

January - 19

TNPSC BITS

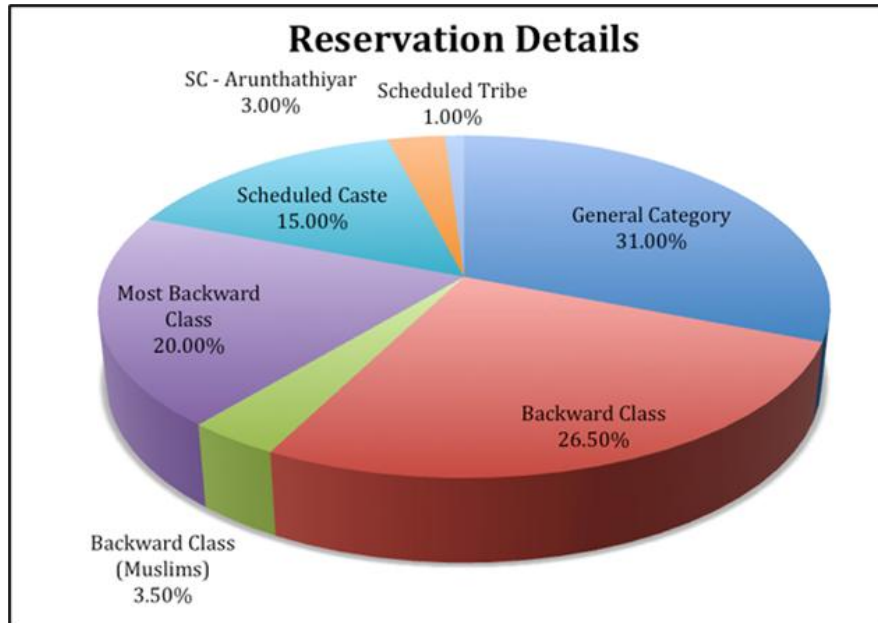
- ❖ The Union Cabinet has approved the establishment of a Third Launch Pad (TLP) at the Satish Dhawan Space Centre in Sriharikota, Andhra Pradesh.
- ❖ India skipper Smriti Mandhana scored a record-breaking century in 70 balls the third Women's ODI cricket against Ireland.
- ❖ Indian Army and the Indian Air Force conducted a joint Exercise 'Devil Strike'.
- ❖ The Indian Railways has developed a hydrogen-powered train engine with the highest horsepower (1200HP) in the world.
- ❖ India and Spain have announced 2026 as a 'dual year' to celebrate their cultural, tourism, and AI collaborations.
- ❖ Indian grandmaster Arjun Erigaisi has won the early Titled Tuesday weekly blitz competition conducted by Chess.com by beating the World No 1 Magnus Carlsen and World No 2 Fabiano Caruana.
- ❖ The Ministry of Home Affairs (MHA) has approved a major expansion of the Central Industrial Security Force (CISF), which will create two new battalions each comprising 1,025 personnel of various ranks.
- ❖ The Indian Army has celebrated its 77th Army Day with at the Bombay Engineers Group and Centre Parade Ground in Pune, Maharashtra.
 - This marks the third occasion that the Army Day Parade was held outside Delhi.
- ❖ The US-based Hindenburg Research, famously known for its controversial short-selling practices reveal, has decided to cease operations.

TAMIL NADU

Arunthathiyars' special quota benefits

- ❖ The Tamil Nadu Arunthathiyars Reservation Act, 2009 provides the preferential treatment to Arunthathiyars among the Scheduled Castes (SCs).
- ❖ For the purpose of the law, seven castes - Arunthathiyar, Chakkiliyan, Madari, Madiga, Pagadi, Thoti, and Adi Andhra in the list of 76 SCs notified by the Indian President under Article 341 of the Constitution have been generically called the Arunthathiyars.
- ❖ It envisaging the provision of 3% reservation for Arunthathiyars within the 18% quota of Scheduled Caste.

- ❖ In MBBS, the total number of seats went up by about 82% between 2018-19 and 2023-24.
- ❖ In Bachelor of Dental Surgery (BDS) course, from 2018-19 their figure rose to 3% five years later.
- ❖ Admission to engineering courses, the strength of SC(A) students increased from 1,193 in 2009-10 to 3,944 in 2023-24.



NATIONAL

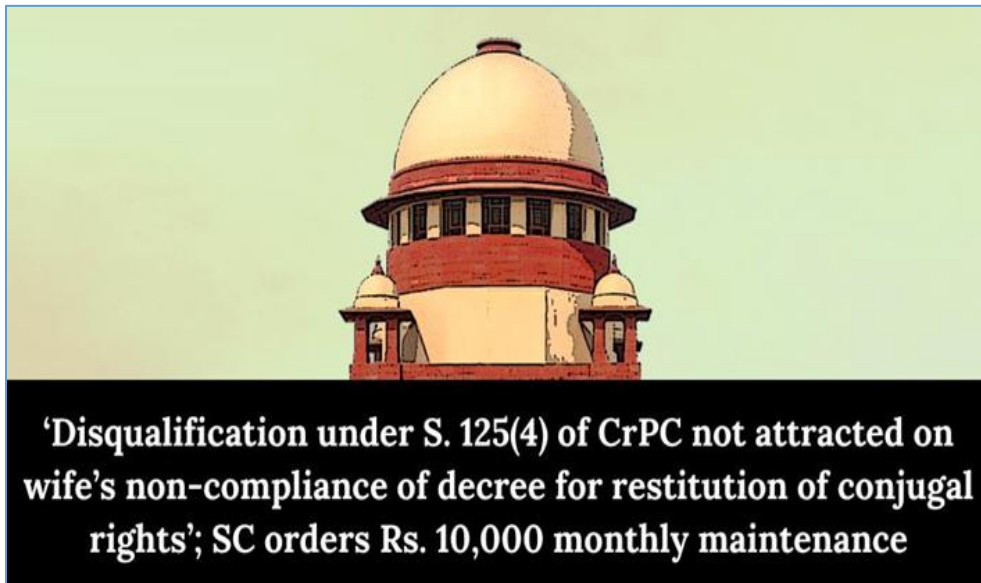
National Essential Diagnostics List (NEDL) 2025



- ❖ The ICMR has proposed a revised version of the National Essential Diagnostics List (NEDL).

- ❖ It will enumerate the minimum number of tests that should be available at various levels of healthcare facilities in the country.
- ❖ According to the revised draft, nine types of diagnostic tests, including those for diabetes, Malaria, TB, HIV and syphilis should be made available at the health centres in village-level health facilities.
- ❖ The ICMR has released the first NEDL in 2019 to make diagnostics an essential component of the health care system.

SC on Conjugal Rights




- ❖ The Supreme Court has ruled that the proceedings on the restitution of conjugal rights and those on maintenance are “altogether independent” and “not directly or even indirectly connected”.
- ❖ Also, Husband must continue to pay maintenance to his wife even if she refuses to comply with a decree for the restitution of conjugal rights.
- ❖ Section 9 of the Hindu Marriage Act, 1955 (HMA) talks about the restitution of conjugal rights.

8th Pay Commission

- ❖ The Union Cabinet decided to set up the 8th Pay Commission to revise salaries of central government employees and allowances of pensioners.
- ❖ The 7th Pay Commission was set up in 2016, and its term will end in 2026.
- ❖ Since 1947, there have been seven Central Pay Commissions.

- ❖ A new pay commission is set up every 10 years to introduce revisions in the salaries of Central employees and pensioners.

LIKELY RISE	
<ul style="list-style-type: none">■ The 8th Pay Commission will recommend fitment factor, which serves as basis for revising salaries and pensions of central govt employees	
<ul style="list-style-type: none">■ Fitment factor is a key multiplier used to calculate salaries and pensions for govt employees	
<ul style="list-style-type: none">■ If one goes by recent reports, the pay matrix is most likely to be prepared taking a fitment factor of 1.92 under 8th Pay Commission	
<ul style="list-style-type: none">■ Current minimum salary is ₹18,000, which will possibly be revised to ₹34,560 with a fitment factor of 1.92	
<ul style="list-style-type: none">■ Minimum pension may be fixed at ₹17,280	

Watershed Development Component 2.0 of PMKSY



Watershed Development Component (WDC-PMKSY 2.0)

56 Additional Projects announced

In 2021-22

1150 projects covering 50 Lakh hectares sanctioned

Govt spending ₹12303 Cr under WDC-PMKSY 2.0

Developing degraded and rainfed areas of the country

- ❖ Department of Land Resources (DoLR), Ministry of Rural Development (MoRD) is implementing the Watershed Development Component of Pradhan Mantri Krishi Sinchayee Yojana (WDC-PMKSY) Scheme.
- ❖ IT aims to develop the degraded and rainfed areas of the country, by undertaking watershed development projects in an integrated approach.
- ❖ 56 new Watershed Development Projects are announced at a cost of ₹700 Crores under the ongoing Scheme of PMKSY-WDC 2.0, in 10 best performing States.

- ❖ They are Rajasthan, Madhya Pradesh, Karnataka, Odisha, Tamil Nadu, Assam, Nagaland, Himachal Pradesh, Uttarakhand and Sikkim.

Easy access to clean toilets

- ❖ The Supreme Court declared that easy access to clean public toilets for all is not just a matter of convenience but a basic right and an essential part of human dignity.
- ❖ It is applicable to all men, women, persons with the disabilities, and transgender persons.
- ❖ Access to proper sanitation is recognised as a fundamental right under Article 21 of the Constitution.



INTERNATIONAL

Thailand's ban Plastic Waste Imports

- ❖ Thailand has become the latest country to take on the global plastic waste crisis by banning imports of plastic waste.
- ❖ Since 2018, Thailand has been a leading importer of plastic waste from developed nations such as the US, United Kingdom and Japan.

- ❖ Between 2018 and 2021, the country imported more than 1.1 million tonnes of plastic scraps.
- ❖ In 2023, Japan alone exported about 50 million kilogrammes (50,000 tonnes) of plastic waste to Thailand.



PERSONALITIES, AWARDS, AND EVENTS

2025 Nuclear-Free Future Awards



- ❖ P Udayakumar, has been selected for the 2025 Nuclear-Free Future Award in the Resistance category for his efforts toward a nuclear-free world.
- ❖ He was the convener of the People's Movement Against Kudankulam Nuclear Plant.

- ❖ The other winners are
 - Márcia Gomes de Oliveira and Norbert Suchanek from Brazil.
 - The Solution Award will go to Edwick Madzimore of Zimbabwe.
 - Honorary Lifetime Achievement Awards given to anti-nuclear activist Joanna Macy and the late Klee Benally
- ❖ The awards are founded in 1998 by Claus Biegert of Germany.
- ❖ This Awards celebrate those working to rid the world of nuclear weapons, power, and uranium mining.

Yoon Suk-Yeol Arrest

- ❖ South Korea's impeached President Yoon Suk Yeol was arrested recently.
- ❖ This was marking the first time in the country's history that a sitting president has been detained.
- ❖ He faced charges of insurrection over his imposition of a brief period of martial law December 03rd.



MISCELLANEOUS

India's battlefield tourism

- ❖ The Ministry of Defence opened its historical as well as active battlefields and geopolitical zones for visitors as part of its new endeavour 'Bharat Ranbhoomi Darshan'.
- ❖ The initiative will see some of its iconic and inaccessible war zones transform into tourist destinations.

- ❖ The newly inaugurated 'Bharat Rannbhoomi Darshan' includes Galwan, and Doklam along with 75 other forward sites that have witnessed some military action in the past.
- ❖ These battle sites have been shortlisted by the Indian Army for "the battlefield tourism" in association with the Ministry of Tourism.



India's obesity guidelines 2025

KEY COMPONENTS OF NEW GUIDELINES	
<p>Abdominal Obesity Recognised as key diagnostic factor due to its link to insulin resistance, especially among Indians</p> <p>Comorbid Diseases Includes conditions like diabetes and cardiovascular disease in the diagnosis to address obesity-related health risks</p> <p>Mechanical Issues Addresses issues such as knee and hip osteoarthritis, or shortness of breath, affecting quality of life</p>	
<p>BMI Grades</p> <p>Normal 18.5–22.99 kg/m²</p> <p>Grade I 23–24.9 kg/m²</p> <p>Grade II 25–27.5 kg/m²</p> <p>Grade III 27.6–32.4 kg/m²</p> <p>Grade IV ≥32.5 kg/m²</p>	<p>Abdominal Obesity Best Measure Waist circumference and waist-to-height ratio (W-HtR) preferred over waist-to-hip ratio</p> <p>Cutoffs</p> <p>Waist Circumference (WC) >90 cm (men), >80 cm (women)</p> <p>W-HtR >0.5</p>

- ❖ India has finally introduced updated guidelines to address the country's unique health challenges, after 15 years.
- ❖ Till now, it relying on the body mass index (BMI) as a primary measure of obesity.
- ❖ The revised framework offers a more comprehensive approach to the obesity diagnosis and treatment.



- ❖ It emphasises the need for a tailored strategy for tackling obesity and related health risks among Indians.
- ❖ A two-stage classification system for obesity; Stage 1 and Stage 2 obesity.
 - Stage 1 Obesity is referred to as increased body fat without significant impact on organ function or daily activities (BMI > 23 kg/m²).
 - Stage 2 Obesity is referred to as advanced obesity characterised by abdominal adiposity, high waist circumference, and organ impairment.

