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1. Non-communicable Diseases (NCD)s

- **Prelims** Non Communicable Diseases (NCD)s
- Mains GS 2 Social Justice

Why in the news?

 As per recent report, the non-communicable diseases (NCD) often begin early, sometimes even in childhood or adolescence.

Non-Communicable Diseases (NCDs),

- What is it?: Non-communicable diseases (NCDs) are caused by a confluence of genetic, physiological, environmental, and behavioral factors.
- Examples: cardiovascular diseases (heart attack, stroke), cancers, chronic respiratory diseases (COPD, asthma), diabetes.

• Causes:

- → **Behavioral factors**: unhealthy diet, physical inactivity, tobacco use, harmful alcohol consumption.
- → Physiological factors: genetic predisposition, overweight/obesity, high blood pressure, high cholesterol.

• Rising Burden of NCDs:

- → Non-communicable diseases (NCDs) are now the leading cause of death in lowand middle-income countries (LMICs), including India, due to an aging population and lifestyle changes.
- → In India, NCDs like cardiovascular disease, cancer, respiratory illnesses, and diabetes account for nearly 50% of all deaths, and NCD mortality is expected to constitute three-quarters of all deaths by 2030.

• Challenges in Addressing NCDs in India:

- → India faces challenges with underfunded healthcare, high out-of-pocket expenses, limited health insurance coverage, and inadequate healthcare infrastructure.
- → Corruption, lack of healthcare awareness, and logistical issues like high travel costs further exacerbate the problem, particularly for the poor and elderly.





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• Role of Social Security and Health Insurance:

- → Social security measures, like pensions, help the elderly afford healthcare, though the amounts are often insufficient.
- → The Ayushman Bharat Scheme aims to cover 40% of low-income households, but it faces challenges like limited funding, complex eligibility requirements, and corruption in implementation.

• Impact of Lifestyle on NCD Risks:

- → Sedentary lifestyles, high-calorie diets, and tobacco and alcohol use contribute to rising NCDs.
- → High refined grain and meat consumption increase risks of diabetes and heart disease, especially as the price of fat-dense foods rises.

• Policy Recommendations and Challenges:

- → Suggested reforms include stronger regulation of private hospital fees, increasing healthcare funding, stricter enforcement of eligibility for social programs, and taxation on unhealthy products.
- → Behavioral changes like reducing tobacco and adopting healthier lifestyles are also crucial, but the implementation of such reforms remains uncertain.

• Importance of Timely Action:

→ Delay in addressing these issues risks economic and social costs, including impoverishment of families and missed targets on Sustainable Development Goals (SDG 3) for health and well-being.

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2. IUCN World Heritage Outlook 2025

- **Prelims** IUCN World Heritage Outlook 2025
- Mains GS 3 Environment

Why in the news?

 The fourth edition of IUCN World Heritage Outlook was published in Abu Dhabi at the IUCN World Conservation Congress 2025.

IUCN World Heritage Outlook 2025

• What is it?:

- → The IUCN World Heritage Outlook is a global conservation assessment system evaluating the state of all UNESCO natural and mixed World Heritage Sites every 3–5 years.
- <u>Published by:</u> International Union for Conservation of Nature (IUCN) through its World Heritage Programme and World Commission on Protected Areas (WCPA).

• Objectives:

- → Track Conservation Health: Assess management effectiveness and ecosystem resilience.
- → Recognize Best Practices: Highlight exemplary management for replication.
- → Identify Threats: Provide early warnings on degradation, climate impact, or governance issues.

• Key Findings:

- → Nearly 65% of sites show stable or improving conservation since 2020. e.g.: Galápagos Islands, Yellowstone National Park
- → More than 80% sites face direct climate impacts like coral bleaching, glacier retreat, wildfires. e.g.: Great Barrier Reef continues to experience mass bleaching events.
- → Nearly 60% of sites face stress from invasive species, overexploitation, or habitat loss. e.g.: Invasive flora in Hawaiian Volcanoes National Park threatens endemic species.
- → Marine sites like Komodo NP (Indonesia) and Aldabra Atoll (Seychelles) improved due to sustainable tourism and scientific monitoring.





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- → Use of AI monitoring, satellite mapping, and eDNA are boosting data precision. e.g.: UNESCO-IUCN AI pilot in the Okavango Delta enhances wildlife tracking.
- → Heritage sites support livelihoods, carbon sequestration (~10% terrestrial carbon), and disaster mitigation.
- → Around 15 sites were added to the "World Heritage in Danger" list due to conflict, pollution, or habitat loss.

• Trends in India:

- → Kaziranga and Manas: Sowed better ecology via anti-poaching, restoration, eco-tourism.
- → Sundarbans: The site is at risk due to issues like salinity, cyclones, sea-level rise.
- → Western Ghats: The site is at risk due to mining & land-use conflicts.
- → Nanda Devi and Great Himalayan NP: Faces concerns of Glacier retreat, invasive species affecting Ganga basin hydrology.
- → Funding issues: Need 30–40% higher funds for marine and transboundary monitoring.

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3. Mongolia

- Prelims Location of Mongolia
- Mains GS 1 Geography

Mongolia



Why in the news?

 India and Mongolia entered into 10 pacts, expanding the relations into strategic partnership.

Mongolia

- **Location**: It is a landlocked country in East Asia.
- · Capital: Ulaanbaatar
- Border Countries: China and Russia
- Geography
 - Grasslands: Mongolian-Manchurian grassland
 - · Desert: Gobi Desert
- **Population**: It is the world's most sparsely populated sovereign state.
- · Culture: Tibetan Buddhism





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4. Microplastic Pollution

- Prelims Microplastic Pollution
- Mains GS 3 Environment

Why in the news?

 Scientists from the CSIR- National Institute of Oceanography in Goa found that Microplastics are threatening Goa's estuarine fisheries and human consumers.

Microplastics Pollution

 <u>Definition</u>: Tiny plastic particles less than 5 millimeters in size, resulting from the breakdown of larger plastics or produced intentionally for commercial use (e.g., in cosmetics).

• Types:

- → **Primary Microplastics:** Manufactured small plastic particles (e.g., microbeads in cosmetics).
- → Secondary Microplastics: Formed by the fragmentation of larger plastic debris through weathering, UV exposure, and mechanical forces.

• Sources:

- → Industrial and Consumer Products: Microbeads in cosmetics, synthetic textiles, and cleaning agents.
- → Breakdown of Plastics: Plastic bags, bottles, and other packaging.
- → Industrial Waste: Tire abrasion and paint particles.
- → Marine and Terrestrial Sources: Fishing gear and agricultural films.

• Impacts:

→ Environmental:

- ★ Ingestion by marine organisms disrupts ecosystems.
- ★ Accumulates in soil and water, reducing fertility and contaminating drinking water.
- ★ Airborne microplastics contribute to air pollution.

→ Health:

- ★ Enters humans through food, water, and air.
- ★ Carries harmful chemicals like phthalates and heavy metals.
- ★ Linked to respiratory and endocrine disruptions.







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• Solutions:

- → **Prevention:** Reduce plastic use and ban microbeads and adopt reusable and biodegradable materials.
- → Improved Waste Management: Enhance recycling and disposal systems and prevent plastic leakage into natural environments.
- → Technological Innovations: Advanced water treatment systems.
- → Legislation: Ban single-use plastics and implement Extended Producer Responsibility (EPR).
- → Public Awareness: Educate about reducing plastic usage and proper waste disposal.
- → Scientific Research: Study long-term impacts and develop sustainable solutions.

• Global Efforts:

- → UNEP: Advocates for treaties to tackle plastic pollution.
- → Global Plastic Action Partnership (GPAP): Supports national actions against plastic waste.
- → Ocean Cleanup Projects: Focus on removing plastics from oceans and rivers.

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5. LEAPS 2025

- Prelims LEAPS 2025
- Mains GS 3 Economy

Why in the news?

 The Union Ministry for Commerce and Industry launched LEAPS 2025 to benchmark logistics excellence in India.

LEAPS 2025

• What is it?:

- → LEAPS stands for Logistics Excellence, Advancement, and Performance Shield.
- → It is a flagship initiative to Benchmark logistics excellence across India by encouraging innovation, leadership, and best practices in the logistics sector.

• Objectives:

- → To recognize outstanding logistics players.
- → To drive efficiency, transparency and resilience in the logistics sector.
- → To stimulate public-private-academia collaboration.
- → To reinforce "Make in India", Atmanirbhar Bharat, and the 2047 vision of Viksit Bharat

• Features:

- → It spans all segments of the logistics ecosystem: air, road, rail, sea, warehousing, multimodal transport, MSMEs, startups, academia, etc.
- → Aligned with the National Logistics Policy (NLP) 2022 and the PM GatiShakti vision.
- → Emphasizes sustainability, ESG (Environmental, Social, Governance) and Green Logistics.
- → LEAPS 2025 will invite applications for awards in 13 categories, broadly grouped as-
 - ★ Core Logistics: Air Freight, Road Freight, Maritime Freight, Rail Freight, Multimodal Transport, Warehousing (Industrial/Consumables & Agriculture).
 - ★ MSME: Logistics Service Provider.
 - ★ Start ups: Logistics Technology Service, Logistics Operations Service.
 - ★ Institutions: Education institutes promoting logistics.





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★ Special: E-commerce logistics delivery; Multimodal logistics services / 3PL / freight forwarding / custom broker/agent.

• Strategic Relevance:

→ Policy & Vision Alignment:

- ★ Strengthens implementation of National Logistics Policy (2022).
- ★ Embeds logistics into PM GatiShakti's multimodal, integrated infrastructure vision.
- ★ Helps boost competitiveness of Indian trade & supply chains.

→ Catalyst for Innovation, ESG & Sustainability:

- ★ Drives adoption of green logistics, low-carbon operations.
- ★ Encourages smart, tech-enabled logistics solutions.

→ Ecosystem-wide Recognition & Motivation:

- ★ Offers visibility & prestige to logistics players.
- ★ Promotes healthy competition and best-practice diffusion.

→ Support to National Goals:

- ★ Boosts Make in India and Atmanirbhar Bharat ambitions.
- ★ Contributes to broader economic development and global positioning.

• Potential Challenges:

- → Ensuring fair evaluation across diverse logistics players.
- → Avoiding tokenism (i.e. labels without real operational change).
- → Monitoring real impact beyond awards (i.e. sustained improvements).
- → Reaching remote / under-resourced logistics operators.

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6. Live Cases Dashboard and Legal Information Management and Bring System (LIMBS)

- **Prelims** Live Cases Dashboard and Legal Information Management and Bring System (LIMBS)
- Mains GS 2 Governance

Why in the news?

 The Department of Legal Affairs under the Ministry of Law and Justice successfully held an event to demonstrate the "Live Cases" Dashboard of the Legal Information Management and Briefing System (LIMBS) at the Ministry's headquarters.

Legal Information Management and Bring System (LIMBS)

• What is it?: It is a web-based e-Governance application, developed by the Department of Legal Affairs, Ministry of Law & Justice in collaboration with National Informatics Centre (NIC).

• Objectives:

- → Streamline and digitize the entire life-cycle of litigation involving the Union of India.
- → Enhance transparency, efficiency, and real-time coordination among Ministries and legal officers.
- → Promote data-driven decision-making and reduce pendency of court cases involving the Government.

• Features:

- → Unified Portal: Connects all stakeholders such as Ministries, Departments, Advocates, Nodal Officers on a single digital platform.
- → Standard Templates: Ensures uniform entry of case data across all departments through well-defined fields.
- → Real-time Monitoring: Tracks court cases 24×7, showing hearing dates, case status, and pending actions.
- → Includes all levels such as courts, tribunals, and arbitration cases under one database.
- → Every update is logged, creating transparency and traceability in government litigation.



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Live Cases Dashboard

• **Objective:** To enable real-time visualization and tracking of court cases filed by or against the Union Government.

• Features:

- → Real-Time Data Visualization: Displays the total number of live cases, case types, jurisdictions, and Ministries involved.
- → **Upcoming Hearings Overview:** Enables Ministries to prepare proactively and coordinate legal strategy.
- → Inter-Ministerial Coordination: Enhances collaboration between nodal officers, legal sections, and empanelled advocates.
- → Performance Analytics: Offers data-driven insights for decision-making and reducing pendency.

• Significance of the System:

- → Transparency & Accountability: Enables public officials and departments to monitor real-time litigation data, ensuring openness.
- → Efficiency in Litigation Management: Reduces duplication, missed hearings, and delays in submission of affidavits or reports.
- → **Data-Driven Governance:** Facilitates predictive analytics to identify litigation trends and frequent dispute areas.
- → Supports PM's Vision: Aligns with Prime Minister Narendra Modi's emphasis on reducing government litigation and promoting ease of governance.
- → **Digital Governance Reform:** Represents a milestone in the digital transformation of India's legal ecosystem.

• Policy Relevance: It aligns with

- → **Digital India Mission-** Promoting e-governance and ICT-based efficiency.
- → Ease of Doing Business (EoDB)- By reducing government-related disputes.
- → National Litigation Policy (NLP)- Vision of "Government as an Efficient and Responsible Litigant."
- → Paperless Governance Goals- Improving sustainability and data integration.

Challenges:

→ Uneven data entry or delay in updates by departments.







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- → Inter-agency data integration and case duplication.
- → Need for citizen interface and open data access.
- → Limited analytical capability in some departments.

• Way Forward:

- → Strengthen training for nodal officers and enforce update timelines.
- → Introduce cross-validation protocols and automated alerts.
- → Develop a public dashboard for transparency.
- → Integrate AI-based predictive case management tools.