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POLYFLUOROALKYL SUBSTANCES (PFAS) CONTAMINATION IN INDIA

Context

- Several studies across India have detected per- and polyfluoroalkyl substances (PFAS) in groundwater, surface water, sewage and seawater, raising concerns about drinking-water safety and environmental pollution.

What are Forever Chemicals?

- Forever chemicals, scientifically known as **Per- and Polyfluoroalkyl Substances (PFAS)**, are a large group of synthetic chemicals containing multiple carbon-fluorine bonds.
  - Many PFAS are highly **resistant to heat, water, oil and natural degradation,** allowing them to persist in the environment for long periods.
- **Uses:** They are used in **non-stick cookware, water-resistant textiles, stain-resistant coatings, food packaging, firefighting foams** and various industrial products.
- **Concerns:** Certain PFAS can accumulate in the human body and wildlife, and exposure to some of them has been linked to adverse health effects, including cancer.
  - PFAS can **contaminate groundwater, surface water and soil,** while conventional water treatment methods may not effectively remove them.

Challenges of Removing PFAS from Water

- **Resistance to degradation:** The strong carbon-fluorine bonds in many PFAS make them difficult to break down through conventional biological and chemical treatment.
- **Regulatory Gaps:** Under the current **IS 10500:2012 standard**, India enforces no specific drinking-water limits for PFAS.
- **Transformation of precursors:** Some precursor compounds can turn into more stable PFAS during water treatment, making contamination difficult to assess.
- **Treatment challenges:** Activated carbon adsorption, specialised ion exchange and reverse osmosis can remove many PFAS, but their costs, operational requirements and management of contaminated waste remain concerns.
- **Source identification:** PFAS may enter water from industrial discharge, sewage, landfill leachate and consumer products, making it difficult to identify the exact source of contamination.

Other Causes of Water Contamination

- India's aquifers show simultaneous contamination with, **Arsenic, Fluoride, Nitrate, Uranium, Salinity and Heavy metals.**
  - **North Indian states** like Punjab, Haryana, Rajasthan, Delhi, show alarming **uranium** levels in pre- and post-monsoon samples.
- Central India faces increasing **fluoride and nitrate concentrations** linked to agricultural intensification, while eastern states continue to struggle with **arsenic** pockets.

Drivers Behind the Crisis

- **Agricultural Pollution:** Excessive use of nitrogenous fertilisers leads to nitrate leaching.
  - **Paddy-wheat monoculture in north India** accelerates groundwater depletion, increasing heavy-metal uptake from deeper strata.
- **Geogenic Contamination:** Fluoride and arsenic contamination partly originate from natural geological formations, but drilling deeper borewells intensifies exposure.
- **Anthropogenic Factors:** Industrial effluents, untreated sewage, landfill seepage, and peri-urban waste dumping add heavy metals and toxins.
- **Weak Groundwater Governance:** India still follows the principle that land ownership confers groundwater ownership, enabling unrestricted extraction.
  - Fragmented institutional roles and limited monitoring hinder long-term aquifer management.

Constitutional Provisions

- **Article 21 of the Constitution** guarantees the Right to Life, which includes access to safe drinking water.
  - **Subhas Kumar v. State of Bihar (1991):** The Supreme Court held that the right to live under Article 21 includes the right to enjoy pollution-free water and air.
  - **A.P. Pollution Control Board II v. Prof. M.V. Nayudu (1999):** The court stated that access to safe drinking water is fundamental to life.
- **Article 243W** empowers Urban Local Bodies to manage water supply, sanitation, and public health.

- **Article 47** of the Indian Constitution, part of the **Directive Principles of State Policy (DPSP)**, directs the State to raise the level of nutrition, standard of living, and improve public health.



Way Ahead

- **The Bureau of Indian Standards** has set up a dedicated Working Group on Emerging Contaminants and Forever Chemicals to examine and introduce regulatory limits for PFAS in drinking water.
- **CSIR–Indian Institute of Toxicology Research** is participating in a UNEP-funded National Implementation Plan to develop baseline data on PFAS in environmental samples and consumer products.
- **The Jal Jeevan Mission** supports drinking-water quality monitoring and surveillance through state and union territory mechanisms, although PFAS-specific limits are not currently prescribed under IS 10500:2012.

Source: TH

WOMEN-LED DEVELOPMENT AND GENDER JUSTICE

Context

- The National Commission for Women (NCW) held a consultation on **women's right to property** and their access to social and economic justice.

About

- **Women's empowerment** involves enabling women to exercise their rights, access resources, make independent choices and participate equally in social, economic and political life.
- **Women-led development** seeks to recognise women not merely as beneficiaries of development programmes but as active participants and leaders in shaping institutions, communities and the economy.

Distributive vs. Compensatory Justice

- **Distributive justice** focuses on the fair distribution of resources, opportunities and capabilities to address structural inequalities and enable individuals to participate meaningfully in development.
- **Compensatory justice** seeks to remedy existing or past disadvantages through protective measures, targeted assistance, legal remedies and compensation for harm suffered.

Constitutional and Legal Framework for Women's Property Rights

- **Article 14** guarantees equality before the law and equal protection of the laws, while **Article 15** prohibits discrimination on grounds including sex.
  - **Article 15(3)** permits the State to make special provisions for women and children.
- **Article 300A** provides that no person shall be deprived of property except by authority of law.
- **The Hindu Succession Act, 1956,** as amended in **2005**, gave daughters equal coparcenary rights in Hindu joint family property.
- **The Hindu Marriage Act, 1955** and **Special Marriage Act, 1954** in addition to the laws relating to maintenance, and inheritance have progressively strengthened women's legal position regarding their right to property.

Judicial Intervention

- The Supreme Court in **Air India Statutory Corporation v. United Labour Union (1996)** held that the **Preamble and Articles 38, 39, and 46** aim to establish an egalitarian social order and that distributive justice is a foundational constitutional goal to restructure the economic order.
- **The Supreme Court in Consumer Education and Research Centre v. Union of India (1995)** emphasised that socio-economic and distributive justice are integral components of the right to life and human dignity under **Article 21** of the Constitution.
- **The Supreme Court in Vineeta Sharma v. Rakesh Sharma (2020)** held that daughters have equal coparcenary rights by birth in Hindu joint family property, just as sons do.

What are the challenges?

- **Patriarchal social norms:** Women are often expected to relinquish their inheritance in favour of male relatives, while family and community pressures discourage them from asserting their legal rights.
- **Gap between legal rights and actual ownership:** The existence of statutory protections does not automatically translate into women acquiring, retaining or exercising control over property and productive assets.
- **Barriers to access to justice:** Litigation costs, procedural delays, limited access to legal aid and dependence on family members prevent women from pursuing property claims.

Government Initiatives for Women's Empowerment

- **Beti Bachao Beti Padhao:** The initiative seeks to address gender-biased sex selection and promote the survival, protection and education of the girl child.
- **National Legal Services Authority (NALSA):** The legal services framework provides eligible women access to free legal aid and assistance to pursue their rights before courts and other legal forums.
- **Mission Shakti:** The Ministry of Women and Child Development implements this umbrella programme through its Sambal and Samarthya components to strengthen women's safety, security and empowerment.
- **NAVYA (Nurturing Aspirations through Vocational Training for Young Adolescent Girls)** focuses on girls aged 16–18 years under PMKVY 4.0.
  - Launched in 2025, the programme introduces young women to digital marketing, cybersecurity, AI-enabled services, and environmentally sustainable jobs.
- **Pradhan Mantri Matru Vandana Yojana (PMMVY):** Under the scheme, women receive 5,000 in two instalments for the first living child and 6,000 for the second child (girl child only).
- **The Vigyan Jyoti Scheme** supports girls from Classes IX to XII to study STEM through mentoring, lab exposure, workshops, and guided support.

Way Ahead

- **Enforcement of existing laws:** Priority should be given to implementing existing property and inheritance laws along with resolving disputes.
- **Strengthen legal literacy:** Self-Help Groups (SHGs), Panchayati Raj Institutions and local legal services authorities can work together to inform women about inheritance rights, documentation and available remedies.
- **Improve access to justice:** Legal aid, community-level assistance, simplified procedures and time-bound grievance redressal can make it easier for women to enforce their rights.

Source: TH

WORLD FOOD DAY 2026

Context

- The Ministry of Agriculture (MoA), in collaboration with the Food and Agriculture Organization of the United Nations (FAO), International Fund for Agricultural Development (IFAD) celebrated **World Food Day 2026.**

About

- World Food Day is observed every year on **16 October** to mark the founding of the **Food and Agriculture Organisation (FAO)** of the **United Nations in 1945.**
- The day was established to draw attention to the **persistent problem of hunger and the need to make food security a shared priority.**
- **Theme for 2026:** "Innovate today. Nourish tomorrow."

Food Security Concern (SOFI 2026)

- **Global Scenario:** As per the State of Food Security and Nutrition in the World (SOFI) 2026, an estimated 7.8% of the global population faced hunger in 2025, down from 8.1% in 2024 and 8.6% in 2022.
- **Indian Scenario:**
  - **Undernourished Population:** Undernourishment fell to 142.5 million people (9.8% of the population) in 2023–2025, down from 243.9 million (21.1%) in 2004–2006.
  - **Healthy Diet Cost:** The cost of a healthy diet reached PPP $4.11 per person per day in 2025, a nearly 48% increase since 2017.
  - **Affordability Crisis:** Around 520.1 million people (35.5% of India's population) could not afford a healthy diet in 2025.
  - **Malnutrition Indicators:** Child stunting declined to 32.9% and wasting stood at 18.7%, while childhood overweight, adult obesity, and women's anaemia continued to rise.

Major Challenges to Global Food Security

- **Climate change:** Extreme weather events, changing rainfall patterns and rising temperatures reduce agricultural yields and disrupt growing seasons.
- **Conflict and wars:** Conflicts destroy crops, displace farmers, disrupt food supply chains and weaken institutions responsible for food distribution.
- **High Cost of Nutritious Food:** Rising prices of fruits, vegetables, pulses, milk and protein-rich foods.
- **Income Constraints:** Many households prioritize inexpensive calorie-rich staples over diverse diets.
- **Dietary Imbalance:** Excess dependence on cereals with inadequate intake of proteins and micronutrients.
- **Poor Maternal Nutrition:** High prevalence of anaemia contributes to intergenerational malnutrition.
- **Regional and Social Inequalities:** Tribal areas, remote regions and urban poor continue to face higher nutritional vulnerabilities.
- **Changing Food Consumption Patterns:** Increasing consumption of ultra-processed foods has contributed to rising obesity.

India's Journey from Food Scarcity to Surplus

- **Green Revolution:** The introduction of high-yielding crop varieties, expanded irrigation and assured prices significantly increased cereal production.
- **Public Distribution System (PDS):** Increased foodgrain production created the foundation for large-scale food distribution and nutrition programmes.
- **Food surplus:** India has become one of the world's largest producers of foodgrains, milk, pulses, fruits and vegetables.

India's Food Security Framework

- **National Food Security Act (NFSA), 2013:** Provides legal entitlements to subsidised foodgrains for up to 75% of the rural population and 50% of the urban population, covering approximately 81 crore people.
- **Pradhan Mantri Garib Kalyan Anna Yojana (PMGKAY):** Free foodgrains have been provided to eligible beneficiaries since 2024, with the arrangement extended until 2028.
- **Targeted Public Distribution System (TPDS):** Supports the distribution of foodgrains to eligible beneficiaries.
- **Digitisation:** Digitised ration cards and Aadhaar seeding help improve the identification of beneficiaries and reduce leakages.
- **One Nation One Ration Card (ONORC):** Enables eligible beneficiaries, particularly migrant workers, to access their foodgrain entitlements from ration shops across the country.
- **Mid Day Meal Programme:** The Programme aims to boost enrolment, retention, and attendance while improving the nutritional status of children in government, local body, and government-aided schools.
- **Food Fortification:** The government promotes fortified rice, wheat flour, and edible oils as part of the public distribution system.
- **Poshan Tracker:** The Ministry of Women and Child Development developed the Poshan Tracker ICT application as a key governance tool.
  - It uses WHO's expanded tables with day-based z-scores to dynamically assess stunting, wasting, underweight, and obesity in children based on height, weight, gender, and age.
- **SakshamAnganwadi and Poshan 2.0** includes key schemes such as the POSHAN Abhiyaan, Anganwadi Services and Scheme for Adolescent Girls as direct targeted interventions to address the problem of malnutrition in the country.

Way Ahead

- Promote production, supply and consumption of fruits, vegetables, pulses, millets and dairy products along with reducing post-harvest losses.
- Public policies should focus on ensuring access to balanced, diverse and micronutrient-rich diets rather than only calorie sufficiency.
- Expand iron-folic acid supplementation, improve maternal healthcare and promote dietary diversification to reduce anaemia.
- Integrate nutrition education, physical activity promotion and regulation of unhealthy foods into public health policies.

Source: TH

THE DATA CENTRE EVALUATION FRAMEWORK: NITI AAYOG REPORT

Context

- NITI Aayog released a report called **'The Data Centre Evaluation Framework to Help States Plan for Sustainable Growth',** which recommends assessing infrastructure readiness before approving capacity additions.
  - The report comes amid the rapid expansion of India's data centre industry.

Recommendations

- **Power Readiness Map:** Developers, electricity distribution companies (DISCOMs) and state transmission utilities jointly prepare a Power Readiness and Ramp-up Plan before projects are approved.
  - This would detail total electricity requirements, sanctioned capacity, year-wise electricity availability, infrastructure upgrades and the agencies responsible for their implementation.
- **Above 20 MW Requirement:** For data centres with electricity requirements above 20 megawatts (MW), it proposes mandatory automated demand-response readiness and integration with State Load Dispatch Centres.
- **A 'five-pillar framework'** also covers environmental safeguards, climate risks, and governance.
- It proposes a **central audit mechanism,** with the Ministry of Electronics and Information Technology as the nodal Ministry.
- **The framework encourages States to** plan infrastructure ahead of demand, identify resource constraints early and link incentives to measurable outcomes.
- The presentation does not say **whether the framework has been formally adopted or whether its recommendations** will be binding on States.

Data Centres in India

- India had **271 data centres** as of January 2026, according to the Council on Energy, Environment and Water (CEEW).
  - The installed capacity of India's data centres stood at about **1.57 gigawatts (GW) in August 2026.**
  - **By 2030,** it is projected to **hit 6.5 GW,** which is a **fourfold expansion** in just **four years.**
- **Electricity demand** from these facilities is expected to rise from **about 13 terawatt-hours (TWh) in 2024** to roughly **57 TWh by 2030.**
  - The Union Ministry of Power estimates that **artificial intelligence alone will add 26.3 gigawatts of new demand by 2031-32.**
- **Most data centres are clustered around existing tech hubs** of Mumbai, Hyderabad, Bengaluru, and the National Capital Region. These are precisely the places where **water and grid stress are already most acute.**

Concerns with Expansion of Data Centres

- **Water Consumption:** A 100 MW data centre consumes about 2 million litres of water daily. That is equivalent to the daily use of roughly 6,500 households.
  - India's data centres consumed an estimated 150 billion litres of water in 2024-25. By 2030, that figure is projected to more than double to 358 billion litres annually.
- **Water Stressed Regions:** The water use matters because data centres are clustering in **India's most water-stressed regions.**
  - Rajasthan extracts 147.11% of its annual groundwater recharge, the second highest rate in the country.
  - Several groundwater assessment units in Maharashtra are classified as semi-critical.
  - Hyderabad's surface water supply dropped 20% during the summer of 2024 due to poor monsoon recharge, forcing the water board to ration supply.
- **India's power grid** is already straining under record demand. India curtailed 300 GW-hours of renewable energy in the first quarter of 2026 alone, simply because the grid could not carry it.
  - Over the past five years, India has met only about 80% of its annual transmission targets.
- **Renewable Energy Challenges:** Solar projects are being built faster than the wires to carry their power. This matters because data centres need reliable, uninterrupted electricity.
  - If renewable energy cannot reach them, the power will come from coal, adding to the burden of carbon emissions that India is trying to curtail.
- **Rise in Surface Temperature:** A study found that data centres raise land surface temperatures by an average of 2°C within a 10 km radius, with extreme cases reaching 9.1°C.

- The study estimates that approximately 340 million people globally live within these affected zones.

- **The Governance Gap:** The data centre policies of various States offer generous incentives in the form of electricity duty exemptions, transmission charge waivers, stamp duty relief, and fast-track clearances.
  - None of the major State policies require a grid impact assessment before commissioning.

Way Ahead

- Governments should introduce **phased power and water use standards** with enforceable benchmarks.
- **A national AI Energy Star rating** would let buyers and regulators compare how energy-efficient a facility or model actually is.
- **A national sustainability framework:** It would establish minimum standards for renewable energy sourcing, water consumption disclosure, grid impact assessment, and thermal load evaluation.
  - It would create a common set of expectations for investors and a common set of protections for consumers.
  - It would also recognise that environmental constraints are economic constraints, and that ignoring them only creates larger costs later.

Conclusion

- The rapid adoption of AI worldwide is set to transform both the energy sector and the environment.
- AI-driven data centres are projected to multiply electricity and water demand—raising concerns of higher CO emissions, resource stress, and e-waste.
- AI also offers powerful solutions by enabling energy efficiency, renewable integration, and climate adaptation.
- The challenge ahead lies in ensuring that AI's energy-hungry growth is powered by clean, sustainable sources while leveraging its potential to build a greener, more resilient future.

Source: TH

ANTICIPATORY ACTION IN DISASTER MANAGEMENT

In Context

- The **World Risk Poll 2026 report** highlights a major gap between receiving **disaster warnings and being able to act on them**.

About

- Around 80% of adults who experienced a disaster in the previous five years received at least one advance warning. Yet 36% of those warned could not take protective action.
- In low-income countries, disaster exposure was higher and access to warnings lower than in high-income countries.
- These findings highlight the **importance of anticipatory action.**

What is Anticipatory Action?

- Anticipatory action refers to **pre-agreed measures** taken before a predicted hazard occurs, using forecasts or early warnings to reduce its likely impact on people, livelihoods and infrastructure.
- **For example**, when a flood forecast indicates a high probability of inundation, authorities may evacuate vulnerable households, move livestock to safer locations, distribute essential supplies and release emergency funds before floodwaters arrive.

Significance of Anticipatory Action in Disaster Management

- **Reduces loss of life and property**: Timely evacuation, temporary shelters and movement of livestock can prevent casualties and reduce damage before a cyclone, flood or heatwave strikes.
- **Protects livelihoods:** Farmers can harvest crops early, move livestock and protect agricultural equipment when severe weather is forecast.
- **Reduces the cost of disaster response:** Early action can reduce expenditure on emergency rescue, relief and reconstruction.
- **Protects vulnerable communities:** Older persons, persons with disabilities, children, informal workers and low-income households often have fewer resources to respond to warnings.
- **Strengthens climate resilience:** With climate change increasing the risks associated with extreme heat, heavy rainfall and some other hazards, anticipatory action can help communities prepare for forecast events.

Institutional and Operational Barriers in India

- **Institutional fragmentation:** Coordination gaps among NDMA, SDMAs, district authorities, forecasting agencies and local bodies may delay action.

- **Last-mile communication gaps:** Warnings may not reach remote communities in accessible languages or formats.
- **Financial constraints:** Limited pre-arranged funds can delay evacuation, relief and livelihood protection.
- **Forecast uncertainty:** False alarms or inaccurate local predictions may reduce public trust.
- **Limited local capacity:** Shortages of trained personnel, transport, shelters and emergency equipment constrain implementation.
- **Social barriers:** Poverty, lack of awareness and limited household preparedness prevent people from acting even after receiving warnings.

Measures for Better Integration

- **Strengthen impact-based forecasting** and establish clear thresholds for triggering action.
- **Expand multilingual, geo-targeted alerts through SMS**, radio, sirens and community networks, building on **India's SACHET alert system.**
- **Create pre-approved** contingency plans and dedicated funds at district and local levels.
- **Integrate anticipatory action** into disaster management plans, agriculture, urban planning and health services.
- **Train local authorities a**nd involve Panchayats, NGOs and community volunteers.
- **Monitor outcomes**, including warning reach, response time and losses avoided.

Source: DTE

NEWS IN SHORT

DAL LAKE

Context

- The Jammu and Kashmir High Court has banned the **use of motorboats and jet skis in Dal Lake.**

About Dal Lake

- **Location:** Dal Lake is located in Srinagar, Jammu and Kashmir, in the Kashmir Valley. Dal Lake is a misnomer as **Dal in Kashmiri means lake.**
- It is a famous urban lake, known for its scenic beauty, houseboats and traditional wooden boats called shikaras.
  - The lake covers approximately **18 square kilometres,** while the larger wetland, including floating gardens, covers about 21.1 square kilometres.
  - It is divided into i**nterconnected basins, including Gagribal, Lokut Dal, Bod Dal and Nigeen.**
  - During the winter season, the **temperature sometimes reaches –11 °C (12 °F), freezing the lake.**
- **Major attractions:** The lake is known for its floating gardens, houseboats, shikara rides and floating vegetable market.
- **Economic importance:** It supports tourism, fishing, horticulture and the livelihoods of local communities.
- **Ecological importance:** The lake supports aquatic plants, fish and other biodiversity, and helps regulate the local hydrological environment.
- **Environmental concerns:** Dal Lake faces pollution from untreated sewage and solid waste, excessive aquatic weed growth, siltation and encroachment, which threaten its ecological health.

Source: IE

OVERSEAS CITIZENS OF INDIA

Context

- Actor Imran Khan, a US citizen and Overseas Citizen of India (OCI) cardholder, has been asked by the Foreigners Regional Registration Office (FRRO) to leave India, days after he joined a protest in Mumbai.

What is an OCI?

- The **OCI scheme** was introduced in **2005** for certain categories of foreign nationals of Indian origin.
- India **does not permit dual citizenship**, and an OCI remains a foreign national holding the passport of another country.
- OCI status provides **certain privileges**, including a lifelong, multiple-entry visa and exemption from registration with the FRRO, irrespective of the duration of stay, subject to applicable conditions.
- However, OCI cardholders **do not enjoy all the rights available to Indian citizens**. They **cannot vote or contest elections**, and constitutional protections under **Article 19**, including freedom of speech and peaceful assembly, are specifically guaranteed to citizens.

What other restrictions apply to OCI cardholders?

- A **Ministry of Home Affairs** notification issued in **2021** requires OCI cardholders to obtain special permission for specified activities, including research, missionary or Tablighi work, mountaineering, journalistic activities, certain internships or employment in foreign diplomatic establishments, and visits to protected, restricted or prohibited areas.
- Importantly, the notification does not expressly list participation in political protests as an activity requiring prior permission. However, OCI cardholders remain foreign nationals and are subject to India's immigration laws and applicable government directions.

Can an OCI cardholder be asked to leave India?

- The **Immigration and Foreigners Act, 2025**, which replaced the **Foreigners Act, 1946**, regulates the entry, stay and removal of foreign nationals in India.
  - **Section 7** empowers the government to regulate or restrict the entry, departure and continued presence of foreigners in India. It also allows restrictions on specified activities and conduct.
  - **Section 29** provides for the removal of a foreigner in specified circumstances, including contravention of the Act, its rules or orders, or an adverse security report.

When can OCI registration be cancelled?

- Cancellation of OCI registration is distinct from an order directing a person to leave India.
- It is governed by **Section 7D of the Citizenship Act, 1955,** which lists grounds for cancellation, including registration obtained through fraud or misrepresentation, specified conduct against the Constitution, certain criminal convictions, and grounds involving India's sovereignty, security, international relations or the general public.

Source: IE

DIABETES

Context

- The ICMR-INDIAB study estimates **India now has 101 million people living with diabetes and 136 million with prediabetes.**

Diabetes Burden in India

- India is often called the **diabetes capital of the world.**
- Recent reports estimate as many as **1 in 9 Indian adults live with diabetes**, hinting at numbers soaring beyond 100 million in the near future.
- The National Family Health Survey shows **one in four children between 5 and 9 years is overweight.**
  - More than half of what urban adolescents eat is ultra-processed, and 70% of adult non-communicable diseases have roots in habits formed before age 15.
- The burden is deepened by **undiagnosed cases and a surge in needless complications.**

What is Diabetes?

- **Diabetes** is a chronic metabolic disorder in which the body either does not produce enough insulin or cannot effectively use the insulin it produces.
  - This leads to high levels of glucose (sugar) in the blood.
- **Insulin:** Insulin is a hormone produced by the **pancreas**.
  - It helps glucose (from food) enter cells, where it is used for energy.
  - When insulin is absent or not working properly, glucose stays in the bloodstream leading to **high blood sugar.**

Types of Diabetes

- **Type 1 Diabetes:** It is an autoimmune disease where the body's immune system destroys insulin-producing cells. The body produces little or no insulin.
  - It usually begins in childhood or adolescence.
  - It requires lifelong insulin injections.
- **Type 2 Diabetes:** This is the most common type of diabetes. The body becomes insulin resistant or doesn't produce enough insulin.
  - It is usually linked to obesity, sedentary lifestyle, unhealthy diet and family history.
  - It can be managed with diet, exercise, oral medications, and sometimes insulin.
- **Gestational Diabetes:** This occurs during pregnancy and usually disappears after delivery, but increases the risk of type 2 diabetes later in life.

Do You Know?

- **World Diabetes Day** is observed on **November 14** each year to raise awareness about diabetes, its prevention, and management.
- The day aims to support individuals living with diabetes and encourage collective actions to reduce the overall burden of the disease.

Source: IE

INDIA'S CRUDE OIL IMPORTS

In News

- In August 2026, Russia, the United States and the UAE together accounted for 66.8% of India's crude oil imports by volume.

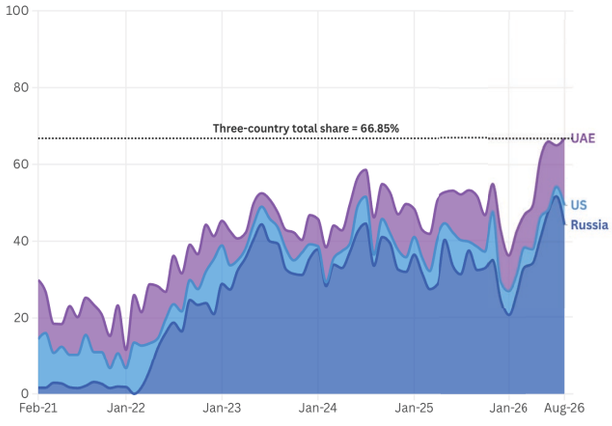
Key Findings

- **Total imports**: India imported 191.2 lakh tonnes of oil in August 2026, 10.3% less than in July but 3.4% more than in August 2025.
- **Russia:** Supplied 84.8 lakh tonnes, accounting for 44.3% of total imports. Its share fell from 51% in July to around 44% in August.
- **United States:** Supplies rose to 9.7 lakh tonnes, around 5.1% of imports. The quantity was nearly 82% higher than in July.
- **UAE**: Supplied 33 lakh tonnes, accounting for 17.4% of imports.

Increased concentration

Three countries account for more than two-thirds of India's oil imports

Share in the volume of India's oil imports



Source: Ministry of Commerce and Industry

Why It Matters

- **Energy security:** Heavy reliance on a few suppliers can expose India to geopolitical disruptions and supply restrictions.
- **Economic impact:** Higher crude oil prices increase the import bill and can put pressure on the current account, inflation and the rupee.
- **Geopolitical challenges**: India's purchases of Russian oil have been a point of friction with the US, including the possibility of additional tariffs on countries importing Russian energy.
- **Supply diversification:** Alternative routes and suppliers, including the UAE, can help India respond to disruptions in West Asia.

Source: TH

INDIA ADDS TWO NEW RAMSAR SITES

Context

- India's Ramsar Site tally has reached **103**, with Sukhna Lake in Chandigarh and Sauj Jheel in Uttar Pradesh becoming the latest additions.

Sukhna Lake

- Located at the edge of the city of **Chandigarh** and at the base of the **Outer Himalayas**, Sukhna Wetland is a **peri-urban reservoir** that plays an important role in regulating sediment and water flows from the surrounding catchment.
- The Site is particularly important for resident waterbirds and others migrating along the **Central Asian Flyway**, providing feeding, breeding, roosting and wintering habitats.
- Notable species include the **vulnerable common pochard** (Aythya ferina) and the **endangered Pallas's fish eagle** (Haliaeetus leucoryphus).

Sauj Jheel

- Sauj Jheel in the state of Uttar Pradesh is a **shallow lake** surrounded by farmland in the floodplain of the **Ganga River**.
- The Site is particularly important for waterbirds, regularly supporting more than 30,000 individuals, and has been designated as an **Important Bird and Biodiversity Area (IBA)** by BirdLife International.
- Notable waterbird species recorded at the Site include the **vulnerable sarus crane** (Grus antigone) and **greater spotted eagle** (Clanga clanga).

What is the Ramsar Convention?

- A Ramsar site is a **wetland designated** as one of **international importance** under the Ramsar Convention.
- The Ramsar Convention is one of the oldest **inter-governmental accords** signed by member countries to preserve the ecological character of their wetlands of international importance.
- It was signed on **February 2, 1971** in **Ramsar, Iran** and came into force in 1975.
  - India became a signatory to the **Ramsar Convention in 1982.**

Source: PIB