

### ASHWINI VAISHNAW RELEASED 'GO GREEN, GO ORGANIC' COVER FOR SIKKIM

- Union Minister **Ashwini Vaishnaw** and four Sikkim ministers has released a unique cover of the Department of Posts, '**Go Green, Go Organic**' for Sikkim.
- Special cover on '**Go Green, Go Organic**' released for World's first organic state Sikkim.
- The special cover is a testament to the state's achievements in organic farming and progress and a reminder of the importance of sustainable development for the entire country.
- The union minister thanked Department of Posts for this release and congratulated Sikkim State for its achievements of becoming the first state of the world to get recognized as an Organic state by the World Book of Records (London).

#### About Sikkim

- **Capital** – Gangtok
- **Chief Minister** – Prem Singh Tamang
- **Governor** – Lakshman Prasad Acharya

### DELHI INTERNATIONAL AIRPORT AMONG CLEANEST IN ASIA-PACIFIC: ACI

According to the Airport Council International (ACI), Delhi International Airport has been ranked among the cleanest airports in Asia-Pacific.

The airport service quality award is based on passenger surveys carried out to rate customer satisfaction on the day of travel.

The surveys cover over 30 performance indicators across key elements of a passenger's airport experience such as ease of finding your way, check-in, shopping, and dining offerings.

According to ACI, 144 awards have been won by 75 airports globally based on over 465,000 surveys collected in 2022.

## CONRAD SANGMA SWORN-IN AS MEGHALAYA CHIEF MINISTER

- National People's Party president, **Conrad K Sangma** has taken oath as the **chief minister of Meghalaya for the second consecutive term.**
- Prestone Tynsong and Sniawbhalang Dhar took oath as deputy chief ministers.
- Governor Phagu Chauhan has administered the oath of office to Sangma.
- The sworn-in ceremony was attended by PM Narendra Modi, BJP president JP Nadda and home minister Amit Shah.
- While Nationalist Democratic Progressive Party (NDPP)'s Neiphiu Rio will take oath as Nagaland chief minister.

### About Meghalaya

- **Capital** – Shillong
- **Chief Minister** – Conrad Kongkal Sangma
- **Governor** – Phagu Chauhan

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## 7 MARCH – JAN AUSHADHI DIWAS

- **India** has celebrated the **Jan Aushadhi Diwas** on **March 7 every year since 2019.**
- The day is the culmination of a week-long event that begins on March 1.
- The day is marked in order to promote awareness about generic medicines and how they can be helpful for millions across the country.
- Theme 2023 – Jan Aushadhi – Sasti bhi Acchi bhi
- The Jan Aushadi Diwas was launched on 7 March 2019, by Prime Minister Narendra Modi as part of the Pradhan Mantri Bharatiya Janaushadhi Pariyojana (PMBJP).

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## 8 MARCH – INTERNATIONAL WOMEN'S DAY

- **International Women's Day** is observed on **8 March every year** to celebrate the social, economic, cultural, and political achievements of women from all around the world.
- The day also focuses on a call to action for accelerating gender parity and setting agendas and goals in achieving these targets.

- The theme for this year's Women's Day, according to the United Nations is **"DigitALL: Innovation and technology for gender equality"**
  - It was in 1945 that the Charter of the United Nations became the first international agreement to affirm the principle of equality between women and men.
  - During International Women's Year in 1975, the UN celebrated its first official International Women's Day.
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## NATIONAL PLATFORM FOR DISASTER RISK REDUCTION (NPDRR)

**Prime Minister of India will inaugurate the 3rd Session of the National Platform for Disaster Risk Reduction (NPDRR) at Vigyan Bhawan, New Delhi on 10th March 2023.**



**About the National Platform for Disaster Risk Reduction (NPDRR):**

- It was **established by the Indian government in 2013** to bring together all segments of the disaster risk community in India, including government officials, parliamentarians, mayors, the media, international agencies, non-governmental organisations, representatives from local communities, scientific and academic institutions, and corporate businesses, among others.
  - **The theme of this year's session:** "Building Local Resilience in a Changing Climate"
  - **Functions:** It facilitates the exchange of experiences, views, and ideas, presents the results of research and action, and explores the possibility of cooperating across continents.
  - As a result of this platform, National Action Plans on Disaster Risk Reduction will have a strategic direction and an action plan.
  - **Organisational Structure:** The Union Home Minister chairs the NPDRR, which is also headed by the Minister of State in charge of Disaster Management in the Ministry of Home Affairs and Vice-Chairman of, the National Disaster Management Authority.
  - In the Ministry of Home Affairs, the Special Secretary/Additional Secretary/Joint Secretary responsible for the Disaster Management Division acts as the convener of NPDRR
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## POINT CALIMERE WILDLIFE SANCTUARY

Recently, during the Synchronised Bird Census 2023 conducted by the Tamil Nadu Forest Department at Point Calimere Wildlife Sanctuary as many as 69 species of terrestrial birds were observed.



### About Point Calimere Wildlife Sanctuary:

- Point Calimere Wildlife Sanctuary was established in the year of 1967 and is situated in **the state of Tamil Nadu**.
- It houses the famous bird sanctuary of Vedaranyam and the Talaignayar forests.
- It is flanked by **the Bay of Bengal in the east**, and **Palk Strait in the south**.
- It primarily focuses on the protection and conservation of the black antelopes, an endangered and endemic species that are found in this region.
- It is designated as a **Ramsar site**.
- **Flora:** It has **mangroves, tropical evergreen forests**, and grassland ecosystems.
- **Fauna:** Wild boar, macaque, black buck, chital, **Great flamingo, Painted Stork**, Little Stint, Seagull and Brown-headed gull are normally found in the sanctuary.

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## PARAMBIKULAM TIGER RESERVE

A recent faunal survey conducted in the Parambikulam Tiger Reserve has recorded over 500 species, many of which were hitherto unseen in the protected area.



### About Parambikulam Tiger Reserve:

- Parambikulam is one of the premier Tiger Reserves of India and is endowed by nature in terms of species, habitat and ecosystem diversity.
- It is located in the **Palakkad District of Kerala** and lies in between the Anamalai hills and Nelliampathy hills of the Southern Western Ghats.
- **Flora:** It supports diverse habitat types namely; evergreen forests, moist and dry deciduous forests and grasslands.

- **Fauna:** Lion-tailed macaques, Malabar giant squirrel and Flying squirrel, Tarantula (large-bodied spiders) etc.
- There are several endemic, rare, endangered and threatened (RET) species of flora and fauna adding to the diversity of the Reserve. To name a few,
  - *Coscinium fenestratum* and *Uleria salicifolia* (the IUCN ‘red listed’ **medicinal plants endemic to Anamalais**)
  - *Tomopterna parambikulamana* (an **endemic frog of Parambikulam**)
  - *Garra surendranathanii* (an **endemic sucker fish**)



## ASEAN-INDIA BUSINESS SUMMIT

Recently, the Minister of State for Electronics & Information Technology addressed the addresses 5th ASEAN-India Business summit.

### About the ASEAN-India Business summit:

- It is being held as part of the ASEAN-India Year of Friendship to commemorate the more than three-decade-long engagement between India and the 10-member bloc in Kuala Lumpur.

### Key facts about ASEAN

- It is a group of the Association of Southeast Asian Nations, which was established in 1967 with the signing of the **Bangkok declaration**.
- **Founding members:** Indonesia, Malaysia, Philippines, Singapore and Thailand.
- Presently ASEAN comprises 10 member states namely Indonesia, Malaysia, Philippines, Singapore, Thailand, Brunei, Laos, Myanmar, Cambodia and Vietnam.
- It promotes intergovernmental cooperation and facilitates economic, political, security, military, educational, and sociocultural integration between its members and other countries in Asia.

## WHAT IS MILLETS GIVEAWAY?



The Small Farmers’ Agri-Business Consortium, a society promoted by the Ministry of Agriculture and Farmers Welfare of the Indian

government, has launched a special marketing campaign called Millets Giveaway. The campaign is aimed at promoting direct purchases from small and marginal farmer producer organisations (FPOs) to support their livelihoods.

What is Millets Giveaway?

The Millets Giveaway campaign encourages citizens to purchase millets directly from FPOs through ONDC's My Store, a marketplace built for Indian sellers. Millets are the primary focus of the campaign, motivating more people to adopt these grains in their diet. This is a part of the nationwide and also the worldwide drive to promote these nutri-cereals in the International Year of Millets 2023.

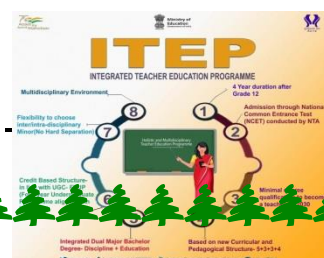
Significance of FPO in the campaign

The campaign is being held through the FPOs. The FPOs have always played big roles in bringing changes in the lives of the farmers, especially the small and marginal farmers. Earlier the farmers used to cultivate the crops using traditional methods. FPOs helped them to learn new and conservative farming methods. Today, drip irrigation is a big success mainly because of these FPOs. Through good agricultural practices, the FPO helped farmers increase productivity by 30% to 50%. Also, the FPO played a large role in farm mechanisation. They rented farm machinery and demonstrated the usage of many machines.

Why Giveaway campaign?

The Government of India has been promoting millet on a large scale. During the Budget 2023-24, the finance minister Smt. Nirmala Sitharaman announced that millets will be promoted under the brand name "Shree Anna". The APEDA signed a pact with a private firm called LULU to promote millets in the GCC. LULU is into the supermarket business. The food processing ministry launched the Bhojpur Millet festival. The government is promoting millet because these crops are highly nutritious and climate-resilient. Also, the Millet International Initiative for Research and Awareness was launched. The campaign will help the government achieve its plan on promoting millet.

## INTEGRATED TEACHER EDUCATION PROGRAMME (ITEP)





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The National Council for Teacher Education (NCTE) has launched the Integrated Teacher Education Programme (ITEP) in 57 Teacher Education Institutions (TEIs) throughout India. This flagship initiative is launched under NEP 2020. It was notified in 2021. It offers a 4-year dual-major undergraduate degree program, preparing teachers for the 4 stages of the new school structure i.e. the 5+3+3+4 structure of foundational, preparatory, middle and secondary schooling.

What is ITEP?

The ITEP aims to provide cutting-edge pedagogy, foundational literacy and numeracy, early childhood care and education, inclusive education, and an understanding of India's values, ethos, art, and traditions, among other things. Prospective teachers passing out of this course will be equipped with 21st-century global standards to shape the future of New India. The course will save students one year by completing it in 4 years instead of 5.

Benefits of ITEP

It will provide cutting-edge pedagogy. This means it will provide the latest technologies used in teaching methods and teaching practices. Also, it will establish foundational literacy and aid in Early Childhood Care and Education. (ECCE)

Background

The National Education Policy 2020 focuses on Early Childhood Care and Education. In accordance with the NEP 2020, it is essential to achieve early childhood education so that the kids entering Grade 1 are ready. To achieve this, there is a necessity for three years of pre-schooling before Class 1. The major challenge in the ECCE is the lack of trained teachers. ITEP will address this challenge.

What is Foundational Literacy and Numeracy included in the ITEP?

It is the skills and strategies that are used in speaking, reading, writing, and interpreting thoughts. Basic numeracy skills include fundamental mathematical operations such as subtraction, addition, multiplication, and division.

What is Inclusive Education according to NEP 2020?

All children in the country should get equal educational opportunities despite their socioeconomic identities. How does UNICEF define inclusive education? All children in the same classroom should get the same opportunities.

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## NASHA MukT BHARAT ABHIYAAN



The Ministry of Social Justice & Empowerment's flagship program, Nasha MukT Bharat Abhiyaan (NMBA), aims to raise awareness about substance abuse among youth in India, with a particular focus on higher education institutes, university campuses, schools, and community engagement. Recently, the Department of Social Justice and Empowerment and Brahma Kumaris inked a Memorandum of Understanding to make NMBA more effective and widespread. Substance abuse means excessive use of drugs and alcohol.

What is Nasha MukT Bharat Abhiyan?

The program, started in 2020 by the Ministry of Social Justice and Empowerment, was started with a target of 272 of the most vulnerable districts. It has now reached over 9.50 crore people, including 3.10 crore young individuals, in 372 districts across the country, and over 3 lakh educational institutions. The NMBA has conducted various activities emphasizing the dangers of drug addiction. The program also prioritizes community involvement to promote a sense of responsibility in tackling substance abuse and promote a healthy, productive society.

Who are the stakeholders of NMBA?

Youth, Women, educational institutions, and master volunteers. The programme will select 50 master volunteers from every district. They will play a major role in spreading awareness about the NMBA. They will conduct counselling and will identify people who need advanced counselling and will take them to the nearby addiction facility.

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## WORLD OBESITY ATLAS 2023



The World Obesity Federation has released a report "World Obesity Atlas 2023". This report predicted a significant increase in obesity rates among





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children and adults in Africa, with a rise of 14% from 5% in child obesity rates and 31% from 18% in adult women by 2035. The report also warned that over half the world's population could be overweight or obese by 2035, with childhood obesity predicted to more than double.

What is the report saying?

The highest increases in obesity rates were found in low- and lower-middle-income countries in Africa and Asia. The report called for urgent and coordinated action to prevent and treat obesity and support those affected.

World Obesity Day

World Obesity Day is observed every year on March 4th. This year, the awareness-creating event was organized on the theme of "Changing Perspectives: Let's Talk About Obesity."

World Obesity Federation

The organization represents national and regional institutes that are studying obesity. It was formed in 2014. The organization received support from International Congress on Obesity. The main objective of the federation is to reduce obesity rates in the world.

Need for actions against obesity

Adult obesity increases the medical cost of the person by \$1,861. Severe obesity adds additional costs of \$3,097 per adult. According to the World Obesity Foundation, the total cost of obesity will be 3.3% of the GDP by 2060.

Obesity in India

According to the National Family Health Survey – 4, obesity in the country doubled within ten years.

Who are obese?

According to the Ministry of Health and Family Welfare, people with a Body Mass Index of 25 kg more than 25 kg per square metre are obese. Around 30% of the population in the state of AP, Andaman, and Sikkim are obese. In the states of Bihar, Meghalaya, MP, West Bengal, and Tripura, obesity has been doubling.