records.

The term 'intermediaries' includes: Providers of telecom service, network service, Internet service, and web hosting, search engines, online payment and auction sites, online marketplaces, and cyber cafes.

It also includes any person who, on behalf of another, "receives, stores or transmits" any electronic record including Social media platforms as well.

Centre's powers vis-à-vis intermediaries:

- Section 69 of the Act confers on the Central and State governments the power to issue directions "to intercept, monitor or decrypt any information generated, transmitted, received or stored in any computer resource.
- The grounds on which these powers may be exercised are: in the interest of the sovereignty or integrity of India, defense of India, security of the state, friendly relations with foreign states, public order, or for preventing incitement to the commission of any cognisable offense relating to these, or for investigating any offense.
- Section 69A also enables the Centre to ask any agency of the government, or any intermediary, to block access to the public of any information generated, transmitted, received or stored, or hosted on any computer resource.
- Procedures and safeguards have been incorporated in the rules framed for the purpose.

AGRICULTURE

Rs 16000 crores allocated to Pradhan Mantri Fasal Bima Yojana (PMFBY)

To boost the safety of farmers' crops and ensure the maximum benefit of crop insurance reaches farmers, the Government of India has allocated Rs 16000 crores for Pradhan Mantri Fasal Bima Yojana (PMFBY) for the fiscal year 2021-22.



Key Points

This is a budgetary increase of around Rs 305 crore as against the previous fiscal year 2020-21. The scheme extends coverage for the entire cropping cycle from pre-sowing to post-harvest including coverage for losses arising out of prevented sowing and mid-season adversities.

Important value additions

- The Pradhan Mantri Fasal Bima Yojana (PMFBY) was launched in 2016.
- It is an insurance service scheme for farmers for their yields.
- It aims to reduce the premium burden on farmers and ensure early settlement of crop assurance claim for the full insured sum.
- It was formulated in line with One Nation–One Scheme theme by replacing earlier two schemes National Agricultural Insurance Scheme (NAIS) and Modified National Agricultural Insurance Scheme (MNAIS).
- The Scheme covers all Food & Oilseeds crops and Annual Commercial/Horticultural Crops for which past yield data is available and for which requisite number of Crop Cutting Experiments (CCEs) are being conducted under General Crop Estimation Survey (GCES).

Implemented by: Empanelled general insurance companies.

Administered by: **Ministry of Agriculture**

The scheme is compulsory for loanee farmers availing Crop Loan /KCC account for notified crops and voluntary for others.

SOCIAL ISSUES

FSSAI amends its rules to cap trans-fatty acids (TFAs)

The Food Safety and Standards Authority of India (FSSAI) has amended its rules to cap trans-fatty acids (TFAs) in food products, just weeks after it tightened the norms for oils and fats.

What are trans-fatty acids?

- Industrially produced trans-fatty acids (TFA) are found in **baked and fried foods, pre-packaged snacks, cooking oils**
- They cost less than animal fats such as butter and increase the shelf life of foods and oils by **lowering their oxidation potential**
- TFA is said to increase risk of **coronary heart disease**
- Globally, increased TFA intake is estimated to be responsible for more than **5,00,000 deaths** per year
- TFA increases levels of LDL (bad) cholesterol and decreases levels of HDL (good) cholesterol
- A survey of street food in Delhi and Haryana found that **25% of snacks had high levels of TFA**

SOURCE: WHO

Key Points

- Food products in which edible oils and fats are used as an ingredient shall not contain industrial trans-fatty acids more than 2% by mass of the total oils/fats present in the product, on and from 1st January 2022.
- The 2% cap is considered to be the elimination of trans-fatty acids, which India will achieve by 2022.
- In December 2020, the FSSAI had capped TFAs in oils and fats to 3% by 2021, and 2% by 2022 from the current levels of 5%.

Important value additions

- Trans-fatty acids are created in an industrial process that adds hydrogen to liquid vegetable oils to make them more solid, increase the shelf life of food items, and for use as an adulterant as they are cheap.
- They are present in baked, fried, processed foods and adulterated ghee, which become solid at room temperature.
- They are the most harmful form of fats as they clog arteries and cause hypertension, heart attacks, and other cardiovascular diseases.
- The WHO has called for the elimination of industrially-produced trans-fatty acids from the global food supply by 2023.

BIODIVERSITY AND ENVIRONMENT**Mission Innovation 2.0**

Recently, the Union Minister of Science & Technology addressed the Mission Innovation (MI) to mark the beginning of phase-2 of the mission or Mission Innovation 2.0.

Key Points**Mission Innovation:**

- Mission Innovation was announced on 30th November 2015, on the sidelines of the Paris Climate Agreement to undertake ambitious measures to combat climate change.
- It is a global initiative of **24 countries** and the **European Union** to accelerate global clean energy innovation.

Principle:

- Commitment by all members to seek to double their clean energy innovation investments over five years in selected priority areas.
- Each member according to its own priorities, policies, processes, and laws independently determines the best use of its funding and defines its own Research & Development priorities and path to reach the doubling goal.
- In many cases, MI members prioritize parts of their whole energy innovation budget within their baseline.

Objectives:

- Enhance the public sector investment to a substantial level.
- Increased private sector engagement and investment.
- Increase international collaboration.
- Raising awareness of the transformational potential of innovation.

Mission Innovation 2.0:

- To achieve the shared goal of accelerating innovation, all the members have agreed to develop a second phase (2.0) that includes:
 - An enhanced Innovation Platform building on current activities to strengthen the global clean energy innovation ecosystem and to accelerate learning.
 - New public-private innovation alliances – Missions – built around ambitious and inspirational goals backed by voluntary commitments that can lead to tipping points in the cost, scale, availability, and attractiveness of clean energy solutions.

ODISHA DEVELOPMENT**Central Research Institute In Kalahandi For Soyabean**

The Union Minister of Agriculture informed Rajya Sabha about the setting up a Central Research Institute in Kalahandi for Soyabean.

Key Points

- The Kalahandi district of Odisha produces Soyabean on a very limited scale.

- The ICAR has established a national-level research Institute on Soybean in 1987 namely, ICAR-Indian Institute of Soybean Research, Indore (Madhya Pradesh) to conduct basic and strategic research on the crop.
- Besides this, ICAR is also implementing an All India Coordinated Research Project (AICRP) on Soybean since 1967 in association with the State Agricultural Universities (SAUs) to develop location-specific high yielding varieties and production technologies required to increase Soybean production in the country.
- The ICAR-AICRP on Soybean has one voluntary center at Regional Research & Technology Transfer Station, Bhawanipatna (Kalahandi) under the Odisha University of Agriculture & Technology, Bhubaneswar.
- This station is undertaking need-based and location-specific research on Soybean for hot & moist sub-humid climate of Odisha comprising of Kalahandi, Bolangir, and Koraput.

Key Points

- The soybean or soya bean (*Glycine max*) is a species of legume native to East Asia, widely grown for its edible bean.
- Traditional unfermented food uses of soybeans include soy milk, from which tofu and tofu skin are made.
- Soybeans contain significant amounts of phytic acid, dietary minerals, and B vitamins.
- Soy vegetable oil, used in the food and industrial applications, is another product of processing the soybean crop.
- Soybean is the most important protein source for feed farm animals, which in turn, yields animal protein for human consumption.
- Cultivation conditions: Climates with hot summers, with optimum growing conditions in mean temperatures of 20 to 30 °C; temperatures of below 20 °C and over 40 °C stunt growth significantly.
- They can grow in a wide range of soils, with optimum growth in moist alluvial soils with good organic content.
- Soybeans, like most legumes, perform nitrogen fixation by establishing a symbiotic relationship with the bacterium *Bradyrhizobium japonicum*.

IMPORTANT FACTS FOR PRELIM**Assam's Jerenga Pothar and Dhekiajuli Town**

The Prime Minister visited two significant historical places in Assam.

- The first was Sivasagar's Jerenga Pothar, where 17th-century Ahom Princess Joymoti sacrificed her life.
- Second was Dhekiajuli town, associated with the Quit India Movement of 1942.

Key Points**Jerenga Pothar:**

- Jerenga Pothar, an open field in Sivasagar town, is popularly connected to the valour of 17th century Ahom princess Joymoti.
- Formerly known as Rangpur, Sivasagar was the seat of the powerful Ahom dynasty, who ruled Assam for six centuries (1228-1826).
- Chaolung Sukapha founded the Ahom kingdom.
- From 1671 to 1681, the Ahom kingdom was undergoing a period of turmoil, it was at this time that Prince Godapani (Joymoti's husband) escaped to the Naga Hills before enemies could capture him.
- But his enemies captured his wife Joymoti, hoping she would tell them about his whereabouts, however, despite being tortured for days, tied to a thorny plant, in an open field, Joymoti refused to divulge any information.
- She died, sacrificing her life for her husband, who ultimately became the king, ushering in an era of stability and peace in Assam.
- The place Joymoti was tortured to death was Jerenga Pothar.

Significance of the Place:

- While the Jerenga Pothar itself is not a protected archaeological site, its vicinity includes a number of protected sites, including the Na Pukhuri tank to its east and the Pohnu Garh, a natural zoo built during the Ahom era, to its west.

- Close by is the large Joysagar tank, built by Ahom king Swargadeo Rudra Singha in 1697, and the Vishnu Dol temple.
- In 2017, the field was used for the centenary celebrations of the apex and influential literary body, the Asam Sahitya Sabha.

Dhekiajuli Town:

- Dhekiajuli was home to possibly the youngest martyr of the Indian freedom struggle.
- On 20th September, 1942, as part of the Quit India Movement, processions of freedom fighters marched to various police stations across several towns in Assam.
- These squads, which were known as ‘Mrityu Bahini’, or death squads, had wide participation - including women and children - and set out to unfurl the tricolour atop police stations, seen as symbols of colonial power.
- The British administration came down heavily on them. In Dhekiajuli, at least 15 people were shot dead, three of them women, including the 12-year-old Tileswari Barua.
- Tileswari is considered as one of the youngest martyrs of India’s freedom struggle.
- 20th September has for long been observed as Martyrs’ Day in Dhekiajuli town.

DAILY ANSWER WRITING PRACTICE

Qns. “The agriculture sector is critical for India from a consistent growth and food security perspective”. Discuss the steps to be taken to revitalise the agricultural sector. (250 words)

Ans:

The agriculture sector is critical for India from a consistent growth and food security perspective as the sector and allied activities account for approximately 55% of India’s workforce and nearly 15% of India’s GDP.

Today, India has come a long way from facing severe food shortages after independence to becoming a net exporter of food. While the agricultural sector has made considerable progress, in India, we still have a long way to go when it comes to global benchmarks in yield, water use efficiency etc.

Main issues faced by the agricultural sector in India:

- **Land Fragmentation:** It creates difficulties for marginal farmers to access credit or new technology, severely affecting farm productivity and their incomes, making them entirely dependent on usurious moneylenders.
- **Worsening soil health:** Rampant use of urea, partly caused by Nutrient Based Subsidy scheme, has led to worsening soil health, the decline in crop response ratio and contamination of surface water.
- **Climate change:** Climate change leads to change in temperature, precipitation pattern, increase in extreme weather conditions etc. which poses a great challenge to agriculture.
- **Dependence on rainfall and climate:** Indian agriculture is heavily dependent on monsoon and ever-increasing global temperature has made agriculture more prone to extreme weather events.
- **Lack of easy credit:** Small scale farmers are in constant need of loans for seeds, fertilizers etc. Due to lack of easy credit from the formal sector and hence take loans from local money lenders who charge high rates of interest which the farmers are unable to pay and are caught in a debt trap.
- **Lack of Mechanisation:** Introduction of latest technology has been limited due to various reasons like accessibility for credit and low awareness.

Steps to revitalise the agricultural sector

- **Need for planned production:** Indian agriculture needs to move from the current fragmented production model, where each farmer produces what he thinks is right, to a planned production at a district level. This can help in reducing the mismatch in supply-demand and price fluctuations.
- **Enhancement of soil nutrition:** To address the problem of worsening soil health, steps must be taken by the government to rationalise the use of fertilizers, promote organic farming and educate farmers.
- **Digital push to improve farming practices:** Digital adoption will be key to improving the reach and delivery of services like agronomy advice, enhance adoption of Precision Agriculture practices and improve price transparency through digital platforms.
- **Easier loans for farmers:** With farmer incomes highly dependent on external factors such as climate change and commodity price fluctuations, it is important to have robust risk management and financial solutions for the farmers.
- **The availability of credit through Kisan Credit Card (KCC) and associated crop insurance is one such instrument.**

- Go for end-to-end integrated supply chain for finished products: The development of a robust supply chain infrastructure is critical for reducing high post-harvest losses estimated at between 10 and 18% in India. With many intermediaries, processors lose control over the quality of produce as well as traceability.
- By encouraging private sector investment in processing, exports, and retailing of agriculture produce, we can bring local communities together to achieve economies of scale, encourage standard practices to meet quality specifications for exports including niche products like organic produce.
- Cooperative Farming: Due to fragmented land holdings consolidation of land holdings also becomes important to raise farmer incomes. Farmers can voluntarily come together and pool land to gain the benefits of size. Through consolidation, farmers can reap the economies of scale both in input procurement and output marketing.

Conclusion

- India's production levels of agriculture and allied segments along with current productivity, infrastructure and processing rates, represent huge untapped opportunities for all players of the agriculture value chain.
- Backed by progressive policies, fiscal incentives and an effective regulatory environment, the Indian agricultural sector can provide a strong thrust to the economic growth momentum of the nation.
- These favourable shifts in the agriculture industry will also lead to a substantial increase in farmer incomes in the country, and safeguard food security for the country's growing population.

DAILY QUIZ

- From the below, identify the incorrect statement about National Monuments Authority (NMA)?
 - It has been set up as per provision of the Ancient Monuments and Archaeological Sites and Remains (AMASR) Act, 2010.
 - Director General of Archaeological Survey of India is ex-officio Chairman.**
 - The act provide for NMA to be constituted with Chairperson and up to 5 whole time and 5 part time member.
 - The act also provide for complete ban on construction in the prohibited area.
- From the below, identify the correct statement with reference to 'Pradhan Mantri Matru Vandana Yojana (PMMVY) '?
 - Under PMMVY, pregnant women and lactating mothers receive ₹5,000 on the birth of their first child in three instalments.**
 - The PMMVY, has crossed 57 crore eligible women till financial year 2020.
 - This Scheme is implemented by Ministry of Health and Family Welfare.
 - The incentive given to the beneficiary is in form of Cash.
- The term 'Emergency Use Listing (EUL)' is related to which of the following?
 - FDI allowance
 - Listing of Companies on the Stock Exchange
 - Novel invention of Computer and Robotics
 - Application of unlicensed Vaccines**
- Consider the following statement regarding Trans Fatty Acids –
 - As per FSSAI, food products shall not contain industrial trans fatty acids more than 2% by mass of the total oils/fats present in the product from 2022.
 - This rule is for all form of trans fatty acids, either Natural or Industrial.
 - Trans fatty acids are created in an industrial process that adds Oxygen to liquid vegetable oils to make them more solid, increase shelf life of food items.
 Which of the above statements is/are correct?

a) 1 and 2 only	b) 1 only
c) 2 and 3 only	d) 1 and 3 only
- India's first geothermal field development project will be developed in –

a) Solan	b) Roorkee
c) Leh	d) Jammu